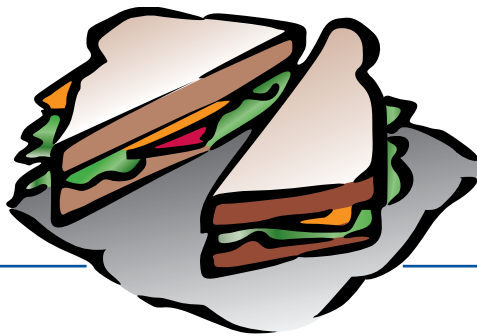


For your next lunch you could order:
A Ready-to-Eat Tray of Your 3 Favorite Wraps

Quick



Bites

from **IN the BAG**
Corporate Cuisine



August 2009

www.inthebag-lunches.com or call or fax us at 222-9338

Meet by the river



Eagles' Wings
river retreat

Our boss, Mike Taylor, has bought you a house on the Des Moines River. Well, it could be yours — for business meetings, retreats, and planning session.

Watch future issues of *Quick Bites* for more info.

Remember to walk

If you're the kind of person who won't sit on the sidelines when there's a chance to change the future, then you're the person we need.


When you register for the Alzheimer's Association Memory Walk®, you're joining a nationwide community of thousands of people who are standing up and participating in the fight against this devastating disease.

Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Since 1989, Memory Walk has raised more than \$260 million for the cause.

All Memory Walk donations benefit the Alzheimer's Association, the leading voluntary health organization in Alzheimer's care, support and research. The mission of the Alzheimer's Association is to eliminate Alzheimer's disease through the advancement

of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

To learn more about the Des Moines Memory Walk, sponsored by the Alzheimer's Association, Greater Des Moines Chapter, and to register, go to www.alz.org or call 800-272-3900.

During August 25% of
IN the BAG
gratuities will be donated
to the
alzheimer's  association®

At the Web site, you can:
Register. Individuals and families walk with us.

Form a team. Participating in Memory Walk is even more fun with a group. Ask your co-workers, family and friends to walk as a team. You'll be amazed

Des Moines Memory Walk®

Saturday, Sept. 26

Registration:

8 to 9 a.m.

Program and walk:

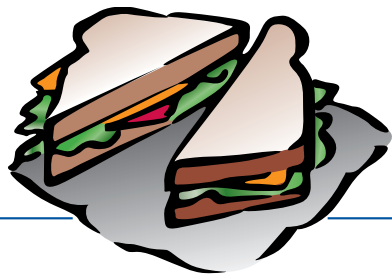
9 to 11 a.m.

at how many people you know whose lives have been changed by Alzheimer's.

Fundraise. Every Memory Walk participant is asked to raise money for the fight against Alzheimer's. Alzheimer's Association staff is ready to support you every step of the way with tips, tools and advice.

Get Creative. Raise money with our online tools, hold a fundraising event or ask for a donation when you're face-to-face.

Quick Bites



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Food for Thought from . . .

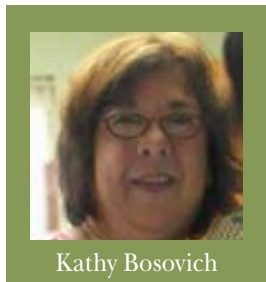
Customer: Kathy Bosovich, Teaching and Learning Assistant at ISEA, is a five-year veteran. The Iowa State Education Association acts as the union for Iowa's teachers.

How she found us: I think you were a phone book find, but I've used you very frequently for five years now.

How she uses us: I have a lot of meetings and sometimes I call you three times a week. We also use you on Saturdays when we hold classes for teachers from around the state who are earning credits to keep their licenses current.

The groups range from 7 to 40. When they're small, 10 or so, I pass menus around and take individual orders. For larger groups, I order buffets. Because I order for a lot of the same groups and people, I keep a record of what I've order for each group and mix things up. I've probably ordered all your buffets, except for the newest ones.

What she appreciates most: Your friendliness and how easy it is to



Kathy Bosovich

work with you. Sometimes I can't or don't get orders from people so I just call and ask for a mix of things you think are good. We always get an amazing mix that everyone loves.

What she would never change: Your quick response time, your great food, and how easy it is to work with you.

Favorites:

Sandwich: My favorite is your Egg Salad Sandwich (#9). I have a craving for it right now.

Buffets: People like your Baked Potato Bar, your Beef Crumbles Bar and the Lasagna. The new Cheesecake is getting rave reviews, too.

Salad: Everyone loves the Strawberry Salad (#44).

Seven event tips to save you time, \$\$\$

Here are some tips from Patricia Fripp, a certified planner, on ways to work smarter, not harder, as a meeting planner.

Tip #1.

After every event, do an "after action analysis." Write down what went right, what went wrong, what you would do differently if you were planning the meeting today, and the vendors who made your life easier.

Tip #2.

In hiring vendors, do not always go for the lowest price. Whoever you hire, it affects your image. Reliability and follow-through are more important than a lower bid. Everyone is downsizing and looking for new ways to cut costs, but a vendor at a lower price may not be the answer.

Tip #3.

Learn to make other people heroes. Whether dealing with vendors or people in other departments of your own company, if the person works hard and well, write a note of thanks to them and send a copy to their boss.

Tip #4.

Make sure your speaker knows the jargon in your company. Do you use 'customers', 'clients', or 'guests'?

Tip #5.

If you do mailings before a meeting or convention, be sure to put the speaker on the mailing list. This way the speaker knows what else is going on at the meeting, what the various topics are, and if the schedule has been revised.

Tip #6.

If you are expecting a speaker to arrive the night before an event, ask to be called on arrival. You will undoubtedly sleep better. Leave an emergency number where you can always be reached.

Tip #7.

Don't save the best for the last. Often corporations take their top performers to a fancy resort for a meeting of several days. They have one important outside speaker and they want to send the employees back to work with a bang. You will get more value for your money if you schedule the speaker the first day instead of the last. At the end of the conference the employees may be tired, or worried about packing and making the plane.

If you've used **IN the BAG's** capabilities in a unique way, share your ideas with others. Contact Jan Franck, 289-9009.



Mike Taylor

When we are no longer able to change a situation, we are challenged to change ourselves.



One sign of economic good news is our transit posters now appearing on DART busses.