



October 2013

## Next meeting: Thursday, October 17

### Sam and Gabe's

8631 Hickman  
Urbandale  
271-9200



#### Entrees:

Fresh salmon w/sour cream caper sauce with asparagus OR

6 oz beef filet with mashed potatoes OR

Chicken Romano with rice pilaf

Dessert - Tiramisu

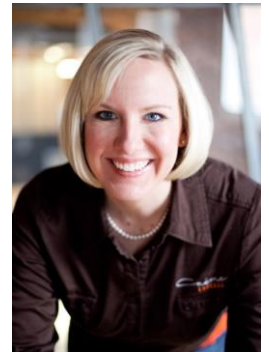
All served with tossed salad, bread, and non-alcoholic beverages (upon request) .

Sam & Gabe's will donate a nice gift certificate to the member who brings the most guests!!

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before October 14. Dinner fee is \$25. Guests with more than two visits per year are \$35.

Check out Sam and Gabe's page on Facebook: <https://www.facebook.com/pages/Sam-and-Gabes-Italian-Bistro/134770806591321>

### Woman of the Year – Christina Moffatt!



After working for 10 years in corporate U.S.A., Christina decided she was tired of seeing people with no happiness in their day. Her mission became to find what makes people happy. The answer, she discovered, was cupcakes and dessert.

A baker since she could hold a measuring spoon, Christina combined her culinary skills with her management and marketing experience to create *Crème Cupcake + Dessert*, which expanded from a home-operated bakery to a commercial kitchen in less than a year.

From a dozen cupcakes for a single order to 2,100 desserts for the Vice President of China, more and more people around are turning to *Crème Cupcake + Dessert* to find a way to satisfy their sweet tooth...and find their own joy.

A graduate of Iowa State University, Christina not only owns and operates *Crème Cupcake + Dessert*, but also devotes her time and talents to many local boards, including the Ferscipe Society, the Greater Des Moines Leadership Institute, and the Des Moines Downtown Chamber, where she serves as 2011 President. Christina has won several awards for her business including Business Record's 40 Under Forty, Cityview's Best Dessert, Sweet Equality Best Dessert, 2012 Deb Dalziel Woman Entrepreneur Achievement Award by the Iowa Small Business Development Center and was a finalist on The Food Network's *Cupcake Wars*.

Come and meet Christina, our MWN Woman of the Year, at Sam and Gabe's on October 17!



# LETTER FROM THE PRESIDENT

October 2013

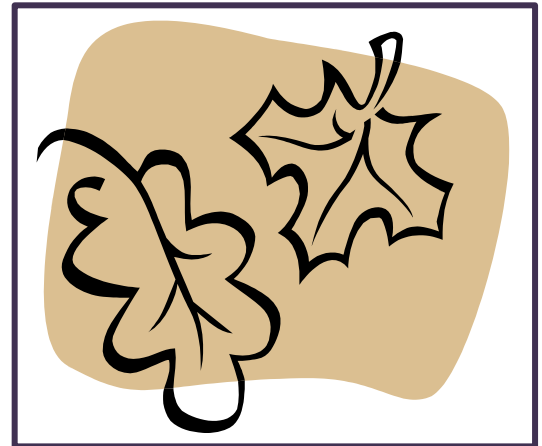
## *Letter from the President*

October has to be one of the most beautiful months! The air is cooler and cleaner, there's almost a crispness to the air. Soon the leaves will turn amazing colors of red, orange and yellow. Just driving on the freeway or around town, the trees make such a beautiful back drop. Finally, no more air-conditioning. Kind of makes me think about cooking. Kind of... maybe, maybe not. Anyway it sounds good.

Another great thing about October is that it's time for our Woman of the Year. I am so excited for our candidate this year. Christina Moffatt, owner of Crème Cupcakes, is our Woman of the Year. It will be interesting to hear about the great success she has had with her business and her experience on The Food Network's Cupcake Wars.

Please come join us and catch up with everyone. Our next meeting isn't until December at our Social. So, try to attend this Woman of the Year meeting! Did I tell you we'll have a nice Sam and Gabe's gift certificate for the member who brings the most guests? We'll also have a drawing among the guests for a discounted 2014 membership. So, bring as many friends and colleagues as you can to this fun meeting!

*Janet*



*Do you know anyone who would like to join Metro? Simply pass this link to them:*

*<http://jotform.us/form/91801357671> or, even better, ask them to come to our next meeting!*

### **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, Becky Patton-Quigley, Lara Utter

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



**Upcoming meetings:**

No meeting in November

**December 5 – Holiday Social**



**January 16 – Membership Drive** – Bring lots of guests to this meeting!



## How do you celebrate autumn?

We go to the pumpkin patch!

We go to the apple orchard!

We make lots of chili and soups!

We celebrate Halloween and decorate the inside and outside of the house!

