

NEXT MEETING: THURSDAY, APRIL 15

Christopher's
2816 Beaver Ave.
Des Moines

Agenda

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

Menu

Entrees:

- 10-oz. **prime rib** with mashed potato;
- Grilled **orange roughy** with rice pilaf;
or
- **Chicken parmesan** with pasta.

Prime rib and orange roughy also served with a vegetable on the side. All meals include rolls, salad, dessert (chocolate falling-down cake) and non-alcoholic beverages. Cash bar.

RSVP by April 12 via Evite or to rsvp@mwniowa.org (indicate your entree choice, guest names and guest entree choices).



Chief Judy Bradshaw is a 30-year veteran of the Des Moines Police Department, starting out as a police cadet in 1980. As she climbed through the ranks of the department she was considered a pioneer as the first woman lieutenant, captain, major and chief. Bradshaw is the 60th chief of the department.



Chief Bradshaw has worked and supervised in every area of the DMPD, from the Patrol Services Bureau to the Detective Bureau and Inspectional Services Bureau. As she advanced through the ranks, she developed numerous policies and programs that are in place today.

Since Bradshaw was appointed Chief of Police in July 2007, she has implemented several new programs and initiatives that have had a positive impact on both the department and the citizens of Des Moines. She has strived to develop a family-focused culture within the department and has enhanced the Neighborhood Based Service Delivery Program.

Chief Bradshaw's future plans for the department include the Second Chance Initiative, a wrap-around program aimed at assisting youth who commit minor drug offenses, a Traffic Unit hotline, and an online program for reporting crime and complaints.

A graduate of the FBI National Academy and the Senior Management Institute for Police, Chief Bradshaw also holds a Master's Degree in Public Administration from Drake University. She is the American Legion's 2008 National Police Officer of the Year.

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!



LETTER FROM THE PRESIDENT

Hello all,

Well, I'm back from a wonderful trip to Italy. I knew I would love it, just didn't know how much! This was truly a trip of a lifetime. I am in awe of the art, the history and the wonderful culture! How blessed I am to be able to see this part of the world. That being said, it's always great to get home, sleep in my own bed, and have my creature comforts available!

Can't believe it's April already – this year is going by so quickly! I had the family over on Sunday for Easter dinner. I was just hoping that my jet lag wouldn't kick in until AFTER the meal!

My grandkids and niece are older now (12 to 16) but I still do the Easter egg hunt. A few years ago, I changed from putting candy in the eggs (which occasionally turned into a melted sticky mess) to using coins. My best friend taught me to assign each child a particular color of egg so that they would be found and picked up in equal number rather than the older kids running over the younger ones. I put an equal amount of money in the eggs and let them know what the total amount will be when they have all their eggs. I use pennies, nickels, dimes and quarters to get a variety of change in the eggs. The kids fill their bags, come in the house, sit down, open the eggs, dump the coins and then count them. If they are short, they go out and hunt until they have them all. It's easier than getting Easter baskets, and this way they can buy what they want – can you tell I'm getting lazy as I get older?

I hope you were all able to spend time with your loved ones and enjoy your own traditions!

I'm looking forward to seeing you at Christopher's for our meeting April 15.

Happy April, everyone!

- Becky Patton-Quigley



SAVE THE DATE

Thursday, May 20, 2010



Noah's Ark Restaurant
2400 Ingersoll Avenue
Des Moines

Featuring **Sheree Clark**, a holistic health and nutrition counselor and certified Raw Culinary Arts Chef and instructor. Sheree is a widely published author who

offers lectures, classes, coaching and consultation through her private practice, [Fork in the Road](#).

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 April 1 at Palmer's Deli & Market. Melissa Read, Didi Loynachan, Sherri Johnson, Connie Blodgett, Pamela Henkel and Lori Trout attended.

Vice president Melissa Read called the meeting to order at 5:25 p.m.

Secretary

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

Treasurer

On behalf of Michelle Engler, Sherri Johnson reported the bank balance is \$1,835.51. She also provided a 2010 budget including a list of past opportunity grant recipients for review. She noted we currently have 25 paid members. Melissa motioned to approve the treasurer's report; it was seconded by Connie and approved.

Programs

Connie reported we had 61 attendees for the March meeting, which was the largest in recent years. She confirmed the April 15 meeting is at Christopher's with Des Moines Police Chief Judy Bradshaw as speaker. The May meeting will be at Noah's Ark with Sheree Clark, holistic nutritionist, as speaker. The program committee will meet soon to plan future meetings.

