

NEXT MEETING: THURSDAY, FEB. 18

Irina's Restaurant and Bar

2301 Rocklyn Drive
Urbandale

Agenda

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

Menu

Entrees:

- **Chicken** stuffed with spinach, bacon and feta cheese with a sage cream sauce and vegetable side; or
- **Moscow fillet** stuffed with mushrooms, onion, spinach, parmesan and alfredo with grilled asparagus; or
- **Penne pasta** with sauteed vegetables, fresh garlic and herbs and a Chardonnay butter sauce.

Dessert: Select homemade carrot cake or raspberry meringue. Cash bar.

RSVP by Feb. 15 via [Evite](#) or to rspv@mwniowa.org (indicate your entree choice, guest names and guest entree choices).

Member fee: \$25

Win an Irina's gift certificate! Bring diapers for the Young Women's Resource Center's diaper drive to receive your first entry in the drawing. Increase your odds of winning when you renew your dues, and again if pay your meeting fee via PayPal!

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!

Heather Sooner, executive director of the **Young Women's Resource Center**, will speak to us about the central Iowa agency's mission to support, educate and advocate for young women as they experience life's challenges. The YWRC was founded in 1978 by the late Louise Noun and other community leaders.

Noun's passion for civil rights and feminist issues resulted in a unique organization that has served thousands of girls with its programs, and is a continued force behind its mission and vision.

YWRC staff members strive to ensure that every young woman is aware of agency resources, respects and can advocate for herself and others, earns a high school diploma or GED, and is educated in pregnancy prevention.

The agency's services are free, voluntary and confidential. Perinatal and prevention programs include but are not limited to: young moms support groups, prenatal education, car seat safety, individual counseling, pregnancy prevention, justice groups, Chrysalis after-school groups, abuse prevention and more.

About Heather: Heather joined the YWRC in July 2008, with experience in human services since 1976. She most recently served as executive director of the Iowa Homeless Youth Center and continues to volunteer actively while raising her children. She has a bachelor's degree from Drake University.

To learn more about the Young Women's Resource Center, go to www.ywrc.org today!





LETTER FROM THE PRESIDENT

I want to take this opportunity to thank last year’s steering committee members for their work! We had a great year – fabulous restaurants with awesome programs and networking opportunities! I appreciate all the work and effort that went into making this past year so successful and FUN!! Kudos to Mindy O’Kane, Sherri Johnson, Didi Loynachan, Beth Grabau, Michelle Patrick, Pamela Henkel, Theresa White and Nichole VanHorn!

I’m also looking forward to the year ahead. I am honored to be serving as president for such a wonderful group and want to thank the membership for giving me the privilege!

Well, February is a month with quite a few sporting events and holidays. I thought I would highlight a few:

- Please help celebrate National Wear Red Day Feb. 5! “Go Red For Women” celebrates the energy, passion and power we have as women to band together to wipe out heart disease and stroke. Thanks to the participation of millions of people across the country, the color red and the red dress now stand for the ability all women have to improve their heart health and live stronger, longer lives.
- Superbowl XLIV Feb. 7 with the Saints and Colts in Miami. If you’re not a football fan, it’s still fun to watch the commercials!
- The Olympics will run Feb. 12-28 in Vancouver, BC, Canada.
- Valentines Day Feb. 14 brings fond wishes (and don’t forget the chocolate) for friends and family! Yes, a lover’s holiday, but really – isn’t it about the chocolate?
- Chinese New year also falls on Valentines Day; 2010 is the year of the tiger.

February is also friendship month. In MWN, I’ve met so many great women – so many different occupations, so many different personalities – what a blessing to find so many kindred spirits! I hope to see everyone at the Feb. 18 meeting!