We rake the yard!

We get out our turtlenecks and sweaters!

### ***What do you and your family do?***

Go to our page on Facebook and let us know! [www.facebook.com/mwniowa](http://www.facebook.com/mwniowa)

### Notice!

At our upcoming meetings, we will have a drawing from the names of our guests for one discounted membership for 2014. This would be a nice savings for that person and a great way to invite them to join the Metro Women's Network.

Bring your friends and colleagues, so we can get their names into the drawing!

# Steering Committee Meeting

October 2013

MWN Steering Committee Meeting Minutes 10/3/13

The steering committee met at Legends in Johnston.

Attending:

President: Janet Seeberger present

Vice President: Sus Sweitzer absent

Secretary: Susan Barrett absent

Treasurer: Laurie Briggs-Leeper absent

Programs Connie Blodgett present

programs Sherri Johnson absent

Publicity Lois O'Donnell present

At-large Roxanne Morrow absent

At-large Becky Patton-Quigley present

At-large Casey Polk present

At-large Laura Utter absent

Janet Seeberger called the meeting to order at 5:30.

The minutes from the previous meeting were approved.

Treasurer Report:

The bank balance is \$1,805.82 at Peoples Bank.

Laurie reported that she will be moving out of state at the end of the year.

Program committee report:

October is at Sam and Gabe's for woman of the year, Christina Moffatt. There will be a gift certificate presented to the member that brings the most guests (drawing if there is a tie). There will also be a drawing for a certificate toward membership.

November - no meeting. Happy Thanksgiving!

December social will be at Irina's.

January is our membership drive. Location to be determined.

Publicity Report:

Woman of the year will be advertised more fully than our regular meetings including a press release.

Old Business:

Discussion regarding member participation networking/demonstrations during February through September meetings.

Membership list was discussed to get accurate contact information.

New Business:

New officer nomination process was discussed.

The next steering committee meeting will be at 530 on November 7 at Legends in Johnston.

The meeting adjourned at 640pm.

Respectfully submitted by Becky Patton-Quigley, secretary Protem

# OTHER INTERESTING STUFF

October 2013

## 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!

## Fun, Fun Upcoming meetings:

October 17 – Sam and Gabe's –  
Woman of the Year!

December 5 – Holiday Social at  
Irena's

*Remember to patronize our member's businesses whenever you can. It's one more way we can support each other's endeavors!*

## Country Club Market – Fall Classes

### Dinner Party

Wednesday, Oct. 16th., 6pm, \$50

Registration Deadline Saturday, Oct. 12th.

Grape and Walnut Mixed Greens, Tossed with Sherry Vin  
Chicken Marsala with Fresh Mushrooms  
Individual Warm Dark Chocolate Pecan Pudding Cake

### Dinner Party II

Thursday, Oct. 24th., 6pm \$50

Registration Deadline Sunday, Oct. 20th.

Melange of Mushroom and Bleu Cheese Tart  
Filet Mignon with Garlic Chive Compound Butter and a Mustard Merlot Sauce  
Herb Roasted Fingerling Potatoes and Carrots

### A Taste of Autumn

Tuesday, Oct. 29th., 6pm \$50

Registration Deadline Friday, Oct. 25th.

Cider Herb Salmon Filet over Black & Orange (Butternut Squash) Rice with Pecans, Autumn Pumpkin, Apple & Sage Soup  
Fringelico Flourless Chocolate Cake with Hazelnuts

**Chef Terrie Kohl**, Owner / Instructor / MWN member

### 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)



# MEMBER AD-VANTAGES

October 2013

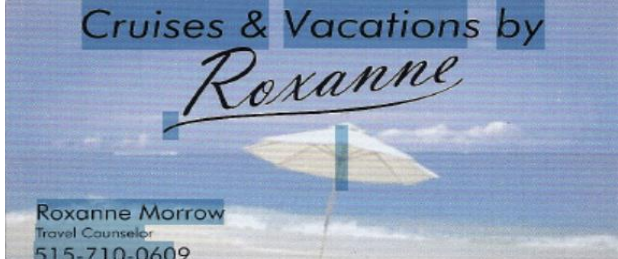
Members: Submit your ad or announcement to [admin@mwniowa.org](mailto:admin@mwniowa.org) by the first Thursday of each month.



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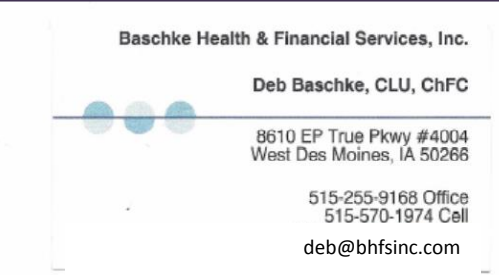


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*Livingston*

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515-255-9168 Office  
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