

NEXT MEETING: THURSDAY, MAY 20

Noah's Ark Restaurant

2400 Ingersoll Ave., Des Moines

Agenda

5:30 - Social hour

6:00 - Dinner

6:45 - Business

7:00 - Program

Menu

Entrees:

- Lasagna;
- Spring chicken with wild rice and vegetable;
- 8-oz strip steak with baked potato and vegetable; or
- 9-inch shrimp and cheese pizza.

All meals include bread, salad, dessert (prepared by our speaker) and iced/hot tea and coffee. Cash bar.

RSVP by 12 p.m. May 17 via [Evite](#) or to rsvp@mwniowa.org (indicate your entree choice, guest names and guest entree choices).

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).

Featured speaker **Sheree Clark** is a holistic health and nutrition counselor.

Through her private practice, [Fork in the Road](#), Sheree helps empower individuals, families and corporate groups to get the most out of life by improving their health. She offers lectures, classes, hands-on workshops, coaching and consultations in the Des Moines area and nationwide.



Sheree attended the Living Light Culinary Institute, where she received her certification as a Raw Culinary Arts Chef and Instructor, and is also a graduate of the Institute for Integrative Nutrition in New York. An author, presenter, teacher and motivator, Sheree is a vegan raw foodist. She presents a convincing – and tasty – case for not cooking at least some of your food.

Sheree is available for one-on-one raw lifestyle coaching as well as demonstrations to groups of various sizes. The author of numerous feature articles on health, nutrition and related topics, Sheree holds an undergraduate degree from Rochester Institute of Technology in New York and a Masters degree from the University of Vermont. Between her infectious energy level and killer deserts, you'll be hooked on Sheree Clark and [Fork in the Road](#).

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

I have loved the Kentucky Derby since I worked in Louisville in 1986. Twenty-four years of Derby parties, trying to pick a winning horse, finding a funky hat, and most of all, enjoying derby pie. I have to admit I'm not a mint julep fan, but other types of beverages have always been readily available! This year, I'm thrilled that a horse with Iowa ties placed in the race. Paddy O'Prado came in third and I made money on my bet. My bets are not usually winners – so it was a pleasant surprise that I was money ahead.

May is another busy month with spring yard work and planting, ball activities, and preparing for summer holidays.

- Let's celebrate! -

- May 1: May Day, Kentucky Derby 2010 (first Saturday in May)
- May 5: Cinco De Mayo
- May 6: National Nurses Day
- May 9: Mothers Day
- May 31: Memorial Day, officially celebrated on the last Monday of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. Take time to remember lost loved ones in whatever way you feel appropriate.

The first week of the month is National Nurses Week. Several MWN members are nurses – we celebrate you and your profession!

If you're lucky enough to still have your mother living, take the time to spend time with her (even if it's a lengthy phone call). Most mothers want your presence more than your presents!

- *Becky Patton-Quigley*



SAVE THE DATE

Thursday, June 17, 2010

Tursi's Latin King

2200 Hubbell Avenue, Des Moines

Featuring professional organizer **Jennifer Lovell**.

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.

WELCOME NEW MEMBERS

Did you know 16 new members have joined our ranks since January 2010? Say hello and get to know them at a meeting soon!

Current as of April 14, 2010.

Angela Sapp	Julie Messelheiser
Cheryl Hayes	Karen Clayton
Daniel Wright	Kristin Wicks
Deb Engle	Marilyn Harden
Erin Luft-Wiskus	Phyllis Foster
Heather Soener	Rebecca Meyer
Heidi Messelheiser	Sue Harkin
Judy Bradshaw	Susan Taber

STEERING COMMITTEE MINUTES

The steering committee met May 6 at Gateway Market. Melissa Read, Didi Loynachan, Sherri Johnson, Connie Blodgett, Pamela Henkel, Becky Patton-Quigley, Janet Seeberger and Lori Trout attended.

President Becky Patton-Quigley called the meeting to order at 5:30 p.m.

Secretary

The April meeting minutes were reviewed. Sherri motioned to approve the minutes; Pamela seconded. The motion was approved.

Treasurer

Michelle Engler reported the bank balance is \$1,857.36. Current paid membership is at 54 members. The group discussed collection of past due member dues and it was decided that Pamela will send e-mail reminders to members who have not renewed. Pamela has provided Michelle with instructions on sending reminders in the future. Melissa motioned to approve the treasurer's report; it was seconded by Connie and approved.

Programs

Sherri and Connie reported the May meeting will be at Noah's Ark Restaurant with Sheree Clark, holistic nutritionist, as speaker. Sheree will make the dessert. The June meeting will be at Latin King with Jennifer Lovell speaking on organization. There was discussion about holding an informal July meeting with a golf trainer providing mini lessons. Sherri will look into details and report to the committee. The August speakers will be Sonia Heitzhusen and Erin Kiernan with the WHO TV news team. The restaurant has not been set. The September speaker will be Chick Herbert speaking about self-branding. Ideas for future meetings were discussed; the group agreed that drawings for donated gift certificates and gifts should continue.

