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## President's Message



**Kristie Fens,  
MBA, RHU, CLTC**

### In Like a Lion...

March is upon us, increasing sunshine and slowly warming temperatures. All good reasons to get out and enjoy life. It's great to see so many members participating and enjoying the monthly meetings and presentations. Feel free to offer suggestions and feedback so that we can make our meetings advantageous for all.

Join us for another great presentation in March. We will be at the Midway on Tuesday, March 27th. Beginning at 11:30 for networking and a speaker from the Pregnancy Center during lunch.

Mark your calendar for April 24th – we'll be getting together for our annual WLN social event. See you all soon.

### Meeting Information

## Transforming fear into confidence

Shawn and her family just relocated back to Iowa from the Eastern Shore of Maryland in June 2006. Her husband, Borge Zierke, is the new Executive Chef with Thunderhills Golf & Country Club in Peosta. They have been married nearly 15 years and have five children: Alexandra age 13, Rachel age 11, James and Susana age 6 and Eric age 5. Most recently, Shawn worked in Emergency Medicine/Para medicine in Maryland. Her college degree is in Business Administration. Previously, while in Iowa City, she taught 2nd Year Medical Students at the College of Medicine Clinical Foundations IV – “how to do breast and pelvic exams”. She has managed several medical practices in Maryland and Iowa, as well as having a little hobby of writing business plans for small businesses. Shawn says she “feels as though all of her personality traits, previous employment, education, personal interests, and natural bents have all come together for her to work at **The Pregnancy**



**Shawn Zierke**

### Center's new medical clinic – Clarity Clinic – For Choices, For Answers, For Women.

Thank you for allowing her the privilege of sharing her desire to “erase the need for abortion through effectively serving pregnant, at-risk women by transforming their fear into confidence.”

**Date:** Tuesday, March 27, 2007

**Time:** 11:30 - noon: Registration, Networking and Lunch  
Noon - 1:00: Program

**Where:** Midway Hotel

**Cost:** Member price: \$10.00  
Non-member/Guest: \$15.00

**Menu:** Sliced sirloin beef, chicken chardonnay, whipped potatoes and gravy, california mixed vegetables, tossed salad, fresh fruit, home-baked bread, coffee, milk or iced tea

**RSVP:** by Monday, February 26 to Doris Gorius at [doris@cookinsomethingup.com](mailto:doris@cookinsomethingup.com) or at [www.dubuquewln.org](http://www.dubuquewln.org)

Meet a member

Sheila Frank

1. Why did you join WLN?

I was invited to join after I had attended a women's seminar, and I was at a point in my career where I could appreciate the advantages of being a member.



2. What do you like best about being a part of WLN?

The diversity. The presentation topics change, the people who attend change, even the menu changes. Every function is different.

3. Where do you like to go out to eat and what do you have?

I'm into ethnic dining. I enjoy the Asian Gourmet, Yen Ching, Los Aztecos, the Bierstube, and, of course, Mario's. I like to try something that I've never had before.

4. What are you most afraid of?

Politicians and religious zealots.

5. What is your definition of success?

Earning enough to pay the bills while doing what you like to do, and having family and friends who love you. It doesn't get any better.

6. If you were to receive an award, what would you want that award to be for?

I attended Catholic school where tooting your own horn was a sin, so I appreciate recognition, but I don't desire awards. That's not why I do what I do.

WLN gives back

A few months back, the board decided to begin awarding \$50 to the local charity of each monthly speaker's choice. We all thought it would be a worth while opportunity to give back to the community. We hope you all agree!

December

HyVee Wine & Spirits chose the Maria House as their recipient.

January

Nancy Dunkel, Fidelity Bank chose the Maria House. Julia Theisen, Body & Soul Wellness, chose Hope House Catholic Worker Shelter and Hospitality House.

February

Viva Betzner chose YMCA Domestic Violence Program.

March

Shawn Zierke chose the Pregnancy Center.

Look what's cooking!

As WLN members we are very efficient in the work field, and we also seem able to balance work and home quite well. One of the ways we do this is by making meals for our families. I mentioned at the December luncheon about how I love to collect cook-books. I have thought about this often and would enjoy putting together a WLN cook-book. Maybe you have a time saving recipe, a special family recipe, holiday specialty or family favorite.

Please share any of these recipes by sending an email to: grandmaxx000@aol.com (Include WLN recipe in the subject line and include your name). Or drop in mail to: Sharon Harmon, 19076 Mud Lake Rd., Dubuque, IA 52001

Send or email as many as you would like.

To keep them organized, include WLN recipe, your name and add a little information about the recipe you submit. This will be a good spring project and I would love to have it compiled and ready for distribution in the fall.

Thank you for your participation!! Sharon Harmon

Upcoming Events

April 24

Spring Gathering Wine and chocolates at Cookin' Something Up

May 22

WLN Annual Meeting More info to come...

"When we are dreaming alone it is only a dream. When we are dreaming with others, it is the beginning of reality."

