



August 2013

## Next meeting: Thursday, August 15

### Prairie Meadows

1 Prairie Meadows Dr.  
Altoona, IA 50009  
800-325-9015



Come and enjoy the wonderful food at Prairie Meadows. It's really delicious and has something for everyone – especially desserts! We'll be at the Prairie Rose room on the 4<sup>th</sup> floor.

#### Buffet choices:

Broasted Chicken,  
Sliced Roast Beef, and  
Salmon with fresh fruit salsa,  
Mixed green salad, green beans, honey glazed carrots, herb roasted baby red potatoes, rolls, assorted mini cheesecakes, cupcakes, bars, cookies, coffee, iced tea, water with all meals.

Don't miss this exciting and heart-warming evening. Some members may want to carpool. Just go to our page on Facebook to see who wants to ride together.

<https://www.facebook.com/MWNIowa>

We'll have a drawing for \$25 for attending members!

To sign up for this meeting, contact <http://mwniowa.org/calendar/> before August 12. Dinner fee is \$25. Guests with more than two visits per year are \$35.

## “Climb every mountain...”



Karen Parman of Colfax, Iowa, is a 13 year cancer survivor and part of the first *Above and Beyond* Cancer Trek to Mount Everest Base

Camp in April 2011. She is also wife to Matt and proud mother of Allyson and Meghan. She works full-time at First State Bank in Colfax and teaches an exercise class on Monday-Thursday nights to anyone who'd like to attend. She also enjoys gardening, woodworking and riding her horse, Charlie.

Karen is passionate about giving back to the community and is the founder and chairperson for Blake's Race, a 5K trail run held in Colfax in August that raises money to support local cancer patients and their families through the foundation, Blake's Blessing.

Come on August 15 to hear more about Karen and her trek up Mt. Everest! Also see

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

*Reminder: 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 August 31. Thanks! Form:*

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



# LETTER FROM THE PRESIDENT

August 2013

August is here, and it's almost time for the Iowa State Fair. I don't know about you, but it seems to me this was a short summer. The only good thing about that is that it's time for the Fair. I love the Fair. The sights, just when you think you've seen it all, you shake your head and think, now I've seen it all. The sounds, animals, kids, adults, music and so much more. The smells, grease, sugar and animals. Sounds bad, but it's hard to resist a corn dog, the mini donuts or little chocolate chip cookies, chicken (or anything else) on a stick. How do they keep coming up with new things on a stick every year?

As many times as I have been to the Fair, I know there are parts of the Fairgrounds that I have never been too. So if you love the Fair, go and have fun. If you haven't been in a while, yes, a lot of things stay the same, but there is always something new. Whatever you do this month while summer is winding down, have fun!

Our meeting this month is at Prairie Meadows. Our speaker is Karen Parman, a cancer survivor who climbed Mt. Everest with the Above and Beyond cancer awareness organization. I'm sure she will have stories to inspire and encourage us. Also, we will have a drawing for members of \$25 cash. If you feel lucky you can gamble, but if you are not a gambler, you can spend it or save it for whatever you would like. It's been 2 months since we were together, and it will be great to see everyone.

Hope to see you there. Remember to submit your nominations for our Woman of the Year before 8/31, too!

Janet

## **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](http://www.mwniowa.org)

## What do you know about Above and Beyond Cancer?

Exerpts taken from the Above and Beyond website (<http://aboveandbeyondcancer.org/about-us>)

“Above + Beyond Cancer is a public charity with a mission to reduce the burden of cancer across the globe. The organization pursues this mission through a team of internally developed “super-advocates” who leverage their creative talents as writers, filmmakers, musicians, lobbyists, fundraisers, and speakers to provide a uniquely engaging and inspirational approach to cancer advocacy.

Our advocates create a public following through participation in a variety of adventurous, physical endeavors – including recent trips to Kilimanjaro and Everest. Upon completing a program, our advocates work as citizen-lobbyists, speakers, writers, and fundraisers, who are driven to reduce the burden of cancer across the globe. Their stories have been featured by outlets including CNN and MSNBC, and are the subject of an upcoming documentary on PBS.

Our programs are free for cancer survivors and the application process is highly competitive. We select our participants on their ability to embody and advocate for specific cancer issues, and not their physical ability or prior climbing or travel experience. Most of our past participants have never been on a hiking or climbing expedition and many have never travelled outside the United States. We frequently have participants who experience their first night of camping with us on the trail.

Our teams always contain people who the public would not immediately recognize as candidates for this type of challenge. We seek participants who are climbing not in spite of their cancer, but because of their cancer. When they complete the journey, they will have overcome unbelievable odds while proving that there can be deep meaning and fulfillment in reaching for a goal that is just out of the reach of what is knowingly attainable.