Newsletter/Web Site

Pamela reported the newsletter will be ready as soon as the minutes and president's letter are received; the Evite is ready to go out; community calendars are updated; and the Web site is up to

date with a beefed-up Charity page. The March photos are on the Des Moines Register Web site and she sent biography forms to the steering committee members to complete for posting on the Web site as they are received.

Old Business - None.

New Business

The committee reviewed four opportunity grant applications and discussed finances available for the grant. Melissa motioned to approve a total of \$400 to be allocated between the applicants, which was seconded by Lori and passed. The applicants will be notified of their individual allocation and their names will be announced at the April 15 meeting.

Connie suggested that committee members mingle more with guests and new members at the meetings to make them feel welcome. The committee discussed using ribbons or buttons to help identify committee members and guests. Melissa will investigate and purchase stock ribbons or badges for the next meeting.

Next meeting: The next steering committee meeting will be May 6 at 5:30 p.m. at Gateway Market, 2002 Woodland Ave., Des Moines.

Connie motioned to adjourn at 6:14 p.m., seconded by Lori and passed unanimously.

Minutes submitted by Didi Loynachan, secretary.

2010 Opportunity Grant Winners

Per MWN bylaws, all members who have been in good standing for at least one year who did not receive a grant in the preceding year are eligible to apply for a grant to support business, political and/or personal endeavors. The steering committee reviewed applications due April 1 at its meeting that day and will announce the winners at Christopher's, Thursday, April 15.

THE BIGGEST LOSER SHARES HER INCREDIBLE JOURNEY

Rebecca Meyer, at-home \$100,000 winner of NBC's "The Biggest Loser" season 8, shared her incredible journey toward health and wellness with 60 members and guests of Metro Women's Network March 18 at Ciao. Rebecca, a Des Moines native, was joined by **Daniel Wright**, her boyfriend and fellow contestant.

Rebecca arrived at the ranch for season 8 having completed the casting calls for three previous seasons. She realized she'd finally had enough when she had to leave work early because her size 22 pants were too tight for her 304-pound body. People questioned her confidence, she says, "but the thing is, you can't look in the mirror and decide to hide from the world just because you're big...so I put on my happy face and went out."

Several guests mentioned that Biggest Loser trainer Jillian Michaels scared them. Rebecca joked, "Yes, Jillian is as mean as she seems." Trainer Bob Harper "will ride you to the brink of death," but he opened her eyes. "My trainers saw greatness in me that I had never seen in myself – I had been standing in my own way for a long time."

Was Rebecca nervous during nationally televised weigh-ins? No. She explained, "We were all in the same boat – strangers in our rawest states. There was a lot of crying, anger, talking, running, discomfort. But we were working together full time to achieve the same goal – no distractions, no walls."



Rebecca checked in at 279 pounds with a goal to lose half her weight. By the end of the season, she had lost 140 pounds to win the at-home prize. Like most women, she said, "I'll always have to work hard to stay healthy – there are trade-offs. But I've got power and control and good people around me. I've learned to put myself first, and I'm blessed to be here."

To succeed in a weight loss and wellness journey, Rebecca insists, "You have to work on what's inside. If you don't, you'll end up right back where you started."

Rebecca's new goals include the ability to do five pull-ups and running a road race in all 50 states by the time she's 30 years old. Both she and Daniel plan to complete their college educations, and hope to pay it forward helping others achieve wellness goals.

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



DO YOU KNOW...DIANNE SCHILTZ?

Dianne has been a member since 1999 and has served in a variety of leadership roles for MWN.

Where were you born and raised?

Bancroft, Iowa.

Tell us about your family.

My husband, Bruce, and I have been married for 32 years and have two daughters: Emily and Randy Dunlavey of Lost Nation, Iowa; Tracy and Matt Morain of Raleigh, North Carolina; and three grandchildren: Haley, Madison and Carter.

Please describe your current occupation.

Manager/controller for Bob Brown Auto leasing company.

What are your hobbies/personal interests?

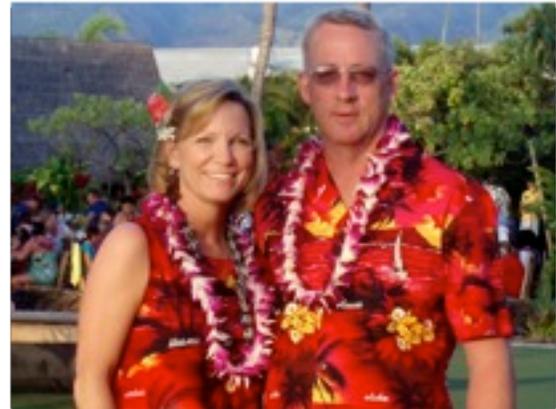
Reading, golfing, grandkids and traveling.

