

## NEXT MEETING: THURSDAY, JULY 21

### Famous Dave's

1720 22<sup>nd</sup> Street  
West Des Moines

#### Agenda

5:30 - Social hour  
6:00 - Dinner  
6:45 - Business  
7:00 - Program

#### Menu

Buffet of family-style samplers or veggie burger.

All meals include baked beans, mashed potatoes, corn bread muffins, tossed salad (ranch, honey barbeque, or oil & vinegar), dessert (brownies soaked with Kahlua and topped with vanilla ice cream), and non-alcoholic beverage.

Cash bar.

**A drawing will be held for a gift card from the restaurant.**

**Sign up by Monday, July 18** at <http://mwniowa.org/calendar/>. Member fee: \$25



### Christina Moffatt, Owner of Crème Cupcake, LLC

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.

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

From a dozen cupcakes for a single order to 1,000 cupcakes for the BRAVO gala, more and more people around Des Moines are turning to Crème Cupcake to find a way to satisfy their sweet tooth...and find their own joy.

### Events Calendar

**2011 meeting dates:** July 21, Aug. 18, Sept. 15, Oct. 20 and Dec. 1.

**Door prizes:** [Contact us](#) if you'd like to sponsor/donate a door prize for an upcoming meeting. Promote your business or other worthy cause!

**Networking table:** Don't forget your business cards/brochures to share with members and guests at our monthly meetings - we'll set up a table where everyone can place their information, highlighting one business with a brief speech before the scheduled program.

## GUEST POLICY

Invite and encourage your guests to join MWN today! 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. Annual dues cover a period of 12 months from your sign-up/renewal date. Make new friends and build a strong professional network!



## LETTER FROM THE PRESIDENT

From the President's Desk: July 2011

Hello all –

I'm hoping everyone is enjoying their summer now that it's officially arrived – our weather was so cold and rainy the first few weeks of June, I wondered if we would ever see the sun!

I've been really busy with work the last few weeks. I have primary responsibility for the Blank Children's Physicians and Clinics as well as a few other "miscellaneous" duties at Blank. That kept me busy and very involved. Earlier this year, my previous boss asked if I would help with creating a new employed physician group of emergency medicine physicians to cover all three hospitals of our hospital emergency departments. I agreed and it's been a lot of work to get their employment agreements put together, get them enrolled in the health system human resources process. These are great physicians and I always enjoy getting to know new people. The group started July 1 as employees and I feel as though the endeavor was a 'win-win'. It's always great to complete a big project and know that you made a difference!

My other activity in June was to attend the Benevolent Patriotic Order of DOES national convention. It was held here in Des Moines and it made me so proud of our city – we received wonderful comments about how easy it is to get around, all the wonderful parks (especially the Pappajohn Sculpture garden – because it was close enough for people to walk there from the convention center) and the friendly people. I wasn't able to attend all the sessions (because of the work schedule), but the performance of the Flag Day ceremony brought tears to my eyes!

I want to remind everyone that we ARE having a meeting in July – yeah!!! It's at Famous Dave's on 22<sup>nd</sup> Street. Nothing like a summer "barbeque"! Be sure to RSVP by noon on July 18<sup>th</sup>. Our speaker will be Christina Moffatt, the owner of Crème Cupcakes LLC.

I hope everyone is having a SAFE and FUN summer!

Best regards,

*Becky Patton-Quigley*

**2011 Charity of the Year:** MWN members voted to support **HCI Care Services** (Hospice of Central Iowa) in 2011. [Learn more about volunteer/giving opportunities today!](#)

## STEERING COMMITTEE MINUTES

**Meeting date** –7/6/11 - Location – Gateway Market. Members Present: Becky Patton-Quigley, Lois O'Donnell, and Connie Blodgett. President Becky Patton-Quigley called the meeting to order at 6:00 pm.

