

COMMUNIQUÉ



April 2008 • Connecting Women Personally, Professionally and Philanthropically

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Our newsletter is NOW interactive!
CLICK on any **bolded purple** text
and launch websites, send emails,
register for events, or move to a
different part of the newsletter!"

THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

Mary Carr[303] 368-4747
Fax[303] 282-4968
E-Mail execdir@apwcolorado.org
Web site: apwcolorado.org
P.O. Box 480384, Denver CO 80248

Nurse-Family Partnership Sponsors April Networking Lunch

A young girl from an economically depressed neighborhood, most likely a teenager, becomes pregnant for the first time. She is not prepared for motherhood, does not receive adequate prenatal care, drops out of school, and has no viable way to support herself and her baby.

Imagine that a highly educated, nurse home visitor forges a relationship with the girl during the early months of her pregnancy and inspires the mother-to-be to create the best life she can for her baby. By meticulously implementing the Nurse-Family Partnership program, this dedicated nurse helps her client transform her own life so she can offer her baby a better future, despite the obstacles posed by multi-generational poverty.

This success is currently being replicated, thousands of times every year, by the evidence-based **Nurse-Family Partnership** program. The remarkable viability of the program is substantiated in rigorous clinical studies and in the lives of over 70,000 young mothers in 23 states.

But this is only a small fraction of the population who could benefit from these services. According to Medicaid records, 650,000 babies are born each year to low-income, first-time mothers. Focusing on prevention as the key to transforming lives born into poverty, the Nurse-Family Partnership National Office is striving to replicate this life-changing program in more communities across the nation.

DAVID OLDS, Ph.D., who created this home visiting model, recognized that the best window of opportunity to change the ubiquitous patterns of poverty, violence, school failure and crime occurs very early in life. Nurse-Family Partnership is the result of three decades of extensive research, conducted through three randomized controlled trials that boast scientifically demonstrated outcomes that can dramatically alter the life trajectory of high-risk families. In short, lifestyles begin in the womb because a baby's development depends, to a great extent, on the lifestyle of the expectant mother.

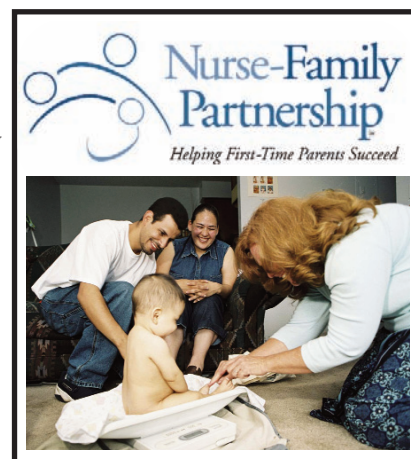
The Denver-based Nurse-Family Partnership National Service Office works behind the scenes to educate the nurse home visitors who are the heart and soul of the program's success. In addition, the National Service Office provides support in program management, evaluation, reporting, quality improvement, marketing, federal policy and program finance that keep the program running smoothly and effectively throughout its ever-expanding network of implementing agencies, while preserving fidelity to the Nurse-Family Partnership model.

Nurse-Family Partnership depends on the support of individuals, corporations and foundations to ensure its ability to support the growth of the replication effort across the country. It is our goal that by 2017 at any point in time there will be 100,000 women and their children benefiting from this extraordinary prevention program

Register NOW for the April 10 Networking Luncheon at The Curtis Hotel.

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CONNECTING PHILANTHROPICALLY

Leadership

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*The Alliance is a member of
 and proudly supports:
 Colorado Women's Lobby, and The
 International Alliance for Women*

APW Dress For Success Accessories Drive Continues At April 10th Luncheon

The mission of **Dress for Success** is to advance low-income women's economic and social development, and to encourage self-sufficiency through career development and employment retention. Dress for Success responds to the needs of our communities by providing programs that help economically disadvantaged women acquire jobs, retain their new positions and succeed in the mainstream workplace.

Women are referred to Dress for Success by not-for-profit organizations that offer job training programs. Each Dress for Success client receives one suit for a job interview and additional clothing when she finds work. Clients pay no fees for these services.

Since it was founded in 1996, Dress for Success has opened affiliates in more than 75 cities in the United States, Canada, the United Kingdom and New Zealand.

You can help. The **Outreach Committee** is hosting an **Accessory Drive for Dress for Success**. If you have handbags, briefcases, shoes, jewelry, scarves, or other interview-appropriate business accessories taking up space in your closet, you can help someone less fortunate get onto the road to success. Bring your items to the April Networking Luncheon at the Curtis Hotel on Thurs, April 10th. You will receive a tax donation receipt and the knowledge that you have made a difference in someone's life.

To learn more, please visit www.dressforsuccess.org/denver or send an e-mail to denver@dressforsuccess.org.

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APW Totes FOR Sale – Proceeds Benefit The Alliance Foundation!

We are currently taking orders for APW Tote Bags!

The tote measures 17" wide by 14" high by 3" at the bottom seam, wide enough to accommodate legal sized folders. It is made out of thick nylon canvas. The tote has a zipper closure; inside there is one main pocket and three mini pockets for items like cell phone, pens, business cards, etc.

Bags are \$12 each and 50% of the proceeds go to benefit the **Alliance Foundation**.