Read a good book or seen a good movie lately?

The Lucky One by Nicholas Sparks and "The Blind Side."

What are you most proud of?

Being a good mother and an awesome grandmother (aka "Memaw").



Tell us something none of us would know about you.

I was a cheerleader in high school.

What is your favorite thing to do in the area?

Golfing at Jester Park.

What do you enjoy most about MWN?

The friends I have made.

See Dianne at mwniowa.org/doyouknow!

Upcoming Charity Events



Check our [Charity page](#) often to see how you can make a difference with the [ALS Association](#). See details online for these upcoming events:

- **April 26, [tip night at Altoona Pizza Ranch](#)**
- **Oct. 16, [Walk to Defeat ALS](#)**



- Kristin Wicks April 3
- Amy Jo Johnson April 4
- Michelle Engler April 22
- Meg Husen May 1
- Angela Sapp May 4
- Karen Clayton May 9
- Marilyn Harden May 22
- Lindsey Calvert May 25

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

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

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, wedding, graduation, Mother's Day and Father's Day events! **Gift certificates now available for all occasions.**

Eating in is the new dining out!

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

April Showers Class Menu

By The Sea – April 12

Individual Lump Crabmeat and Asparagus Au Gratin
Crisp Greens with Manchego and Membrillo
Chocolate Martini Tiramisu
(Register by April 9)

Spring Fling – April 14

Prosciutto Pork Tenderloin with Green Pea and
Shiitake Mushroom Sauce
Mixed Greens with Roasted Beets, Toasted Walnuts,
Goat Cheese and Red Wine Vin
Fresh Strawberry Soup with Grand Marnier and
Basil Chiffonade
(Register by April 11)

Light and Lovely – April 21

Seared Tuna Steak Salad, Greens, Chimichuri and
Orange Supremes
Garden Fresh Tomato Fennel Soup
Lavender Upside-down Peach Cake
(Register by April 18)

Entertaining Made Easy – April 22

Tuscan Beef Roulade
Truffled Fingerling Potatoes
Roasted Strawberries and Vanilla Bean Ice Cream
(Register by April 19)

Yummy in Your Tummy – April 27

Chicken Saltimbocca, Prosciutto,
Artichokes and Sage
Watercress and Arugula Salad
with Warm Chevre Medallions
Bacon Lentil Soup
(Register by April 24)

For the Love of Beef – April 28

Bacon-wrapped Beef Medallion
in Red Wine Pepper Sauce
Mediterranean Olive, Orange Salad
Dark Chocolate Brownie in Caramel Vanilla Sauce
(Register by April 25)

Coming Soon

May: Look for Mother's Day culinary arts classes.

June: Let's get out and grill!

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. Arrive at 5:50 p.m.
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



Spring Fling Gift Market



Just in time for Mother's Day!! Don't miss the **FOOD & FUN!!**

Treat yourself to a fun afternoon!

When: Wednesday, May 5th

Time: 11:00 am to 2:00 pm

Where: Staybridge Suites ~6905 Lake Drive ~ W. Des Moines, IA 50266



A complimentary salad lunch will be provided so we hope you can stop by and join us over your lunch hour. There'll be all kinds of vendors for you to pick up something for yourself, your Mother, Mother-in-Law or another special person for Mother's Day!



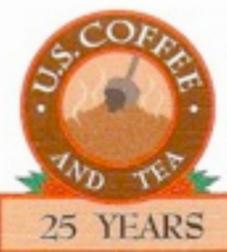
Free Chair Massages too!

Please tell all your friends and co-workers.

Hope you can come!

Please R.S.V.P. to www.staybridgesuitesspringfling.eventbrite.com
by April 28th so we can make sure that we have enough food!

Vendors interested in being involved in this and future events, please contact
Sara Krouch at 515-554-8883 or sarakrouch@hotmail.com



Connie Blodgett
Sales

5140 Park Avenue
Des Moines, IA 50321
Direct: (515) 243-4409x6
Fax: (515) 243-4921
CBlodgett@uscoffeeandtea.com
www.uscoffeeandtea.com
www.linkedin.com/in/connieblodgett