



FEBRUARY 2012

Next meeting: Thursday, February 16

Maxie's Restaurant

1311 Grand Avenue
West Des Moines
223-1463

Choice of:

8 oz Beef filet with baked potato & veggie or

Chicken teryaki with rice pilaf & veggie or

Broiled salmon with rice pilaf & veggie

Tossed salad, rolls/bread, non-alcoholic beverages are included.

Dessert choices:

Coconut cake or turtle cheesecake

Cash Bar – YES! Maxie's will be offering the Metro-tini again! Or, is it the MWN Cosmo? Whatever, it's delicious, remember?

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before February 13. Member dinner fee is \$25.

Next month: Meeting on March 15.

Bring your friends and colleagues to our meetings. They will enjoy it, and we will enjoy meeting them!

2011 DM Business Record
Women of Influence Winner:

Teri Wood

Vice president of marketing, Iowa Lottery, will be our next speaker



Teri Wood joined the Iowa Lottery Authority in May of 2010 as their VP of Marketing. She is responsible for overseeing the Lottery's marketing budget of approximately 7 million dollars annually through strategic planning, policy development, advertising, marketing, promotions and social media outreach.

In her 21 months at the Iowa Lottery, her department has been responsible for launching two "groundbreaking programs within in the lottery industry" and has set dozens of new sales records. January of this year was the largest ever sales month in the 27 year history of the lottery.

Prior to joining the Lottery, Wood served as President of Clear Channel Outdoor Advertising's Des Moines' Division for 20 years where she oversaw regional sales and operations, managed their real estate portfolio and acted as their legislative liaison. Clear Channel named Wood their Executive of the Year in 2005 out of 57 other Division Presidents.

She is also the former owner/operator of East Village Books and is an active community volunteer serving on many boards including Blank Park Zoo, Hoyt Sherman Place and the Iowa Cultural Coalition. Wood is an inaugural board member of The John Stoddard Cancer Center, former board chair for the Greater Iowa Sioux land Better Business Bureau and continues to serve the American Advertising Federation in many capacities. The American Advertising Federation honored Wood with their Silver Medal for Lifetime Achievement at the age of 47. Wood is still protesting that award as she feels it should be called a "Half a Lifetime Achievement" award.

Wood is a graduate of the Greater Des Moines Leadership Institute and a member of the Women's Consortium Breakfast Club. She lives in West Des Moines with her husband, Andy TeBockhorst and their many assorted four-legged friends. In their spare time she and her husband like to travel around the Midwest in their land boat finding obscure music and entertainment venues.



LETTER FROM THE PRESIDENT

FEBRUARY 2012

Greetings!

I am privileged to be serving as the President for the Metro Women's Networking Group for 2012. I have been a member for over 12 years and have thoroughly enjoyed the many friendships formed, wonderful restaurants and many interesting speakers throughout the years. If anyone has any suggestions or would like to attend the Steering Committee meetings, you are always welcome. We are here to serve the members.

As I write this letter, I am gearing up to leave on a cruise this weekend for a week. It seems like the hustle and bustle of work, activities, events, etc., really makes us appreciate a vacation -- not to mention the warmth and sunny days that are enjoyed on a cruise and, of course, all the good food.

The top New Year's Resolutions are to quit smoking, lose weight, spend more time with family, enjoy more life, help others, and learn something new. This is always a good time of year to reflect on where are priorities are, and although many of us lead busy lives, one night a month to meet with the Metro Group has always been a valuable time for me to just get out, have a good time with the ladies, and enjoy hearing the speakers.

I look forward to seeing everyone on February 16th at Maxie's Restaurant in West Des Moines.

Sharon Wolfe

2012 Officers named:

President: Sharon Wolfe

Vice President: Janet Seeberger

Secretary: Becky Patton-Quigley

Treasurer: Diana Dubuisson

Programs: Connie Blodgett and Sherri Johnson

Newsletter: Lois O'Donnell

At large: Roxanne Morrow, Melissa Read

Notice! The **Opportunity Grant Fund** will be available for applications now until the end of March. This fund is for members in good standing for at least one year who want to do something to enrich their lives – take a course, learn something new, grow personally or professionally. The exact amount of funds will depend on the request. To apply, complete and submit the form at <http://mwniowa.org/programs/grant/>. Chosen applicants will be notified in April.

Follow Metro Women's Network on Facebook and Twitter! We look forward to your comments and suggestions. We've been networking for well over 30 years. Social networking is another way we can keep in touch and "socialize."

Visit our website: www.mwniowa.org

STEERING COMMITTEE MINUTES

FEBRUARY 2012

Metro Women's Network Steering Committee Meeting Minutes

The steering committee met on February 2nd, 2012 at Gateway Market.

Attending: Janet Seeberger, Diana Dubuisson, Becky Patton-Quigley, Melissa Read, Sherri Johnson, Connie Blodgett, Lois O'Donnell, and Roxanne Morrow.

