

NEXT MEETING: THURSDAY, JUNE 17

Tursi's Latin King

2200 Hubbell Ave., Des Moines

Agenda

5:30 - Social hour

6:00 - Dinner

6:45 - Business

7:00 - Program

Menu

Entrees:

- Chicken spiedini with vegetable or pasta;
- Salmon with marinara, potato croquettes and vegetable; or
- Manicotti.

All meals include bread, salad, dessert (tiramisu) and non-alcoholic beverages. Cash bar.

RSVP by 12 p.m. June 14 via [Evite](#) or to rspv@mwniowa.org (indicate your entree choice, guest names and guest entree choices). **Attend for a chance to win a Latin King gift card!**

Member fee: \$25

ANNUAL DUES

Thank you to all members who have renewed their annual dues! If you have not renewed and your dues are set to expire soon, we'll send you a link to renew online - or you may pay cash/check at a meeting or by mail (no cash).

Featured speaker **Jennifer Lovell** has been organizing since she was a child who needed space for her tiny Barbie shoes -- the rest is history. She attended a finishing, etiquette and travel college in Milwaukee, where she took professional organization classes, and has continued her education to keep up with today's society.



Jennifer is the marketing and PR director for Merkley Wealth Associates, a financial advising firm in Clive, and coordinates the women business owners networking group WOW, Women of Worth.

Jennifer has organized spaces ranging from a complete home downsize and a simple kitchen drawer. Her clients enjoy their more functional spaces and continue to call her for support. She offers a complimentary quarterly check-up to all clients.

Jennifer and husband Randy have three children: Logan, 12; Preston, 10; and Olivia, 7. They reside in Waukee and are active in the community. Jennifer believes everyone has an internal organizer and wants to empower you to take charge of your life and your space.

Featured speaker **Tammy Stifel** (Jennifer's sister) has always been a numbers person. Growing up with seven siblings, she had to keep track of all her own things. She knew exactly how much of everything she had and if something was missing,

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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

What a great Memorial Day weekend! The weather was fabulous and I really enjoyed spending time with my dad, who had his 80th birthday May 28 and is still going strong!

I missed our May meeting while I was in Chicago for a Physician Practice Management seminar. I was able to take my board exam at the end of the week to renew my Master's Certification in Practice Management – thank goodness that's over!

In June, I will be in Asheville, North Carolina, for a convention of the Benevolent Patriotic Order of DOES. I'm a five year officer (musician), so they are sending me on this great trip. I'm really blessed to have such great opportunities!

Hopefully, I will attend the rest of the meetings this year! Metro Women's Network is an amazing organization and I encourage everyone to bring friends to our meetings! Most people that come to a meeting end up joining (that's what happened to me!). It's really nice to meet people in a relaxed atmosphere and have FUN together while we're networking.

I hope everyone is ready to enjoy a fabulous summer! I grew up spending summers on Lake Okoboji - those were the days! I will in August to relive some of the fun times. One summer memory is of homemade ice cream. Cranking and cranking until it felt like our arms would fall off! Here's a fun summer activity to do with kids – and it doesn't require a machine!

Ice Cream in a Bag

What you'll need:

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1-pint plastic food storage bag (e.g., Ziploc)
- 1-gallon plastic food storage bag
- Ice cubes

How to make it:

1. Fill the large bag halfway with ice and add the rock salt. Seal the bag.
2. Put milk, vanilla and sugar in the small bag and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about five minutes.
5. Wipe off the top of the small bag, then open it carefully. Enjoy!

Tip: A half cup milk will make one scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more than that -- a large amount might be too big for kids to pick up because the ice itself is heavy.

I hope everyone has a safe and FUN summer!

- Becky Patton-Quigley

STEERING COMMITTEE MINUTES

The steering committee met June 3 at Becky Patton-Quigley's home. Didi Loynachan, Sherri Johnson, Connie Blodgett and Pamela Henkel also attended.

President Becky Patton-Quigley called the meeting to order at 5:50 p.m.

Secretary

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

Treasurer

The bank balance is \$1,938.87. Only one opportunity grant has been paid so far.

