



JANUARY 2013

## Next Meeting: Thursday, January 17

Gino's West  
West Glen, Mills Civic Pkwy,  
WDM  
5513 Mills Civic, #100  
226-2320

Dinner choices:

Filet of Beef with chef's  
veggie choice, baked potato  
OR

Chicken Parmesan with baked  
potato  
OR

Tilapia (baked) with chef's veggie choice,  
baked potato

All served with tossed salad,  
bread/rolls, chef's dessert tray  
(remember how good this tray is?)

Gino's West will again donate a  
wonderful basket of Gino's goodies for a  
door prize! We will also have a prize for  
the member who brings the most guests  
and drawings for guests and members!

To sign up for this meeting, contact  
[www.mwniowa.org/calendar](http://www.mwniowa.org/calendar)  
before Jan 14. Dinner fee is \$25. Guests with  
more than two visits per year are \$35.

The February 21 meeting will be at  
Jimmy's Big Ten Restaurant.

## Come to our Membership Drive meeting on January 17!



Always a fun meeting -- bring your  
friends and colleagues for an  
enjoyable evening, fine dinner,  
and delightful speaker.

This time, Reylon Meeks will  
speak to us about being a Fire  
Chief for the Pleasant Hill force.  
Yes, that's right ... Fire Chief! She  
also wears several other very  
important hats.

Please join us for the festive  
meeting!

Reylon is the Clinical Nurse Specialist for  
Blank Children's Hospital in Des Moines, Iowa,  
and the Fire Chief for the city of Pleasant Hill.  
She was named the American Red Cross Hero  
of the Heartland in the fire division and was  
chosen one of One Hundred Great Iowa  
Nurses. She sits on the Board of Health for  
Polk County and has been appointed to the  
Governor's Task Force on Emergency  
Response for the State of Iowa. Reylon  
represents Iowa as Regional Faculty for  
Pediatric Advanced Life Support and sits on  
the Pediatric, Program Administration and  
First Aid committees at a national level for  
the American Heart Association. She holds  
two master's degrees and is currently  
finishing her doctoral dissertation in health  
administration.



## From the President's Desk

JANUARY 2013

### "From the President's Desk"

#### January 2013

Isn't it nice to take a big breath after the busy holiday season and get back on track with our regular routines?! As much as I enjoy the holidays and having the opportunity to spend additional time with family and friends, I also enjoy getting back in the swing of things.

It always seems like with the new year, I want to change, update, redo things in our home. Our home can be so much and anything you want it to be. A place to be inspired, a place to unplug, a place to express our personality, etc. I believe we spend so much time to build and have the perfect home. We want the home we see in magazines or the home shows, or the rich and famous, but that perfect world isn't real. It is my hope our home provides warmth, character, flaws, all of the things that make you feel truly welcome and at ease. This is one of my goals for 2013 -- to have a home we can come to and feel comfortable, throw our feet up and enjoy the calmness after our busy day.

Hoping to see several of you at our January membership meeting held @ Gino's West in West Des Moines with Reylon Meeks as our guest speaker.

**Sharon Wolfe**

#### **2012 Officers:**

**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

**Be sure to renew your membership in 2013.** The January meeting is a good time to build our membership and remind members to renew when their annual membership has expired. If you are not sure when that is, just ask the person at the check-in table at our meeting or email [admin@mwniowa.org](mailto:admin@mwniowa.org). So, for the January meeting, bring your checkbook (if it's time) ... or go to <http://mwniowa.org/membership/> (and use paypal) ... and bring guests who you think would enjoy this great organization!

Visit our website: [www.mwniowa.org](http://www.mwniowa.org)

# STEERING COMMITTEE

JANUARY 2013

MWN Steering Committee Meeting Minutes 1/3/13

The steering committee met October 4, 2012 at Palmer's Deli on Ingersoll.

Attending: President Sharon Wolfe, Secretary/Past President Becky Patton-Quigley, Treasurer Diana Duibuson, Programs Connie Blodgett, Publicity Lois O'Donnell, At-large Melissa Read

Sharon Wolfe called the meeting to order at 5:45.

The minutes from the 10/4/12 meeting were approved.

Treasurer Report:

Diana is moving to Kansas City and will need to resign from the steering Committee. The bank balance is \$1361.39, and the December checks are not in.

Program committee report:

January is the membership meeting at Gino's West with Reylon Meeks as our speaker. We will have 4 nice giveaways including a gift basket to the member bringing the most guests. February is at Jimmy's Big 10. Speaker to be announced.

Publicity Report:

Lois O'Donnell is writing up the speaker's program recap to include in the newsletter for those who missed the meeting.

Old Business:

Need member roster to assure that our mailing lists are up to date. We will put out form at January meeting and use that form to draw for prizes.

Reviewed nominees and other suggestions for voting at the January meeting.

New Business:

Reviewed suggestions from last meeting's attendees for steering committee nominations.

The next steering committee meeting will be at 5:30 pm on February 7th at Palmer's Deli on Ingersoll.

The meeting adjourned at 6:50pm.

Respectfully submitted by Becky Patton-Quigley.

## **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.

Come on January 17 and enjoy the food, drawings, and speaker ... and the great company!

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

# Member Ad-vantages

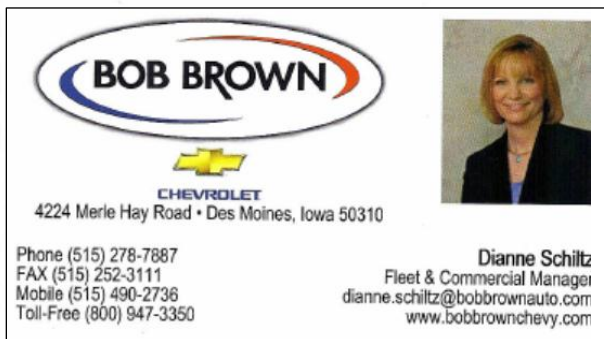
JANUARY 2013



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Cell 515-770-3221

*This space could hold your business card!  
Just give it to Lois O at the next meeting.*

**January Culinary Arts Classes**  
"Where eating in is the NEW Dining Out"  
&  
"Bringing Family & Friends Back Around the Table"  
The below classes are demonstration and will begin promptly at 6 p.m. until 8:30 p.m.  
Please plan to arrive with time to be seated and ready to begin, 5:50 is fine.  
Cost varies per class and is required in advance to secure your reservation, which includes a full meal, instruction and recipes with a beverage and an amuse-bouche.  
Lots of fun and entertainment too!

**EAT WELL Tuesday Jan. 15th 6 pm \$40**  
Registration Deadline Friday, January 11th.  
Vegetable Lasagna  
Sturdy Kale, Beet and Edamame Salad Tossed with Creamy Onion Dressing  
Asiago Popovers

**A VISIT TO ITALY Monday Jan. 21st 6pm \$50**  
Registration Deadline Thursday, January 17th  
Tomato Basil, Shrimp Capellini alla Diavola  
Warm Prosciutto and Nectarine Salad Dressed with Honey Dijon  
Italian Almond Cake with Raspberry Sauce

**EASY TO ENTERTAIN WITH Wed. Jan. 30th 6pm \$50**  
Registration Deadline Saturday Jan. 26th  
Spanish Paella with Andouille, Chicken and Saffron  
Roasted Red Pepper with Fresh Mozzarella Cornbread  
Fresh Lemon Meringue Individual Tarts

**Chef Terrie Kohl, Owner / Instructor**  
**Country Club Market**  
2624 NW 157th St.  
Clive, IA 50325  
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