



This month's spotlight is on

## Lynny Schriock

Tired of cooking? Would you like to save time, money, and energy and eat healthy? Your answer is this month's spotlight.

Lynny Schriock began Lynny's Creations Personal Chef Service in 2002 in the Rapid City area and vicinity.

What does a personal chef do?

"Glad you asked — A Personal Chef is someone in charge of the kitchen who prepares palate-specific meals for their clients to enjoy later," Lynny said.

With more than 15 years of foodservice experience and more than 20 years of cooking, Lynny has a passion for good, fresh, quality food and great service. "I have always wanted to be a chef," she said.

It's a dream that has paid off for Lynny, who is also involved with the Personal Chefs Network.

"I also earned the prestigious Pacesetter Personal Chef Award last year," she said. "This is a wonderful achievement at Personal Chefs Network, Inc. Chefs Sharon and Wendy have carefully selected the person that receives this special recognition due to his or her own personal or business success."

When not in the kitchen, Lynny is active in other groups and with her husband, Brett.

"My hobbies are far and vast — fly fishing, tying my own flies, hunting, gardening, entertaining by cooking of course, hiking, camping, backpacking for days, dancing, swimming, some golf, river rafting, basketball, climbing, Windsor pilates, and black powder shoots," she said.

## THANKS FOR THE DOOR PRIZES!

### Fay Swenson, Avon

✦ SlimWell S' mores Snack Bars, won by Vesta Wells Johnson

### Betty Bonawitz, Betty's Flowers Candy Too!

✦ Malted Milk Balls, won by Roxie Peterson

### Carol Perrigo, Humorous Inspirational Speaker

✦ One of Carol's CDs, won by Evonne Culver

### Julia DeHaven, Tastefully Simple

✦ Pink Grapefruit Cheeseball, won by Pam Snyder-Varns

### Kayte Halstead, Acupuncture 4 Health

✦ Refrigerator Memo Board, won by Kathy Jones

### Jen Blake, JAB Publishing

✦ Coffee Mug with Goodies (2), won by JoAnne Schriver and Julia DeHaven

### Marie Updike, Tastefully Simple

✦ Spinach & Herb Mix, won by Valerie Simpson

### Jo Prang, Medicap Pharmacy

✦ Goodie Basket from the "Hot Flash" Lady, won by Janet Olson

### Kathy Jones, Academic Year In America

✦ African Violet, won by Sande Lofberg

### Sande Lofberg, Aglow International

✦ Ahava Foot Cream Body Treat, won by Debra Ann Farrar

### Carol Perrigo, Sentinel Federal Credit Union

✦ Memo Box With Cool Stuff, won by Elke Didio

### Connie Forstner, Arrowhead Country Club

✦ A Certificate for Sunday Brunch, won by Judy Deyo

### Elke Didio, Home and Garden Party

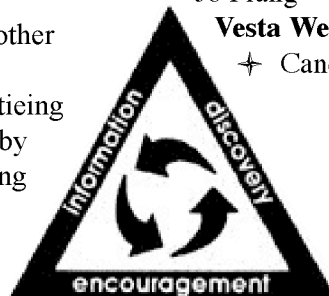
✦ Home and Garden Party "American Apple Pie" Jar Candle, won by Connie Forstner

### Kelly Marker, Family Coach

✦ Dark Chocolate Bar & Yogi Cocoa Spice Tea, won by Jo Prang

### Vesta Wells Johnson, CDR & Reliv

✦ Candles, won by Fay Swenson



## CONGRATULATIONS

Carol Perrigo, winner of the August Spotlight and Evonne Culver, winner of \$16.50 in the June 50/50 drawing.

NEXT MEETING

July 14, 11:45 a.m.  
The Radisson Hotel

PROGRAM

Networking

MENU

Santa Fe Chicken Salad  
or  
Fruit Plate

GREETERS

Linda Rabe, Rapid City Area Chamber of  
Commerce;  
JoAnne Schriver, Black Hills Workshop and  
Jen Blake, JAB Publishing

BUSINESS INFORMATION TABLES

Kathy Jones, Nikken; and  
Lisa Siedel, Gift Baskets By Dakota  
Expressions

Guests are welcome to attend up to two meetings as  
non-members. For reservations, please call 787-4372  
by noon Monday, July 12.

## NOTES & ANNOUNCEMENTS

**NEW NAMETAGS?** — Women’s Network is transitioning from a teal color to burgundy. If you’d like a new nametag to reflect the color change, they can be ordered from the secretary for \$5 each. The new nametags are magnetic, and won’t poke holes in your clothing, either!

**DIRECTORY UPDATES** — Is your contact information up-to-date? What about your hobbies and activities? Check your information on the web site! You need your user name and password. Contact Jen Blake at [jennifer@jabpublish.com](mailto:jennifer@jabpublish.com) for details.

**NO FISHING** — The “Fish For Lunch” program has been discontinued due to lack of interest. Feel free to make your own lunch dates with Women’s Network members you’d like to get to know better.

**NEXT BOARD MEETING**  
**Wednesday, July 21, at noon**  
**The Beanery at the Creamery Mall**

<b>Officers, Board &amp; Committee Members</b>	
Vesta Wells Johnson (President).....	(h/w)348-6963
Pam Snyder-Varns (President-Elect).....	(h)341-6422
Clare Paul (Secretary).....	341-0837, (w) 341-1845
Kay Stambaugh (Treasurer).....	(h)718-4314
Kathy Jones (Past-President).....	343-7536
<b>Hospitality Committee</b>	
Fran Hatfield*.....	787-7981
Carol Lawhun (Guest Coordinator).....	(w)343-7500
Peggy Minter (Door Prize Coordinator).....	342-2150
Roxie Peterson (Guest Caller).....	342-7950, (w) 341-0744
<b>Newsletter &amp; Web Site Committee</b>	
Jennifer Blake.....	393-1657, (w)877-526-7685
<b>Program &amp; Networking Committee</b>	
Bonnie Reese*.....	(h/w)394-9765
<b>Reservations &amp; Membership Committee</b>	
Mary Wilson*.....	(h)787-4372
* <i>Committee Chairs who are also Voting Members of the Board</i>	
<i>Visit us on the web at <a href="http://www.rcwomensnetwork.org">www.rcwomensnetwork.org</a></i>	