



July 2013

Next meeting: Thursday, August 15

Prairie Meadows

I-80 Exit 142
Altoona, IA
967-1000

Mark your calendars now!



See you on August 15!

We'll start signing up for this meeting around August 1 after you get another announcement.

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>

These Folks Go Above and Beyond!

Get to know about this cancer support group



"Climbing a mountain is a metaphor that many cancer survivors use to describe their cancer experience. It's difficult, but when you succeed, there is a rush of excitement and a huge sense of accomplishment. It's not just about getting to the top; it's also about life's lessons that you learn along the way.

We will embrace these lessons as we explore the future together through Above + Beyond Cancer. During our journeys together, we are certain to experience adversity. However, we'll begin our quest with the knowledge that adversity will lead us to higher highs and to personal growth. During our adventures, we will meet people who live simple lives. We will learn their culture and their religion. We will feel gratitude for their hospitality and we will be reminded that we are all connected on this earth. We will gain an appreciation for the magnificent beauty of our planet. We will explore our relationship with our environment and develop a sense of humility and gratitude for its splendor. We will kindle a desire to preserve our wonderful natural resources." *(taken from the Above + Beyond Cancer website)*

Be sure to plan to join us on August 15 when our speaker will tell us about her journey to Mount Everest! Also, check out their website for photos and more information.

<http://aboveandbeyondcancer.org/about-us>



LETTER FROM THE PRESIDENT

July 2013

Hope you had a Happy Independence Day! I would usually say, have a great 4th or Happy 4th of July, but I heard someone say they thought we had forgotten what the 4th of July is really about. Yes, we all know what the 4th is really about, but do we really celebrate it for what it is or just a day off to picnic and watch fireworks. At Christmas, we don't say Happy 25th, we say Merry Christmas. Even on January 1st we don't say Happy 1st, we say Happy New Year. From now on I'm going to think of this Holiday as the day we celebrate our freedom and independence and not just a day to picnic and watch fireworks. Also, isn't it funny that after the 4th of July, it seems that summer is almost over? Actually, summer just started a couple of weeks ago. How ever you spent your Holiday, I hope you had fun.

July is usually the month we take off from our monthly meeting, but because it's so fun when we get together, we planned something for anyone who's not vacationing on July 18th. We are planning to meet at Glazed Expressions in Clive to paint on canvas. It won't be a regular meeting, but it will be fun! You don't even have to be an artist. They supply the paint and canvas, and we supply the wine and fun. We will be sending out an email to everyone with all the details but please plan to come and bring a friend. To sign up, simply send an email to our mailbox: admin@mwniowa.org.

Janet Seeberger
President

2013 Officers:

President: Janet Seeberger

Vice President: Sus Sweitzer

Secretary: Susan Barrett

Treasurer: Laurie Briggs-Leeper
(and Diana Dubuisson)

Programs: Connie Blodgett and Sherri Johnson

Newsletter: Lois O'Donnell

At large: Roxanne Morrow, Casey Polk,
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

INTERESTING STUFF

July 2013

Did you miss our last meeting?



“There are as many reasons why horses are good for children (and this probably holds true for us older folks) as there are children.” This is what Deanne Mundt, director of equestrian therapy at Jester Park, explained to MWN at our June meeting.

Deanne works with as many as 77 children (and adults) with disabilities each week, teaching them about horses, grooming and riding. They learn respect, responsibility, and lots of other important things. She is very energetic and dedicated to the success of this program for the sake of the children and disabled. To learn more, check out <http://www.jesterparkec.com/>.

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!

Remember: No official meeting in July.

If you want to go to Wine and Canvass on July 18, send an email to admin@mwniowa.org today.

OTHER INTERESTING STUFF

July 2013

What's your Summer Bucket List?

1. Smile more
2. Go to the beach
3. Get a tan
4. Read a book
5. Have a picnic
6. Watch a sunset
7. Take tons of pictures
8. Plant flowers
9. Listen to music outdoors
10. Be happy!



- **Healthy Nutrition**: Changing brands can change your life. As the number one natural nutrition company in America, we have been helping people live healthier lives for over 50 years
- **Healthy Weight**: Shaklee 180- everything you need to take your shape in a whole new direction and keep it there
- **Healthy Beauty**: Skin care nutrients that keep you healthy on the inside and also keep you healthy on the outside
- **Healthy Home**: Safe for you and your family. Nontoxic and natural cleaning choices that are safe powerful, green and smart.

For more information and to get started on lean and clean living:

Visit my web site Barb Livingston

www.livingston.myshaklee.com

or call Barb at: 515-276-9645

MEMBER AD-VANTAGES

July 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
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Des Moines, IA 50321
Tel: 515.243.4409 ext. 6
Fax: 515.244.0395
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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
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Dianne Schilt
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Hairstyling & Permanent Makeup
Janet Seeberger
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Patty Armstrong
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SILPADA
Live Life in Silver

Bronze Bod

Holly Jordan
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Clive, Iowa 50325

515-327-9381

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.