- Becky Patton-Quigley



A Friend ABC

- A**ccepts you as you are
- B**elieves in you
- C**alls you just to say "hi"
- D**oesn't give up on you

- E**nvisions the whole of you - even the unfinished parts
- F**orgives your mistakes
- G**ives unconditionally
- H**elps you
- I**nvites you over
- J**ust "be" with you
- K**eeps you close at heart
- L**oves you for who you are

- M**akes a difference in your life
 - N**ever Judges
 - O**ffers support
 - P**icks you up
 - Q**uiets your fears
 - R**aises your spirits
 - S**ays nice things about you
 - T**ells you the truth when you need to hear it
 - U**nderstands you
 - V**alues you
 - W**alks beside you
 - X**-plain things you don't understand
 - Y**ells when you won't listen and
 - Z**aps you back to reality
- author unknown.*



STEERING COMMITTEE MINUTES

The steering committee met Feb. 4 at Smokey Row. Becky Patton-Quigley, Sherri Johnson, Connie Blodgett, Theresa White, Pamela Henkel, Didi Loynachan, Lori Trout, Casey Polk, Janet Seeberger, Michelle Engler and Melissa Read attended.

President Becky Patton-Quigley called the meeting to order at 5:35 p.m.

Secretary

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

Treasurer

Sherri Johnson reported the bank balance is \$1,126.13. She indicated our new treasurer, Michelle Engler, has been added to the bank account as a signatory and that several prior signatories have been removed to clean up the account records.

Programs

Connie reported that the speaker for the February meeting at Irina's Restaurant is Heather Spooner of the Young Women's Resource Center. The YWRC holds a diaper drive each year for new mothers. She asked if we should ask members to bring a package of diapers to the February meeting as a mini diaper drive. It was discussed and decided that we will add this request to the newsletter and Evites. The committee also discussed door prizes for future meetings and determined that Connie will solicit donations from the restaurants to be awarded as available.

The group also discussed which meetings will include prizes for members who bring guests. Theresa motioned to hold the bring-a-guest meetings in May and September, seconded by Michelle Engler and approved. Connie reported the March meeting will be at Ciao in West Des Moines with Rebecca Meyer as speaker; the April meeting will be at Christopher's Restaurant with Chief Judy Bradshaw as speaker.

After further discussions of the February meeting, it was decided that members who pay their dues, pay by PayPal and bring diapers will get additional

entries into the door prize drawing. Additional entry options for future meetings will be discussed on a month-to-month basis when door prizes are available. Connie also suggested that more committee members assist the treasurer and greet people at meetings. It was suggested that at-large representatives could assist with this.

Newsletter/Web Site

Pamela reported that the Evites were sent, the Web site is up to date and the newsletter will be ready to go out as soon as the minutes are received. She indicated three committee members have not been featured in the "Do You Know" column, and hopes to cover them in the next three issues. She will also ask committee members to complete a profile for the Web site. She is writing PayPal instructions for Michelle Engler and will also provide notes to program committee members for obtaining meeting RSVPs. She added widgets to the Web site for subscriptions and images.

Old Business - None.

New Business

Theresa turned the thank-you note cards over to the membership committee, which will now be handled by the vice president with assistance from the at-large representatives. Casey Polk agreed to send thank-you notes to speakers and new members this year. Lori Trout will handle the membership directory and will provide Casey with the information she needs to send the notes. It was decided the treasurer will retain name tags after the meetings, while the membership committee will create any new name tags and provide guest forms at the meetings. Sherri indicated that an important function for the membership committee this year will be contacting lapsed members.

Next meeting: The next steering committee meeting will be March 4 at 5:30 p.m. at Gateway Market, 2002 Woodland Ave., Des Moines.

Connie Blodgett motioned to adjourn at 6:10 p.m., seconded by Theresa White and passed unanimously.

Minutes submitted by Didi Loynachan, secretary.

DO YOU KNOW...JANET SEEBERGER?

Janet, a member since 2008, serves as one of three at-large representatives this year.

Where were you born and raised?

Des Moines, Iowa

Tell us about your family.

My husband's name is Gary. I have four children and seven grandchildren; no pets. I always thought life was suppose to be easier when the kids were grown and gone. Maybe when you retire, but I'm not counting on that either.

Please describe your current occupation.