- Dom Helder Camara



The following events are scheduled at Shalom Retreat Center, 1001 Davis St., Dubuque. Phone 563-582-3592 for information and registration. Registration required unless noted. Visit Shalom's web site at: <http://members.aol.com/DBQShalom/>



### UNDERSTANDING RELIGIOUS TRADITIONS OF PEACE

Tuesday, March 27, 7:00-8:30pm

Fr. Robert Beck, Loras College, Christian Tradition

This is the 3<sup>rd</sup> evening in our peace series featuring various religious traditions and the theology of peace within that tradition. The series is designed to show participants that political differences, rather than religious beliefs, are at the root of conflict throughout our world. *Offering: \$10.*

### SPRING BREAKFAST: PUT A SPRING IN YOUR STEP!



Wednesday, Mar. 28, 7:00-8:10am,

Speaker: Elena Hoye, PBVM

With the coming of spring, we celebrate the resurrection of Jesus. And with the coming of spring, we, too, come alive anew!

*Offering: \$7.50. Registration required by March 26.*

### YOGA, MIXED-LEVEL (Beginners welcome!)

Wednesdays, Mar. 28 - Apr. 25, 6:00-7:10pm (5-sessions)

Deb May, Certified Yoga Instructor

This class will focus on breathing, alignment, and inner harmony taught in a Flow-style of Hatha Yoga. Mats/props provided. *Offering: \$35. Deb leads a variety of Yoga classes in the peaceful, inspiring atmosphere of Shalom.*



### TAIZÉ PRAYER

Thursday, April 12, 7:30 - 8:30pm

Includes sung repetition of short refrains, Scripture reading, and intercessions in the

Shalom Chapel. *Free will offering. Registration not required. People of all faiths welcome.*

### CENTERING PRAYER

Monday, Apr. 16, 7:00 - 8:00pm

Facilitator: Marilyn Dansart

An opportunity to join others in quiet, meditative prayer, discussion, and support. New attendees always welcome! *Registration not required. Free will offering.*

### CHAMBER BUSINESS PM

Tuesday, April 17, 5:00 - 7:00pm

Enjoy networking and refreshments. Wine courtesy of Park Farm Winery, and refreshments from Shalom, Panera Bread and the greater Franciscan community.

### NURTURING THE FEMININE SPIRIT THROUGH SYMBOL AND SONG



Tuesday, April 24, 6:30-9:00pm

Presenters: *Kathe Richardson, Leanne Golinvaux, Michelle Watters and Lisa Landgraf*

Symbols and songs have a way of touching our deepest self. This evening will begin with a wine and cheese social, followed by circle singing (simple refrains) and the sharing of a symbol. Bring a symbol that speaks to who you are right now or is important to you at this time in your life.

*Offering: \$15, includes wine and cheese social to begin the evening. Registration required by April 23.*



### ADMINISTRATIVE PROFESSIONALS LUNCHEON

Wednesday, April 25, 11:30am-1:00pm

Speaker: *Dave Heiar, Dubuque Economic Development Director*

Dave will present a humorous (and, no doubt, real) picture of what office life might be like if administrative professionals did not exist. Bring your office staff for a delicious lunch and a truly enjoyable time! Door prizes. *Offering: \$10/person. Register by 4/23.*

### GERMAN MULTICULTURAL EVENING

Tuesday, May 1, 6:30-9:00 p.m.

Presenters: *DeWayne & Linda Hatcher*



Musicians: *Dave Overby & Friends*

Enjoy a smorgasboard of German foods! Dave Overby and friends have once more agreed to play their wonderful German music! And DeWayne and Linda Hatcher have agreed to share what they experienced of the German culture when they recently lived in Austria for several months.

*Offering: \$18. Registration/prepayment required by 4/27.*

### MOTHER-DAUGHTER EVENING: MY MOTHER, MY TREASURE / MY DAUGHTER(S), MY TREASURE

Tuesday, May 8, 6:30-8:30pm

Presenters: *Judy Curtis, Liturgy Director, Nativity; Mary Kay Mueller, Senior Designer, Loras College*

Bring your mother/daughter(s), mother-in-law, daughter(s)-in-law to a delicious pre-Mother's Day dinner! Each presenter will speak of the treasured relationship she has with her daughters (Judy) or her mother (Mary Kay). They will address the spiritual, supportive, loving and "fun" aspects of these relationships. After hearing them, you will no doubt have a renewed appreciation for your own mother and/or daughter(s)! *Offering: \$18/adults: \$9/girls age 12 or under. Includes dinner /program. Register by May 4.*

### TEA FOR TWO-AGAIN!

### ANOTHER STEP BACK IN TIME



Saturday, May 19, 2:30-4:00pm

Hostesses: *Christen Tebbe and Eileen Miller OSF*

At the request of last year's guests, we are again inviting mothers, grandmothers, and aunts to come with significant young girls (age about 7-12) in their lives to an afternoon of learning and fun! Pretty spring dresses, hats and maybe even gloves, as well as good manners, are in order as we once again host an old-fashioned afternoon tea in our dining room. *Offering: \$6/person. Registration required.*

"It's faith  
in something  
and enthusiasm  
for  
something  
that makes  
a life worth  
living."

- Oliver Wendell  
Holmes: