

# Prestige Club News

MAY & JUNE  
2013

*Proudly Serving Our Communities*



*Lois Reynolds*  
*Prestige Club Director*

Spring has finally arrived with zest to get us going to experience life! The birds are singing and the flowers are blooming, so join your friends and have some fun! The Prestige Club is here to help you enjoy life and to make plans to do what you want to do. We want to make your travel experience the best possible and give you a great value.

The year is shaping up to give you, the customer, memorable programs and travel. We continue to plan interesting adventures and educational

opportunities for the Prestige Club Members of Iowa Trust and Savings Bank. Stay connected...the communications skills we have with our bank customers are outstanding. By giving financial support in a caring and social atmosphere, we know our customers by name.

Make sure that you make 2013 a memorable year filled with dreams and the joys of life! See you soon,

*Lois*

## PRESTIGE CLUB PICNIC

**Tuesday, June 11, 2013**

**Place: Lelah Bradley Park**

**11:30 am–1:00 pm**

**Call for reservations 641-437-4500**

**Hope to see you at the picnic!  
There'll be lots of food and fun with friends!**

### CALENDAR OF EVENTS

**May 1 – Happy May Day!**

**May 10 – Happy Mother's Day**

**May 14 – Prestige Club Meeting  
Manhattan Steakhouse**

**May 17 – Prestige Club  
Mystery Trip**

**May 27 – Memorial Day  
BANK CLOSED**

**June 11 – Prestige Club Picnic  
Lelah Bradley Park**

**June 16 – Happy Father's Day**

**June 21 – Summer begins**

**June 19 & 20 – Club Trip  
Leavenworth, KS**

**July 12 – Prestige Club Trip  
Des Moines Getaway**

**Happy Birthday and  
Anniversary Wishes  
to all Members celebrating  
their special day!**

# PRESTIGE CLUB MEETING

Tuesday, May 14, 2013

Manhattan Steakhouse

2:00 pm

## Volunteer Iowa Program

Let's strengthen our community by volunteering!

Do you know of an outstanding individual that volunteers in your community? Everyone volunteers for projects, whether at work or play or just by visiting and helping a friend or neighbor. Caring individuals promotes community teamwork. Work towards a goal to help others! We will be having a program in May to learn more and honor your nominees and to promote Volunteerism. If you have a name you would like to submit, just write a letter about this person, what they do to help others and why you are nominating them. Please submit your letters to Lois before May 1, 2013.



## Doin' "TIME" In Leavenworth!!!

June 19 & 20, 2013

Don't Miss out on this trip!!! Don't delay, stop by for your brochure today!

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## *"FOODIE AFFAIR"....Taste, Smell and Learn Trip!*

**Friday, July 12, 2013**

Be prepared... this tour will wow you!

Feeding America, One Coach at a Time! Did you know that the average American farmer feeds about 155 people worldwide. The U.S. Census Bureau anticipates that the world's population will rise to over 9 billion by the year 2050. This means that farmers will have to produce more grain to feed the world with even less ground. What is food technology? Let's talk about it. The world today could not function without technology. The Celebrate Innovation Exhibition at the Des Moines Area community College West Campus will give us the story and history of technology through time in a very innovative way.

Since we are in the area of Des Moines, we will visit the Meredith Corporation Test Gardens. The grounds are for testing plants and a glimpse of a photography studio that takes perfect pictures for your enjoyment. This is the location where all of those beautiful magazine photos in your favorite publications take shape! Meredith Corporation produces magazines such as Midwest Living, Fitness and Better Homes and Gardens. Then we will have time to enjoy the Pappajohn Sculpture Park in the heart of Downtown Des Moines. Recognized in the New York Times. Celebrate with the Chocolaterie Stam for their 100 year anniversary. Experience the World Food Prize exhibit to learn quality, quantity and availability of food in the world. Stop at Over the Top to make ice cream! Stop by or call for more details.

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**Activities for your Health...** Studies have shown that as soon as you sit down, the body's calorie burning system slows and electrical activity to the legs is restricted. Sitting for extended periods of time is not good for your health. There are five reasons why you should stand up for your health. Standing strengthens your leg muscles and improves balance. Standing burns three times as many calories as sitting down. It prevents the formation of blood clots and promotes healthy blood flow. Standing increases energy levels and promotes work productivity. Standing helps maintain healthy posture. What can you do to stand up for your health? Suggestions are to go for a short walk often. Take a moment to assess how much time you spend sitting each day. Stand up whenever you can for better health. [www.sciencedaily.com](http://www.sciencedaily.com)