PURCHASE a TOTE TODAY!

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APW Tote Bags FOR SALE!

CONNECTING PERSONALLY

Luncheon Sponsors

The Curtis Hotel
April 2007 Networking
Luncheon Sponsor

Harper Lutz Zuber
Potenza & Associates
May 2007 Networking
Luncheon Sponsor

Waddell & Reed
February 2008 Networking
Luncheon Sponsor

CampExperience
March 2008 Networking
Luncheon Sponsor

Nurse-Family Partnership
April 2008 Networking
Luncheon Sponsor

*Interested in becoming a
Networking Luncheon Sponsor?
Call [303]-368-4747*

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Sandy Smith/Alexander Smith Design
www.alexandersmithdesign.net

Editor Notes

From The Editor

The deadline for submitting articles for the COMMUNIQUE is Noon on the **15th** of each month. All submissions must be **electronic**. The COMMUNIQUE provides stories of interest & information to Alliance members. Please send **ideas, comments, contributions, and questions** to execd@apwcolorado.org



Ladies, You Haven't Been Taught How To Look For This Form Of Breast Cancer

You do breast self-exams monthly. You faithfully endure mammograms. You think you have a clean bill of health – are you still at risk for a rare and deadly form of breast cancer?

Inflammatory breast cancer is an accelerated form of breast cancer that is usually not detected by mammogram or ultrasound. It is a rare cancer, accounting for approximately 1% - 3% of all breast cancers. Inflammatory breast cancer causes the breast to appear swollen and inflamed. The inflammation occurs because the cancer cells block the lymphatic vessels in the skin of the breast. This causes a blockage in lymph flow leading to the reddened, inflamed appearance to the breast.

What Are the Symptoms of Inflammatory Breast Cancer?

Unlike the more common form of breast cancer, inflammatory breast cancer does not generally present as a lump. The disease grows as nests or sheets that clog the lymph system under the skin. Often the symptoms are attributed to other diseases and thus the diagnosis may take a long time to occur.

Symptoms include:

- Pain in the breast. Often inflammatory breast cancer is mistaken as a breast infection and treated with antibiotics. If response to antibiotics doesn't occur after a week, request a breast biopsy or referral to a breast specialist.
- Skin changes in the breast area. You may find pink or reddened areas often with the texture and thickness of an orange. (peau d'orange)
- A bruise on the breast that doesn't go away.
- Sudden swelling of the breast.
- Itching of the breast.
- Nipple retraction or discharge.
- Swelling of the lymph nodes under the arm or in the neck.
- These changes often occur quickly, over a period of weeks.

How is Inflammatory Breast Cancer Diagnosed?

Inflammatory breast cancer is often misdiagnosed as another medical condition. It's important to pursue a breast or skin biopsy if treatments for another breast condition like an infection don't work.

How is Inflammatory Breast Cancer Treated?

Inflammatory breast cancer is an aggressive cancer that can spread quickly.

Treatment options include:

- Surgery. If the inflammatory breast cancer has not spread beyond the breast, a mastectomy can be performed to remove the tumor. However, mastectomy has been known to increase the chance of recurrence because inflammatory breast cancer involves the lymph nodes of the skin - and the skin is stitched together after mastectomy.
- Chemotherapy. This is often given before surgery (neoadjuvant therapy) to reduce the amount of tumor present and decrease the recurrence risk.
- High Dose Chemotherapy/Bone Marrow Transplant. Researchers are studying whether giving high doses of chemotherapy, followed by bone marrow or stem cell transplantation is effective for treating inflammatory breast cancer.
- Radiation. Often radiation is given after chemotherapy and/or surgery.

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CONNECTING PERSONALLY

Look Like A Million Bucks – Think Like A Millionaire!

The last sold-out workshop was a tremendous success so if you missed out the first time, they're offering it again! Please join **DANA LYNCH** and fellow Alliance of Professional Women member, **PATRICE BARBER**, for a fun, informative lunch and learn as they present a unique perspective on the interaction between personal image and personal finance and wealth.

Friday, April 18, 2008

11AM-1PM • Cherry Creek

(Location will be provided upon registration.
Parking lot and street parking available.)

You will learn:

- 10 Ways to Shop Like a Pro
- How to plan a wardrobe that really works
- Hot fashion tips for Spring 08 (So you can start planning now!)
- How planning for shopping is a lot like planning for your million dollar future
- How to find values, opportunities and deals
- Who's on your TEAM and who's not!
- PRE-REGISTRATION REQUIRED \$25 in advance or \$35 at the door. Lunch Included!

Call [303] 463-4839 or [303] 216-0472

PATRICE BARBER, founder of **Taylor Made Wealth Coaching**, is an entrepreneur with a passion for building futures.

Patrice believes that people should planning their futures and living that future day by day. She has developed a program to help individuals create the vision of the future of their financial success. Through mentoring she helps maintain their accountability to those dreams! For more information about Patrice, visit www.tmwealthcoach.com.

DANA LYNCH, AICI, founder of **Elements of Image**, helps take the stress out of getting dressed! And she teaches professional women how to use the power of image to help them gain an edge in the workplace and achieve their goals.

Specializing in professional dress, she has worked with attorneys, mortgage brokers, real estate agents, accountants and CPA's, financial planners and countless other professionals who know that their image is crucial to their success in both business and life. For more information about Dana, visit, www.elementsofimage.com.

