



COMMUNIQUE

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NOTE: The views expressed in the articles designated as "Member Contribution" are those of the authors and do not necessarily represent or reflect the views of the APW.



KERRY HAMMOND

THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

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Connecting Women Personally, Professionally and Philanthropically

Helping Women + Changing Lives Luncheon

Thursday, **September 13**, 2018, from 11:30am - 1:00pm

PPA Event Center, 2105 Decatur Street, Denver



Registration and networking start at **11:30 am**, and our program starts at noon.

Cost: \$10 Registration Fee **Impact:** Priceless

The 7th Annual Alliance Foundation Helping Women + Changing Lives Luncheon is taking place on Thursday, September 13. This annual luncheon is the fundraising event of the year for The Alliance of Professional Women's philanthropic arm, The Alliance Foundation.

The mission of The Alliance Foundation is to support programs that improve the status and quality of life for women and children by helping them achieve self-sufficiency and economic independence.

We fund the following:

- **Scholarships** to women in their Junior and Senior years of college.
- **Local community outreach projects** to help promote the health, welfare, education, and employment of underserved women and children in the Denver area.
- **Village Banks** that make microloans available to women in developing countries who are starting or expanding a business.

This luncheon supports all these worthy causes, and we cannot do it without your help. We hope that enough generous donations are given at the luncheon to continue to fund these projects in the future.

We have two exciting speakers lined up for this year's luncheon.

Don't Miss This Year's Guests



After a successful 20 years as a broadcast journalist in Denver on KUSA Channel 9, Kyle Dyer now refers to herself as a generative journalist. Kyle generates news to build community.

Through her business, Kyle Dyer Storytelling, Kyle partners with local businesses and individuals, groups and foundations to share the stories about their profound programs as well as the story behind "the why" as a way to spread outreach and awareness.

Everyone has a story. Everyone deserves to be heard. Through deeply listening to people, Kyle is able to share stories that connect and unite us.



Behind The Mic: Issa Lopez

Born in Bayamon, Puerto Rico, Issa Lopez is a bilingual voiceover artist with a whole bunch of sass...extra dash of hot sauce sass! Not only is Issa great at what she does, but she does it with passion.

She was with KPTT 95.7 THE PARTY for 10 and a half years, was also syndicated with 'MIA', iHEART's Spanish station and has recently launched her own voiceover company!

Today she can be heard on radio, television throughout the USA, Caribbean, Latin America, Dominican Republic, Europe and inside the MGM Grand Hotel, Las Vegas!



Communiqué Committee

Kerry Hammond, Editor
Chelsey Burns, Co-Editor
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FUN Facts

One thing Denver is noted for is its dedication to New Mexican cuisine and the chile. It's best known for its green and red chile sauce, Colorado burrito, Southwest (Denver) omelette, breakfast burrito, chiles rellenos, and tamales. Denver is also well known for other types of food such as Rocky Mountain oysters, rainbow trout, and the Denver sandwich.

(According to Denver Wikipedia)

NEWSLETTER

If you're an APW Member and would like to write an article for an upcoming issue of the APW newsletter, the Communiqué, please contact **KERRY HAMMOND** at execdir@apwcolorado.org.

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Be advised that the Communiqué is not private, only the APW Member Directory is restricted to members only, and can be viewed on the Internet.

Helping Women + Changing Lives Luncheon



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If you have not signed up for the luncheon through an APW Table Captain, but would like to attend, please RSVP HERE.

RSVP HERE!

If you are **unable to attend** the Helping Women + Changing Lives Luncheon, **but would like to contribute to this great cause**, please **CLICK HERE** to visit our donation website Colorado Gives. At this website, all you need to do is click "DONATE NOW" to enter your information. You will receive acknowledgment of your donation and tax information as well.

CLICK HERE!

We couldn't put on such a great luncheon without our sponsors:

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Leadership

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and Charlene Wilson

Helping Women + Changing Lives Luncheon

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Our Year of Philanthropy

Your generous donations at the Helping Women + Changing Lives Luncheon have made a huge difference. Here are some of the great things The Alliance Foundation has accomplished this year.

The Village Bank Program

We funded a \$5000 village bank in the Guatemala, which will fund 20-25 loans. The small micro-loans this bank provides help women in developing countries get the financing they need to fund their businesses and care for their families. The Alliance Foundation has funded 23 Village Banks over the years and helped thousands of women.

Scholarships

The Alliance Foundation awards scholarships to women in their junior and senior years of college. This year we awarded a scholarship to a student attending the Colorado Women's College - University of Denver and one to a student attending Regis University. These scholarships help women overcome financial hurdles that may otherwise prevent them from graduating from college and achieving their goals.