Programs

The June meeting is at Latin King with Jennifer Lovell and Tammy Stifel presenting on home, business and financial organization. There will be an informal July meeting with a golf lesson and networking etiquette. The August meeting will be at Urbandale Golf and Country Club with speakers Sonya Heitshusen and Erin Kiernan of the WHO TV news team. We will have a bring-a-guest campaign in conjunction with this meeting. September's meeting will be at Sam and Gabe's Italian Bistro with Chick Herbert speaking on personal branding. October is the Woman of the Year meeting and will be at Nick's in West Des Moines. The location of the December holiday social has not been determined. The January membership meeting will be at Glen Oaks Country Club with the speaker to be determined. The speaker for the February meeting will be Waukee police officer Mackenzie Sposeto on self-defense for women and youth programs. The restaurant has not been determined.

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

Newsletter/Web Site

Pamela reported the June Evite will go out soon; she will work on the newsletter this weekend. She requested remaining steering committee member biographies to be added to the Web site.

Old Business

Pamela reported the cost of reordering business supplies will be \$109.46. A motion was made by Becky to approve ordering the supplies; seconded by Sherri and approved. Pamela will order the supplies, which should be available by the next meeting.

We will continue to promote Woman of the Year nominations at each meeting. The deadline for nominations is August 31. The nomination form is available at the web site and it was suggested that we bring some nomination forms to the next meeting as well.

The membership list has not yet been sent to current members. Pamela will verify whether the list has been updated, will format it and then send it out to the members.

New Business - None.

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

Connie motioned to adjourn at 6:45 p.m., seconded by Didi and passed unanimously.

Minutes submitted by Didi Loynachan, secretary.

Reminder: Woman of the Year

Once a year, we celebrate the accomplishments of a special woman in our community. Our organization recognizes a woman who exemplifies leadership, charity, inspiration or courage. The recipient does not have to be a recipient of the Pulitzer Prize or the CEO of a company, but simply a woman whom we as a group acknowledge for her unique contributions to our community.

Submit a [nomination form](#) for Woman of the Year today! Nominations for this year's award are due **Aug. 31, 2010.**

JUNE SPEAKERS HELP US STRAIGHTEN UP

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immediately searched for it. Her true talents became apparent in accounting and psychology courses. Today, Tammy works with clients to simplify their lives and the paperwork they are inundated with.

Tammy owns a bookkeeping and organizing business where she works to empower her clients, guiding, assisting and managing their day-to-day bookkeeping and paperwork processes. She teaches them the skills they need to control this often overwhelming part of their lives, and is always learning about the changing needs of families and businesses to develop her customized processes.

Tammy has yet to find a problem without a solution, and focuses on efficiency and quality to give clients back control and more time to spend with the people and activities they enjoy.

Tammy and husband Rick have been married nearly 23 years, with two sons: Creighton, 21, who just completed his third year at ISU; and Dalton, 18, who will attend Central College this fall. Their activities always include faith, family and friends.



MINGLE ON THE GREENS: THURSDAY, JULY 15, 5:30 PM



West Grand Golf: 6450 Raccoon River Dr., West Des Moines
A casual meal will be provided for a nominal fee TBD; BYOB.

Sarah Ward, West Grand Golf director of instruction, will teach a short golf lesson, including course etiquette and networking. Sarah grew up in Des Moines and attended the University of Iowa, where she received a degree in English education with a coaching minor and was a member of the women's golf team. Upon her 1990 graduation, Sarah relocated to southwest Florida to pursue work in the golf business. She spent the winter months working at Rotonda Golf and Country Club in Florida and the summer months at Des Moines Golf and Country Club. In 1993, she began playing professional golf on the SBC Futures Golf Tour. In 1998, Sarah reached the final stage of the LPGA Qualifying School, a highlight in her career.

Soon after her return to Des Moines in 2001, Sarah joined West Grand Golf, where she gives more than 500 private golf lessons each year. Sarah also contributes periodically to the golf instruction teams of Glen Oaks County Club and the J.D. Turner Golf Group. She married Todd Simpson in 2005.

As a class A Member of the LPGA Teaching and Club Professional Division, Sarah continues to promote the game of golf in central Iowa. Her high rate of repeat clientele at West Grand Golf is evidence of her ability to enhance learning and instill enthusiasm for the game.



