

## NEXT MEETING: THURSDAY, MARCH 18

### Ciao

5513 Mills Civic Pkwy  
West Des Moines

### Agenda

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

### Menu

Entrees:

- **6-oz. Beef fillet** with baked potato; or
- **Bronzed salmon** with wild rice; or
- **Chicken parmesan** with pasta.

All meals include rolls, salad, green beans, dessert (cheesecake) and non-alcoholic beverages. Cash bar.

**RSVP by March 15** via [Evite](http://Evite) or to [rspv@mwniowa.org](mailto:rspv@mwniowa.org) (indicate your entree choice, guest names and guest entree choices).

Member fee: \$25

## 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!

**Rebecca Meyer**, at-home \$100,000 winner of NBC's "**The Biggest Loser**" season 8, will speak to us about her inspiring, once-in-a-lifetime weight-loss journey!

Rebecca, 25, was a nanny on Des Moines' south side prior to joining "The Biggest Loser" cast. She met the love of her life, Daniel Wright, on the show. Daniel has since moved to Des Moines and may join her at Ciao.

Rebecca will return to school this fall to finish a degree in business and nutrition, and is working to become a certified personal trainer. She would like to share "The Biggest Loser" approach with clients here in Des Moines, and may start a boot camp-style fitness class with Daniel in an effort to pay it forward promoting health and wellness.

Rebecca says, "I was fortunate enough on the show not only to win, but to lose nearly half of my body and come away with a better outlook on life!"

Learn more about Rebecca's transformation in [Juice!](#)





## LETTER FROM THE PRESIDENT

I'm really looking forward to our March meeting at Ciao. The speaker's story is inspiring and motivational – just what I need to clear the winter blahs!

I'm also getting ready for vacation – leaving March 22 for Italy. I'm so excited, I can hardly think about anything else! I will fly into Venice March 23, where a gondola ride and sightseeing are in store. On the 25th, we'll move to Florence with a stop in Padua (where St. Anthony is interred). So much to see in Florence with

the history of the Renaissance and fabulous art, including the Uffize gallery. On the 28th, we'll take a side trip to a Tuscan winery for a tasting and more sightseeing through Tuscany and Umbria. On the 29th, we'll head to Rome to visit the Vatican and Sistine Chapel, the Colosseum, and St. Peter's Basilica, with a side trip to Pompei. Heading home April 1 (hoping they'll tell me "April Fools – we aren't leaving until later!"). Anyone who has been to Italy and can share "must do" and other helpful hints: PLEASE [e-mail me](#) or talk to me at the March meeting!

March is a month of celebration – from the wonderful women in our history to those who are proud of their Irish heritage (and those of us who pretend to be Irish for awhile). The change of season (yeah SPRING!) and March Madness basketball give us hope that winter really does come to an end! Here are a few things we can celebrate:

- Great movies on Oscar night, March 7
- International Women's Day March 8
- Saint Patrick's Day March 17
- Spring (vernal equinox) March 20

March is also Women's History Month – celebrate those who broke ground for us and inspire us to do the same for future generations! I hope to see everyone at the meeting March 18!

*- Becky Patton-Quigley*



## SAVE THE DATE!

### **Thursday, April 15, 2010**

Christopher's Restaurant  
2816 Beaver Avenue, Des Moines



Featuring **Chief of Police Judy Bradshaw**, 30-year veteran of the Des Moines Police Department. Bradshaw, who was named 2008 National Police Officer of the Year by the American Legion, will tell us about her career with the department and its current and future initiatives.

### **Door Prizes**

[Contact us](#) if you'd like to sponsor/donate a door prize for an upcoming meeting. 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.



# STEERING COMMITTEE MINUTES

The steering committee met March 4 at Smokey Row. Becky Patton-Quigley, Sherri Johnson, Pamela Henkel, Didi Loynachan, Casey Polk, Janet Seeberger, Michelle Engler and Melissa Read attended.

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

### Secretary

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

### Treasurer

Michelle reported the bank balance is \$1,358.05.

### Programs

Sherri reported the March 18 meeting is at Ciao with Rebecca Meyer as speaker. The menu has been provided to Pamela to add to the Evite. The April 15 meeting is at Christopher's with Chief of Police Judy Bradshaw as speaker. The menu is also set for this meeting. The speaker for the May meeting was discussed. It was decided that the speaker will be Sheree Clark. The restaurant has not yet been set.

### Newsletter/Web Site

Pamela reported she is finishing the instructions for Evite and PayPal; the newsletter and Evite will go out shortly; and she will e-mail executive biography forms soon to the steering committee members for posting on the Web site. She asked Michelle to complete the form for the "Do You Know" column.

### Old Business

Casey asked if guests also receive the thank-you notes that are sent to the speaker and new members or if they receive the postcard. Sherri indicated they should receive the postcard.

### New Business - None.

**Next meeting:** The next steering committee meeting will be April 1 at 5:30 p.m. at Palmer's Deli & Market, 2843 Ingersoll Ave., Des Moines.

