

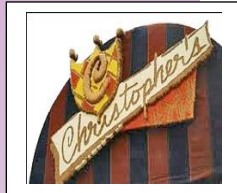


April 2013

## Next meeting: Thursday, April 18

### Christopher's Restaurant

2816 Beaver Avenue  
Des Moines  
274-3694



#### Entrée choices:

Asiago encrusted Tilapia with red pepper sauce with rice pilaf, chef's veggie OR

Prime Rib with mashed potato, chef's veggie OR

Chicken Caruccio - chicken breast, breaded, sauteed, parm cheese, with light white wine sauce, garlic, shallots, roasted red peppers, & tomatoes with mashed potato, chef's veggie

#### Dessert Choices:

Tiramisu OR

Chocolate Lava Cake

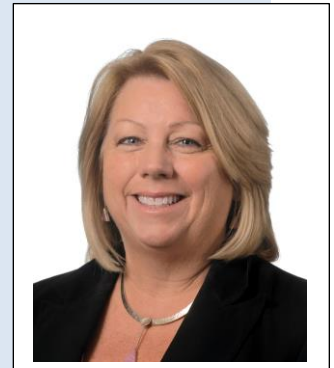
All served with bread, tossed salad, non-alcoholic beverages, and dessert

**The member who brings the most guests will receive a free meal at the next meeting!**

**We'll also have a drawing for a gift card for one attending member.**

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before April 15. Dinner fee is \$25. Guests with more than two visits per year are \$35.

### Vicki Comegys, Vice President of Convention and Sports Sales and Services at the Greater Des Moines Convention and Visitors Bureau



An award-winning destination leader, Vicki Comegys is the Vice President of Convention and Sports Sales and Services at the Greater Des Moines Convention and Visitors Bureau (CVB) and Des Moines Area Sports Commission. She serves clients with industry inside with a side of humor. Vicki's "bring it on" attitude helps sales and sports team members take on the most challenging situations with strategic goal development and positivity. Vicki's 27 years of experience help her bridge the generational and communication gap many organizations face. Her CVB represents 12 cities + 700 CVB Partners + 100 hotels + hundreds of planners, which equals 1 million ways to positively impact the region in her mind. Her motorcycle-riding, jewelry-making past-times prove she's not your typical VP. Her knowledge, sass and creativity continue to make Vicki, and those who follow her lead, stand out.

Come and hear what Vicki has to say about enticing entertainment to our city and upcoming events in Des Moines!



# LETTER FROM THE PRESIDENT

April 2013

Hi, everyone!

It's amazing what a difference the weather makes in our life. I don't know about you, but the sunshine makes a lot of difference for me. I have more energy, and life just seems right when the sun is shining.

I think everyone is ready to get outside and do something, anything. Hopefully, April showers will bring May flowers. The colors of spring are so beautiful, it's exciting to see everything come back to life after a long winter.

At our April meeting, we will be announcing our Opportunity Grant Fund recipients, and not only will we have a great speaker and meal, but there will be prizes too. We will be drawing for a Target gift card for one of the attending members and have a free dinner at the next meeting for the member who brings the most guests.

Hope to see you there!

*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

*Opportunity Grand Fund winners will be announced at the April 18 meeting. Congratulations to those who will benefit from this fund. Thanks to all who applied.*

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

# STEERING COMMITTEE MINUTES

April 2013

## MWN Steering Committee Meeting Minutes 3/21/13

The steering committee met March 21 at the Garden Grill in Johnston.

Attending: President Janet Seeberger, Treasurer Laurie Briggs Leeper, Programs Connie Blodgett, Publicity Lois O'Donnell, At-large Lara Utter and Roxanne Morrow.

Janet called the meeting to order at 4:45.

### Treasurer Report:

Our account has been transferred to People's Bank, and Laurie will be able to handle our account more promptly there. The balance is \$1025 with the Paypal balance of the old account still to be transferred. Laurie will talk to Diana about getting this finished. Members who had paid in February using Paypal can now use that credit toward another monthly meeting.

### Program committee report:

In April we will be at Christopher's Restaurant in Beavertdale. Greg Edwards, from the Convention and Visitor's Bureau, will be our speaker. We will have incentives for the member who brings the most guests and a door prize drawing for a member.

In May we will repeat our cancelled February meeting at Jimmy's on 8<sup>th</sup> Street. Greta Lange, nutritionist, will be the speaker.

### Publicity Report:

With our membership to MeetUp.com, we have had only two women inquire about our group. This membership will run until July, when we will decide whether to keep it or not. We are looking for ways to spread the word about MWN in the Des Moines area. If anyone has ideas, please submit them to our mailbox.

### Old Business:

We will purchase new badges that are cost-effective and easy to prepare. Janet's church uses one that you type your own names and put them into a plastic piece that seals over the name. Then, a magnet is attached at the back, so no pins or stickers are involved. Janet will get prices and supplies and a team of steering committee members will assemble them.

We have received a few applications for the Opportunity Grand Fund and will review them at the steering meeting in April. The winners will be announced at that monthly meeting.

### New Business:

The Program Committee asks that members respond more quickly to monthly meeting emails regarding their attendance. If you know you can attend, please respond right away. When responses come in at the last minute, it is difficult to monitor the email requests and food choices. Thank you.