SAVE THE DATE

Events Calendar

July 15:

West Grand Golf
6450 Raccoon River Drive, West Des Moines

With golf instructor Sarah Ward.

Aug. 19:

Urbandale Golf & Country Club
4000 86th Street, Urbandale

With WHO TV's Sonya Heitshusen and Erin Kiernan.

Sept. 16:

Sam & Gabe's Italian Bistro
8631 Hickman Road, Clive

With personal branding expert Chick Herbert.

Oct. 21: Woman of the Year

Nick's Bar and Grill
9769 University Avenue, Clive

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.



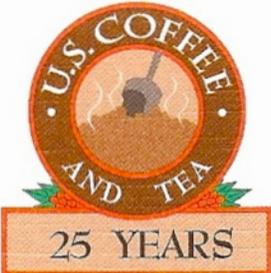
Judy Bradshaw	June 7
Erin Luft-Wiskus	June 8
Sus Sweitzer	June 12
Nichole VanHorn	June 17
Phyllis Foster	June 23
Carol Stone	June 25
Mindi O'Kane	June 28
Sharon Feeley	June 29
Cheryl Hayes	June 30
Barb Livingston	July 26

WELCOME!

Sixteen new members have joined our ranks since January 2010 - say hello and get to know them at a meeting soon!

Current as of April 14, 2010.

Angela Sapp	Julie Messelheiser
Cheryl Hayes	Karen Clayton
Daniel Wright	Kristin Wicks
Deb Engle	Marilyn Harden
Erin Luft-Wiskus	Phyllis Foster
Heather Soener	Rebecca Meyer
Heidi Messelheiser	Sue Harkin
Judy Bradshaw	Susan Taber



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

THE TRAVELING MARKET PLACE

Friday, June 11th
5:00 – 8:00 p.m.

Come and experience a **NEW** idea for Iowa...
A monthly shopping market where
all proceeds go to charity!

Join us for three fabulously, fun power hours of shopping, tasting and fun when the Traveling Market Place brings you the first monthly shopping event in Central Iowa.

You'll be able to get **EVERYTHING YOU WANT**. Fun products for you, for gifts, for your home...
ALL IN ONE PLACE!!!

Cost of admittance is
\$5.00 OR

Bring a can of coffee for your donation to the Beacon of Life, our charity of the month!

For questions or additional information, contact:

Cheryl Hayes
641-328-4374
chayes4217@msn.com

Connxions

3901 121st Street
Urbandale, IA



The Beacon of Life is a long term transitional housing facility with a 34 woman capacity that strives to give women the strength and skills they need to live independently.

COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS

Chef Terrie Kohl, Instructor/Owner/Chef

Do you have a group or need a staff workshop? Now scheduling private classes and wedding, graduation and Fathers Day events! **Gift certificates now available.**

Eating in is the new dining out!

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

June Class Menu

This One's for Dad! – June 10

Grilled Filet Mignon with Bleu Cheese Butter
Grilled Grape, Pine Nut and Feta Focaccia
Dark Chocolate Orange Brulee
(Register by June 7)

Casual Entertaining – June 15

Grilled Tilapia Tacos
Grilled Herbed Corn on the Cob
Easy Fried Ice Cream
(Register by June 12)

This is Eater-tainment! – June 23

Pineapple Bourbon Glazed Pork Tenderloin
Baked Italian Artichoke with Three-cheese Crepe
Parcels
Grilled Romaine with Sherry Mustard Manchego
Dressing
(Register by June 20)

Dazzling Tastes – June 24

Grilled Halibut with Sweet Hot Chili Sauce
Garlic Ginger Macadamia Nut Black Rice
White Chocolate Key Lime Tarts
(Register by June 21)

Middle East Eats – June 29

Spice-rubbed Lamb Kebab with Cucumber Mint Sauce
Greek Chopped Salad
Baklava Pastry Purses
(Register by June 26)

Demonstration classes begin promptly at 6 p.m., ending between 8 and 9 p.m. Arrive at 5:50 p.m.

Class starts at \$45 per person paid in advance (\$25 return check fee). Cancel at least 72 hours in advance (7 days for groups of 3+) to transfer or refund payment.

2624 NW 157th Street, Clive - (515) 987-5957

www.countryclubmkt.com terrie@countryclubmkt.com