Sherri motioned to adjourn at 6:30 p.m., seconded by Melissa and passed unanimously.

*Minutes submitted by Didi Loynachan, secretary.*

## LAST MONTH

Executive Director Heather Soener spoke to MWN members at Irina's Restaurant about the Young Women's Resource Center history, mission and community programs. MWN members also donated 24 packages (1,200) diapers to the YWRC's diaper drive. Soener said, "We know that we [women] rock at anything and everything we do!"

### 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



- Lois O'Donnell March 6
- Dianne Schiltz March 12
- Carol Kirkbride March 18
- Sharon Schwemler March 29
- Kristin Wicks April 3
- Amy Jo Johnson April 4
- Michelle Engler April 22

## DO YOU KNOW...MICHELLE ENGLER?

Michelle, a member since 2008, serves as our treasurer this year.

**Where were you born and raised?**

Born in Omaha, Neb., and raised in Des Moines. I lived for 15 years in Arizona before returning to Des Moines in 2000.

**Tell us about your family.**

Me and my little boy, Viggo (a toy poodle).

**Please describe your current occupation.**

I am an attorney with the Iowa insurance division.

**What are your hobbies/personal interests?**

Reading, classic cinema, collecting “junk,” learning and applying personal development.

**Read a good book or seen a good movie lately?**

I've been enjoying Alfred Hitchcock movies.

**What are you most proud of?**

Earning my law degree at age 42.

**Tell us something none of us would know about you.**

I sing karaoke and have won contests singing Patsy Cline.



**What is your favorite thing to do in the area?**

I really like the Art Center.

**What do you enjoy most about MWN?**

The desserts, of course!

See Michelle at [mwniowa.org/doyouknow/](http://mwniowa.org/doyouknow/)

**Members:** Submit your ad or announcement to [admin@mwniowa.org](mailto:admin@mwniowa.org) by the first Thursday of each month.

# Spring Book Sale

4-H Building • Iowa State Fairgrounds • Des Moines

Planned Parenthood<sup>®</sup>  
of the Heartland  
[www.ppheartland.org/booksale](http://www.ppheartland.org/booksale)

March 25-29, 2010

BOOK  
SALE

SPRING 2010

To volunteer, call (515) 235-0414 or e-mail [booksale@ppheartland.org](mailto:booksale@ppheartland.org)

Opening Night Admission : : : \$10 adults/children  
All Other Days : : : FREE admission!

Thursday, March 25 ..... 4 p.m. to 10 p.m.  
Friday, March 26 ..... 9 a.m. to 9 p.m.  
Saturday, March 27 ..... 9 a.m. to 9 p.m.  
Sunday, March 28 ..... 9 a.m. to 6 p.m.  
Monday, March 29 ..... 9 a.m. to 6 p.m.

## Spring Book Sale

# 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, graduations, receptions and rehearsal dinners! **Gift certificates now available for all occasions.**

### Eating in is the new dining out!

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

#### **Rescheduled: Valentine's Heavenly Hot – March 18**

Steak Oscar with Asparagus, Crab and Béarnaise  
Italian "Love Apple" Tomato Soup with Spinach Pesto  
Chocolate Brownie with Champagne Strawberry Sauce  
**(Register by March 15)**

#### **Best Brunch Ever – March 20 - 10 a.m.**

Beef Tenderloin Eggs Benedict  
Spanish Potato Omelette  
Easy Fruit Danish  
**(Register by March 17)**

#### **Rescheduled: New Year's Favorites – March 23**

Pistachio-crust Salmon with Mustard Cognac Sauce  
Sherry Mushroom Risotto with Blueberries  
Cherry Clafouti with Amaretto Whipped Cream  
**(Register by March 20)**

#### **Winter Comfort in Iowa – March 25**

Campanelle Pasta with Tomato, Artichoke Hearts,  
Italian Sausage, Black Olives and Arugula  
Watercress and Arugula with Chevre Medallions  
Bacon Lentil Soup  
**(Register by March 22)**

#### **Spanish Kick – March 31**

Chicken Paella, Chorizo and Green Peas with Saffron  
Fresh Citrus Orange, Olive and Radish Salad  
Caramel Flan with Fresh Fruit  
**(Register by March 28)**

### ♣ Happy St. Patrick's Day! ♣

Order these goodies to share by **March 11.**

#### **4" Decorated Shamrock Sugar Cookies**

Baker's dozen \$14.95

#### **Bailey's Irish Coffee Brownies**

One dozen \$12.49

#### **Shamrock-shaped Currant Orange White Chocolate Scones**

One dozen \$21.95

#### **Bailey's Irish Cream Cheesecake**

Serves 8-12 \$28.98

#### **Irish Soda Bread - Golden Raisins, Caraway**

Loaf \$7.99

#### **Guinness Stout and Dark Chocolate Cake**

8" Round \$35.00

Other items available by request. Above prices do not include tax. Pick up from 7-9 a.m. March 15-17 or at other times by request.

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.

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