

COMMUNIQUÉ



August 2010

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THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

Pauline Huddleson- (303) 368-4747
E-Mail: execdir@apwcolorado.org
Website: www.apwcolorado.org
P.O. Box 480384, Denver CO 80248

Connecting Women Personally, Professionally and Philanthropically

Join Us for the Summer Pub Crawl Friday the 13th (if you dare)

Bring a guest (or a few) to **APW's annual summer Pub Crawl** networking event **Friday, August 13**, when we'll explore fun, smaller venues near South Broadway and Ellsworth. All the venues are walking distance from each other.



START: at 5:30 pm on the patio at **Michelangelo's Wine Bar**, located at 1 Broadway, Denver, CO 80203, where we'll gather for a drink.

CRAWL : at 6:30 pm to the **Walnut Room Pizzeria**, at 2 North Broadway, for food.

CRAWL SOME MORE: End at **Deluxe**, 30 South Broadway, for luscious dessert or drink specials.

Along the way there will be prizes and giveaways. This event is for everyone — wine and beer drinkers or not — so come and enjoy a summer evening in Denver with APW's friendly members and friends.

The cost — \$25 per individual and \$45 per couple, with free parking — will help the Alliance of Professional Women continue to serve you and the community, including some really good APW causes.


[CLICK HERE to be there!](#)




24 Hours To Give Where You Live

Increase the value of your donation when you support the Alliance Foundation on COLORADO GIVES DAY, December 8, 2010! On this special day, Colorado is coming together to raise one million dollars in one day for nonprofits like ours. All nonprofits participating in CO Gives Day are featured on **GivingFirst.org**, an online giving resource. On this website we share our goals, accomplishments and much more to help you be an informed donor. What's more, when you donate online on December 8, the value of your donation will be increased by the Colorado Gives Day Incentive Fund – created by FirstBank and supplemented by local organizations. Visit our profile at givingfirst.org/alliancefoundation and remember us on December 8!



 100% of your donation comes to us when you give through **GivingFirst.org**

 Donate any time during a 24 hour period starting at 12 am on December 8 to qualify for the Incentive

For more information, please contact **KAREN ROSEN** at apwcolorado@comcast.net.

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



August Networking Luncheon “Up on the Roof”

Join the Alliance for a **casual summertime Networking Luncheon** on **Thursday, August 12**, at **The Tavern Downtown** across from Coors Field, 1949 Market Street. Same time: 11:30 am – 1:00 pm.

Plan to enjoy this casual, flip-flopping good time at the best rooftop patio downtown. There is no Rockies game, so parking should be easy to locate - **Just CLICK HERE!** Then click on the “P” and go to 19th and Market to see nearby parking options.

DOOR PRIZE DRAWINGS: Tickets to the Comedy Works, donated by **DEBRA NEELEY** VP of **Citywide Banks**; gift from **BETSEY** at **CampExperience**; and a \$100 gift certificate for **Fogo De Chao** from Sales & Marketing Manager **NICOLE WEINTHAL**.

Cost is \$25 for members; \$35 for non-members. Pre-register by 5:00 pm, Monday August 9; price increased by \$5 thereafter.

OUR MENU:

- Tequila Chicken Salad, mixed greens, black bean-corn pico, pepper jack and cheddar in a creamy tequila-lime vinaigrette, served with guacamole and sour cream over tortilla strips
- Grilled Beef Burger, with or without cheddar cheese, served with fries
- Beer Battered Fish and Chips, served with cole slaw, tartar and cocktail sauces
- Dessert Platters: Cookies, brownies and dessert bars

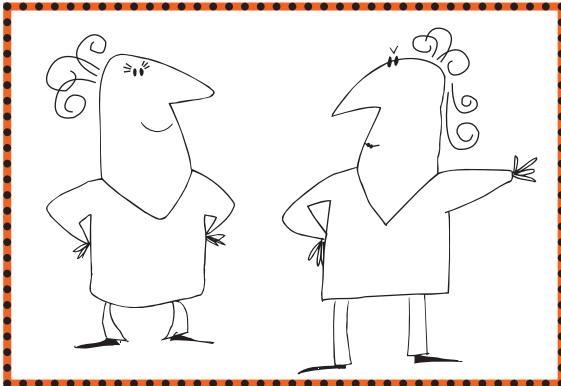
[CLICK HERE to be there!](#)



Consider The Alliance to Showcase Your Business!

Be a Bag Sponsor for our 4th annual Member Appreciation Luncheon! Again this year we have reduced the price; for the great price of \$35, you can be a special bag sponsor at our September Networking Luncheon. Provide a special giveaway or goodie and you will **get noticed** by all of the fabulous women who attend our member appreciation luncheon.

