

The Network News

A newsletter for the members of Metro Women's Network

June 2007

June Meeting Thursday, June 21st

Where: Slim and Tone
290 Hwy 6 (Hickman Rd)
Waukee IA 50263
515-987-SLIM (7546)

Agenda:

5:30 - social hour begins
6:00 - dinner served
6:45-7:00- business as needed
(voting, changes)
7:00 - Program meeting guest
speaker begins
7:45 - Program meeting adjourns
7:45-8:30 - Business meeting

Price: \$25 for all attendees

Menu:

Italian Antipasto
Sesame Noodles with Shrimp
Greek Salata
Southwestern Salad
with Marguerita Chicken
Fresh Cut Fruit with Mint
Nicoise Tuna Salad

Mango Raspberry Soup

Strawberry Margarita Tiramisu

Ice Tea, Lemon and Sugars

Please RSVP by Monday
June 18th at noon to
rsvp@mwniowa.org

SLIM AND TONE

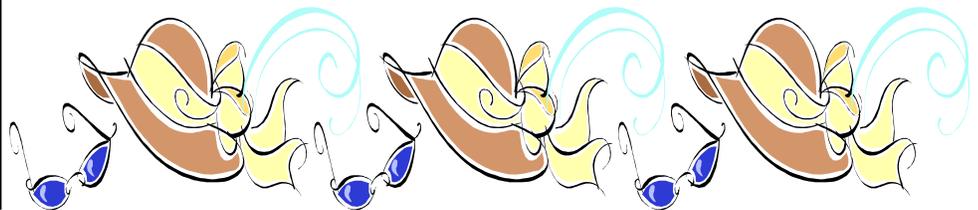
Express Fitness & Weight Loss Studio

Have any of you tried on your swim suit this season and scared yourself by how much smaller the suit got over the winter, or is that just me? Our June meeting is all about getting fit and healthy. **Michele Jenkins** of **Slim and Tone** will be giving us a tour of the facility and filling us up with plenty of information on **Core 4** which focuses on; strength, endurance, flexibility and nutrition. Michele will even let us test out the equipment and show us how to use it. Make sure you wear comfy clothes and clean tennis shoes so that you can get the full experience. I will be testing out the equipment and if I can do it, anyone can, so don't be shy. I know the Waukee Paramedics can get to **Slim and Tone** in only a couple minutes so I am not too worried. Don't worry, **Slim and Tone** is for all ages and all fitness levels and Michele will make sure you are doing thing right and at your fitness level. Don't miss this opportunity to get the information you need to get moving and motivated to get **Slim and Tone**.

For more information on **Slim and Tone** visit the web-site or give them a call.

<http://www.slimandtone.com/pages/about-slim-and-tone.php>

Michele Jenkins, our Hostess/Owner/Trainer
987.7546 antoneofwaukee@qwest.net





From Our President's Desk

June means SUMMER and SHORTS!!!

June 21 is the 172nd day of the year (173rd in [leap years](#)) in the [Gregorian calendar](#). There are 193 days remaining in the year.

This day usually marks the [summer solstice](#) in the northern [hemisphere](#) and the [winter](#) solstice in the southern hemisphere, and thus is the day of the year with the longest hours of daylight in the northern hemisphere and the shortest in the southern hemisphere.

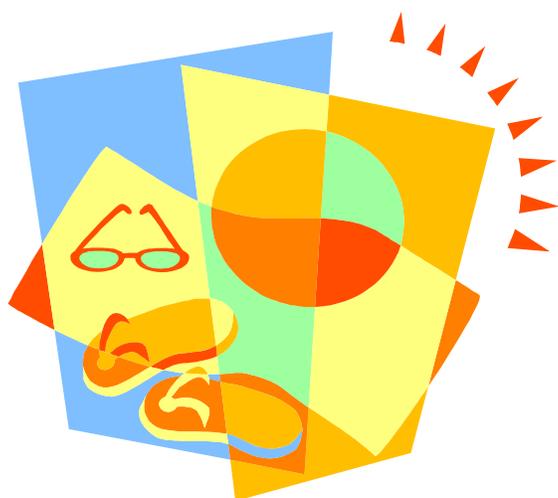
Summer is a season of the year that is defined as beginning in [June](#), and ending in [September](#) in the [Northern Hemisphere](#). In the [Southern Hemisphere](#), summer begins in [December](#) and ends in [March](#). Summer is defined by convention in [meteorology](#) as the whole months of June, July, and August, in the Northern Hemisphere, and the whole months of December, January, and February, in the Southern Hemisphere. The unofficial start of summer is a matter of convention: in Ireland it is as early as [May 1](#), in many countries it is considered to be [June 1](#), while in others it is as late as [July 1](#). In general, seasonal changes occur earlier in coastal regions, so countries close to the oceans go for an earlier start to summer than inland ones. Summer is commonly viewed as the season with the longest (and warmest) days of the year, in which the daylight predominates, through varying degrees.

