



Next meeting: Thursday, September 15

Sam & Gabe's

8631 Hickman Rd.
271-9200

Agenda

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

Menu Choices:

- Cannelloni (pasta shells stuffed with veal, pork, chicken, spinach, & cheese) with red, white, or both sauces
- Chicken Romano (Romano cheese batter, sauteed, and baked in white wine sauce) with rice pilaf & asparagus
- Dilled Salmon w/lemon caper butter sauce with rice Pilaf, and asparagus
- 6 oz Filet of Beet with asparagus

Dessert - Tiramisu

All served with tossed salad, bread, non-alcoholic beverages, and dessert

Sign up by Monday, Sept. 12 at <http://mwniowa.org/calendar/>.

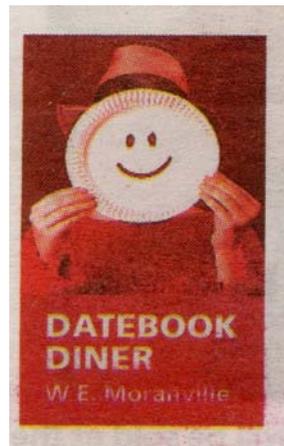
Member dinner fee: \$25

Remember – the person who brings the most guests will win the restaurant gift certificate!

Next month: Woman of the Year to be held on Oct 20!

Our next speaker – shhhh... it's a secret! (Look on page 2.)

Wini Moranville grew up in Des Moines, Iowa, and



attended the University of Iowa, graduating with a B.A. in French and English. She subsequently moved to New York City, where she worked for Société Générale (a French bank), Elle magazine, and Oxford University Press. She was later transferred to the Oxford, U.K., branch of this publisher, where she worked as a publicity manager.

She obtained her M.A. in English from Iowa State

University in 1993; in 1994, she began her present career as a food and wine writer/editor. Her food stories have appeared in lifestyle magazines including Better Homes and Gardens, Country Home, Simply Perfect Italian, Holiday Appetizers, Holiday Celebrations, Holiday Menus, Creative Home, Indulge magazine (a luxury lifestyle magazine in Fort Worth, Texas), and DSM (a luxury lifestyle magazine in Des Moines).

She has also served as a writer and editor for numerous cookbooks under the Better Homes and Gardens imprint, including the past three editions of the Better Homes and Gardens New Cook Book. Since 1997, she has also written over 500 restaurant reviews for The Des Moines Register. In addition to the dining column, she writes occasional pieces about wine, food, and travel for this newspaper. In recent years, Moranville has added wine and culinary and wine travel to the topics that she covers regularly. She currently writes a monthly wine column for Relish magazine, a food magazine launched in February 2006, with a circulation of over 15 million, distributed through daily newspapers nationwide. Moranville is a member of the James Beard Foundation, and has served as a Restaurant Awards panelist since 2005.



LETTER FROM THE PRESIDENT

SEPTEMBER 2011

From the President's Desk: September 2011

Happy September to all –

Oh my gosh, what a wonderful Labor Day Weekend! Being able to enjoy getting together with my family for the “final” summer weekend, was a blast. Good BBQ (why is everything centered around food?) and great company! Lots of laughs and PERFECT weather . . . love the cool down.

This month's meeting will be a lot of fun. Sam and Gabe's always has great food and I'm looking forward to meeting the food critic from the Des Moines Register. I understand that she will also be sharing information on her French cookbook and, since my next trip will be to Paris, I'm hoping she will share “must do” restaurants with me.



FYI – Our September meeting will have a Sam and Gabe's gift certificate for the person bringing the most guests (we will draw for the winner if there are ties).

Our steering committee meeting on September 1st was very exciting with our selection of the Woman of the Year – we will announce the winner in October. I was so pleased that we had so many wonderful nominees – thank you to everyone that submitted names. It's humbling to know how many people we have in our community that impacts so many lives!

See you on the 15th at Sam and Gabe's!

W.E. Moranville, Food Critic
For the DM Register!