**Secretary's Report:** Secretary's report from the last steering committee meeting on June 2, 2011 was approved.

**Treasure's Report:** The bank balance is \$2,261.10 Another reminder will be made about paying yearly dues to those who have fees due now. Becky Patton-Quigley paid the fees for the domain name for Metro Women's network and the yahoo account that was due in June. Diana reimbursed her for the receipts submitted.

**Programs:** July meeting: Restaurant - Famous Dave's on 22<sup>nd</sup> Street. Speaker Christina Moffatt, Owner of Crème Cupcake, LLC.

August meeting: Restaurant - Barratta's. Speaker – Erin Barfels, Chief Human Resources Officer at the ARAG Group and Woman of the Year for the Lymphoma/Leukemia Society.

September meeting: Restaurant - Sam and Gabe's. Speaker - W.E. Moranville food critic for the Des Moines Register. She also has authored a French cookbook.

October meeting: Restaurant - Hyperion Country Club. Speaker – MWN Woman of the Year to be announced.

December Social: To be determined.

January meeting: Restaurant – Urbandale Golf and Country Club. Speaker – Membership meeting and speaker to be determined.

**Public Relations Report:** Lois O'Donnell has graciously agreed to support the newsletter.

**Old Business:** The committee is still asking for any volunteers to assist with the duties of publicity/newsletter.

**New Business:** Becky will ask the members at the July meeting to begin to nominate candidates for Woman of the Year. The nomination form can be found on the website. This will also be mentioned at the July meeting. Deadline for nominations will be the August meeting, or August 18, 2011. The steering committee will review nominations and select the Woman of the Year at the September steering committee meeting. The woman selected will be notified in September to allow time to schedule the October meeting.

Next Meeting Date: Next full Steering Committee meeting will be at 5:30 p.m., Thursday, September 1st at Gateway Market. Members, please feel free to attend.

Meeting was adjourned at 6:15 pm.

Submitted by Becky Patton-Quigley / President

## DO YOU KNOW...?

### Cheryl L. Hayes

Cheryl has been a member of MWN since 2010. She was born in Lincoln, Nebraska, and raised in Marshalltown, Iowa.

She has three daughters: Colleen, Jessica and Emily. All the girls live in TX. Colleen has two Boys, Skyler and Oakley; Jessica is due to have a baby in September, and Emily has two baby puppies. She also has three dogs: Max, Boots and Tex.

Cheryl is General Manager of the Hyatt Place Hotel in Des Moines, where she was named General Manager of the year. Also, she owns The Funky Zebras Boutique in Ankeny.



Her favorite hobbies/personal interests are shopping, eating, and drinking wine. Recently, she saw the movie “Bad Teacher,” which reminded her of a teacher she had when growing up.

Cheryl’s favorite thing to do in the Des Moines metro area is site-seeing and watching people. She loves eating out at all the new restaurants as well as going to the Civic Center, Playhouse, and all the events that Des Moines has to offer.

What does she enjoy the most about Metro Women’s Network? She said, “The warm welcome that I received when I first went there.” She added these comments: “This is a GREAT group of women. They are very welcoming and full of a lot of great ideas.”

Be sure to say “hello” to Cheryl at the next meeting!

For archived interviews, click on [mwniowa.org/doyouknow](http://mwniowa.org/doyouknow)

#### Annual Dues

Thank you to all members who have renewed their annual dues! If you have not renewed and your dues are set to expire soon, we’ll send you a link to renew online - or you may pay cash/check at a meeting or by mail (no cash).

#### 2011 Steering Committee

President/Past President: Becky Patton-Quigley  
 Vice President, Acting Secretary: Melissa Read  
 Treasurer: Diana Dubuisson  
 Secretary: Open  
 Programs: Sherri Johnson, Connie Blodgett  
 Publicity: Lois O’Donnell  
 At-Large: Casey Polk, Janet Seeberger

## COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS CLASSES PERSONAL CHEF & MARKET BAKERY

Chef Terrie Kohl, Owner / Instructor 2624NW 157th St., Clive, IA 50325 515.987.5957

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

### AWESOME AUGUST - CULINARY ARTS CLASSES

NEW PRICINGSTRUCTURE

"EATING IN IS THE NEW DINING OUT"

The below classes are demonstration and will begin promptly at 6pm until 8-9-ish unless otherwise noted. Please arrive with time to get seated and relaxed...5:50pm. Class cost is noted per person aside each class listed and is required in advance to secure your reservation, which includes a full meal, instruction and recipes, with bottled water and snack.