Local Outreach

The Alliance Foundation's Outreach Committee provides philanthropic opportunities for members of The Alliance of Professional Women that promote health, welfare, education, and employment of underserved women and children in our community. We support organizations such as the Delores Project, New Legacy Charter School, the Court Appointed Special Advocates program, Hope House, and Girls on the Run.

The funds raised at last year's Helping Women + Changing lives luncheon allowed us to purchase, wrap, and deliver holiday gifts to 29 women and children at Arapahoe House, an addiction treatment center. We also shopped for six families at New Legacy Charter School an organization that empowers teen parents and provides childcare as well as an education, along with positive parenting skills for their students.

The Alliance Foundation Outreach Committee created 24 personal products baskets, which contained items like shampoo, toothbrushes, toothpaste, deodorant, combs, and hairbrushes, for the Court Appointed Special Advocates (CASA) program. CASA supports abused or neglected children who are in the court system. The Special Advocates help kids navigate the court system, providing support and making sure kids are not in inappropriate foster homes.

Volunteers served two shelter meals at Delores Project, a local shelter that provides safe shelter and personalized services for unaccompanied women and transgender individuals. In addition, we purchased and delivered pantry supplies such as sugar, milk, snacks, and personal care for the residents at the Delores Project.

We sponsored the Girls on the Run 5K Race, providing a happy hair station for hundreds of runners. The response from the kids was so great that we ran out of colored hairspray!

We provided senior photos free of charge for 16 teens at New Legacy Charter School. We also provided volunteers, buses and lunches that allowed kids to visit local college campuses so that they could find out the necessary steps to continue their education once they graduate.

YOUR DONATIONS AT THE SEPTEMBER 13TH HELPING WOMEN + CHANGING LIVES LUNCHEON WILL ALLOW US TO HAVE ANOTHER AMAZING YEAR OF PHILANTHROPY!

**Rocky Mountain Hospital for Children/
HealthONE 5K for Girls on the Run**

Total Registered Runners:
2,407

Girls: 1,349
Coaches: 272
Teams: 87

Estimated Number of Spectators:
1,700

Total Website Visits April – May:
21,402

Facebook Reach in May:
24,547*
*number of people who had any content from our Page or about our Page enter their screen

Facebook Post Engagement in May:
2,272 clicks

Facebook event reach:
10,000+ users



**Spring
2018**



**Women's Distance Festival
Colorado Springs**
Girls: 327
Coaches: 75
Teams: 24

Belco Colfax 5K
Girls: 1,310
Coaches: 255
Teams: 84

THANK YOU

This Spring season has been Girls on the Run of the Rockies' biggest season yet and we are so happy that you were a part of it!

Each year over 60% of our 5,000+ participants come from low-income families and would not be able to participate in our program without the support of sponsors like you.

We look forward to continuing our partnership and reaching even more girls for seasons to come!

5K FINAL REPORT

Get Involved! Join The Board Of Directors

The mission of The Alliance of Professional Women Board of Directors is to provide the fiscally responsible leadership, operational strategy, and policy review for the Alliance of Professional Women. The APW Board of Directors maintains the integrity of the APW mission to connect women personally, professionally, and philanthropically.

The Alliance Foundation's purpose is to improve the lives of women and children in our international community with our Village Bank program and in our local community by awarding college scholarships and local community outreach to women and children. The Alliance Foundation Board of Directors represents the philanthropic side of the organization and works to coordinate fundraising efforts to allow us to fulfill our goals of serving the needs of women and children.

Are you interested in serving on either Board?

Contact Executive Director, **KERRY HAMMOND**, at exccdir@apwcolorado.org for more information.



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A Member Contribution from Our July Luncheon Sponsor

Why Art is Important by Shere Chamness

ART CAN REDUCE STRESS!

Our brains are designed to detect threats. But this can cause us to focus on fear. Over time, this can lead to a buildup of stress hormones. Studies have shown that daily exposure to beauty can reduce these substances in the body, just as exercise, meditation and prayer can. But these are not passive activities. Something is required. It is necessary to pause... appreciate... and shift to an inner focus.

Let's consider: WHAT IS BEAUTY?

Beauty is where divine energy intersects with our everyday lives. Beauty has power. We can amplify beauty's power by learning to open our senses, to let it flow inside us.

Let's do a little exercise. Gaze at or pick up a photo of something you find beautiful.

Close your eyes and breathe out as much air as possible.

Now take a nice, healthy lungful of air back in.

Feel your safety in this moment.