We are fortunate to have a wonderful June 21 Summer Solstice program of fitness with Michelle Jenkins at Slim and Tone in Waukee and great food from our own Chef Terrie Kohl of delightful salads.

So, the question for June is: "What does summer mean to you?"

Also, a reminder, we will not have a meeting in July but will be back on track in August at Jimmy's American Café'.

Barb Livingston



IT'S SUMMER

RELAX

AND

ENJOY!!!!!!

Do You Know? Becky Patton-Quigley

I'm widowed as of last August - my husband of 22 years died of ALS. I have one son (Ron), two grandchildren (Molly 13, Erich 9). They live in Urbandale.

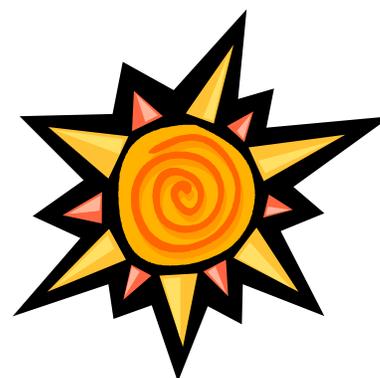
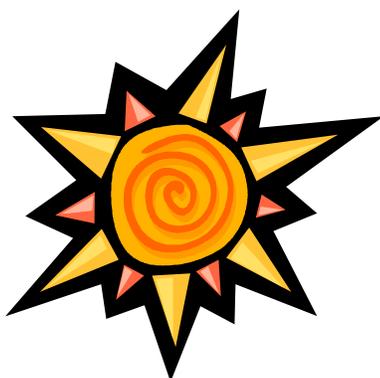
I live in Altoona - originally from Sheldon, Iowa (although moved in 4th grade so I consider myself a Central Iowan).

I've been with Blank Children's Hospital for 12 years and am currently the Director of Physician Services. That means that I manage 51 physicians, 16 nurse practitioners, 4 clinic locations, the central billing office and take care of "other duties as assigned" like the hospital budget. I report to Dr Stephenson, the Chief Operating Officer of BCH. He's an awesome mentor and very motivational - what's not to like about a job that gives you an opportunity to do great things for kids?

Prior to joining Blank, I worked for Business Systems Corporation of America - a software company in Chicago. I was with them for 11 years and traveled full time. I commuted as follows: 1 year to Ohio, 2 years to Rhode Island, 1 year to Montana, 1 year to Kentucky, and 1 year to California, 1 year to New York, and last but not least 4 years commuting to Hawaii! I loved the work and getting to know other parts of the country but when my granddaughter was born, I knew I needed to get off the road!!

Anyway, BCH had an opportunity and I'm so lucky that I made this move.

As far as hobbies - I play the piano (not well - but I am the musician for the D.O.E.S. #25 lodge in Pleasant Hill), I read, and I spoil my grandchildren and I still love to travel.



2007 Opportunity Grant Recipients announced at the May 2007 Program Meeting!

Congratulations to our 2007 Opportunity Grant recipients!!!

Sherri Johnson, Sharon Burton, Julia McQuiston, and Connie Hellman each will receive \$150.00 from MWN for support for school and a women's retreat. We look forward to their report of how the grant money was used and what they gained from this support.



Dr. Ethel Faust speaks to MWN about Autism at May 2007 Program Meeting

Ethel Faust who is a practicing Internal Medicine Physician and a mother of 3 active children, one of which is autistic spoke to us at the May Program meeting at Jesse Embers about Autism. Ethel eloquently related her personal story of discovery that her first born, a son, was autistic and her journal through the medical and public education system to make this diagnosis and appropriate intervention and support. She has taken her journal to become a community and national leader in the early diagnosis and treatment of autism and Community activism, education and research related issues.

ABOUT AUTISM

Autism is a complex brain disorder that inhibits a person's ability to communicate and develop social relationships, and is often accompanied by extreme behavioral challenges. Autism Spectrum Disorders are diagnosed in one in 150 children in the United States, affecting four times as many boys as girls. The diagnosis of autism has increased tenfold in the last decade. The Centers for Disease Control and Prevention have called autism a national public health crisis whose cause and cure remain unknown.

ABOUT AUTISM SPEAKS

Autism Speaks is dedicated to increasing awareness of autism spectrum disorders, to funding research into the causes, prevention, treatments and cure for autism, and to advocating for the needs of affected families. It was founded in February 2005 by Suzanne and Bob Wright, the grandparents of a child with autism. Bob Wright is Chairman of NBC Universal and Vice Chairman, General Electric. Autism Speaks has merged with both the National Alliance for Autism Research (NAAR) and Cure Autism Now (CAN), bringing together the nation's three leading autism advocacy organizations. To learn more about Autism Speaks, please visit www.autismspeaks.org.

