



Metro Women's Network

Des Moines, Iowa

March 2019

Next Meeting: Thursday, March 21

Nick's Bar & Grill

9769 University
Clive
223-1338



Entrees:

Steak medallions bordelaise, petite tender, mushrooms, wine sauce with chef's veggies, & baked potato OR

Chicken picatta with chef's veggies, rice pilaf OR

Blackened salmon with chef's veggies, rice pilaf OR

Veggie Pasta - pea pods, roasted peppers, artichoke hearts, mushrooms, garlic butter over linguine

Tossed salads (ranch, balsamic vinaigrette, creamy parm), bread rolls, non-alcoholic beverages (upon request), & dessert

Dessert – Key Lime Pie

RSVP before Monday noon, 3/18, at www.mwniowa.org/calendar. Dinner fee is \$30. Guests are \$35.

NO Spoonful of Sugar!!



Dr. Andrew Nish, the medical director of John Stoddard Cancer Center in Des Moines, saw his caseload go from 400 to 1,000 a year in the past couple of decades and began to ask why people were getting sicker.

Dr. Nish became so convinced from his research that changes are needed in what we eat, how we live and in treating what ails us that he recently gave up his interventional radiology practice of 28 years to finish his study of integrated medicine that uses holistic techniques to care, such as proper nutrition, meditation and mind-body therapy.

He has led a series of lectures for health care professionals at UnityPoint-Des Moines on nutrition, and his integrated medicine studies have led to changes at Stoddard that will incorporate better nutritional offerings and add guided imagery and massage for patients. *(See more on page 3)*



Metro Women's Network

SOME PRESIDENT PONDERINGS

So many names for people who follow certain diets! There are vegetarians (abstain from eating meat), pescatarians (abstain from eating all meat except fish), ovo-vegetarian (abstain from meat and dairy but eat eggs), lacto-vegetarian (abstains from meat and eggs but has dairy), ovo-lacto vegetarian (abstain from eating meat but does include eggs and dairy), and last there are vegans (abstain from all animal products including dairy, eggs and maybe honey). A few years back, my husband and I started adding meatless days in our diet just to help improve our health even though we didn't have any major issues. I found out our diet even has a name. We're flexitarians. Three days a week (Monday, Thursday and Saturday), we go meatless. We do have eggs and cheese on these days, but not a lot. We've been asked if we can tell a difference. The answer is a resounding YES! As we've dropped meat, we've started getting protein from plant sources. We've also discovered that it's not the vegetable but how it's fixed. Never thought I'd say good and squash in the same sentence. We feel better, we shake off colds quicker and we fight off the flu easier. If anyone had told us we'd feel this much better by doing the small change, I would have shook my head. Small changes add up!

Our speaker this month will help us improve our nutrition. Dr. Andrew Nish will talk about ways to improve our diet, especially in the area of sugar. We'll be at a restaurant we haven't been at in a loong time, Nick's Bar & Grill, which is across from Valley West on University Ave. Come hear a good speaker on an interesting topic at a new/old restaurant among fun people! Bring friends to help them improve their diet also.

Joyce Whipps, President

Meeting Schedule 2019:
(Thursdays)

March 21

April 18

May 16

June 20

July 18

August: No Meeting

September 19

October 17

Nov/Dec: December 5

Mark your calendars now!

Women Mean Business

Personal Balance: Making it all work

Discussion by 4 local prominent women

March 26, 4:00 – 7:00 pm

The District Venue

1350 SW Vintage Pkwy

Ankeny, IA 50023

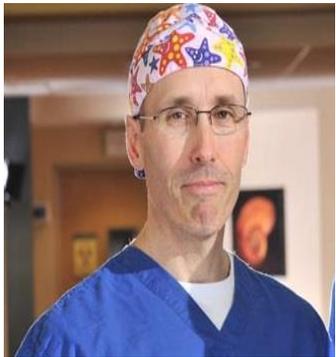
RSVP: womenseventregistration.com

Check out our Facebook page at
https://www.facebook.com/MW_Niowa/.

Check out our website at
www.mwniowa.org



Metro Women's Network



(Dr. Nish, continued from page 1)

Our health care system is going to collapse. We can't afford to take care of all that sickness," he said.

Six years ago, he read more than 30 books on nutrition, and the first thing the avid cyclist did was change his own diet. He dropped breads, pastas and sugars from his diet and focused on eating vegetables, nuts and small servings of meat.

