



Next meeting: Thursday, February 21

Jimmy's

1238 8th St.
West Des Moines
457-2953



All served with tossed salad, rolls/bread, non-alcoholic beverages, and desserts:

Chicken Marsala with mashed potatoes, fresh veggie medley OR

Grilled Alaskan Salmon with lemon Beurre Blanc sauce with rice pilaf, fresh veggie medley OR

Pan Seared 10 oz Scallops with lemon Beurre Blanc sauce with rice pilaf, fresh veggie medley OR

8 oz Top Sirloin with mashed potatoes, fresh veggie medley

Dessert Choices -
Creme Brulee OR
Bread Pudding - vanilla cinnamon with praline sauce

Greta Lange, Dietician and So Much More!

Greta Lange, RD, LD, CSO, has been the Iowa Health/DM outpatient oncology dietician since March of 2009. Greta serves inpatients and outpatients in radiation oncology, chemotherapy, and surgery.



She regularly provides individualized and group education to patients and staff via 1:1 visits, support groups, and classes. Greta participates in community events and logged over 140 volunteer hours last year with groups like the American Cancer Society and Leukemia and Lymphoma Society.

Come and hear what Greta has to tell us about good nutrition and what we should be eating to stay healthy. It will be like having our own personal dietician for the evening. And, don't worry about having dessert – the good practices can start the next day!

Opportunity Grant Fund

Be sure to consider taking advantage of this grant to further your knowledge and education. An application may be made by any MWN member currently in good standing for a minimum of one year who didn't not receive it last year and is due no later than April 1. Complete the application, stating how the granting of funds will provide the support you need personally, in business, and/or in individual endeavors. Contact <http://www.iotform.us/form/92640620021> for the application.

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before Feb. 18. Dinner fee is \$25. Guests with more than two visits per year are \$35.



LETTER FROM THE PRESIDENT

February 2013

It's hard to believe the first month of 2013 is already behind us. Hopefully, you are right on track with the New Year's resolution that you made January 1st ... or maybe not. "If at first you don't succeed, you're about average." I quit making New Year's resolutions because I never seemed to keep them. "If at first you don't succeed, destroy all evidence that you tried." I think if there is something in our lives that needs work or change, we shouldn't wait until January 1st to do something about it. Have any of you said or heard someone else say, "I'm going to start my diet on Monday"? For some reason, Monday never comes. It's so easy to get caught up in the everyday things. As women, we are made to nurture and care for other. Sometimes, we forget that we are important and it's all right to put ourselves first. We're worth it! Let 2013 be the year we put ourselves first, do something we've never done before. Everyone has inside of her a piece of good news. The good news is that **you don't know how great you can be!** How much you can love! What you can accomplish! And what your potential is! – Anne Frank.

I hope to see you at the February meeting ... one way you can do something for yourself!

Janet Seeberger, President

2013 Officers:

President: Janet Seeberger

Vice President: Sus Sweitzer

Secretary: Susan Barrett

Treasurer: Laurie Briggs-Leeper
(and Diana Dubuisson)

Programs: Connie Blodgett and Sherri Johnson

Newsletter: Lois O'Donnell

At large: Roxanne Morrow, Casey Polk,
Lara Utter, Becky Patton-Quigley

New Officers chosen for 2013

Thanks to all who served last year. You all did a great job! And, thanks to those members who are staying on the steering committee this year. A big thank you to the women who will be serving this year, as shown in the box to the left. It's through their efforts that we have such inspiring and delightful meetings and speakers. They make our time worthwhile and do so much to help to develop successful networking activities.

Visit our website: www.mwniowa.org

STEERING COMMITTEE MINUTES

February 2013

MWN Steering Committee Meeting Minutes 2/7/13

The steering committee met at Palmer's Deli on Ingersoll on February 7th. Attending: President Janet Seeberger, Vice President Sus Sweitzer, Secretary Susan Barrett, Treasurer Laurie Briggs-Leeper, Programs Connie Blodgett, Publicity Lois O'Donnell

2013 Steering Committee members:

President: Janet Seeberger

Vice President: Sus Sweitzer

Secretary: Susan Barrett

Treasurer: Laurie Briggs-Leeper and Diana Dubuisson

Programs: Connie Blodgett and Sherri Johnson

Publicity: Lois O'Donnell

At-large: Roxanne Morrow, Becky Patton-Quigley, Casey Polk, Lara Utter

Janet Seeberger called the meeting to order a 5:42p.m.

The minutes from the previous meeting were read and approved.

Treasurer Report:

We do have a new account at People's Bank. Once we have the money deposited in this account, we will be getting debit cards for Sherri, Connie and Janet. This will help with getting deposits done faster.

