



WOMAN OF THE YEAR: THURSDAY, OCT. 21

Nick's Bar and Grill

9769 University Avenue, Clive

Agenda

5:30 - Social hour

6:00 - Dinner

6:45 - Business

7:00 - Program

Menu

- Grilled blackened salmon with rice pilaf and vegetable;
- Chicken marsala with rice pilaf and vegetable; or
- 14 oz grilled Iowa pork chop with mashed potatoes and vegetable.

Meals include rolls, tossed salad and pumpkin cheesecake. Beverages not included; cash bar.

RSVP by 12 p.m. Oct. 18 via [Evite](#) or to rsvp@mwniowa.org (indicate your entree choice, guest names and guest entree choices).

Member fee: \$25

Our Honoree

Invite your friends to join us as we celebrate our 2010 Woman of the Year, **Kathy Leggett**, director of the Blank Children's Hospital Center for Advocacy and Outreach!

In addition to her work with Blank Children's Hospital, Kathy serves on the

board of the Cystic Fibrosis Foundation, where she leads fundraising efforts. She was recently named an Iowa Hospital Hero by the Iowa Hospital Association for her tireless efforts during the last 13 years to help Iowa's children.

Kathy was a driving force behind recent seatbelt laws and texting-while-driving legislation. In her nomination letter, Erin Luft-Wiskus wrote, "Kathy loves her job and is passionate about ensuring our smallest population is the safest...we look forward to Kathy continuing her fights!"



Senator Staci Appel (left) was one of four who nominated Kathy Leggett (right) for an Iowa Hospital Heroes award.

Our annual program celebrates the accomplishments of a special woman who exemplifies leadership, charity and courage. The member-nominated recipient does not have to be a Pulitzer Prize-winner or a CEO, but simply a woman who makes unique contributions to our local community. Past recipients include Jacque Easley, Carol Ann Kirkbride, Dr. Rizwan Shah, Miriam Erickson Brown, Dr. Patty Quinlisk and Angie Anderson.

Chick Herbert, vice president of HCFG/CSCL Leadership Development and Talent Planning for Wells Fargo & Company, joined Metro Women's Network Sept. 16 at Sam & Gabe's to talk about personal branding and career development. His presentation was a hit! [View it here.](#)

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

Can't believe we are three quarters through 2010 already. Where does the time go?

I love October, and here are a few reasons why:

- It's my birth month – yes, I'm supposed to be “well-balanced” Libra. Don't laugh!
- The temperatures are cooler, but rarely with snow.
- Caramel apples. They're healthy, right? It is a fruit after all . . .
- Breast cancer awareness month – I'm blessed to have friends and family who are survivors because of early detection. Get that mammogram, everyone! Don't forget the Susan Komen walk – if you want to join me Oct. 23, you can sign up under the John Stoddard team.
- The Walk to Defeat ALS is Oct. 16. I lost my husband to Lou Gehrig's disease in August 2006. The local chapter of the ALS association provides support services to ALS patients and their caregivers. I'm on their board of directors and participate in this walk as a way to give back to them for the way they helped us.
- Halloween is a FUN holiday. Whether you're handing out treats to those little superheroes, monsters, witches and goblins or attending a Halloween event yourself, it's a good time. I'm amazed every year with the creative new costumes. I'm also amazed at some of the jokes that come out of youngsters' mouths!
- Last but certainly not least is our MWN Woman of the Year dinner Oct. 21 – it always brings me joy to honor someone who inspires us to be great! This is a great night to bring a guest!

I look forward to seeing everyone on the 21st at Nick's Bar and Grill for the Woman of the Year dinner.

I'd like you all to think about positions you would like to take on our MWN steering committee. It's fun and painless!

Best regards,

Becky Patton-Quigley



Laurie Briggs-Leeper	Sept. 10	Becky Patton-Quigley	Oct. 9
Susan Taber	Sept. 15	Sheree Clark	Oct. 10
Casey Polk	Sept. 21	Deb Engle	Oct. 13
Didi Loynachan	Sept. 23	Jacque Easley	Oct. 21
Pamela Henkel	Sept. 30	Carolann Fairchild	Oct. 21
Teri White	Oct. 3	Terrie Kohl	Oct. 26
Kelly Pond	Oct. 8	Nici Johnston	Oct. 31

STEERING COMMITTEE MINUTES

The steering committee met Oct. 7 at Gateway Market. Becky Patton-Quigley, Melissa Read, Connie Blodgett, Didi Loynachan, Janet Seeberger and Pamela Henkel attended.

President Becky Patton-Quigley called the meeting to order at 5:40 p.m.

Secretary

The September meeting minutes were approved.

Treasurer

The bank balance is \$1,899.43; the report was approved.

Programs

- Oct. 21: Woman of the Year celebration at Nick's in Clive, honoring Kathy Leggett, Blank Children's Hospital director of advocacy and outreach. Sherri will order the plaque and flowers. Members will be encouraged to bring guests to the meeting.
- Dec. 2: Holiday social with catering by Terrie Kohl at By Design. Beer and boxed wine will be provided; members may bring other beverages.
- Jan. 20: Annual membership meeting at Glen Oaks Country Club, with Rowena Crosby, Tero International owner and 2009 Woman Business of the Year winner.
- Feb. 17: Site to be determined, with a presentation on self-defense and a new children's "boot camp."

Newsletter/Web Site

- The Web site, social media platforms and community calendars have been updated; the October Evite will go out Oct. 8. Newsletter to follow.
- Distribution lists cannot be updated to comply with bylaws until monthly

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).

payment columns in the membership spreadsheet are updated; Pamela will contact Michelle.