Although he's always been slim, he dropped 15 pounds. His thinking was clearer and he had more energy and endurance. He was convinced and furthered his study. What he found was frightening. The rate of people with diabetes had increased five-fold since 1970, so 30.4 million Americans have it, he said. The more he studied, the angrier he got.

"The politics of food is despicable, in my opinion," he said. Nish said that the problem started with an all-out war on heart disease in the 1950s, which led to a questionable study that [exaggerated the links between saturated fat and heart disease](#). The low-fat diet push was born.

The food industry began to replace fat with added sugar and refined carbohydrates. Americans' sugar consumption jumped, with [most people consuming more added sugar than is recommended](#).

He began a lecture series for health professionals during a successful effort to remove soda machines from the floors of Iowa Methodist Medical Center. The lecture was taped and widely circulated. Nish paced and questioned, his voice rising at a question and answering in a raspy Clint Eastwood-like whisper.

"What do we subsidize in this country?" he asked. "Wheat, corn, soy. Why wouldn't the government want to promote what it subsidizes?"

People responded, and some asked for personal advice. "That's the real trouble with nutrition. Everybody's got a gimmick. I have no gimmick. Mine is eat real food. If it didn't have dirt on it, it's not real food," he said.

He said he didn't set out to take on the food industry because he would be inviting trouble. Yet, he does say this: "God, or a higher power, gave us everything we need to live. We don't need Kraft or Nestle. A thousand years ago we didn't have processed food." (*DM Register, August 9, 2018*)



Metro Women's Network

Memberships can be completed at <http://www.jotform.us/form/91801357671> or in person at our meeting!
Renew your membership!

Guest, Dues, and Attendee Policy Guests may attend for \$35. Membership annual dues (\$40 by check or PayPal) cover the year of 2019 (January thru December). New members joining after January will pay a prorated amount for the rest of the year. Reservations made but not attended will be expected to pay the dinner fee.

NOTICE: MWN will meet in **July** this year. We will NOT meet in August since many people like to attend the State Fair and are busy with family events. Mark your calendar now so you won't be surprised this summer.



Hairstyling &
Permanent Makeup
Janet Seeberger
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The officers for 2019:

President: Joyce Whipps
Vice President:
Secretary: Chris Duncan
Treasurer: Barb Hawbaker
At large: Anna Bradley, Janet Seeberger

Also, serving on the Programs committee are Connie Blodgett and Sherri Johnson. Lois O'Donnell will remain on newsletter/publicity.

Kicking Off Sexual Assault Awareness Month

End Violence Against Women
March 27, 6:00 – 7:30 pm
DMACC Bldg. 5, Student Center 1240C-1240H
2006 S. Ankeny Blvd., Ankeny, Iowa 50023
Iowa Law Enforcement Academy, Journey of Truth, & Yavapai College
Police Chief

Why be a member of Metro Women's Network?

Lots of reasons!
We support each other through social and individual connections and information.
We support local people with our annual charity and Woman of the Year.
We support local restaurants and shops by meeting at different locations.
Be a member and feel the support!



Metro Women's Network

MWN Steering Committee Minutes

I. Call to Order called by Joyce Whipps, March 7, 2019, 5:38pm

II Attendance: Joyce Whipps, Sherri Johnson, Lois O'Donnell, Connie Blodgett, Chris Duncan

III. Treasurers Report from Barb Hawbaker: \$714.13

IV. Programs: Connie Blodgett/ Sherri Johnson

Programs for 2019:

March: Dr. Andrew Nish – Health risks of sugar, Nick's Bar & Grill

April- no meeting (Easter week)

May: Abbey Barrow – Boys & Girls Club of Iowa, Noah's Ark

June: Dr. Teri Wahlig – ChildServe

July: Karmen Hotchkiss w/ Meredith - Decorating trends

August: No Meeting

September: Sam Bernabe (or staff member) – Iowa Cubs, Cub's Restaurant

October: TBD - Annual Membership Meeting

November: No Meeting

December: Social TBD (No Speaker), Social

January - Woman of the Year

V. Publicity Report Lois O'Donnell: Lois wants to encourage increased membership. Please invite others to join us

VI. Old Business: We need to see if we can find someone else to build the new website.

VII. Next steering meeting: April 4

Adjourned by Joyce Whipps: 6:30pm

Minutes by Chris Duncan, Secretary



Metro Women's Network

Member Ad-vantage

Barb Osier Breeser
Digital Mobile Marketing Strategist

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Here's another spot for your card!
 Be sure to give it to Lois at the next meeting!



Jenifer L. Mercer-Klimowski, JD, CPCU[®], AIC
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