Fun entertainment too! Feel free to bring wine or choice beverage for yourself.  
GIFT CERTIFICATES AVAILABLE - Great Wedding, Anniversary and Birthday Gift!

Do you have a group, or need a staff workshop? How about Client Appreciation? Now scheduling private classes & workshops...

Consider a Bridal Shower with Class...Surprise Birthday Class, bring gifts and wine!

#### Private Groups and Workshops At Country Club Market At Your Location

Demonstration Class 3 recipes: \$40-45 per person, 8-10 + \$55 per person, 8+ Hands-On Class\*  
4 recipes - \$55 per person, 8 \$65 per person, 8+

\*(Hands-On Classes held for Private Groups only) Cost is negotiable depending on special requests of private classes.

We're Cutting the Fat! Tuesday, August 2, 2011, \$45.00 Registration Deadline Friday, July 29th.  
Chicken Andouille and Shrimp, Saffron Paella Roasted Red Pepper, and Fresh Mozzarella Cornbread, and Frisee and Kale with Oven Warmed Peach Salad

Straight From the Garden! Wednesday, August 10, 2011, \$40.00 Registration Deadline Saturday, August 6th.  
Healthy & Nutritious Eggplant Parmesan, Sun Ripened Tomato Watermelon Salad, Avocado White Rum Mousse with Lime and Coconut

Festive & Fruity! Tuesday, August 16, 2011, \$40.00 Registration Deadline Friday, July 12th.  
Baked Coconut-Curry Chicken with Orange-Mango Relish, Cilantro Lime Basmati Rice, Individual Rustic Amaretto-Peach Galettes

Entertain with This One! Wednesday, August 24, 2011, \$45.00 Registration Deadline Saturday, August 20th.  
Grilled Sea Bass with Pilaf Mixture of Quinoa, Spelt and Wheatberries, Summertime Salad of Tender Greens and Herbs Dressed with a Drizzle of Creamy Chevre and a Sprinkling of Edible Flowers, Strawberry-Basil Shortcake with Toasted Meringue

Outdoor Summer Fare! Wednesday, August 31, 2011, \$45.00 Registration Deadline Saturday, August 27th.  
Garlic-Basil Skewered and Grilled Succulent Prawns, Iowa Sweet Corn Risotto, Flourless Chocolate-Raspberry Cake with Decadent Chambord Cream & Sprinkling of Fresh Raspberries

I hope to see you once or twice, maybe more, to join me on my journey for passion with food. *Thank you! Chef Terrie*

In a rare instance I may need to cancel class, payment will gladly be fully refunded or transferred to another class. Should you need to cancel, two hours is required to transfer or refund payment. After that deadline, no refunds or credit will be issued. You may send a substitute. For 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 for the class. After this deadline, no refunds or credits will be issued. There will be a \$25.00 fee assessed for returned checks. Changes may be made at the discretion of Country Club Market.

*Food may contain allergens and is prepared using equipment that is used to create recipes including nuts and other allergens-*

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

Metro Women's Network, [admin@mwniowa.org](mailto:admin@mwniowa.org),

[www.mwniowa.org](http://www.mwniowa.org)



**Connie Blodgett**  
Sales

5140 Park Avenue  
Des Moines, IA 50321  
Direct: (515) 243-4409x6  
Fax: (515) 243-4921  
[CBlodgett@uscoffeeandtea.com](mailto:CBlodgett@uscoffeeandtea.com)  
[www.uscoffeeandtea.com](http://www.uscoffeeandtea.com)  
[www.linkedin.com/in/connieblodgett](http://www.linkedin.com/in/connieblodgett)