[CLICK HERE to become a bag sponsor!](#)



4th Annual Member Appreciation Networking Luncheon

You will not want to miss one of **The APW's largest Networking Luncheons, September 16, 2010** from 11:00 am – 1:00 pm in the Curtis Ballroom at Comedy Works, 5345 Landmark Place, Greenwood Village, 80111.

PLAN NOW to join us for this special two-hour luncheon in the beautiful Curtis Ballroom at Comedy Works in Landmark Village – a perfect location to help us celebrate with Alliance members, friends and guests, new or old; it's open to all.

OUR MENU:

- Summer Salmon grilled with a mango ginger sauce, sautéed spinach, cashews, cucumber and jicama relish
 - Crab Cakes pan seared with a tomato, cucumber red onion salad and a creole mustard aioli
 - Veggie option mushrooms, spinach, roasted red peppers, Creole mustard on a bed of penne pasta
- Cost is \$30 for members; \$40 for non-members. Pre-register required by 5 pm, Monday September 13 please.

[CLICK HERE to be there!](#)

All current APW members will have official APW name tags to wear for this and all future luncheons as our gift to members. Members and non-members alike will also each receive a bag of goodies from our bag sponsors.

The Alliance is also delighted to bring you **COLLEEN ABDOULAH** as our luncheon speaker. Colleen is the CEO/Chairman of the Board at **Wide Open West**. Colleen is the only female EO to lead a top twenty cable company; she is widely respected for her passionate focus on customer experience and company culture. Colleen has guided WOW! Internet, Cable and Phone through seven years of industry-leading financial success and earned an unprecedented 10 J.D. Power and Associates awards for customer satisfaction.

Colleen is vibrant, energetic, enthusiastic and a motivated leader. Her values are strong; her compassion is deep and her personal philosophy, enviable. Most of all, she walks the talk.

Colleen embraces giving to those less fortunate through her philanthropy. Her donations go primarily to causes affecting women and children, including juvenile diabetes and micro-lending in Uganda and Rwanda. She sits on four boards in addition to WOW! — The American Cable Association and C-SPAN, and two community boards; the Rocky Mountain Children's Law Center and Women's Vision Foundation.



Colleen Abdoulah

Colleen has been the keynote speaker at a variety of management conferences and business forums, where she has shared her views on the strategic importance of customer experience and company culture; development of gender-balanced management and leadership; and cultivation of authentic leadership. She delivers her messages with stunning honesty and energy, stories of personal courage, and always a keen sense of humor.

2010 Denver Heart & Stroke Walk A Huge Success

A big thank you to the APW participants in the **2010 Denver Heart & Stroke Walk** on June 5. This year's team, Team Heart-to-Trot, is pictured in the photo on right, and consisted of (from left to right): **SAM DARDANO, CHELSEY BURNS, SAM'S SON BEAU KIRSCHKE, JILL MADISON, ALEXIE TUNE, ELIZABETH MOORE, SAM'S SON DEUCE KIRSCHKE, PAM FISCHER,** and **LISA CHABOT** (not pictured because she snapped the shot).

Before the event, the APW Outreach Committee decorated the t-shirts worn by the team. Thank you to our T-shirt decorators: **JULIE IZARD, PAM FISCHER, ELIZABETH MOORE, JILL MADISON,** and **CHELSEY BURNS.**



The event helped APW make a difference once again for women in our community by spreading the word about heart disease, which is the leading cause of death in women over 40 years old, especially after menopause. Every year more than 500,000 U.S. women die of heart disease. This translates to approximately one death every minute.

Please visit GoRedForWomen.org today to learn more about heart disease affecting women. These statistics and more have impassioned us to show our support!

Save The Date: Family Fun Night at Warren Village

Come one, come all for a fabulous evening of fun, food, frivolity and giving back to our community! The **Outreach Committee** is once again sponsoring another **Family Night Out for Warren Village, Tuesday, September 14, 2010**, from 5:00 - 8:00 pm. This year's event will feature a taco dinner, face painting, crafts and games.

ABOUT THE EVENT: Each year, the APW Outreach Committee sponsors a Family Night Out for the residents of Warren Village. Warren Village helps motivated low-income, previously homeless single-parent families move from public assistance to personal and economic self-sufficiency. Most of the residents are single moms and their children. It is always a pleasure to see the joy this event brings and to spend time with the parents and the children. The parents are grateful to get a break from everyday stresses and simply enjoy a delicious hot meal and dive into crafts and activities with their kids.