Now open your eyes and look at the item you have chosen. Gaze at the object for a few seconds. Allow yourself to internalize the beauty. Pretend that it is pouring into your heart. Take a moment to consider how you feel. Some people begin to experience feelings of bliss when they internalize beauty.

Congratulations! You've just explored a pathway into your divine nature, and learned to shift your awareness to your inner senses.

But my message here today is: Why is ART important?

I'm well aware that not all art is inspired by beauty. Some art is downright repulsive. But all art speaks to the inner senses. And that's what you're learning right now: how to access your inner senses.

So WHAT IS ART?

Art is an attempt to capture the reality experienced with our inner senses. Art is a concentrated encounter with beauty, which the artist seeks to share. It is an artist's interaction with the divine mind; a kind of "Postcard from Heaven."

So the next time you chance upon an artwork, pause. Let your senses open to the artwork, listen with your heart. Allow yourself to expand your awareness in the moment. At first it may seem that nothing is happening. But something powerful is indeed happening. It's just that the PATHWAY is so new you don't perceive it with your everyday senses yet.

Over time, you will find that your life is enriched in ways you never expected. When you blend your outer and inner senses, your creative thinking is enhanced. You feel more courage. It becomes easier to solve problems. If you are trying to meditate and having difficulty, this exercise will help.

ART MAKES YOUR LIFE BETTER BY BRINGING MORE HAPPINESS INTO YOUR LIFE.

Shere Chamness of REALART has over 30 years of experience in fine art fields and traditional painting mediums including Oil paint, Acrylics, Watercolor, and Pastel. Contact her at shere@planet-realart.com.



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October Networking Luncheon

Join us on October 11, for another great Networking Luncheon. Our Networking Committee, the ladies who put on the great lunches each month, is working hard to secure an exciting location and details will be on the website soon.

You can also watch the weekly What's Happening emails for the menu and registration link. The Monday morning "What's Happening" emails are always full of upcoming events, so be sure to read them.

Our October Luncheon will have a New and Prospective Member Orientation Meeting.

Our October orientation starts at 11:00 am. Open networking begins at 11:30, and we sit at noon for lunch and announcements.

We will also hear from our **October Luncheon Sponsor: JILL KLANCKE** of **Klancke & Cook, Attorneys at Law.**

Our events are open to guests; in fact, we allow a guest to join us for up to three events, after that we ask you to join our membership to continue.



**Wish you had more time
with APW members?**

Join Coffee Connections! Grab a cup of coffee, tea or breakfast and join other APW members and prospective members to share information about your business and discuss business-related topics. Leave when you need to, our end time is approximate.

Join APW members or prospective APW members at the following upcoming Coffee Connections:

When: Friday, **September 21**,
8:30 am to 10:00 am
Where: **Maria Empanada**,
1298 S. Broadway, Denver
RSVP: **LEIGH MILLER** at
millerleigh13@gmail.com

When: Friday, **October 19**,
8:30 am to 10:00 am
Where: **Mangia Bevi Café**,
6363 S. Fiddlers Green Circle,
Greenwood Village
RSVP: **MOLLIE SAVAGE** at
mollie956@gmail.com

A Member Contribution from Our August Luncheon Sponsor

Managing Your Day When You Work From Home by Marian Lee

Whether you're running your own business or working remotely for an employer, working from home can be liberating. You have control over your environment, freedom in allocating your time, and the opportunity to get chores done during break times. What could be better? This is what I thought early last year, when I left my 8 to 5 job downtown to start my own business.

After the first couple of months kept me busy with startup activities, things started to slow down. I still had plenty of work to do, but the most urgent tasks – creating my business entity, opening bank accounts, selecting a logo, etc. – had been done. I entered a new phase, in which about 15% of my time was committed to scheduled appointments and events, and 85% of my time was open for activities like marketing, writing articles, making proposals, and creating presentations. Although these types of tasks are extremely important for my business, most have no hard deadlines, and didn't feel urgent.

I started to realize that working from home wasn't the state of nirvana I'd expected. My work and personal activities started to blur together, and I found it hard to focus on one or the other at a given time. I resisted the idea of structuring my day too much, preferring instead to move between activities based on what I felt like doing at the time.

Needless to say, there were lots of non-urgent but important tasks that didn't get done. I also kept irregular hours and some days, didn't shower until 3 p.m. Although it's fun not to have to dress up, the extreme casualness with which I approached my work was not optimal for my productivity. I didn't feel the sense of accomplishment at the end of each day that I used to feel when I worked in an office. Several months in, I realized I needed help. I consulted friends with businesses, fellow coaches, and read articles for ideas to get me on track in managing my time.