Old Business

Melissa brought a ribbon sample for name badges. The different color ribbons will be used to identify guests and steering committee members at the meeting. The group agreed to the suggested ribbons and asked to start using them as soon as possible.

Becky reported she sent a follow-up message to the remaining Opportunity Grant recipient requesting a receipt so payment can be completed. She has not received a response. She will send one final notice and, if no response is received, no further payments will be made for this year's grants.

The networking table was discussed. A notice has been published in the newsletter indicating we will allow one business a brief speech before the scheduled program. This has not been done recently. Becky will provide this opportunity before introductions.

New Business

A door prize for the October meeting was discussed. Since this is the Woman of the Year Celebration, a drawing is not necessary. At the October meeting, members will be asked to volunteer for steering committee positions. Descriptions and a sign-up sheet will be circulated at the meeting.

Next meeting: The next steering committee meeting will be at 5:30 p.m. Nov. 4 at Gateway Market, 2002 Woodland Ave., Des Moines.

The meeting adjourned at 6:15 p.m.

Submitted by Secretary Didi Loynachan.

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

DO YOU KNOW...DARLA STONE?

Darla joined MWN in June.

Where were you born and raised?

Brooklyn Park, Minn., and Cresco, Iowa.

Tell us about your family.

Two bonus children, Jim and Tamara Stone of West Des Moines, and Jim and Jessica Ruebsam of St. Louis; and two sets of twin grandchildren: Trenton and Matthew, age 2 1/2 years, and Harry and Rosie, age 15 months.

Please describe your current occupation.

Operations Administrator for Iowa Health Des Moines Physician Services (responsible for oversight of specialty clinics).

What are your hobbies/personal interests?

Time with family and friends; time in Cape Coral, Fla., smooth jazz, dining out, jewelry, convertible rides and boating.

Have you read a good book or seen a good movie lately?

"Sex and the City" and "Have you heard about the Morgans?"

What are you most proud of?

I have created a strong support system.



Tell us something none of us would know about you.

Some of my favorite people call me Nana D!

What is your favorite thing to do in the area?

The wine and art festivals.

What do you enjoy most about MWN?

Networking and learning from the speakers.

See Darla at mwniowa.org/doyouknow!



SAVE THE DATE

Events Calendar

Dec. 2: Holiday Social & Charity Drive

By Design (catering by Chef Terrie Kohl)
1490 86th Street, Clive

Jan. 20: Annual Membership Drive

Glen Oaks Country Club
1401 Glen Oaks Drive, West Des Moines
With **Rowena Crosby**, *Tero International* owner and
2009 *Woman Business of the Year* winner

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.

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

COUNTRY CLUB MARKET

CUSTOMIZED CATERING, BAKERY &
CULINARY ARTS CLASSES

Chef Terrie Kohl, Instructor/Owner/Chef
Now scheduling private classes, Thanksgiving
dinners and Christmas parties - it's not too early!
Gift certificates available.

Eating in is the new dining out!

Demonstration classes include meal, recipes,
instruction, bottled water and a snack (BYOB).

October Class Menu

Tailgate to Half-time – Oct. 23

Three-bean Sweet Potato Chili
Chipotle BBQ Meatballs
Torch-down S'mores
(Register by Oct. 20)

Bursting with Flavors – Oct. 27

Tomato Vodka Spaghetti with
Chicken and Cremini Mushrooms
Crisp Greens, Grapes and
Almonds with Dijon Vin
Braised Brussel Sprouts with Bacon
(Register by Oct. 24)

Casual Elegance – Oct. 28

Cordon Bleu Stuffed Chicken Breast
Roasted Corn and Wild Rice Soup
with Smoked Sausage
Fresh Fruit-topped Cheesecake Tarts
(Register by Oct. 25)

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

Classes start at \$45 per person paid in advance (\$25
return check fee).

Cancel at least 72 hours in advance (7 days for groups
of 3+) to transfer or refund payment.

2624 NW 157th Street, Clive - (515) 987-5957

www.countryclubmkt.com
terrie@countryclubmkt.com



Re. Girlfriends
Fall Re.treat
October 22 - 24th, 2010
515-867-4411



Re. Girlfriends
PO Box 57232
Des Moines, IA 50317
515-867-4411

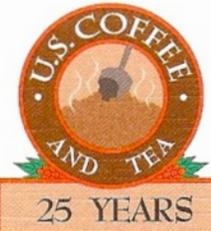
Fall Re.Treat
October 22 - 24th, 2010
Omaha/Council Bluffs

New fun at the Old Market

Friends
Food
Shopping
Prizes
Surprises
Drawings for \$\$\$\$

Don't miss out on the fun
Space is limited

Call us today
Cindy: 515-867-4411



Connie Blodgett
Sales

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



HALLOWEEN
HOT CHOCOLATE
RACE SERIES

- Scary good race stuff — fleece vest, hat & chocolate
- Frighteningly good course — fast and interesting
- Something for the sprinters — so bring it
- Great family fun — special family prices

Middleton, Wisconsin
Greenway Station
Saturday, October 16th
9:00 am • 5K Race

Des Moines, Iowa
Principal Park
Sunday, October 31st
9:00 am • 5K & 5 Mile

Sign up online @ www.stamchocolate.com
REGISTER EARLY! First 1,000 in Middleton & 1,000 in Des Moines get all the gear.