

MEMBERSHIP DRIVE: THURSDAY, JAN. 21

Glen Oaks Country Club

1401 Glen Oaks Drive
West Des Moines

Agenda

- 5:30 - Social hour
- 6:00 - Dinner
- 6:45 - Business
- 7:00 - Program

Menu

Select one:

- Mushrooms and beef tenderloin tips on bow-tie pasta with sour cream and chives
- Cranberry chicken with champagne beurre blanc and parmesan smashed potatoes
- Pistachio-encrusted salmon with lemon-dill sauce and wild rice

Includes salad, rolls, coffee, tea, lemonade and raspberry swirl or New York cheesecake; cash bar.

RSVP by Monday, Jan. 18 via

[Evite](#) or to rsvp@mwniowa.org

(indicate your entree choice, guest names and guest entree choices).

Member fee: \$25

WIN BIG!

The MWN member who brings the most guests will win a one-year paid renewal (value: \$40). All members/guests will be entered to win fabulous door prizes!



Metro Women's Network welcomes keynote speaker **Debra Landwehr Engle**, cofounder of Tending Your Inner Garden. Designed by Debra and Diane Glass in 2002, the program emphasizes spirituality and creativity for women who seek "the time, space, structure and encouragement to discover their creative gifts, address their fears and gain clarity about their life intentions."

In addition to special events, Debra and Diane offer a year-long program that includes workshops, monthly dinner meetings, a weekend retreat, weekly newsletters, journal, Web site and online community. They look to nature as a model for silence and solitude, encourage self-reflection and foster new friendships.

On their Web site, Debra and Diane explain, "Together, we create a network of women who believe we change the world by becoming the people we were meant to be."

Join us Jan. 21 at Glen Oaks Country Club to learn how - and bring your sisters, friends and colleagues! Clear the clutter in 2010 and rediscover your extraordinary self.

To learn more about Tending Your Inner Garden, go to <http://www.innergardener.com>.

About our speaker: Debra is the author of "Grace from the Garden: Changing the World One Garden at a Time" (Rodale, 2003), has published articles and essays in dozens of magazines, and mentors women in personal growth, writing and spiritual change through her company, [Golden Tree Communications](#). "Grace from the Garden," featured by Oprah in *O* magazine upon its release, will be available for purchase at the meeting Jan. 21.

GUEST POLICY

Invite and encourage your guests to join MWN today! Guests may attend two meetings in a 12-month period at the member rate of \$25. Any additional programs attended during that period will be \$35. Annual dues cover a period of 12 months from your sign-up/renewal date. Make new friends and build a strong professional network!

STEERING COMMITTEE MINUTES



The steering committee met Jan. 7 at Gateway Market. Becky Patton-Quigley, Sherri Johnson, Pamela Henkel, Didi Loynachan and Connie Blodgett attended.

Vice President Becky Patton-Quigley called the meeting to order at 5:45 p.m.

Secretary

The November meeting minutes were reviewed. Sherri motioned to approve the minutes; Pamela seconded. The motion was approved.

Treasurer

Sherri Johnson reported the bank balance is \$1,236.01. Sherri reported \$340 was received from members for donation to the ALS Association. A contribution from the group was discussed. Sherri motioned to make a \$200 contribution, which was seconded by Pamela and was passed.

Editor's note: Donations were handed to the ALS Association Jan. 12.

Programs

Sherri Johnson reported Connie Blodgett has contacted several restaurants for 2010. The January membership meeting will be at Glen Oaks with Debra Landwehr Engle, co-author of "Tending Your Inner Garden" speaking. Sherri will pick up candy for table decorations. The February meeting will be at Irina's with Heather Sooner of the Young Women's Resource Center as speaker. The March meeting will be at Ciao in West Des Moines with Rebecca Meyer, at-home winner of "Biggest Loser," season 8, as speaker.

Newsletter/Web Site

Pamela reported the newsletter will go out and the Web site will be updated after all materials are received. She has a membership meeting flyer ready to go out to members as soon as she adds the details for the meeting. Community calendars and social media will be updated.

Old Business

Sherri has contacted all potential 2010 steering committee members who have agreed to serve. She will forward the list to the committee by e-mail. The election was discussed. It was noted that 2009 members should be recognized, then an announcement of the 2010 potential members followed by a verbal vote to approve. As previously discussed, a free membership will be given to the member who brings the most guests, and two \$25 gift cards and a free membership will be given as door prizes. Connie Blodgett reported that other prizes have also been received from restaurants for door prizes.

New Business

Pamela will send the list of potential nominees to members prior to the January meeting.