I gathered the following tips, at least a few of which I hope you'll find helpful.

- 1. Keep regular work days and hours.** In some home-run businesses, you're committed to being open for certain hours, but if not, set the hours you will work each day and the days of the week on which you'll work. Even if it's not a full eight hours, having a starting and ending point will help you detach at the end of the day and feel like you have completed a good day's work. Of course, that doesn't mean you can't work during off-hours sometimes, or run errands occasionally, but for the most part, sticking to a schedule will help your brain and body transition from home/leisure time to work time with better focus.
- 2. Dress for work.** It can be tempting to stay in your sweats or pajamas, but getting dressed as you would if you were going to an office can put you in a more work-focused frame of mind and improve your productivity.
- 3. Professionalize your work space.** Create a space in your home that is dedicated to work, preferably with a door you can close, and confine your work to that area if possible. Your brain will start to associate being in that space with getting work done, so you'll be more focused and productive. Block out distractions as much as possible, and treat the space as you would an employer's office.
- 4. Schedule breaks during the day.** It can be easy to forget to take breaks when no one else is around. Schedule morning, lunch, and afternoon breaks into your schedule. During your breaks, leave your work area and take a walk, exercise, read a book, or do some other activity that detaches you from work for a while.
- 5. Schedule your main tasks.** While in an office, maybe it worked great to rely only on a to-do list, but you may need more structure when working from home. Experts recommend taking your two or three highest priority items and putting them on your calendar for a scheduled time period, in order to get them done.
- 6. Be efficient with errands and meetings.** Multiple trips out of the house during the day can chew up a lot of time and interrupt work flow. Whenever possible, combine appointments, coffees, lunches, and errands into blocks, preferably within the same area of town.
- 7. Track your time.** Although this can be tedious, it will give you an honest record of how you are spending your work time, and you can use that information to plan your weeks so that time is allocated more effectively to particular tasks or types of activities.
- 8. Reward yourself.** Allocate time at the end of your work week to reward yourself, whether it's getting ice cream, a pedicure, a walk in the park, or some other activity you enjoy. When you're working from home, every day can feel the same. Find a rewarding activity to schedule on Friday afternoons that will remind you to celebrate another productive work week.

I'll admit, I haven't fully mastered all of these practices yet, but I'm definitely making progress. By adding some extra planning and structure to my schedule and treating it more like the professional position it is, running your business from home can become more productive and satisfying.

Marian Lee of Career Reinvention LLC is a lawyer, certified professional coach, and consultant on professional career development and transitions. She partners with her clients to make positive changes in their lives and careers. Contact her at marian@careerreinvention.net.

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A Member Contribution

Building My Business by Building Relationships in the APW by Chelsey Burns

Do you wonder what it means when APW is referred to as a “**relationship-based networking organization?**” If so, keep reading to see how I built my business through relationship networking in the APW.

I joined the APW almost ten years ago when I was an associate attorney in a law firm in downtown Denver. At the time, my sole motivation for joining was to make friends and get involved in community service. Back then, I wasn't too focused on the networking aspect of the APW. Little did I know that the relationships I built in those first few years would be the foundation for starting my new business eight years later. Without even meaning to, I was doing the most effective kind of networking all along: relationship building.

Within weeks of joining the APW, I joined the Alliance Foundation's Community Outreach Committee. After attending a couple of meetings, I happened to miss a meeting. I received an email afterward from the chair of the committee informing me that she was stepping down, and that the committee had decided I should replace her. First lesson learned: never miss a meeting! All kidding aside, it was a terrific opportunity to step into a leadership role and to meet more amazing women. Through chairing the committee for two years, going to the networking luncheons, and attending the Alliance Foundation's fundraising events, I began to form some wonderful friendships. Soon, I was asked to serve on the Board of Directors where I stepped into more leadership roles. Over the next 8 years I served as secretary, president, chair of the annual fundraising luncheon, and director-at-large on the APW Board, APW Executive Committee, and the Foundation Board. I've also served as Coffee Connections leader, Communique co-editor, and Craft and Connect leader.

Five years after I joined the APW, I made a major career change. In 2015, due to a health crisis, I left the law firm where I had just made partner the year before. I hired a health coach to help me navigate my healing journey, and when I came out the other side of that challenge a year later, I decided to follow in her footsteps. I went back to school to become a holistic health coach. The program was a year long, but six months into it, we were allowed to take on “practice” clients. I mentioned this to one of my APW friends, who spread the word, and before I graduated, I had 6 clients, all but one of which was from the APW. This might not seem like a lot, but none of my classmates had a single client at the time of graduation. They were all in awe of me and suspected I was some kind of marketing guru. Ha! I hadn't done a lick of marketing; I didn't even have a website or business cards yet. It was solely due to the relationships I had built over my years of service in the APW.