Best regards,

Becky Patton-Quigley

Visit our website: www.mwniowa.org

Mark your calendars for October 20! Our next meeting will be the *Woman of the Year* dinner, held at the Hyperion Club this year. This is always a highlight of the year. The honoree will be announced prior to this meeting so you can invite friends and family to come, too. Like the State Fair song says, “*Don't miss it ... don't even be late!*”

DID YOU MISS LAST MONTH'S SPEAKER?

SEPTEMBER 2011

Dealing with adversity after a sheltered life

Erin Barfels knows a thing or two about cancer. After living a normal, sheltered, and blessed life as a child, her mother was diagnosed with breast cancer while Erin was in high school. She remembers how stoic her mom was, never missing an activity of her or her three siblings. Everyone thought her mom would survive after the chemo and radiation, but she didn't.

Then, a few years after that, Erin's sister Dana was diagnosed with brain cancer. No cure was available. Erin, who by then was married to a terrific guy and had two children, dedicated herself to helping her sister as much as she could during the 12 -18 months the doctors advised was the maximum to expect.

Not long before Dana passed away in April, 2010, Erin found a mass in her groin and a small tumor on her eyelid. The doctors assured her they were nothing to worry about. She has a blood disorder for which she takes blood thinners, and that probably caused a hematoma (blood clot) mass, and the eyelid was probably just fat cells. But, doing what she needed to do, she had them both tested. When the results came back, the doctor asked her if she knew an oncologist to see about the tests, and she said she knew one from her family's history.

How could she believe the doctor when he told her the growths were each a form of lymphoma – cancer. She had already lost her mom and sister, her best friends, and now had to deal with her own struggle. There was no way the good Lord would do this to her!

Being a fighter, Erin dealt with her cancer straight away. Six months of chemo and radiation ... and she was a survivor. She fought and won.

But, she says, "Those months gave me time to think about what's really important in life." When she started telling her friends how she loved them, at first, they would look at her strangely. Since then, they all have grown accustomed to telling each other that frequently.

Leukemia & Lymphoma Society (Iowa Chapter) Woman of the Year



Also, being a competitive person hasn't hurt her at all. Through her life's troubles, she completed college, got a Master's degree (MPA), and climbed the ranks in the HR world. Her position at ARAG has provided her with opportunities to help others on the job and outside the company as a volunteer. She and her family are big into volunteering, but her husband reminds her not to accept all challenges that are sent her way, as she gets pretty intense about it.

She was offered the chance in January 2011 to attempt to be the woman of the year for the Leukemia and Lymphoma Society (Iowa Chapter) by fundraising the largest amount. Of course, she could do it. First, it was close to her heart. Second, it was a challenge that she would conquer and then some. The women before her would have raised anywhere from \$18,000 to a whopping \$50,000 on their own. Erin figured she could make it to \$18,000 easily enough.

As she built her connections and committees, the contributions started coming in. After several events, some on the same day, she had obtained more than the \$18K she planned on. She was driven to go for \$20K, then \$30K. Her good friend who was a Silpada dealer decided to help with a benefit jewelry party, which turned into a fashion show with the help of another friend, and the next thing, they had raised \$10,000 at one event! They called it "Saturday for Sisters," a way to honor the women in your life. Before she was done, she had raised a total of \$82,000 for L&LS!

Erin has a cheerful attitude about cancer, considering the misery it has caused her. She says, "I hate cancer, but I love what cancer can bring – faith, caring friendships, and relationships." Through it all, she still feels blessed.

STEERING COMMITTEE MINUTES

SEPTEMBER 2011

Meeting date –9/1/11 - Location – Gateway Market

Members Present: Becky Patton-Quigley, Melissa Read, Connie Blodgett, Diana Dubuisson, Lois O'Donnell

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

Secretary's Report:

Secretary's report from the last steering committee meeting was approved.

Treasure's Report:

The bank balance is \$ 2447.92. Dianna will work with others on steering committee to get up to date list of paid members. Becky is going to work on new name tags that will have membership month on them as a reminder as to when membership fee is due.