Vice President Janet Seeberger called the meeting to order at 5:30 p.m.

Secretary's Report: The January 5th minutes were approved. Becky Patton-Quigley reported the recommended steering committee tasks for the next three months. The document showing the monthly activity is accessible by steering committee members in our google docs account. She volunteered to bring them to the meetings to report as secretary reminders.

Treasurer's Report: The bank balance is 1,980. The report was approved. Diana Dubuisson distributed the updated member list. At this time we have 51 members. She is researching new name tag possibilities. We received the thank you letter from Food Pantry (DMARC) and other members of the steering committee indicated that they had received their individual letters as well.

Programs committee: Connie Blodgett and Sherri Johnson reported that our February meeting will be at Maxie's and the speaker will be Teri Wood Tebockhorst, VP of Marketing at the Iowa Lottery. The steering committee discussed additional location and speaker suggestions for future meetings.

Public Relations Report: Lois O'Donnell reported that it takes hours to put the newsletter together with the existing tools. She would like help with some of the segments. Melissa Read offered to maintain the birthday segment as well as the Who Do You Know page. Becky Patton-Quigley motioned that Lois look into purchasing new software to make the newsletter easier to publish. Seconded by Melissa Read. Motion passed unanimously.

Discussion about notices to members for RSVP activity. The president will send the first notice when the president's letter has been posted with the first reminder to RSVP. Lois O'Donnell will send the second reminder when the newsletter has been posted. Becky Patton-Quigley will send a notice on Friday before the Monday deadline as the third notice.

Old Business:None.

New Business:We will start advertising the opportunity grant funds as soon as possible.

Next Meeting: 5:30 PM on March 1st, 2012 at Palmer's on Ingersoll.

Respectfully Submitted by:
Becky Patton-Quigley, Secretary

Guest, Dues, and Attendee Policy

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. Membership annual dues (\$40 by check or pay pal) cover a period of 12 months from your sign-up/renewal date. Reservations made but not attended will be expected to pay the dinner fee.

To renew your membership, click here:
<http://mwniowa.org/membership/>

OTHER INTERESTING STUFF

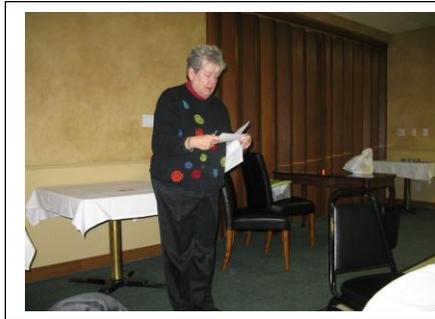
FEBRUARY 2012

Fun was had by all at the January Membership Meeting.



Melissa Read held the drawing envelope while Laurie Briggs-Leeper helped. (near right)

Susan Barrett won one of the drawings. (far right)



Linda Dietz spoke to us about "natal blueprint and astro numerology." (far left)

Connie Blodgett announced our door prizes. (near left)



Did you miss the January speaker?

By Lois O'Donnell

I don't interpret the stars; I just look at them on occasion. However, our January speaker Linda Dietz does more than that. She studies your "natal blueprint" (date, place, time) and "astro numerology" to determine your personality and how others will relate to you. Some information is based on the four North American elements (water, fire, earth and air) and interrelationships to them. She develops a "natal wheel" of information for each client to explain how the stars are aligned, using the zodiac signs, along with the planets. She is also looking into "sound healing" through vibration, a newer study of a "cause," not just "effects." While this philosophy is just developing, the basic "law of resonance" indicates that things happen as they are synchronized (sometimes called vibration). One example is sound of lower vibration will become higher if synched with a band of higher vibration. Things can be changed (to bring more balance to life, etc) by being in "synch" with other things nearby. Another example, the power of prayer of many people may bring about change. She said, "If we are 'dis-eased,' we can possibly fix it through synchronization." Obviously, Linda does a much better explanation of her processes. She has a couple programs/retreats coming up. For more information, look at <http://www.exploremindworks.com>.

MEMBER AD-VANTAGES

FEBRUARY 2012

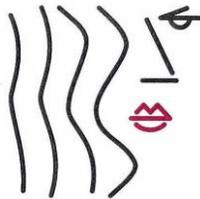
Members: Submit your ad or announcement to admin@mwniowa.org by the first Thursday of each month.



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Christina Moffatt has been named a finalist in Food Network's "Cupcake Wars" show! Christina owns Crème Cupcakes in Des Moines and was our speaker in July 2011. Best of luck to her! We who attended that meeting will be able to say, "We've tasted her cupcakes, and she's definitely a winner!"

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Black Forest Chocolate-Cherry Cheesecake 9" Round **\$26.99**
French Silk Pie **\$16.99**

Please place orders no later than Thursday, February 8th
Please request date/day and time to pick up.
Above prices do not include tax.

Terrie Kohl, member