Not only did I receive the majority of my new clients through my APW relationships, but when I started my health coaching business, I heavily relied upon my APW friends to help me get that business up and running. I hired an APW member to build my website (shout out to **SHERE CHAMNESS**), another to design my logo and business cards (thank you, **SANDY SMITH**), another to open my business banking account (way to go, **LEAH DIRKS**), and I consulted with another member to give me business and accounting advice (so grateful to **VANDA DYSON**). I continue to hire my APW friends whenever possible. Last year, when my husband and I bought a new house, we hired an APW member as our real estate agent (the super **SAM DARDANO**), another to help with interior decorating (the amazing **PAM FISCHER**) and yet another to replace our roof (woohoo **LEE LIPNISKIS**).

Every APW member who has either hired me or whom I have hired has served on a committee or board with me, so we have gotten to know and trust each other over the years. That's relationship networking in a nutshell. Friends hire friends. It's quite simple. In my experience, the best way to make friends in the APW is to get involved. Join a committee and take on leadership responsibilities. It will not only enrich your business, it will enrich your life.

Chelsey Burns of Mindful Health Coaching, LLC is a holistic health coach. Using a mindfulness-based approach, she helps people restore balance in their lives with various stress-management techniques and individualized wellness and nutrition programs. Contact her at Chelsey@bemindfullyhealthy.com.

APW Holiday Market – Thursday, November 8

Be a Vendor at the November Networking Luncheon

Come help APW members get ready for the holidays by selling your products and services at our 2018 Holiday Market.

We will be lunching and shopping at the beautiful **Lumber Baron Inn & Gardens**, 2555 W 37th Ave, Denver.

Our ideal vendor will have something available on the day for our members to purchase for holiday gifts. This can include gift certificates, trinkets, and other exciting packages!

Registration is Open to APW Members and Non-Members.

**CLICK HERE
to Register NOW!**

The Advantage to Each Vendor:

- Captive audience of approximately 50-60 women
- Great networking and marketing for new clients
- Month-long advertising in the APW What's Happening emails and on the APW Facebook page

The Details:

- Each table is \$75 for APW members and \$125 for non-members.
- Vendors of the same product may share a table.
- Tables are on a first-come-first-served basis until sold out.
- Luncheon cost is at the member price of \$38 for all vendors.
- Selling will be from 11:00 am to 12:00 pm and 1:00 pm to 2:00 pm. There is no selling during the lunch or speaker.

This is an excellent opportunity to reach out to professional women just before the holiday season (and to add new clients to your list for future sales). We look forward to having you join this exciting event!

PLEASE NOTE: This is registration for a vendor table, each vendor must also register for the luncheon separately (once that registration opens).

Table registration deadline is October 19.

Public Affairs is Back

Our Public Affairs Committee is back after a summer hiatus.

Meetings will be the **third Wednesday of every month** (Note: we have a date change and the September meeting will fall on a Tuesday). Join us for a cup of coffee and breakfast and hear our next speaker.

When: **September 18**, at 7:30 am

Where: **Zaidy's in Cherry Creek**, 121 Adams Street, Denver

Our speaker will be **CHARLOTTE SWEENEY**, an employment attorney with **Sweeney and Bechtold, LLC**. Charlotte represented the female DU law professors who sued the school for wage inequality. Charlotte is also one of the folks helping to get the Colorado Wage Equity bill passed in the State Senate (it passed the House last year, but not the Senate). She has a great presentation on the existing wage disparity between men and women in this country and the statistics are surprising. This should be an exciting and interesting session, of great importance to women employees as well as small business owners.

When: **October 17**, at 7:30 am

Where: **Maria Empanada**, 1298 S. Broadway, Denver

Our speaker will be **DEB ARMBRUSTER**, who will present the ballot issues on behalf of the League of Women Voters. For those of us who want to hear the pros and cons of the various ballot measures, this promises to be a very informative session.

RSVP: **SUE BORGOS** at sborgos@ots-denver.com

A Member Contribution

How to Make a Networking Organization Work for You by Melissa Richards

Joining a group doesn't mean you automatically join anyone's network and it doesn't mean they join yours. Membership gives you a place to develop relationships with fellow APW members. Focus your energy on expanding the number of people who know YOU in the organization.