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CampExperience™ September 17-19, 2008 • Copper Mt Resort

The third-annual **CampExperience™** attracts Colorado's top women for education, inspiration and the network of resources needed to live their best lives. This luxury retreat for amazing women involves 35 national speakers and activity leaders for keynotes, workshops, adventures and networking fun. 100% of on-site proceeds benefit housing for women and children through **Charity Partners Warren Village, The Denver Rescue Mission, Partners in Housing** and **TESSA**.



Register TODAY at www.CampExperience.com or call [720] 200-0271.

The hot news right now!

New for 2008: New charities that also help women – Denver Rescue Mission and TESSA

Colorado Springs join Warren Village and Partners in Housing 16 Breakout workshops in four educational tracks, NEW Hours of Power, NEW adventures Climbing Wall and Self Defense for Women – ONLY 260 Campers will be taken for 2008.

Anyone who registers before March 15th is in a drawing to win 2 nights FREE housing at Camp at Copper Mt Resort Center Village.

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CONNECTING PERSONALLY

Food Focus: Breakfast

by Susan Kimball

You've heard that breakfast is the most important meal of the day – well, it's true! Its called breakfast for a reason – you're breaking the fast from food while sleeping. Can you typically go for 8-12 hours during the day without eating? Sure, you're burning more calories during the day, but if you mainly sit in front of a computer you're not burning that much more.

Our bodies need fuel to get through the day. How well does your car run on fumes? If the tank's on "E" you're always worried about it running out of gas, right? Well, your tanks on "E" in the morning. So, you'll soon find your energy taking a free fall and need something fast – that often means fake energy like caffeine and sugar or something not-so-good for you from the cafeteria or vending machine.

So what's the answer? You know what I'm going to say next: "Eat a healthy breakfast at home." And I know what you're going to say next: "I just don't have the time!" First, what is a healthy breakfast? Everyone is unique so what works best for your friend's body may not work for you. It is good to experiment with different breakfasts to see what works best for you. Protein such as eggs (natural/cage-free/organic is best) is a good high power breakfast if you really need to be "on" such as for a presentation. Whole grains are also great for energy – oatmeal is a great option, but not the flavored kind with added sugar! Other whole grains like brown rice and quinoa make for an awesome hot breakfast as well – check out the recipe below! Next on the list are things made from whole grains: whole wheat bread and whole grain cereal for example. Do not believe all the claims you see on the front, they can be misleading. Look for "whole" with the grain as a first ingredient. You also want to limit the amount of sugar you're getting and cereals are notorious for added sugar, so check the label. Fruit and yoghurt is fine too – best to use organic fruit and plain yoghurt. Try plain yogurt with agave nectar and pure vanilla extract for a yummy, less sugary treat.

So how do you fit it in with your packed schedule? You start the water for the oatmeal when you've got about 7 minutes to go to be ready for work. Then you put the oatmeal in and dry your hair, shave or iron your shirt. And voila, it's done and hasn't taken any extra time. Add agave nectar or 100% maple syrup and/or fresh fruit like blueberries and you have a great healthy breakfast. The recipe below is even faster when you use leftover grains and have the fruit and nuts already chopped up. Enjoy!

Quick Quinoa Breakfast

- 2 cups of leftover quinoa (or any leftover whole grain)
- 1/2 cup dried apricots – chopped (you can use any dried fruit you like – raisins, currents, cranberries, dates, etc)
- 1/4 cup coarsely chopped almonds
- 1 tsp cinnamon
- 2 Tbsp 100% maple syrup
- 1/4 cup soy milk

Put all ingredients in a pan, mix and heat – easy and yummy! Serves 2-3.

BALANCED Health Counseling • Susan Kimball

Susan Kimball is passionate about helping busy people achieve optimal health. As a holistic health counselor, which is akin to a nutritionist and life coach rolled into one, she works one-on-one with individuals to help them create healthy and lasting lifestyle changes such as achieving more energy and greater work-life balance. Susan also coaches people about making healthier food choices and works with them to manage stress, increase physical activity and learn nourishing cooking techniques. She counsels couples and groups, and does corporate programs and seminars as well.

Susan received her training through the Institute for Integrative Nutrition in New York City, is certified by Columbia University Teachers College in The Health Counseling Training Program and is board certified by the American Association of Drugless Practitioners. She has done research on the connection between nutrition and disease and has been a speaker for many years. Susan's interests are hiking, biking, snowshoeing, skiing, yoga and meditation. She volunteers for Project Angel Heart and lives in Denver, Colorado.

Believe in the power of positive thinking – whatever you believe will manifest in your life! Susan Kimball, Board Certified Holistic Health Counselor, Balanced Health Counseling, LLC, [303] 369-5092, skkimball@gmail.com. Call or e-mail for an entire newsletter, or a FREE initial health consultation! www.integrativenutrition.com/graduates/skimball.aspx.

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MEMBER NEWS & INFORMATION

Grab Your Passport & Prepare for Tempi Bouni

Our **Passport to Italy** event is right around the corner so make sure that it is marked on your calendar, you have your tickets, checked with your friends and co-workers and



have called the babysitter as you are not going to want to miss this event.