Community outreach events like this help the APW stay connected with the community and fulfill our mission of supporting local women and children. For any of you, who are interested in joining the committee or volunteering for upcoming events, please contact Chelsey Burns at wstele.com. APW helps you can get more involved in your community!

VOLUNTEERS ARE NEEDED: To volunteer, please contact **CHELSEY BURNS** via email at cburns@wstele.com. All event details will be e-mailed to you after you sign up to volunteer to help with the face painting, crafts, games or serving.

DONATIONS ARE NEEDED: If you don't have the time to volunteer but would like to donate to this event, please make donations **payable to the Alliance Foundation** and note in the memo section of your check "Warren Village Family Night Out" and mail to **KAREN ROSEN**, c/o Alliance Foundation at P.O. Box 480384, Denver, CO 80248. Outreach Committee members will be "passing the hat" at the August Networking Luncheon, so you can also make a donation at that time.

Save The Date: 2010 Komen Denver Race for the Cure®

Join the **APW Outreach Committee Sunday, October 3**, at 7:00 am for the **2010 Komen Denver Race for the Cure®** to help raise awareness and funding to support the search for a cure to breast cancer. To register, all you need to do is go to the following link and register for the Alliance of Professional Women Team:

When you sign up on the website, please also e-mail our team captain **ELIZABETH MOORE** at EMoore@rgo-cpa.com to let her know you are participating so she can e-mail you the full event details.

Please invite your friends and family members!

Meeting times and details will be provided to you after you register for the event. You can choose to participate in any of the events, which include:

- the Co-ed 5K Run/Walk starting at 7:00 am;
- the Co-ed 5K Walk, starting at 8:00 am;
- or the Family 1-Mile Fun Walk, starting at 9:00 am. Since the events start at different times, we may break up into groups, depending on how many members choose to participate in each event.

We are calling this year's **APW team "Cure or Bust(s)"** and we will be meeting before the event to decorate hats and/or t-shirts to wear during the race. If you have any questions about this event, please e-mail **ELIZABETH MOORE** at EMoore@rgo-cpa.com or **CHELSEY BURNS** at cburns@wsteele.com.

Spotlight on Teresa Sanders, Our July Luncheon Sponsor

Teresa, if you could meet any person, living or dead, who would it be? Why?

GLORIA STEINEM. The reason is simple. She works hard for what she believes in. And she wants you to work for what you believe in -- whatever it is.



Teresa Sanders

I had the great pleasure of hearing her speak during the last election cycle. I was not surprised at her views. I was surprised that she wasn't trying to change minds. She was advocating that all women get involved in politics regardless of their views because involvement will make us collectively stronger.

What is a good referral for you?

A good referral for me is someone who is serious about setting financial goals and working to achieve them.

Describe one cause that you believe in or donate to.

I believe in the mission of **Dress for Success**. Dress for Success improves the lives of women by providing professional clothing, job retention programs and on-going support. This organization is driven by the desire to help women succeed on a very basic level.

What is your favorite thing about the APW?

I love meeting the women. I have never attended a meeting that I didn't meet someone new and interesting.

Contact: **Teresa Sanders**, Financial Advisor with **Edward Jones** www.edwardjones.com | Teresa.Sanders@edwardjones.com | 303-996-9650

5th Annual CampExperience™ Sept. 24 – 26, Copper Mountain, Colorado

Invest in Yourself! CampExperience™ is a one-of-a-kind retreat designed exclusively for women who are ready for inspiration and transformation. At Camp, you will refine your vision, reflect on your purpose, enjoy top speakers and activity leaders and relax in an amazing setting.

CampExperience™ is the “getaway” that gives you time to savor fresh insights, create new friendships, connect with like-minded peers, and build alliances that will help you get to where you want to be, both personally and professionally. This is achieved through a unique structure of dynamic keynote presentations, breakout workshops that focus on leadership, success skills, creative thinking, optimum health, networking activities, personal services and excellent adventures.

Times are changing. Life is rushing by. You’ve waited long enough.

Now you are ready for an experience like never before. It is time to tap into your dreams and find the path to a whole new way of living -- the life you were meant to live.

Now is your time for CampExperience™. Register today!

We will see you there!

For a **complete schedule and registration information**, visit www.CampExperience.com or call 720-200-0271.

Proceeds from all onsite activities at this year’s CampExperience™ **will benefit:**

The Women’s Bean Project and Mile High United Way’s Adult Self-Sufficiency Initiative, both based in Denver. On-site activities include the Charity Bowtique (campers are asked to give three gently used or new items), donations for personal services (massages, reflexology and more), gifts of cash and in-kind services, and matching grants for funds raised. Since 2006, CampExperience™ has donated more than \$116,000 in cash and in excess of 1,000 pounds of clothing and household goods to its charity partners.