The keys to making any networking organization work for you:

1. **After you join, go!** Show up to regular luncheons, after hours events, etc.
2. **When you go – interact.** It's tempting to come to a luncheon right on time, eat, and then leave.
3. **Don't skip the networking portion** of any event.
4. **Meet new people**, don't always sit with the people you know.
5. **Don't wait for others to approach you** – make the first move.
6. **Just handing out business cards is not networking.**
7. **Don't give up**, relationship based networking takes time.
8. **Have meaningful conversations**, come with an agenda. What do you want to get out of this event? What do you have to give?
9. **The best way to show your character and competence is to contribute time and energy.**

Also, consider a role within any organization you belong to. Write an article for the newsletter, volunteer for a committee, get elected to the Board of Directors; find a way to help. When people see you in action they make up their minds about your character and your overall skillset – even if they've never met you. **Don't just join – join in!**

Melissa Richards of LIV Sotheyby's International Realty is committed to building relationships throughout Denver one client at a time to always be their Realtor for life. She genuinely cares about each and every one of her clients and has their best financial, personal, and lifestyle interest at heart. Contact her at richardsrealestategroup@gmail.com.

Networking Luncheon Sponsors – Sign Up Now!

Showcase your business at an APW monthly networking luncheon. A new year is coming and that means we have plenty of luncheons available for sponsorship in 2019, but they sell out fast.

A Networking Luncheon Sponsor receives the following benefits:

- **A ten-minute promotional presentation** at the sponsored APW luncheon.
- **Lunch for the sponsor and lunch for a guest.** (Sponsor will be asked to provide a small gift for a door prize drawing during lunch.)
- **Newsletter sponsorship**, which includes a full-page article in the newsletter. This full-color, formatted newsletter email is distributed to nearly 1,000 professional women in Denver and is also available on our website.
- **Exclusive distribution/display** of materials at place settings or on chairs at luncheon.
- **Business cards of all luncheon attendees** collected and given to you after luncheon upon request.
- **An active link** to your company website on the front page of APWcolorado.org. This 12-month listing will boost your own website's search engine ratings because the APW consistently returns top level results in search queries.
- **A thank you** for your sponsorship mention in the next Communiqué following the luncheon.

The cost of a Network Luncheon Sponsorship is \$300. Sole proprietors may split the cost and benefits of hosting a networking luncheon.

Networking Luncheon Sponsorships will be reserved on a first-come-first-serve basis, so reserve your month today by contacting **KERRY HAMMOND** at (303) 368-4747 or execdir@apwcolorado.org.

APW Networking Opportunities

WHAT: OUTREACH COMMITTEE MEETING

When: Wednesday, **September 5**, and **October 3**,
5:30 pm – 7:00 pm
Where: The home of **PAM FISCHER**,
2218 Franklin Street, Denver
RSVP: **WILLY WILSON** at wilson@lifeunstill.com

WHAT: HELPING WOMEN+ CHANGING LIVES ANNUAL LUNCHEON

When: Thursday, **September 13**, registration 11:30;
program 12:00 pm – 1:00 pm
Where: **PPA Event Center**, 2105 Decatur Street, Denver
Cost: \$10 Registration Fee
RSVP: **REGISTER HERE** if you have not registered
through a Table Captain

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: Tuesday, **September 18**, 7:30 am
Where: **Zaidy's** in Cherry Creek
RSVP: **SUE BORGOS** at sborgos@ots-denver.com
Topic: Speaker: **CHARLOTTE SWEENEY** of
Sweeney & Bechtold, LLC

WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: Tuesday, **September 4**, and **October 2**,
11:30 am – 1:00 pm
Where: **Natural Grocers**, Colorado Blvd. and Evans
RSVP: **KRISTI SULLIVAN** at
Kristi@sullivanfinancialplanning.com

WHAT: COFFEE CONNECTIONS—CENTRAL DENVER

When: Friday, **September 21**, 8:30 am to 10:00 am
Where: **Maria Empanada**, 1298 S. Broadway
RSVP: **LEIGH MILLER** at millerleigh13@gmail.com

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: Wednesday, **October 17**, 7:30 am
Where: **Maria Empanada**, 1298 S. Broadway
RSVP: **SUE BORGOS** at sborgos@ots-denver.com
Topic: **DEB ARMBRUSTER**

WHAT: OCTOBER NETWORKING LUNCHEON

When: Thursday, **October 11**, 11:30 am – 1:00 pm
(11:00 am New Member Orientation)
Where: TBD
RSVP: **Registration Link Coming Soon**
Sponsor: **JILL KLANCKE** of **Klancke & Cook, Attorneys at Law**

WHAT: MEMBER SUPPORT COMMITTEE MEETING

When: Wednesday, **October 17**, 11:00 am
Where: **Café France**, 8081 E Orchard Rd., Denver
RSVP: **GINNY TAYLOR** at ginny@ABetterViewDecor.com

WHAT: COFFEE CONNECTIONS—SOUTH

When: Friday, **October 19**, 8:30 – 10:00 am
Where: **Mangia Bevi Café**, 6363 S. Fiddlers Green Circle,
Greenwood Village
RSVP: **MOLLIE SAVAGE** at mollie956@gmail.com

New Members

JANE BIGLIN, Owner, **Jane Biglin Coaching LLC**, mycoachjane@gmail.com, (720) 432-9678.