Friday, April 25, 2008



This fabulous fundraising event benefits our **Alliance Foundation** whose mission is to **help women achieve economic self-sufficiency and create better lives for themselves and their families.**

We have completely changed our 6th annual fundraiser and have created a one-of-a-kind event. As you travel through Italy, this tantalizing event will include edible delights, tempting tastes of vino, live entertainment and inspiring cooking creations as two students compete in an **Iron Chef competition for a \$500 scholarship**. You will get your passport when you arrive and need to collect stamps from all over Italy. Turn in your completed passport before the end of the night to qualify for a fabulous prize. As multi-tasking mavens, this is a great opportunity to experience a little bit of Italy, do a little networking, have some fun, enjoy a date night, and score some great deals at our silent auction and live auction all while helping women in our community.

Speaking of silent auctions, we are currently looking for silent auction items. This year's silent auction is all about food, wine and YOU. Think delectable gift baskets, cooking classes, wine, spa getaways, golf, wine and more! Please consider donating a silent auction item as a great way to help the Alliance Foundation and increase the awareness of your company. All of the silent auction items will be displayed with your business card, listed in the program that night as well as on Blacktie and will be included in a special thank you ad after our event.

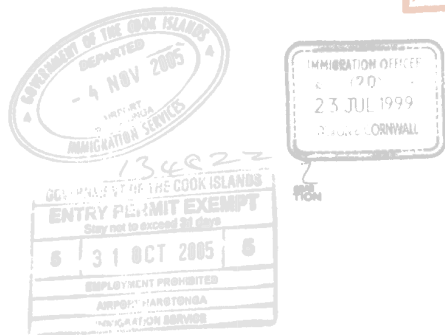
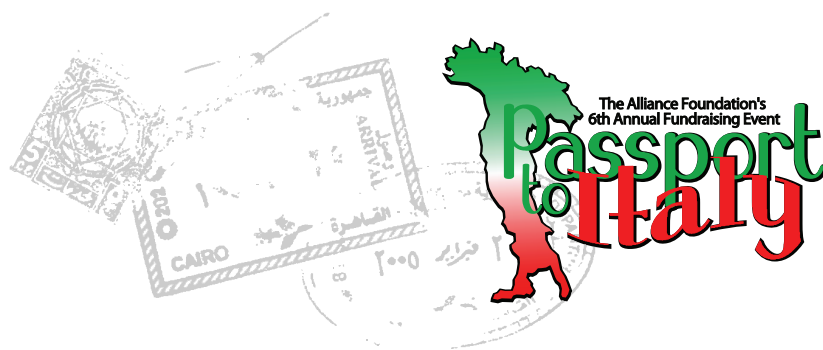
Check out the flyers on pages 7-8 for all of the details including where you can get your tickets. *Salute!*

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The Alliance Member Benefits:

- Community Activism
- Committee Involvement
- Connecting Women Personally & Professionally
- Dental, Vision Prescription & more through Direct Dental Plans of America, Inc.
- Discounts on Professional & Business Services
- Educational Programs
- Friendships & FUN
- International Alliance for Women (TIAW) member
- Leadership Development
- Membership Directory
- Membership in the Eagle Legacy Credit Union
- Member Support
- Monthly Newsletter
- Monthly Networking Luncheons
- Networking Opportunities
- Personal Growth/Development
- Political Activism
- Social Events
- Support Networks
- TOM, your Trouble-free Online Manager

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As you travel through Italy... immerse yourself in edible delights,
inspiring cooking creations, tantalizing tastes of vino and more at the
Alliance Foundation's 6th annual fundraiser.

This event benefits our Alliance Foundation. The mission of the Foundation is to support programs that improve the status and quality of life for women and girls in our community and throughout the world by helping them achieve self-sufficiency and economic independence.

Locally we offer scholarships to women to help them achieve their educational goals and internationally we support microcredit to help women start or expand a business.

Registration options:

Easiest! Register online at blacktiicolorado.com/rsvp and enter the event code **passport08**

or...

Call Karen Rosen: 720.271.7015

apwcolorado@comcast.net

Fax: 303.805.4358

Mail your registration to APW,
P.O. Box 480384 | Denver, CO
80248



The Conference and Event Center
School of Hotel, Restaurant and Tourism
Management | University of Denver
2044 East Evans Avenue

\$60 per person

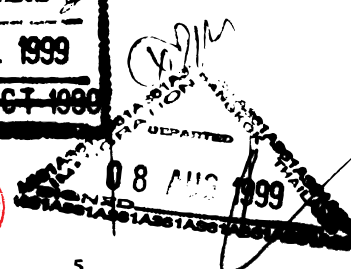
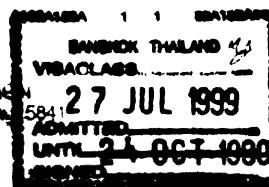
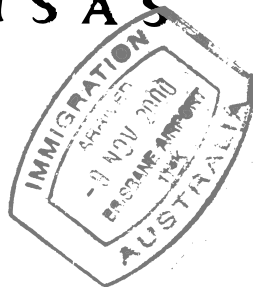
\$110 for two

Cibo e Vino It's All About the Food & Wine package | \$500 for ten tickets

5:30 pm Cocktails, hors d'oeuvres
and silent auction
6:30 pm Wine tasting and entertainment
7:00 pm Cooking competition
8:00 pm Silent auction closes
8:30 pm Live auction and cooking
competition awards ceremony

Receive your Passport to Italy when you arrive. Eat, drink and shop your way through the night gathering different stamps. Turn in your completed passport to qualify for a fabulous end of night drawing. This year's silent auction is all about food, wine and **you**. Delectable gift baskets, fantastic restaurant gift certificates, pampering, golf and more!