Newsletter/Web Site

The Evite has been sent and the newsletter is ready to go as soon as the minutes are received. The details for the June meeting have been received. Pamela asked if it is necessary for someone requesting to become a member of our LinkedIn group to also be an MWN member. It was determined it is a good way for non-members to become aware of group activities and that paid membership is not required for LinkedIn.

Old Business - None.

New Business

- Connie indicated the Programs committee is trying to obtain a speaker who normally charges a speaking fee. She wondered if we could suggest a donation to the speaker's favorite charity instead and whether the group would favor doing this instead of the Charity of the Year donation. She thought it might draw more members. It was first suggested we check the bylaws to see if we can choose to pay a speaker since we have never done so in the past. After further discussion, it was decided we do not want to pay a speaker but can certainly look at it later depending on the circumstances. Becky suggested we should also look at having an MWN member speak at one meeting per year since members have provided some interesting programs in the past.
- We discussed our meal guarantees. It was suggested to let each restaurant know our guarantee may be plus or minus 10% at the time we provide the guarantee. We also discussed RSVP deadlines.
- The newsletter will include a reminder to submit nominees for the 2010 Woman of the Year, which will be announced in October. The nomination form is posted on the Web site so nominations can be submitted at any time (due Aug. 31).
- The membership committee was asked to send the membership directory to all paid members this month. It was also decided to send the directory twice per year since membership is constantly growing. This will be done in May and November.
- Becky shared the supply inventory and asked Pamela to reorder so we can continue to send follow-ups to speakers, new members and guests. Pamela also suggested we add a "Welcome New Members" section to the newsletter to let members know who has recently joined the group.

Next meeting: The next steering committee meeting will be June 3 at 5:30 p.m. at Becky Patton-Quigley's home, 1204 14th Ave. SE, Altoona.

Lori motioned to adjourn at 6:55 p.m., seconded by Michelle and passed unanimously.

Minutes submitted by Didi Loynachan, secretary.

CHIEF BRADSHAW DISCUSSES HER CAREER, INITIATIVES

More than 40 women gathered April 15 at Christopher's Restaurant, where **Chief Judy Bradshaw**, a 30-year veteran of the Des Moines Police Department, spoke about her career, local initiatives, and her love for her family.

Chief Bradshaw says her father taught her the value of hard work and encouraged her to work in public service. A past recipient of MWN's Woman of the Year award, Bradshaw started out as a police cadet in 1980. As she climbed through the ranks of the department she was considered a pioneer as the first woman lieutenant, captain, major and chief. Bradshaw is the DMPD's 60th chief.

When Bradshaw joined the department, it employed few other women - viewed by the men as their girlfriends or daughters, but not as their equals. "I had to prove myself at every level. It was a tough environment -- we didn't always have back-up. You learned how to protect yourself," she said.

Of course, things have changed in the last 30 years. Most important, men and women in the department respect and support one another. "You don't allow anyone to get hurt out there."

Chief Bradshaw has worked and supervised in every area of the DMPD, from the Patrol Services Bureau to the Detective Bureau and Inspectional Services Bureau. As she advanced through the ranks, she developed numerous policies and programs that are in place today.



Since Bradshaw was appointed Chief of Police in July 2007, she has implemented several new programs and initiatives that have had a positive impact on both the department and the citizens of Des Moines. She has strived



to develop a family-focused culture within the department and has enhanced the Neighborhood Based Service Delivery Program.

Chief Bradshaw is proud of the DMPD's record in Des Moines, where most crimes are solved (including every homicide last year) and 83% of residents feel safe. "You can't buy the public's trust; you have to be out there earning it," she explained.

Chief Bradshaw's future plans for the department include the Second Chance Initiative, a wrap-around program aimed at assisting youth who commit minor drug offenses, a Traffic Unit hotline, and an online program for reporting crime and complaints.

A graduate of the FBI National Academy and the Senior Management Institute for Police, Chief Bradshaw also holds a Master's Degree in Public Administration from Drake University. She is the American Legion's 2008 National Police Officer of the Year.

Emphasizing dignity and civility as core values, Chief Bradshaw says, "If you want things to stay the same, don't be a leader. **Be fair and do the right thing - you don't have to compromise, and you can't be pressured into anything less.**"

Acknowledging that less than one percent of the nation's police chiefs are women, Bradshaw said, "I'm proud to be the [DMPD] chief - we have a great community and a great police department."

DO YOU KNOW...CAROL ANN KIRKBRIDE?

Carol has been a member since 2008, when she also received our Woman of the Year award.

Where were you born and raised?

Ottumwa and Douds, Iowa.

Tell us about your family.