DANA GOLDFARB, Broker Associate, **RE/MAX Professionals**, dana@danagoldfarb.com, (303) 888-3802.

New Member Profiles

We like to do a little Q&A with our new members to get to know them better and find out what makes them tick. Read on to find out about two of our newest APW members.

ANDREA ENRIGHT, Storyteller. Writer. Boots-Wearer, The Boot Factor, www.thebootfactor.com, andreaenright@gmail.com.

1. Why did you join the Alliance of Professional Women?

I attend a LOT of networking events. There are so many factors to consider: profession, age, location, focus, education. I wanted to commit to something vibrant and established, which was supportive of my whole being. A place made up of females who aren't afraid to share, get real, and be direct.

2. What are your hobbies?

I'm passionate about motherhood, music festivals, running, writing, rock-painting, key lime pie, and avoiding kale. . .oh and I can't pass up a good garage sale. I volunteered heavily with Planned Parenthood in my 20s, then took a 3-year Peace Corps sabbatical in my 30s. I'd like to come full circle and figure out the next phase of giving back.

3. What is your position/business?

I'm a writer, speaker and personal brand builder. I have run my own storytelling agency since 2002. I started out contracting for big companies as a writer, editor, and editorial manager. I then moved on to be a content broker, finding writers who could translate tech services into storytelling. I now focus on personal branding and online presence for coaches, entrepreneurs, and executives in transition. I love mining people for their magic - then creating meaningful messaging for resumes, LinkedIn profiles, and marketing materials. People don't love companies. They love humans. And if you get real, they're going to love you!

4. What is something that few people know about you?

My past includes plenty of hitchhiking in dangerous countries and a few speaking roles in B-movies for the SyFy channel.

5. How did you learn about the APW?

I found the APW online and attended Coffee Connections because it was in my neighborhood (proximity speaks volumes). Then I met **LEIGH MILLER**. Then I met **MOLLIE SAVAGE**. And then I met **KERRY HAMMOND**, of the Moon House. And then I was in.

JANE BIGLIN, Owner, **Jane Biglin Coaching LLC**, mycoachjane@gmail.com.

1. Why did you join the Alliance of Professional Women?

I joined the APW to meet other women like me in a comfortable, no pressure environment. I am a strong advocate for women supporting each other in the workplace and have a desire to help others navigate the associated challenges and opportunities that come along.

2. What are your hobbies?

I have an insatiable love of dogs and always have at least one. My Soft Coated Wheaten, Stella, is 7 years old and we are now "comfort dog partners" working on additional certification to provide emotional support to the elderly and children. We spend a lot of time together! I also walk 3 miles (with Stella) early every morning around Wash Park (365 days/year) and find it clears my head and starts the day off right. I love to read and always have a great fiction book to recommend (and would love recommendations from others.)

3. What is your position/business?

I retired in March 2018 after a long career working for Fortune 500 companies in financial services, healthcare, and in the private, non-profit and government sectors. I managed high performing teams and individuals which has led me to harness this passion in my new business, Jane Biglin Coaching, where I help women of all ages to navigate transitions in work and life. This includes such things as a career transition; adapting to work cultures and organizational change; balancing work and life; pursuing a fulfilling retirement; embracing an empty nest; and managing the many planned, as well as unplanned, transitions in life and work today. I offer a complimentary coaching session to anyone who believes my services would be valuable to them.

4. What is something that few people know about you?

As for something unexpected about me, my early bartending years in college always brings an unexpected smile. That, and my Long Island, NY upbringing surprises people who expect me to say "cawfee" but I have no accent!

Hot off the Press: Member News

WILLY WILSON, of Life Unstill Photography, won second place in the National Association of Professional Child Photographers (NAPCP) 2018 International Image Competition. In their words, the award “designed to recognize the world’s most successful child photographers, the NAPCP Image Competition called for images across a range of category subjects including Maternity, Newborn, Babies, Children, Siblings, Toddlers, Tweens, Seniors and Family. Image submissions were carefully judged by a blue-ribbon panel of experts based on impact, technical merit, composition and creativity.”