Parking is available in the garage west of the Conference and Event Center.



SILENT AUCTION



The Alliance Foundation and the Alliance of Professional Women are looking for items for our silent-auction at our April 25, 2008, **Passport to Italy** fundraiser benefiting the Alliance Foundation and their Village Bank and Scholarship Programs.



DONATION # 1 (Describe donation, and include restrictions to donations [if applicable])

Value	Minimum Bid
-------	-------------

DONATION #2 (Describe donation, and include restrictions to donations [if applicable])

Value	Minimum Bid
-------	-------------

If you do not designate a minimum bid, we will assume you are leaving it to our discretion. In accordance with IRS standards, it is the donor's responsibility to assign value to the items donated.

DONATED BY:

Company Name	Contact Person	Telephone
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Address	City/State/Zip	Donor's Signature & Title
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Please retain a copy of this form as a record of your tax-deductible donation.

This year's silent auction is all about food, wine and you. Best sellers include: Food and wine baskets, restaurant gift certificates, spa treatments, massages, golf, cooking classes and vacation packages.

This donation becomes the property of the Alliance Foundation, and any proceeds will go to programs instituted by the Alliance Foundation. In accordance with the 1993 Tax Act, we confirm that we did not provide goods or services to you in consideration for your contribution.

Thank you for your generous donation and support of the Alliance Foundation!

Please send this form to:

Karen Rosen / Alliance Foundation

P.O. Box 480384, Denver, CO 80248; 720.271.7015; Fax: 303.805.4358; execdir@apwfoundation.org

We will contact you to arrange pick-up of your donation.

MEMBER NEWS & INFORMATION



WHEN: THURSDAY, APRIL 10TH, 2008 • 11:30A – 1P

WHAT: APRIL NETWORKING LUNCHEON SPONSORED BY **NURSE-FAMILY PARTNERSHIP**

WHERE: The Corner Office in The Curtis Hotel, 1401 Curtis Street, Denver, CO 80202

COST: \$25 Members, \$35 Non-Members; Special Membership Discounts if you join the APW at the April Networking Luncheon!

RSVP: **On-line pre-registration is required. Register NOW!**

All entrees include your choice of soda, iced tea, coffee, hot tea and water

Entrée Choices are:

- Southern Italian Chicken Parmesan Sandwich: herb crusted chicken, pesto, marinara, provolone on focaccia served with side salad **OR**
- Tom Turkey Club: smoked turkey, applewood bacon, lettuce, tomato, cranberry mayo served with side salad **OR**
- Southwestern Cobb Salad: spicy ranch dressing, avocado, tomato, onion, bacon, blackened chicken breast.

PLUS your choice of one of three desserts (smaller servings):

- “after five”: lychee panna cotta with ginger gin syrup and raspberry sorbet **OR**
- “the cubicle”: triple chocolate mousse pyramid served with chocolate sauce **OR**
- “butter almond crunch”: brown butter almond tart with bananas and toffee ice cream.

WHEN: TUESDAY, APRIL 15TH, 2008 • 7:30-9A

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

WHERE: Zaidy's at 1st and Adams, Cherry Creek

RSVP: **NANCY THAUVERTE [303] 713-6456, nancy.thauvette@usbank.com** by 2P on Friday, March 14th

Meet **LAURIE KONSELLA**, the Women's Health Coordinator at the federal **Department of Health and Human Services** here in Denver. Ms. Konsella's office contributed to the National Report Card on Women's Health. Find out how Colorado compares to other states when it comes to women's health, as well as the priorities for the federal Office on Women's Health.

You can now find an RSVP link to upcoming Alliance Events on our homepage! Go to www.apwcolorado.org and click on the bold RSVP link – it will take you directly to the **BlackTie RSVP** page for the event!

WHEN: THURSDAY, APRIL 17TH, 2008 • 11:30A – 12:30P

WHAT: NETWORKING EVENTS COMMITTEE MEETING

WHERE: Whole Foods (formerly Wild Oats) on Colorado Blvd

RSVP: **DANA LYNCH at [303] 463-4839 dana@elementsofimage.com**

WHEN: FRIDAY, APRIL 25TH, 2008 • 5:30 – 10P

WHAT: PASSPORT TO ITALY – See Pgs 6-8

THE **ALLIANCE FOUNDATION'S** SIXTH ANNUAL FUNDRAISING EVENT

WHERE: University of Denver College of Hotel and Restaurant Management

COST: \$60 per ticket, \$110 for two, \$500 for ten

RSVP: **KAREN ROSEN at [720] 271-7015 execdir@apwfoundation.org**

Don't miss this fabulous event! Enjoy a student cooking competition (we are awarding the winner a \$500 scholarship!), wine tasting, live entertainment, fabulous food and silent & live auctions.

Want a great way to market your business and contribute to a worthy cause?

