



Next meeting: Thursday, June 20

Mama Lacona's
3825 121st St.
Urbandale, IA
270-0022



Entrée choices:

6 oz top sirloin with roasted potatoes,
sautéed veggies OR

Chicken Parm with pasta OR

Grilled salmon with coconut rice,
sautéed veggies

All served with bread, tossed salad,
non-alcoholic beverages.

Dessert - Chocolate Cake

Be sure to RSVP today!

To sign up for this meeting, contact
<http://mwniowa.org/calendar/> before June
17. Dinner fee is \$25. Guests with more than
two visits per year are \$35.

*It's time to submit your recommendations for
our Woman of the Year! This honor will be
awarded at our October meeting, but don't
wait until after summer. The steering
committee will need your nomination before
July 31 to stay on schedule. Thanks!*

<http://www.jotform.us/form/92643717031>

They Are Not Just Horsing Around!

Deanne Mundt is the director of the Jester Park Exceptional Riders Program. Located at The Jester Park Equestrian Center, this program offers therapeutic horseback riding for adults or children with physical, cognitive, and emotional disabilities to experience therapy, education, sport, and recreation using equine-assisted activities.



Why horses? Horses evoke excitement, adventure, grace, freedom, and magnificence in people of all ages. The horse's gait causes the rider's trunk, pelvis, and shoulders to move in a way that is similar to the movement created by the normal human walk. This motion helps the body build muscle memory.

Some specific areas of development affected by interaction with horses include building character, cognition, and good health. What types of disabilities are impacted? They include but are not limited to: autism, developmental delays, brain and spinal cord injuries, learning disabilities, downs syndrome, multiple sclerosis, cerebral palsy, ADD/ADHD, sensory integration dysfunction, Tourette's syndrome, and visual and auditory deficiency.

Please come and learn more about this important program so close to home!



LETTER FROM THE PRESIDENT

June 2013

June 2013

So far, it's not starting out to be a typical June, but it's sure to get better. A lot of us are busy with graduations and weddings, and if you still have children at home, you are planning summer activities. The first day of summer will be here soon, and there is something about summer that just says FUN. Maybe it's just being able to get out side. Golf, farmers' markets, swimming, biking, picnics. Whatever it is that you like to do outside, have fun, but don't forget the sunscreen.

Something fun you can do in June is come to Mama Lacona's on the 20th. Our speaker is Deanne Mundt, a therapy equestrian at Jester Park. Come see everyone before we take a break in July. Hope to see you there!

Remember: **Life should not be a journey to the grave** with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, champagne in the other, body thoroughly used up, totally worn out and screaming..... **WOO HOO.... What a RIDE!"**

Janet Seeberger, President

2013 Officers:

President: Janet Seeberger

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(and Diana Dubuisson)

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Lara Utter, Becky Patton-Quigley

*Do you know anyone who would like to join Metro? Simply pass this link to them:
<http://jotform.us/form/91801357671> or, even better, ask them to come to our next meeting!*

Visit our website: www.mwniowa.org

Did you miss our last meeting?

Greta Lange, nutritionist at UnityPoint (Iowa Health Systems), explained that her job at the hospital for cancer patients isn't really any different than for other people. Eating a healthy balanced diet is the best idea for everyone. Greta recommended "getting back to basics." How do we do that?

Follow these steps:

1. Plan ahead. If dining out, select the restaurant that offers foods you want. Go on-line and check out the calories for their menu. When ordering, ask the restaurant if they can change your item to be more healthy when cooking it. Share a meal with someone. Or, ask for a take-home box. You can even ask for the box at the beginning of the meal, and box up half of the food. Choose a house salad (plenty big for one person) and ask them to add some grilled chicken, etc., to it. Split desserts with others to enjoy but cut down the calories.
2. Plan your meals each week. Shop and have the items ready in your home.
3. Understand the "lingo" in the menus and recipes. Choose baked, broiled, or steamed foods over fried.
4. For your salads, put the dressing on the side in a separate bowl. You can dip your fork-full into the dressing, and cut down on calories. She Likes Full House Farms low fat, low calorie dressing, also.

