

MEMBERSHIP DRIVE: THURSDAY, JAN. 20

Glen Oaks Country Club

1401 Glen Oaks Drive
West Des Moines

Agenda

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

Menu

Select one:

- 7 oz **Steak de Burgo** with parmesan mashed potatoes;
- **Almond chicken** with Champagne beurre blanc and parmesan mashed potatoes; or
- Pistachio-crusted **salmon** with butter cream sauce and wild rice.

Includes salad, rolls, coffee, tea, lemonade and double-chocolate mousse cake; cash bar.

RSVP by Monday, Jan. 17 via Evite or to rsvp@mwniowa.org (indicate your entree choice, guest names and guest entree choices).

Member fee: \$25

WIN BIG!

The MWN member who brings the most guests will win a one-year paid renewal (value: \$40).

All attendees will be entered to win fabulous door prizes!

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!

Metro Women's Network welcomes keynote speaker **Deborah Rinner, Tero International** director of international protocol and corporate etiquette. Deborah will present **Navigating Negotiation: Going Beyond Compromise**.

While negotiations are often thought to be reserved for executives and boardrooms, we all negotiate every day. From a weekend activity with our family members, to solutions to customer requests or assignments on a team, negotiation skills are a critical part of our daily interactions.

When asked about negotiations, most people describe a desired and productive outcome as a compromise. Many even begin negotiations by advising the parties that compromise is essential. At Tero, we believe the best result isn't necessarily compromise. We go beyond.

Following this session, you'll know how to: Balance human relationships with a focus on results by learning Harvard's negotiation steps; reach a win-win solution for both parties; and avoid ineffective negotiation and resulting conflict.

About our speaker: Deborah holds a certificate from the Protocol School of Washington, D.C., has a master's degree in education from Drake University, and is a member of the Association of Training and Development, Rotary International, American Women in Communication, Protocol and Diplomacy Officers International, and the Society for Intercultural Training Education and Research. She joined Tero in 2002.



Tero International, Inc.
Your Elite Training Team



LETTER FROM THE PRESIDENT

I want to thank you for being a part of my life this last year. I am lucky and very blessed to have friends who are smarter, better-looking, funnier, more successful and talented than I am - you all give me a goal to strive for.

As we go into a new year, here is what I hope for each of you:

- You have everything you need. I used to wish and hope and pray to get everything I wanted. God gave me that once and it was a nightmare. Now I simply ask to have everything I need, not want.
- Appreciation for friends and family. When I can focus more on someone else and less on me, when I can honor differences, and accept people for who and what they are, things are infinitely more pleasant. My "way" and your "way" don't have to be the same.
- Laughter, at yourself and situations around you. I once heard someone say their family motto was, "Learn to laugh at yourself. If you don't do it, we'll do it for you." Really, why do we make things bigger and more serious than they need to be? We're all just Bozos on this bus of life. We each make mistakes. Move on.
- Someone to love us. Whether it's a pet or person, we need to feel we matter to someone; somebody who lights up when they see us walk into the room. Please surround yourself with these people.
- Something new. We need to challenge our brains to stay sharp. New things also expand us as people... we avoid getting dull and boring. Take on a new project, make a new friend, step outside of your routine. The hard situations are the ones that help us grow.
- Baseball. Sorry, I couldn't help it. **It is great to sit at the end of the bench on a championship team.** Not everybody is going to be Willie Mays. Find a role you can play well. If you are the 25th man on a 25-man roster, be the best 25th man there is.

Thank you all for being in my life . . . I hope you stay!

Happy New Year!

Becky Patton-Quigley



SAVE THE DATE

Events Calendar

Feb. 17: Self-defense and Boot Camp

Maxie's Restaurant
1311 Grand Ave, West Des Moines

*With Mackenzie Sposeto, presenting on self-defense for women and a new children's boot camp. Maxie's will offer a special **MWN martini!***

2011 meeting dates: March 17, April 21, May 19, June 16, Aug. 18, Sept. 15, Oct. 20 and Dec. 1.

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 Jan. 6 at Gateway Market. Becky Patton-Quigley, Sherri Johnson, Connie Blodgett, Didi Loynachan, Michelle Engler, Janet Seeberger Casey Polk and Lori Trout attended.

President Becky Patton-Quigley called the meeting to order at 5:42 p.m.

Secretary

The November meeting minutes were approved.

Treasurer

The bank balance is \$1,484.34; the report was approved. The Charity of the Year donation to Hospice by members and MWN totaled \$700.

Programs

Connie Blodgett reported on upcoming programs:

- **Jan. 20:** Annual membership meeting at Glen Oaks Country Club, with Deborah Rinner, Tero International. Giveaways and other details for the meeting were discussed.
- **Feb. 17:** Maxie's Restaurant with Mackenzie Sposeto on self-defense for women and boot camp for kids. Look for a special Metro Women's Network martini!

Newsletter/Web Site

The president's letter is ready and will be sent to Pamela for the newsletter. The "Do You Know?" column was discussed; copies of the form will be provided at the January meeting for members to complete for publication in upcoming issues.