We are looking for culinary-themed silent auction items including: restaurant gift certificates, food & wine baskets, cooking classes, in-home dinners, cookware gadgets & gizmos, wine, and more – what can you think of? Donate anonymously or include your company information with your donation.

Become an event sponsor! For more information contact **KAREN ROSEN [720] 271-7015** today!

WHEN: WEDNESDAY, MAY 7TH, 2008 • 5:30P

WHAT: OUTREACH COMMITTEE MEETING

WHERE: Whole Foods, Tamarac Square

RSVP: **MEGAN WEGNER 1-800-340-5653 x52760, Megan.wegner@jnli.com**

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MEMBER NEWS & INFORMATION



Alliance Networking

Opportunities, Events, Activities & More

Continued from Page 9

WHEN: THURSDAY, MAY 8TH, 2008 • 11:00A – 1P

WHAT: MAY NETWORKING LUNCHEON

SPONSORED BY **EDWARD JONES**

WHERE: Cherry Creek Marina & Yacht Club, 4800 S. Dayton St., Greenwood Village, CO 80111

COST: \$30 Members, \$35 Non-Members; Special Membership Discounts if you join the APW at the May Networking Luncheon!

RSVP: On-line pre-registration is required. Register NOW!

Luncheon Catered by **Kelli's Kitchen**

www.kelliskitchen.com:

Roasted Vegetable Torte

Baby Arugula and Mache Salad with Heirloom

Tomatoes and Blood Orange Vinaigrette

Fresh Baked Mini Baguettes

Keylime Cheesecake

Iced Tea

Enjoy extended networking (11A – 12P) on the Yacht Club's sunny deck overlooking the reservoir – don't forget your sunglasses! Registration fees cover parking, park entrance fees (in the event you want to enjoy the gorgeous start-of-summer weather), luncheon entrée and beverage, networking with fabulous women, and the opportunity to win one of our amazing business card drawings. Don't miss this special luncheon!

SAVE THE DATES!

• JUNE NETWORKING LUNCHEON

Thursday, June 12th • 11:30A – 1P, Location TBD

• SPA NIGHT

Thursday, June 26th • 6-9P hosted by the **Inverness Spa** in the Inverness Hotel and Conference Center, DTC
Register NOW!

Mark your calendars, ladies, because THIS is a night you aren't going to want to miss!

Your \$50 registration fee includes wine bar, hors d'oeuvres buffet, sweet treats and fresh fruit, and UNLIMITED spa services including mini-mani and pedi's, paraffin hand dips w/moisturizing hand and arm massage, eyebrow and lip waxing, chair massage, mini table massage, and hot stone massage.

Enjoy networking throughout the Inverness' beautiful spa setting, sit by candlelight by the outdoor fireplace, eat, drink, refresh, renew and rejuvenate!

The Inverness is also providing complimentary valet parking for all of our pampered guests, 20% of all spa products, and the chance to win gift baskets full of pampering and skin care items AND an Inverness Spa gift package. **Space is limited – Register NOW!**

[\[Back\]](#)

National Start Walking Day

The American Heart Association is actively **seeking volunteers** for **National Start Walking Day** on **April 16th** for the event at the State Capitol. They are looking for individuals to stand for a period of time to be "sidewalk monitors" and are available from approx. 11:30am-1:15pm. Sidewalk monitors will strictly be used to encourage folks walking the lap around the Capitol building to not take up the entire sidewalk.

If you are interested, please contact **CASSIE BAIR**, Director of Cause Marketing, American Heart Association, **[303] 996-8681**, **cassie.bair@heart.org**. APW Member **ANNIE O'BRIEN** thanks you for your support!

[\[Back\]](#)

MEMBER NEWS & INFORMATION

New Members

ERIN SEABOLD, Owner, **Boutique for the Soul**,
[303] 841-8482, erin@boutiqu4thesoul.com

Boutique for the Soul is a network of women owned businesses who participate in in-home or business events called "Boutiques" that consist of networking, product and service education and cash and carry that builds awareness for that business throughout the state.

TERRI RITHNER, Attorney, **Moye White**,
[303] 292-2906, terri.rithner@moyewhite.com

Terri practices general corporate law with a focus on commercial development projects.

CAROL A. ROSZELL, Self-Employed,
[303] 573-3908, caroszell@yahoo.com

Carol is a retired gifted/talented educator of 30 years from the state of Missouri. She is currently working for family interests.

LEE WEISBARD, lweisbard@aol.com

ROBIN NEAL, rbnsuccess@aol.com

KIMBERLY MAGEE, Owner, **HAVENS**,
[970] 227-4842, kimmagee7@msn.com

Kimberly is an interior designer focusing on color selection, space planning and special events.

LINDA DEWITT, Account Executive, **Clear Channel Radio**,
[303] 713-8545, lindadewitt@clearchannel.com

JULIE DOUGLAS, Owner/Founder, **Seeds of Chocolate**,
[303] 717-4442, julie.a.douglas@comcast.net
"Sowing seeds of hope in women across the world". Seeds of Chocolate is a designer line of beautifully packaged, inspirational chocolate bars for women. The company will be launching in the 2nd quarter of 2008 with 10% of all proceeds going to support various women's charities.