Continued →



Greta Lange, nutritionist, explains healthy eating at our May meeting.

Remember that volume matters. One of her beliefs is to have high water content foods, like broths and veggies/fruits, before a meal. You will eat less that way.

What about fat, sugar, carbs? Simply look at why you're eating. Consider what you really need: protein, vitamins, etc. She recommends Fage or Stony Farms yogurt with higher protein content for snacks.

With a little planning and thought, we can all do better with our diets. For more information contact the American Dietetic Association at <http://www.eatright.org/> Or Nutrition 411 at <http://www.nutrition411.com/education-materials/dining-out-holidays-and-special-occasions>. For information about the Iowa Coop, see <http://iowafood.coop/>.

OTHER INTERESTING STUFF

June 2013

Guest, Dues, and Attendee Policy

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. Membership annual dues (\$40 by check or pay pal) cover a period of 12 months from your sign-up/renewal date. Reservations made but not attended will be expected to pay the dinner fee.

To renew your membership, click here:
<http://mwniowa.org/membership/>

If you are not sure when your membership needs to be renewed, simply contact our inbox admin@mwniowa.org and we'll let you know!

Fun, Fun Upcoming meetings:

July (no formal meeting)

August 15 – Prairie Meadows

September 19 – Chicago Speakeasy

October 17 – Sam and Gabe's

Mark your calendars and have a great summer!

*A true friend is one who thinks
you are a good egg even if you
are half-cracked.*

~Author Unknown

Country Club Market – Classes and Catering

Deliciously Vegetarian

Thursday, June 13th., 6pm, \$50

Registration Deadline Sunday, June 9th.

Cheesy Lasagna Rolls with Asparagus and Ricotta

Parmigiano Reggiano Flan

Warm Lemon Pudding Cake with Fresh Raspberries

Out On The Deck

Wednesday, June 19th., 6pm \$50

Registration Deadline Saturday, June 15th.

Mom's BBQ'd Pork Spareribs (made easy)

Crispy Panko-Parmesan Potato Balls

Spinach, Avocado & Mango Salad

Dinner Club Worthy

Thursday, June 27th., 6pm \$50

Registration Deadline Sunday, June 23rd.

Capellini with Shrimp and Creamy Tomato Vodka Sauce

Italian Cranberry Bacon Popovers

Tiramisu Toffee Torte

Chef Terrie Kohl, Owner / Instructor (member of MWN)

Country Club Market

2624 NW 157th St.

Clive, IA 50325

515.987.5957

terrie@countryclubmkt.com

www.countryclubmkt.com

*I've often said there's nothing better for the
inside of a man than the outside of a horse.*

-- Ronald Reagan

(I'm sure he included women in this – the editor)

MEMBER AD-VANTAGES

June 2013

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

firstCHOICE
coffee services

Doing our part to be green.

Connie Blodgett, Account Development Specialist
5140 Park Avenue, Suite J
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Tel: 515.243.4409 ext. 6
Fax: 515.244.0395
c.blodgett@firstchoiceservices.com
www.firstchoiceservices.com

Cruises & Vacations by Roxanne

Roxanne Morrow
Travel Counselor
515-710-0609

BOB BROWN
CHEVROLET

4224 Merle Hay Road • Des Moines, Iowa 50310

Phone (515) 278-7887
FAX (515) 252-3111
Mobile (515) 490-2736
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Dianne Schilt
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Hairstyling & Permanent Makeup
Janet Seeberger
8820 Swanson Blvd.
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Clive, Ia 50325
515-267-8437

Patty Armstrong
Independent Representative

SILPADA
Live Life in Silver

mysilpada.com/patricia.armstrong
silverwithpatty@aol.com

Cell 515-770-3221

Put your ad here! Simply give your business card to Lois O. You should see it in the next issue! It's one way we can network with others.

Bronze Bod

Holly Jordan
Owner
bronzebod@live.com

8820 Swanson Blvd. #113
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515-327-9381