Old Business

None.

New Business

None.

Next meeting: The next steering committee meeting will be at 5:30 p.m. Feb. 3 at Palmer's Deli and Market, 2843 Ingersoll Ave., Des Moines.

The meeting adjourned at 6:15 p.m.

Submitted by Secretary Didi Loynachan

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).

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

2010 HOLIDAY SOCIAL, CHARITY OF THE YEAR

Metro Women’s Network members and guests gathered Dec. 2 at Bonita Clark’s shop, [By Design](#), to enjoy each other’s company and a delicious meal catered by [Country Club Market](#) Chef Terrie Kohl; celebrate the holiday season; and fund-raise for our 2011 Charity of the Year, [Hospice of Central Iowa](#). With members’ and guests’ contributions and matching funds from MWN, we were able to donate **\$700!**



SERVE ON THE 2011 STEERING COMMITTEE

Do you have special gifts or talents you'd like to share with Metro Women's Network? Would you like to gain leadership experience? Have a burning desire to shape the future of our organization? Want to get to know MWN members better and make new friends? **Serve on the 2011 steering committee!**

Check out the opportunities below; volunteer for a committee today or nominate yourself or another candidate for an officer's position (listed in the left column below) at the annual meeting. Questions? Contact admin@mwniowa.org.

President

The president presides over all meetings, including meetings of the steering committee, serves as an ex-officio member of all committees, and executes the duties generally attendant upon this position.

Vice President

The vice president chairs the membership committee and presides in the absence of the president.

Secretary

The secretary notifies steering committee members, and those who also request notification, of all steering committee meetings at least seven days in advance; notifies all members on the annual meeting at least 30 days in advance; records steering committee meeting minutes; and performs other duties as assigned by the president or steering committee.

Treasurer

The treasurer collect dues, deposit the monies of MWN in a financial institution in metropolitan Des Moines, and keeps a record of all monies collected, deposited and disbursed. The treasurer reports the financial condition to the steering committee as called upon by the president and prepares an annual budget.

At-large Representatives

At-large representatives assist committees as needed and serve as membership liaisons.

Membership Committee

The membership committee actively recruits members, promotes membership retention and participation in MWN, and performs other duties as assigned by the president or steering committee.

Programs Committee

The programs committee coordinates monthly programming events to fulfill the objectives of MWN, including speakers, venues and related duties.

Directory Committee

The directory committee compiles and distributes the membership directory to members in good standing. This committee shall maintain an updated list of members. Members and guests are prohibited from using the directory for direct solicitation of other members for the purpose of selling products, services, etc., through telephone, e-mail or other modes of contact for their own personal or professional gain or advancement.

Publicity Committee

The publicity chair (formerly Newsletter/Web Editor), with the help of committee volunteers, coordinates and publishes the MWN newsletter, maintains mwniowa.org and social networking accounts (Facebook, Linked In and Twitter), manages online event postings/community calendars, and generally promotes MWN missions.

2011 CHARITY OF THE YEAR

Our members have spoken: We will support Hospice of Central Iowa this year! The campaign kicked off with a fundraiser at our holiday social Dec. 2. Metro Women's Network matched its members and guests contributions for a total donation of **\$700!**

Learn more about this special program and how you can serve Hospice this year at <http://mwniowa.org/programs/charity/>.

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

COUNTRY CLUB MARKET

CUSTOMIZED CATERING, BAKERY & CULINARY ARTS CLASSES

Chef Terrie Kohl, Instructor/Owner/Chef

Now scheduling private classes and group and staff workshops!
Gift certificates available.

Eating in is the new dining out!

Demonstration classes include meal, recipes, instruction, bottled water and a snack (BYOB).

January Class Menu

Yummy in Your Tummy – Jan. 18

Salmon with Harissa, Middle Eastern-style
Sicilian Arancini di Riso (filled risotto croquettes)
Kale and Cannellini Bean Soup with Pancetta Croutons
(Register by Jan. 15)

Wholesome Supper – Jan. 27

Moroccan Chicken Stew over Jumbo Couscous
Preserved Lemon, Olive and Goat Cheese Salad
Chocolate Espresso Ganache Tart
(Register by Jan. 24)

Watch for Chef Terrie's "Healthy Eating in the New Year" series in February!

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

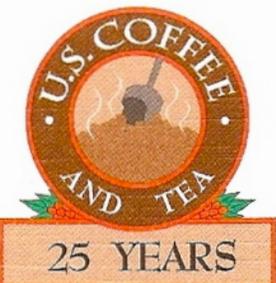
Classes are \$45 per person paid in advance (\$25 return check fee).

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

Happy Birthday!

Teresa Haugen	January 2
Heidi Messelheiser	January 4
Sharon Wolfe	January 18
Melissa Read	January 19
Diana Dubuisson	January 21
Mary Halstead	January 26
Tammy Stifel	January 28
Sue Harkin	February 8
Deb Baschke	February 25



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