CHERYL COLEMAN, Home Mortgage Consultant,
Colorado Mortgage Alliance, [303] 543-0626,
cherly.coleman@coloradomortgagealliance.com

JACOLINE BEANN, Senior Human Resources Manager,
Northrop Grumman Corporation, [720] 744-7403,
jacolinebeann@yahoo.com

Jacoline is the head of the human resources organization at the DSO facility of the Mission Systems Sector of Northrop Grumman Corporation. She is responsible for all human resource activities at the facility.

New Member Profiles

1. Why did you join the Alliance of Professional Women?
2. What are your hobbies?
3. What is your position/business?
4. What is something that few people know about you?

OKSANA DONCILA, Global Wealth Management,
Morgan Stanley, [303] 595-2172,
oksana.doncila@morganstanley.com

1. Joined APW: To network among professional women and learn from their experiences and perspective.
2. Hobbies: Wine tasting, skiing, hiking, Eastern and Central European cuisine as well as cuisine from other regions
3. Occupation: Provide financial advise and investment recommendations to individuals and private businesses
4. Most People Don't Know: I have two native languages: Russian and Moldovan. I summited Mt. Rainier twice for a charitable cause and I am a Level II CFA Candidate.

MAUREEN MCKENNA, Assistant Vice President of Development,
Metro State College, Denver, mmckenna25@gmail.com

1. Joined APW: I am new to Denver and to Colorado, and a member of APW invited me to join her for a luncheon. I met her at a seminar sponsored by the Chamber of Commerce.
2. Hobbies: Cross country skiing, hiking, walking, bicycling, listening to jazz, attending plays and concerts, going to museums, eating in great restaurants.
3. Occupation: Assistant Vice President for Development at Metropolitan State College, an urban-land grant college in downtown Denver that serves nearly 22,000 undergraduates and shares a campus with the University of Denver and Community College of Denver. I raise private dollars for public education for such things as scholarships for deserving students, great programs that enhance our mission and are not possible with operating funds from the state.
4. Most People Don't Know: I attended Woodstock with my then-future husband and will never forget all that great music and the rain and mud.

[\[Back\]](#)

Receive a FREE Ad for referring new members to The Alliance!

In an organization like The Alliance, we depend on referrals to increase our membership. As a small thank you for referring a new member to The Alliance, you will receive a complimentary business card ad in the Communiqué.

MEMBER NEWS & INFORMATION

Alliance Thanks

The Alliance would like to **thank** the following members who referred new members to our organization:

SHELLEY RENO, Merrill Lynch, shelly_reno@ml.com

MARY HOAGLAND, Attorney-retired, mthlaw@aol.com

TRISH ROGERS, Moye White, trish.rogers@moyewhite.com

The Alliance would like to **thank** **MARY CARR** for hosting our March Networking Luncheon at **McCormick's**.

Anniversaries

The Alliance **recognizes** and **thanks** the following women who **joined The Alliance of Professional Women** in April. We greatly appreciate your continued support of our organization.

17 Years **SHARI L. LUTZ**, CPA/ABV ASA,
Harper Lutz Zuber Potenza & Associates

7 Years **KATHLEEN S. BOWEN**,
Mind's Eye Resource Management

6 Years **EMILY RAE**, ING Funds

3 Years **PAMELA DOMBROWSKI-WILSON**,
Pamela D. Wilson, Inc.

2 Years **BONNIE BUSEKRU**, Clarity Coaching

1 Year **ANITA MCGUE**, Agilent Technologies

Office Space For Rent

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Carol Warnick
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Maureen Reidy Witt
Attorney

Angelica Ochoa
Attorney

Kristin Baker White
Attorney

Shelley Spiecker
Persuasion Strategies

Prudy Crews
Persuasion Strategies

Pam Brunson
Specialist

Connie Federico
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Contact:
Maureen Reidy Witt
(303) 290-1629
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kjames@clcmail.org



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CALENDAR OF EVENTS

You can now find an RSVP link to upcoming Alliance Events on our homepage! Go to www.apwcolorado.org and click on the bold RSVP link – it will take you directly to the **BlackTie RSVP** page for the event for **ON-LINE REGISTRATION**. See **PAGE 9-10** for event information and event codes or call the contact for the event.

APRIL 2008

M	T	W	T	F	S
		1 APRIL FOOL'S DAY	2	3	4
6	7	8	9	10 NETWORKING LUNCHEON 11:30 am-1:00 pm, The Corner Office in The Curtis Hotel, Denver 80202 On-Line Pre-Registration is REQUIRED	11
13	14	15 PUBLIC AFFAIRS COMMITTEE MEETING 7:30-9:00 am Zaidy's - Cherry Creek NANCY THAUVETTE [303] 713-6456	16	17 NETWORKING EVENTS COMMITTEE MEETING 11:30 am – 12:30 pm Whole Foods – Colorado Blvd DANA LYNCH [303] 463-4839	18
20	21	22	23	24	25 PASSPORT TO ITALY See Pges 6-11, 5:30 – 10:00 pm The Alliance Foundation's Sixth Annual Fundraising Event, University of Denver College of Hotel and RM, KAREN ROSEN [720] 271-7015
27	28	29	30		26

MAY 2008

M	T	W	T	F	S
			1	2	3
4	5	6	7 OUTREACH COMMITTEE MEETING, 5:30 pm, Whole Foods, Tamarac Square MEGAN WEGNER 1-800-340-5653 x52760	8 MAY NETWORKING LUNCHEON, 11:00 am – 1:00 pm Sponsored By Edward Jones Cherry Creek Marina & Yacht On-Line Pre-Registration is REQUIRED	9
11	12	13	14	15	10
18	19	20	21	22	16
25	26	27	28	29	17
				30	24
					31

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- Summer Quarter begins June 20, 2008.