Programs:

Connie Blodgett reported that the September meeting, to be held on September 15th, will be held at Sam and Gabe's on Hickman Road. Our speaker will be W.E Moranville, reporter for the Des Moines Register and author of a French cookbook. A gift certificate will be given to the member bringing the most guests, and this will be announced in the three notices about the meeting. The October Woman of the Year meeting will be held at Hyperion Country Club. Several other options for locations and speakers are being considered. The January membership meeting will be held at the Urbandale Golf and Country Club.

Public Relations Report:

Lois O'Donnell has assumed the duties for the newsletter and publicity. A volunteer is still needed for the "Do You Know" column for the newsletter. Casey Polk will continue to write thank you notes to speakers and guests. Becky will write the President's letter for the newsletter. Any volunteers to assist with the newsletter or publicity duties will be welcomed.

Old Business:

Becky will review the bi-laws to see what and when needs to be published to the entire membership. The committee is still asking for any volunteers to assist with the duties of publicity/newsletter.

New Business:

The Steering Committee was extremely pleased with the number and quality of nominations that were received for the Woman of the Year. Six amazing women were nominated, and the committee reviewed and discussed the merits of each, knowing that any of the six nominees would make a truly deserving Woman of the Year. Lois O'Donnell will notify the winner, and report her acceptance to Becky.

Next Meeting Date: Next full Steering Committee meeting will be at 5:30 p.m., Thursday, October 6th at Gateway Market. Please feel free to attend.

Meeting was adjourned at 6:35 pm.

OTHER INTERESTING STUFF

SEPTEMBER 2011

2011 Steering Committee

President/Past President: Becky Patton-Quigley
Vice President, Acting Secretary: Melissa Read
Treasurer: Diana Dubuisson
Secretary: Open
Programs: Sherri Johnson, Connie Blodgett
Publicity & Newsletter: Lois O'Donnell
At-Large: Casey Polk, Janet Seeberger

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!

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).

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



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2011 Charity of the Year: MWN members voted to support **HCI Care Services** (Hospice of Central Iowa) in 2011. [Learn more about volunteer/giving opportunities today!](#)

MEMBER AD-VANTAGES

SEPTEMBER 2011

"Eating In Is The New Dining OUT"

Now Scheduling Thanksgiving Dinners, Christmas Parties and Dinners...and New Years Eve!

The below classes are demonstration and will begin promptly at 6 p.m. until 8 - 9 - ish.
unless otherwise noted.

Please arrive with time to get seated and ready to begin...5:50 p.m.

Payment is required in advance to secure your reservation...
which includes a full meal, instruction and recipes with bottled water and appetizer.
Fun entertainment too!

Feel free to bring wine or choice beverage for yourself!

GIFT CERTIFICATES AVAILABLE

Do you have a group, or need a staff workshop? Now scheduling private classes & workshops...
Consider a Bridal Shower with Class...Surprise Birthday Class and bring gifts and wine!

Private Groups and Workshops	At Country Club Market	At Your Location
Demonstration Class 3 recipes	\$40-\$45 per person 8-10 +	\$55 per person 8+
*Hands-Ons Class 4 recipes	\$55+ per person 8	\$65+ per person 8+

*(Hands-On Classes held for Private Groups only)
Cost is negotiable depending on special requests.

Entertain with I Thursday, September 22, 2011 \$45 per person

Registration Deadline Sunday, September 18th.

Classic Beef Wellington with Rich Mushroom Duxelle
Another Classic - Caesar Salad with Homemade Croutons
Chef Terrie's Banana's Foster with Vanilla Bean Ice Cream

Entertain with II Wednesday, September 28, 2011 \$40 per person

Registration Deadline Saturday, September 24th.

Tuscan Chicken Spedini with Garlicky Amogio Sauce
Italian Bean Salad with Curly Endive and Honey-Balsamic Dressing
Italian Lemon Cake with Rosemary and Golden Raisins, Fresh Whipped Cream too!

I hope to see you once or twice, maybe more, to join me on my journey with passion for food.

Thank you! **Chef Terrie**

Class space is limited and fills up quickly, email your reservation & send payment now!

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