Upon returning from the field, our participants view the world with new confidence and motivation, and are ready to devote themselves to a life of advocacy.”

*Be sure to attend our August 15 meeting to hear more about this important group!*

# Steering Committee Meeting

August 2013

MWN Steering Committee Meeting Minutes 8/1/13

The steering committee met at Okoboji Grill in Johnston.

Attending:

President: Janet Seeberger present

Vice President: Sus Sweitzer present

Secretary: Susan Barrett absent

Treasurer: Laurie Briggs-Leeper present

Programs: Connie Blodgett present

Programs: Sherri Johnson absent

Publicity: Lois O'Donnell present

At-large: Roxanne Morrow absent

At-large: Becky Patton-Quigley present

At-large: Casey Polk absent

At-large: Laura Utter absent

Janet Seeberger called the meeting to order at 5:45. The minutes from the previous meeting were approved.

Treasurer Report:

The bank balance is \$1,511.25 at Peoples Bank.

Program committee report:

August is at Prairie Meadows with speaker will be Karen Parman representing the Above and Beyond organization. She will share about surviving cancer and her experience climbing Mt. Everest. We will draw for a \$25 cash prize (members attending will be eligible for the drawing).

September is at Chicago Speakeasy. Speaker to be determined.

October is at Sam and Gabe's for woman of the year.

December to be determined.

Publicity Report: Nothing to report.

Old Business:

Membership committee needed and review of the annual dues process. Tracking of members and creating a member directory for everyone will be a goal as well as an improved process.

Connie Blodgett moved that we use January as a standard month for dues invoicing and prorate anyone joining in a different month and continuing dues at \$40 per year. Lois O'Donnell seconded the motion. Approved.

New Business:

Nominations for Woman of the year were discussed. We will extend the nomination period until August 31 and final decision will be made at the September steering committee meeting.

The next steering committee meeting will be at 5:30 on September 5th at Legends in Johnston.

The meeting adjourned at 6:50pm.

Respectfully submitted by Becky Patton-Quigley, Secretary Protem

# OTHER INTERESTING STUFF

August 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](mailto:admin@mwniowa.org) and we'll let you know!

## Fun, Fun Upcoming meetings:

August 15 – Prairie Meadows

September 19 – Chicago Speakeasy

October 17 – Sam and Gabe's –  
Woman of the Year!

Mark your calendars and have a great summer!

*Remember to patronize our member's businesses whenever you can. It's one more way we can support each other's endeavors!*

## Country Club Market – Cooking Classes

### Comfort with Ease

Wednesday, Aug. 14th., 6pm \$50

Registration Deadline Saturday, Aug. 10th.

**Grana Padano and Pine Nut Stuffed Chicken Breast with Champagne Cream Sauce Stoneground Mustard and Honey Thyme Tossed Root Vegetables - Roasted Beets, Carrots, Radishes, Sweet Potatoes, Strawberry Fruit Fool Served with a Lavendar Shortbread Cookie**

### Flavors Extrodinare

Wednesday, Aug. 21st., 6pm \$50

Registration Deadline Saturday, Aug. 17th.

Jazzy Red Pepper Sauced Beef Tenderloin Medallion Italian Stuffed Zucchini with Artichokes and Sun-Dried Tomatoes, Warm Sticky Toffee Cake with Quenelle of Mascarpone Creme

### Fresh Summer Vegetarian

Thursday, Aug. 29th., 6pm \$50

Registration Deadline Sunday, Aug. 25th.

Fresh Vegetable Spaghetti Tossed with Spinach Pesto and Walnuts Heirloom Tomato and Avocado Salad White Gazpacho with Green Grapes, Cucumber and Almonds

**Chef Terrie Kohl**, Owner / Instructor / MWN member

### Country Club Market

2624 NW 157th St. Clive, IA 50325

515.987.5957 [terrie@countryclubmkt.com](mailto:terrie@countryclubmkt.com)

[www.countryclubmkt.com](http://www.countryclubmkt.com)

# MEMBER AD-VANTAGES

August 2013

**Members:** Submit your ad or announcement to [admin@mwniowa.org](mailto: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  
Des Moines, IA 50321  
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  
Toll-Free (800) 947-3350

**Dianne Schilt**  
Fleet & Commercial Manage  
dianne.schiltz@bobbrownauto.com  
www.bobbrownchevy.com

**Hairstyling & Permanent Makeup**

*Janet Seiberger*

8820 Swanson Blvd.  
Studio 115  
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

**Jeff & Barb Livingston**

Livingston.myshaklee.com

515-276-9645

Shaklee ID# FE27737  
—Distributors Wanted—

**Bronze Bod**

**Holly Jordan**  
Owner  
bronzebod@live.com

8820 Swanson Blvd. #113  
Clive, Iowa 50325

515-327-0381

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.