The next steering committee meeting will be at 5:30 pm on April 4 at Okoboji Grill in Johnston.

The meeting adjourned at 5:20 pm.

Respectfully submitted by Lois O'Donnell

# MORE STEERING MINUTES

April 2013

## MWN Steering Committee Meeting Minutes 4/4/13

The steering committee met at Okoboji Grill in Johnston.

### Attending:

President Janet Seeberger, Vice President Sus Sweitzer, Programs Connie Blodgett, Publicity Lois O'Donnell  
At-large Roxanne Morrow, At-large Becky Patton-Quigley, At-large Laura Utter

Janet Seeberger called the meeting to order at 5:40. The minutes from the previous meeting were approved.

### Treasurer Report:

The bank balance is \$734.00 at Peoples. And US bank is 1178 for a total of 1912.

We have 50 members with one new member in March. We need to have forms at our meetings for new members.

### Program committee report:

April is at Christopher's with speaker Vicky Comegys from the visitors bureau.

We will have a Target gift card drawing for one attending member. Whoever brings the most guests will get a free Meal for their next meeting.

May is at Jimmy's with Greta Lang dietician with Iowa Health

### Publicity Report:

Lois O'Donnell reported that she is notifying newspapers of the upcoming meeting. She will also put on community calendars.

### Old Business:

Janet shared the new name badges - self laminating labels and magnets. Guests will continue to use the label rolls we have until they are gone. Steering committee members should have their office listed under their name.

### New Business:

Opportunity grant applications were reviewed and decisions made to announce at April meeting.

The next steering committee meeting will be at 5pm (half hour prior to May meeting) at Jimmy's.

The meeting adjourned at 6:35pm.

Respectfully submitted by Becky Patton-Quigley, secretary Protem

# OTHER INTERESTING STUFF

April 2013

## Wondering what to do outside now that the weather is better and better?

Go to the Greater Des Moines Convention and Visitors Bureau to find out!

<http://www.catchdesmoines.com/things-to-do/outdoor-fun/>

There's always something happening in central Iowa!

## 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](mailto:admin@mwniowa.org) and we'll let you know!

Pick your favorite:




*It won't be long until we'll have these in our yards and gardens!*



Hairstyling &  
Permanent Makeup  
*Janet Seeburger*  
8820 Swanson Blvd.  
Studio 115  
Clive, Ia 50325  
**515-267-8437**

Cruises & Vacations by  
*Roxanne*



Roxanne Morrow  
Travel Counselor  
515-710-0609  
[cruisesbyroxanne@gmail.com](mailto:cruisesbyroxanne@gmail.com)  
an affiliate of Travel & Transport Vacations

# MEMBER AD-VANTAGES

April 2013


**Members:** Submit your ad or announcement to [admin@mwniowa.org](mailto:admin@mwniowa.org) by the first Thursday of each month.



**firstCHOICE**  
coffee services

Doing our part to be green.


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Cell 515-770-3221



**Bronze Bod**

**Holly Jordan**  
Owner  
bronzebod@live.com

8820 Swanson Blvd. #113  
Clive, Iowa 50325

515-327-9381

## Country Club Market

### Hearty Vegetarian with a Flair

**Thursday, April 18, 6pm, \$45**

**Registration Deadline Sunday, April 14th.**

**Frittata with Swiss Chard and Whole-Wheat Spaghetti**

**Parmesan Rosemary Twists**

**Kale with Duet of Bean Soup**

**Italian Lemon Cake with Rosemary and Golden Raisins, Whip Cream**

### Close Your Eyes, Italy

**Tuesday, April 23rd., 6pm \$50**

**Registration Deadline Friday, April 19th.**

**Prosciutto and Gruyere Cheese Stuffed Chicken Breast**

**Creamy Butternut Squash Orzotto with Toasted Hazel Nuts**

**Italian Cream Cheesecake - Rum, Ricotta and Pignoli's**

### Prepare with Ease

**Thursday, April 25th., 6pm \$50**

**Registration Deadline Sunday, April 21st.**

**Bone in Iowa Chop Finished with Whiskey Butter**

**Garlic, Lemon and Rosemary Hasselback Potatoes**

**Chocolat Panna Cotta**

### **Demonstration Class (3 Recipes)**

At Country Club Market: \$50 - \$70 per person (8-12+ people)

At Your Home Location: \$60 - \$80 per person (8+ people)

### **Hands-on Class (4 Recipes)**

At Country Club Market: \$60 - \$80 per person (8 people)

At Your Home Location: \$70 - \$90 per person (8+ people)

### *Policies:*

*Should you need to cancel, 72 hours is required to transfer or refund payment. After deadline, no refund or credit will be issued. You may send a substitute. For registering three or more people for a class, a 7 day notice is required for canceling out of a class. This is the amount of time needed to find replacements to conduct the class. After this deadline, no refund or credit will be issued.*

**Chef Terrie Kohl, Owner / Instructor**

### **Country Club Market**

2624 NW 157th St.

Clive, IA 50325

**515.987.5957**

[terrie@countryclubmkt.com](mailto:terrie@countryclubmkt.com)

[www.countryclubmkt.com](http://www.countryclubmkt.com)