I am a hair dresser. I have my own studio and am self-employed. I am taking classes to do permanent makeup. Not even close to retiring, I'm adding a new career.

What are your hobbies/personal interests?

I like spending time with my family and going to movies. I'm also very involved in my church.

Read a good book or seen a good movie lately?

One of the best movies I've seen in a long time is *The Blind Side*. What an amazing family! I like to read when I'm on vacation.

What are you most proud of?

My children.

What is your favorite thing to do in the area?

I look forward to the State Fair every year.

What do you enjoy most about MWN?

Trying different restaurants and the speakers, and donating to great organizations.

See Janet at mwniowa.org/doyouknow!



METRO WOMEN CELEBRATE GRACE FROM THE GARDEN



MWN members and their guests gathered Jan. 21 at Glen Oaks Country Club with Debra Landwehr Engle, cofounder of [Tending Your Inner Garden](#) and author of *Grace from the Garden: Changing the World One Garden at a Time* (Rodale, 2003). Debra spoke about the importance of taking time for self-reflection and learning to listen to our inner voices and the resources she and Diane Glass offer through their books, articles and Tending Your Inner Garden programs.

Women tend to lose themselves as they focus on meeting external expectations and caring for others, but, paraphrasing Oprah, Debra said, "We can't give to others if our well is dry." Debra encourages women to ask themselves a few simple questions:

- What am I passionate about?
- What do I like? (What do I want more of? Less of?)
- What can I let go of?

To achieve greater balance, practice quiet meditation: Spend time in nature. Take a walk. Journal. Clear your head and learn to listen. Turn to a friend who is willing to just listen to you talk for five minutes without interruption (or even a response) once a week; offer to do the same for her.

When we commit to ourselves, Debra says, we'll be better prepared to help others. Describing a woman who lives alone and derives pleasure from leaving her porch light on, she asked, "Who is going to leave the porch light on for you?" Welcome yourselves home! -See more photos from the event at: www.mwniowa.org

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.**

Eating in is the new dining out!

Demonstration classes include a full meal, bottled water, instructions and three recipes, and a complimentary snack. Inquire about hands-on and private sessions (costs vary).

Mardi Gras in Iowa – Monday, Feb. 15

Andouille with Chicken and Crayfish Gumbo, Yumbo!
Cheddar Cheesy Grits with Bacon
Chef Terrie's Famous Bananas Foster
(Register by Friday, Feb. 12)

Healthy Mid-East Fare – Monday, Feb. 22

Moroccan Lamb, Olives and Lemon
Tabbouleh Salad
Ouzo Spiced Pears in Puff Pastry
(Register by Friday, Feb. 19)

Fabulous Start to Lent – Thursday, Feb. 18

Pan-roasted Tilapia with Shrimp Scampi Garlic Sauce
Italian Bean Salad with Curly Endive
Italian Lemon Cake with Rosemary and Golden Raisins
(Register by Monday, Feb. 15)

Winter Comfort in Iowa – Tuesday, Feb. 23

Red Wine Braised Beef Short Ribs
Easy Fresh Vegetable Ratatouille
Apple Walnut Bread Pudding with Brandy Butter
(Register by Saturday, Feb. 20)

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 starts at \$45 per person, required in advance to secure your reservation (\$25 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

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

2010 Steering Committee

President: Becky Patton-Quigley
Past President: Mindi O’Kane
Vice President: Melissa Read
Treasurer: Michelle Engler
Secretary: Didi Loynachan
Programs: Sherri Johnson, Connie Blodgett
Publicity: Pamela Henkel
Membership Directory: Lori Trout
At-Large: Casey Polk, Janet Seeberger, Dr. Lindsey Calvert



- Jennie Henry Feb. 1
- Deb Baschke Feb. 25
- Lois O'Donnell March 6
- Dianne Schiltz March 12
- Carol Kirkbride March 18
- Sharon Schwemler March 29



SAVE THE DATE!

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 [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.

Metro Women’s Network
c/o Michelle Engler
4401 Beaver Crest
Des Moines, IA 50310