I became a wide, mom and grandma with two words: "I do." We now have dogs as kids - leader dogs for the blind and our own mutts.

Please describe your current occupation.

Category manager wholesale for Casey's General Stores.

What are your hobbies/personal interests?

Dogs, being outside, handcrafts of almost any kind, sewing and reading.

Read a good book or seen a good movie lately?

I love Dorothy Garlock books - maybe because I know the author! Also Janet Evanovich, because they are pure enjoyment - nothing more!

What are you most proud of?

My husband. His caring way of doing things (even if it sometimes drives me nuts!).

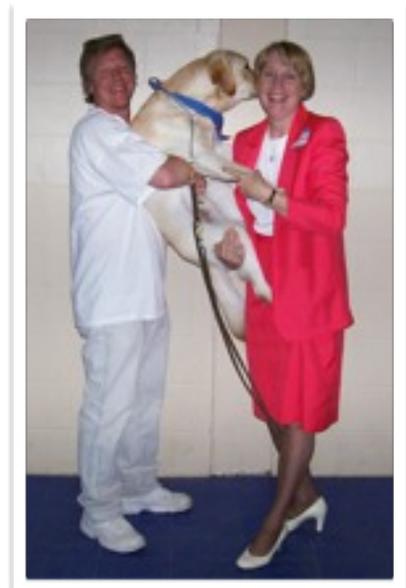
Tell us something none of us would know about you.

I have a new pool and my goal is to spend half an hour each night just floating around in it.

What is your favorite thing to do in the area?

Eat at Spaghetti Works.

See Carol Ann at mwniowa.org/doyouknow!



2010 Steering Committee

President: Becky Patton-Quigley
 Past President: Mindi O’Kane
 Vice President: Melissa Read
 Treasurer: Michelle Engler
 Secretary: Didi Loynachan
 Programs: Sherri Johnson, Connie Blodgett
 Publicity: Pamela Henkel
 Membership Directory: Lori Trout
 At-Large: Casey Polk, Janet Seeberger,
 Dr. Lindsey Calvert

Reminder: Woman of the Year

Once a year, we celebrate the accomplishments of a special woman in our community. Our organization recognizes a woman who exemplifies leadership, charity, inspiration or courage. The recipient does not have to be a recipient of the Pulitzer Prize or the CEO of a company, but simply a woman whom we as a group acknowledge for her unique contributions to our community.

Submit a [nomination form](#) for Woman of the Year today! Nominations for this year’s award are due **Aug. 31, 2010.**

2010 Opportunity Grant Winners

Per MWN bylaws, all members who have been in good standing for at least one year who did not receive a grant in the preceding year are eligible to apply for a grant to support business, political and/or personal endeavors. The steering committee reviewed applications due April 1 at its meeting that day and announced the winners April 15 at Christopher’s: Barb Livingston, Dianne Schiltz, Michelle Engler and Sharon Wolfe. Congratulations ladies!

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



Meg Husen	May 1
Angela Sapp	May 4
Karen Clayton	May 9
Daniel Wright	May 20
Marilyn Harden	May 22
Lindsey Calvert	May 25
Erin Luft-Wiskus	June 8
Sus Sweitzer	June 12
Nichole VanHorn	June 17
Phyllis Foster	June 23
Carol Stone	June 25
Sharon Feeley	June 29
Cheryl Hayes	June 30

COUNTRY CLUB MARKET

CUSTOMIZED CATERING & CULINARY ARTS

Chef Terrie Kohl, Instructor/Owner/Chef

Do you have a group or need a staff workshop? Now scheduling private classes and wedding, bridal and birthday events! **Gift certificates now available for all occasions.**

Eating in is the new dining out!

Demonstration classes include a full meal, instructions and recipes, bottled water and a complimentary snack. Inquire about hands-on and private sessions (costs vary).

May Class Menu

Let's Grill II – May 18

Grilled Cumin-Tomatillo Chicken Breast
Risotto with Asparagus, Lemon and Prosciutto
Sherry-dressed Watermelon Salad with Feta
(Register by May 15)

Asian Favorites – May 26

Vietnamese Summer Rolls with Sauce
Sweet and Sour Chicken
Banana Cashew Cake with Coconut Sauce
(Register by May 23)

Festive Food Fare – May 27

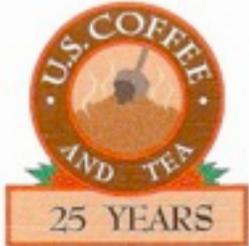
Grilled Pistachio Pesto Pork
Tomato Fennel Slaw
Orange Dark Chocolate Tart
(Register by May 24)

Demonstration classes begin promptly at 6 p.m., ending between 8 and 9 p.m. Arrive at 5:50 p.m.

Class cost starts at \$45 per person, required in advance to secure your reservation (\$25 return check fee). Cancel at least 72 hours in advance to transfer or refund payment.

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