The bank balance is \$1698.00

YJI 2012 Charity: Janet delivered donation.

Program committee report:

February - is at Jimmy's. Speaker is Greta Lange, dietician. Jimmy's will be giving away a \$25 gift card. We will have the drawing for the members that attend the meeting for this gift card.

March - is at Garden Grill, in Johnston and the speaker is Lori Dey, Motivational speaker. Connie is still working on the menu items.

October: Sam and Gabe's is booked for our Women of the year dinner.

Connie will track the cost of the non-alcoholic drinks to see what this is costing over time.

There was discussion of further restaurants.

Publicity Report:

Lois reported that we have signed up for 6 month membership on meetup.com for \$36.00. This membership is good through July 2013. There are many activities for what women are interested in. MWN can be found through several different search engine key words, such as women networking. This is a great way to advertise MWN and get possible interest for new members. Lois also reported that we need to monitor our Gmail account for daily activity, and Sus will be monitoring this.

Old Business:

Becky Patton-Quigley will be gathering a Current Membership roster. The roster posted in Gmail will also need to be updated.

We need to review member suggestions for future speakers and areas of interest.

New name tags: Janet shared ideas for new name tags, Janet will get costs and report this back to the committee.

Members at large can assist with putting a dinner choice with the member and guest name tags prior to dinner meetings.

New Business:

Opportunity grant – It will be announced at the February dinner/meeting that members can put in applications for the opportunity grant. These applications need to be turned in by April 1.

The next steering committee meeting will be decided in late February or early March.

OTHER INTERESTING STUFF

February 2013

Who Remembers...?

(From the MWN newsletter archives)

February 2003 – The February meeting was held at Johnny's Italian Steakhouse on Fleur Drive (where it still is in 2013). Our speaker was Bille R. Sucher, Career Transition and Placement Services consultant. The officers were Dianne Schiltz, President; Meg Husen, VP; Melissa Read, Secretary; and Sharon Feeley, Treasurer. This was ten years ago! Isn't it great that all four are still active members!

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/>

If you are not sure when your membership needs to be renewed, simply contact our inbox

admin@mwniowa.org and we'll let you know!

Did you miss last month's meeting?



Reylon Meeks and Becky Patton-Quigley

Oh, my goodness, what a fun evening. Dinner was spectacular at Gino's West (especially that dessert platter)! And, our speaker Reylon Meeks was so entertaining and informative. As you recall, Reylon is the Fire Chief for Pleasant Hill. She not only had some poignant stories to tell, some situations were just hilarious. A great time was had by all.



Hairstyling &
Permanent Makeup
Janet Seeberger
8820 Swanson Blvd.
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515-267-8437

Cruises & Vacations by
Roxanne



Roxanne Morrow
Travel Counselor
515-710-0609
cruisesbyroxanne@gmail.com
an affiliate of Travel & Transport Vacations

MEMBER AD-VANTAGES

February 2013

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



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coffee services

Doing our part to be green.

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Bronze Bod

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Owner
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Country Club Market

Ash Wednesday

Wednesday, February 13th

6pm, \$55

Registration Deadline Saturday Feb. 9th
Potato-Crusted Halibut with Red Bell Pepper Salas
Luscious Shrimp Bisque
Caprese & Avocado Salad

Valentine's Day

Thursday, February 14th

6pm, Couples \$100

Registration Deadline Sunday Feb. 10th
Tender Pork Medallions with Cherry Port Wine Sauce
Brown Rice Risotto with Manchego, Portabella Mushrooms and Basil
Warm Molten Chocolate Cakes with Bailey's Whipped Cream and Chocolate Garnish

Italian Favorites!

Monday, February 18th

6pm, \$50

Registration Deadline Thursday Feb. 14th
Bruschetta Chicken Parm
Roasted Red Pepper and Fresh Mozzarella Cornbread
Amaretto Tiramisu with Toasted Almonds

A Visit to the Mediterranean

Wednesday, February 20th

6pm, \$50

Registration Deadline Saturday Feb. 16th
Greek Shrimp with Feta, Pasta and Arugula, Ouzo too!
Mediterranean Salad, in an Oven Baked Pancake
Tender Shortbread, Pear and Almond Tart

I Love Thai!

Tuesday, February 26th

6pm, \$55

Registration Deadline Friday Feb. 22nd
Crispy Seared Sea Scallops on Black Thai Rice with Sweet Chili Garlic Sauce
Pork Dumplings with Soy Dipping Sauce
Make your own Spring Rolls

Chef Terrie Kohl, Owner / Instructor

Country Club Market

2624 NW 157th St.

Clive, IA 50325

515.987.5957

terrie@countryclubmkt.com