Next meeting: The next steering committee meeting will be Feb. 4 at 5:30 p.m. at Smokey Row Coffee, 1910 Cottage Grove Ave., Des Moines.

Becky Patton-Quigley motioned to adjourn at 6:29 p.m., seconded by Sherri Johnson and passed unanimously.

Minutes submitted by Didi Loynachan, secretary.

2009 Steering Committee

President: Mindi O'Kane
Vice President: Becky Patton-Quigley
Treasurer: Sherri Johnson
Secretary: Didi Loynachan
Programs: Beth Grabau
Past President: Michelle Patrick
Newsletter/Web Editor: Pamela Henkel
At-Large: Theresa White, Nichole VanHorn

2010 Nominations

President: Becky Patton-Quigley
Vice President: Melissa Read
Treasurer: Michelle Engler
Secretary: Didi Loynachan
Programs: Sherri Johnson
Newsletter/Web Editor: Pamela Henkel
At-Large: Casey Polk, Lindsey Calvert, Janet Seeberger

DO YOU KNOW...SHARON FEELEY?

Meet Sharon Feeley, member since 2001.

Where were you born and raised?

Des Moines, Iowa

Tell us about your family.

I have a husband and two cats - and too many crazy stories to type here!

Please describe your current occupation.

I work for Principal Trust Company, with retirement plan sponsors to establish trusts to hold assets for the safety of plan participants.

What are your hobbies/personal interests?

I love to read and hang out with my crazy girlfriends. We've recently began taking trips - long and short - on my husband's Harley. I am NOT a Harley babe!

Read a good book or seen a good movie lately?

Changes daily!

What would none of us know about you?

I don't think there IS anything that none of you knows!

What are you most proud of?

Being employed in this economy! I've been with Principal for 28 years.

What is your favorite thing to do in the metro?

The Iowa State Fair - of course, my time for playing there is limited!

What do you enjoy most about MWN?

Good food, good friends, and good information.

See Sharon at mwniowa.org/doyouknow!



SAVE THE DATE!

Thursday, Feb. 18, 2010

Irina's Restaurant and Bar
2301 Rocklyn Drive, Urbandale

Featuring **Heather Sooner** of the Young Women's Resource Center.

Thursday, March 18, 2010

Ciao, 5513 Mills Civic Parkway, West Des Moines

Featuring **Rebecca Meyer**, winner of "The Biggest Loser" season 8's at-home prize! Rebecca will motivate and inspire us with her Biggest Loser journey and her plans for the future, with time for questions from the audience. Learn more about Rebecca's transformation in the [Jan. 13 edition of Juice](#).



Door Prizes

If you'd like to sponsor/donate a door prize for an upcoming meeting, contact admin@mwniowa.org today. Promote your business or other worthy cause!

Networking Table

Don't forget your business cards/brochures to share with members and guests at our monthly meetings - we'll set up a table where everyone can place their information, highlighting one business with a brief speech before the scheduled program.



Sharon Wolfe	Jan. 18
Melissa Read	Jan. 19
Diana Dubuisson	Jan. 21
Mary Halstead	Jan. 26
Jennie Henry	Feb. 1
Deb Baschke	Feb. 25

COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS CLASSES

Chef Terrie Kohl, Instructor/Owner/Personal Chef

Do you have a group or need a staff workshop? Now scheduling private classes! Great for bridal showers and surprise birthdays - just bring gifts and wine! Gift certificates now available for all occasions.

Ring in the New Year: Culinary Arts Classes

Eating in is the new dining out! Demonstration classes include a full meal, instructions and three recipes, and a complimentary snack. Inquire about hands-on and private sessions (costs vary).

New Year's Favorites – Monday, Jan. 25
 Pistachio Salmon with Mustard Cognac Sauce
 Sherry Mushroom Wonton Ravioli
 Cherry Clafouti with Amaretto Whipped Cream
(Register by Jan. 22)

Colors with Taste! – Wednesday, Jan. 27
 Garlicky Roasted Cornish Hen Romesco
 Italian Bean Salad with Curly Endive
 Pudding with Brandy Butter
(Register by Jan. 24)

Class space is limited and fills up quickly – you don't want to miss any one of these!
 Demonstration classes begin promptly at 6 p.m., ending between 8 and 9 p.m. Please be on time.
 Class cost is \$45 per person, required in advance to secure your reservation (\$29 return check fee). Cancel at least 72 hours in advance to transfer or refund payment.

2624 NW 157th Street, Clive - (515) 987-5957 - www.countryclubmkt.com - terrie@countryclubmkt.com



I can't predict the future, but I promise I'll help you prepare for it.

Don't just think you're covered. Let someone who cares help make sure you're covered.

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Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.