Camp Presenting Sponsors include:

CBS4, St. Anthony Central Hospital, Staples, Northwestern Mutual Financial Network, Regis University, and Copper Mountain Resort. Host sponsors include: Miller-Coors, Denver Magazine, Copper Conferencing, KUVU Radio, Garvin’s Sewer Service, and Gay & Lesbian Fund for Colorado.

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Alliance Networking Opportunities, Events, Activities & More

WHAT: OUTREACH COMMITTEE MEETING

When: **Wednesday, August 4, 5:30 pm**
 Where: Home of **PAM FISCHER** 2218 Franklin Street,
 Denver, CO 80205
 RSVP: Chelsey Burns at 303-748-1526 or
cburns@wsteele.com

WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: **Thursday, August 5, 11:30 am – 1:00 pm**
 Where: Whole Foods, Colorado Blvd and I-25, upstairs
 RSVP: **ROBIN PEGLOW BERG** at 303-282-1077
Robin@SoulMoxie.net

WHAT: ALLIANCE NETWORKING LUNCHEON

When: **Thursday, August 12, 11:30 am – 1:00 pm**
 Where: The Tavern, 1949 Market Street, Denver 80203
 Cost: \$25 for Alliance members; \$35 for guests
 Pre-registration is required by 5:00 pm
 Monday, August 9, \$5 late fee thereafter.
 RSVP: **CLICK HERE to be there!**

Don't miss this super fun, rooftop patio location for our August Networking Luncheon. Ladies, you can come casual to this one, maybe take the afternoon off and make an afternoon of it

WHAT: APW SUMMER PUB CRAWL 2010

When: **Friday, August 13, 5:30 pm – the evening**
 Where: South Broadway and Ellsworth venues
 RSVP: **CLICK HERE to be there!**

Put this fun, summer evening event in your calendar now, then you will want to invite your spouse, friends and co-workers to come along.

WHAT: FAMILY NIGHT OUT FOR WARREN VILLAGE

When: **Tuesday, September 14, 2010, 5:00 - 8:00 pm**
 Where: Warren Village
 RSVP: **Vunteers Needed** - contact **CHELSEY BURNS** at cburns@wsteele.com. If you don't have the time to volunteer but would like to donate to this event, please make donations payable to the Alliance Foundation and note in the memo section of your check "Warren Village Family Night Out" and mail to **KAREN ROSEN**, c/o Alliance Foundation at P.O. Box 480384, Denver, CO 80248.

Come one, come all for a fabulous evening of fun, food, frivolity and giving back to our community! Each year, the APW Outreach Committee sponsors a Family Night Out for the residents of Warren Village. Warren Village helps motivated low-income, previously homeless single-parent families move from public assistance to personal and economic self-sufficiency. Most of the residents are single moms and their children

WHAT: 4TH ANNUAL MEMBER APPRECIATION NETWORKING LUNCHEON

When: **Thursday, September 16, 11:00 am – 1:00 pm**
 Where: Curtis Ballroom at Comedy Works,
 5345 Landmark Place, Greenwood Village, 80111
 Cost: \$30 for Alliance members; \$40 for guests
 Pre-registration by 5:00 pm
 Monday, September 13. \$5 late fee thereafter.
 RSVP: **CLICK HERE to be there!**

Other Networking Opportunities

WHAT: CAMPEXPERIENCE™ 5TH ANNUAL CAMP

When: **September 24 – 26, 2010**
 Where: Copper Mountain Resorts
 RSVP: CampExperience.com or call 303-720-0271

60 spots remain for the 5th Annual CampExperience™ educational retreat for amazing women. Enjoy two and a half days at Copper Mt. Resort and 35 speakers and activities leaders from across America. Proceeds benefit Mile High United way and Women's Bean Project. For more information, a free newsletter, invitations to pre-Camp events and to register visit www.CampExperience.com or call 720-200-0271. See you at CampExperience™

Member News & Information

Luncheon Sponsors

Taylor Made SmallBiz
October 2009 Networking
Luncheon Sponsor

CampExperience
March 2010 Networking
Luncheon Sponsor

Robin Peglow Berg of SoulMoxie
June 2010 Networking
Luncheon Sponsor

Edward Jones
July 2010 Networking
Luncheon Sponsor

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

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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 execdir@apwcolorado.org

Thanks!