Congratulations Willy!

If you’re an APW Member with news to share, email KERRY HAMMOND at execdir@apwcolorado.org.



Anniversaries

The APW wishes to **recognize** and **thank** the following women who joined The Alliance of Professional Women in September or October. We greatly appreciate your continued support of our organization.

27 years
SANDY SMITHAlexander Smith Design

20 years
ANNE ANGERMANCareer Matters

11 years
LAURA SRSICHEide Bailly, LLP

8 years
ANNE MOOREThe Avatar Course

6 years
VANDA DYSONDYCO Diversified

4 years
GRETCHEN MOOREHarper Hofer & Associates, LLC

3 years
SIGRID SWERDLIN
SUSAN CLARKEIntegra Design Group, Inc.

2 years
ALYSSA ANDERSONUniversity College University of Denver
LAURA FROSETHUniversity College University of Denver
TRACEY MUOIOUniversity College University of Denver
ALINA NIKISHINAInsperience Business Services
CHRISTINA RUBYGHD
CATHERINE TIDDSocial Seed Marketing

1 year
TERESA BONESS
MEREDITH MUNROKing & Greisen, LLP
BRITTNEY WARGAAdolfson & Peterson Construction
SARA CLARKAdolfson & Peterson Construction
KARIE RIPPYAdolfson & Peterson Construction

APW Thanks!

July Networking Luncheon

We traveled to the RiNo Art District in July and had lunch at **Bigby's Folly**. We had the place to ourselves, great acoustics, and wine at the bar. Our Luncheon Sponsor was **SHERE CHAMNESS** of **REALART** (www.planet-realart.com). Shere spoke to us about how art can put us in a better mental place, reduce stress, and increase happiness. If you missed her message, we have reprinted it here in this newsletter.

Our luncheon hosts were **PAULINE HUDDLESON** of **Arbonne International**, and **CAROLINE HANZLIK** of **Wells Fargo Advisors**. Both ladies did a great job hosting the event.

Our door prizes were wonderful and we thank our donors: **SHERE CHAMNESS** gave away a custom print of her artwork; **PAULINE HUDDLESON** gave away some great Arbonne goodies; and **CAROLINE HANZLIK** gave away a basket of pampering products.

August Networking Luncheon

We traveled to Littleton in August to **Angelo's Taverna**. We thank our Luncheon Sponsor **MARIAN LEE** of **Career Reinvention, LLC**. (www.careerreinvention.net). Marian talked to us about the stages of satisfaction in our careers and how to determine if we're in the doldrums. It doesn't always mean we need a career change, sometimes we just need to make a few changes to get back on track. Contact Marian for more information on how to take charge if your career and your job satisfaction.

Thank you to our hosts **PAM FOLEY** of **Pamela Foley, LLC** (Life Transition Strategist), and **MICHELLE KU** of **Ku Interior Design**. Thanks ladies for making this such a fun event.

We also thank our door prize donors: **MARIAN LEE** of **Career Reinvention, LLC** gave away a 90 Minute Coaching Session; **CHELSEY BURNS** of **Mindful Health Coaching, LLC** gave away a copy of *Into the Magic Shop: A Neurosurgeon's Quest to Discover the Mysteries of the Brain and the Secrets of the Heart* by **JAMES R. DOTY, M.D.**; and **MELISSA RICHARDS** of **LIV Sotheby's International Realty** gave away a bottle of wine.

New Member Referrals

Sending out **huge thanks** to our members for all the great referrals to The Alliance of Professional Women!

Thank you the APW members who have referred a brand new APW member since our last Communiqué. We are **grateful to MATINA SOUTSOS**, of **Ridgemoor Realty**, for referring **DANA GOLDFARB**. We appreciate you sharing our fabulous organization and are pleased to run your business card ad as a small token of our appreciation in an upcoming newsletter.

Receive a **FREE** ad for referring new members to the APW! In an organization like the APW, we depend on referrals to increase our membership. As a small thank you for referring a new member to the APW, you will receive a complimentary business card ad in the Communiqué. If you are a Networking Connections member who already has a business card ad in the newsletter, we will supersize it to a ¼ page ad just to say thank you!

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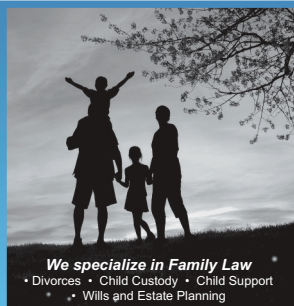
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