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How She Does It: How Women Entrepreneurs Are Changing the Rules of Business Success



Learn from Entrepreneur, CEO, Fast Company Contributor and
Renowned International Speaker

Margaret Heffernan

How to redefine power & the nature of success for the 21st century

Did you know?

- Forty-eight percent of all privately held U.S. firms are owned or controlled by women, for a total of 10.6 million firms.
- Their companies are growing profits faster than all firms.
- Their companies are more likely than others to stay in business and are creating jobs at twice the rate of all firms.
- The biggest growth areas for women's businesses are construction, transportation, communications, public utilities and agricultural services.

All this, Heffernan shares, at a time when the playing field is far from level: Female-owned firms receive less financial backing from institutions. Published in 2007, in [HOW SHE DOES IT: How Female Entrepreneurs are Changing the Rules for Business Success](#), Margaret shares how women owned businesses are changing the model for business excellence.

That's just the beginning. Margaret has an extensive career in corporate and was a five time CEO. Her professional journey as a woman inspired her to write [THE NAKED TRUTH: A Working Woman's Manifesto about Business and What Really Matters](#) (Jossey-Bass), published in 2004. A reader wrote: "Margaret Heffernan has never been afraid to talk about the ugliness that can happen for women in Corporate America. Her book the Naked Truth is no different. It brings up almost every important issue for women trying to climb the traditional corporate ladder. In some cases she offers solutions, either from her own experience and research, or through the shared stories of women she interviewed for the book."

Spend an inspiring evening with Margaret Heffernan and learn "How She Does It."

"What I like about Margaret is the no-nonsense approach she brings to the topic of business. It's not just that she sounds like the mentor you wish you had, it's also that she doesn't shy away from any topic, refuses to sugar-coat her own experience and recognizes that the issues of women in business won't get serious discussion until they cease to be a them-against-us mindless posture. She's real. She's smart. She's experienced. She speaks the truth. What more could you want?"

~ Alan Webber, founding editor, FAST COMPANY magazine

Seating is Limited. Register Today!

Date: Monday, 5 May 2008
Time: 5:30pm Networking
6:30pm Program – A shared journey with Margaret Heffernan
7:30pm Networking
8:00pm Adjourn
Food & Bev: Appetizers and Cash Bar
Loc: The Denver Athletic Club, Grand Ballroom, 1325 Glenarm Place, Denver, CO
Parking: DAC Parking Garage, (Reduced Fee)
Fees: Inclusive to TiE-Rockies Members (No Fee), \$45 Non-members

Register at www.rockies.tie.org



CWBA Membership Mixer:

"Make Your Case With Style - The Power of Image"

Thursday, April 10, 2008 - 6:00 p.m. to 8:00 p.m.

Jing Restaurant

5370 Greenwood Plaza Blvd., Greenwood Village, CO (Landmark Development Complex)

This year our Membership Mixer will be held at Jing Restaurant in the new Landmark Development Complex in Greenwood Village. Jing is an incredible Chinese restaurant/bar/lounge, offering casual elegance in a Las Vegas style ambience.

Program presenters will be Dana Lynch of Elements of Image and Michael Moore of Simply Moore. CWBA members will be active participants in the program.

**Learn
how
to:**

- Tap in to the power of non-verbal communication that is created by our clothing
- Dress and accessorize appropriately for every occasion and situation
- Appear more professional and bring out your natural beauty with cosmetics
- Have your attire and image support you and ultimately help you -- Make Your Case With Style

Bring a friend. Tell a colleague. Invite a student. Men are welcome.

CWBA Membership Mixers are popular and well-attended events.

Due to the capacity limitations of this special venue, early RSVPs are encouraged.

Cost: CWBA Members \$20; non-members \$25

Register by 5:00 p.m. on Wednesday, 04/02/08

Return this form with your payment to the CWBA, by fax to (303) 831-1064, or by mail to:

The CWBA, 1801 California Street, Suite 3600, Denver, CO 80202.

You may register via e-mail, by sending an e-mail that includes all of the information requested below, to execdir@cwba.org.

☐ I am a CWBA Member

☐ I am not a CWBA Member

Name : _____

Firm/Organization Name: _____

Telephone number () _____ x _____ Fax number () _____

e-mail address: _____

Number attending: _____ CWBA Member(s) _____ non-member (s) Payment total: \$ _____

Payment options:

☐ My check, payable to the Colorado Women's Bar Association, is enclosed

☐ Charge \$ _____ to my: _____ MasterCard _____ Visa Signature: _____

Card Number: _____ Expiration Date: _____

Billing Address: _____
(include street, city, zip code)

Is this the first CWBA event you have attended? _____ Yes _____ No

Questions? Contact the CWBA office at (303) 831-1040 or by e-mail at execdir@cwba.org

For CWBA office use only