The Alliance would like to thank **TERESA SANDERS** of **Edward Jones** for sponsoring our July luncheon. Thanks also to **RUTH GARCIA**, co-chair of the Networking Events Committee for an awesome job of planning, and hosting our July Networking Luncheon at **Primebar**; this was a great spot, we enjoyed networking out on the patio, then stepped inside for a nice luncheon. We also thank our door prize donors: **BETSY** of **CampExperience™** for her gift, won by **SANDY SMITH**, **CONNIE ELLEFSON** of Clear the Space clearthespace@gmail.com, for her donation won by **JILL MADISON** and **NICOLE WEINTHAL** of **Fogo De Chao** for her gift certificate to the restaurant which was won by **SANDRA ABEYTA**.

Special Thanks

We had several new members who were referred to us by APW members in July. We wish to thank: **CHELSEY BURNS** of **White and Steele** for referring **JULIE IZARD**; **BETH MITCHELL** of **Ambler & Keenan, LLC** for referring **ERIN GIBERTI**; **LINDA MCGILL** of **Waddell & Reed** for referring **MARY DAVIS**; and **JOHANNA KELLY** for sending us **MARTI BRUST**. Each of these ladies will receive a free business source ad as our thank you.

New Members

DINAH LAND — Attorney, **DK Land Inc.**, 303-919-7678, dinahland@comcast.net

CHRISTY BEGLEN — Self-employed, 617-699-1334, cbegien@mac.com

New Member Profiles

JULIE IZARD — CPA, MSM, Senior-Level Financial Analyst: Independent Contractor, Julie.a.izard@gmail.com

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

I joined to connect with other entrepreneurial women in the Denver area and to get involved with APW's community outreach efforts.

2. What are your hobbies?

Reading, photography, cooking, camping, snowboarding, and travel with my husband and two little girls. No, I don't have so much time to devote to all of these at the moment.

3. What is your position/business?

Senior-level financial analyst: independent contractor. My master's in business is from CU and I just passed the CPA exam in May 2010.

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

I surf. I'm a beginner still, but it was always a dream of mine growing up here in Colorado to learn, and I finally went to the Surf Divas school in La Jolla. It's so much fun! So far, I've had the opportunity to surf in California, South Carolina and Costa Rica.

Anniversaries

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

14 Years

DEB ARMBRUSTER

12 Years

SHEILA DREW

CFS or Creative Financial Staffing of Colorado

13 Years

KAREN ROSEN

Alliance Foundation

10 Years

MAUREEN REIDY WITT

Holland & Hart LLP

7 Years

ROBIN PEGLOW BERG

Soul Moxie

4 Years

SHELLY RENO

KeyBank Cherry Creek

SHIRLEY POTENZA

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EDITH SAMOUILLET

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BARBARA ROWE

YMCA of the Rockies

1 Year

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Get Outside!

I thought I would share with you some great hikes that I have gone on this summer. All three offer great views and gives one a chance to get out of town and clear the cobwebs.

What are your favorite hikes? Please share and send them to me at sandy@alexandersmithdesign.net.

Chicago Lakes Trail Distance: 9.2 miles (round trip)

Directions: Take I-70 W. to Idaho Springs. Take exit 240/ HWY 103, the Mount Evans Rd. It's about 12.5 miles to the Echo Lake parking area and about 14 miles to the turnoff for Mount Evans and the parking area we used.

Three Mile Creek Trail Distance: 13.2 miles to intersection with Rosalie Trail (round trip). Directions: Take Hwy 285 to the town of Grant. At Grant, turn right (west) onto CR-62 (Guanella Pass Road). Follow CR-62 approximately 3 miles. There is a small, dirt parking lot and a sign with the name of the trail on the hill.



**Sandy Smith, Sue Walters
and Zoey**

Columbine Lake Trail

Distance: 6 miles (round trip)

Directions: Take I-70 west approximately 28 miles to US 40 (Exit 232 to Empire and Winter Park). Take US 40 through Winter Park and past Fraser about 3 miles. Exit onto CR 83 for .2 miles then go left onto CR 84 (Meadow Creek Rd). Follow Meadow Creek Rd for 10 miles to Meadow Creek Reservoir. Follow the road all the way around the reservoir to the northeast side to the trailhead. There is a large parking lot at the trailhead.

BUSINESS SOURCES

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE



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Planned Parenthood provides a full-range of affordable and confidential health care services for women and men.

Planned Parenthood®
of the Rocky Mountains

www.pprm.org





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 7 for event information and event codes or call the contact for the event.

AUGUST 2010

S	M	T	W	T	F	S
1	2	3	4 Outreach Committee Meeting 5:30 PM, Home of PAM FISCHER, 2218 Franklin Street, Denver 80205 CHELSEY BURNS 303-748-1526 cburns@wsteele.com	5 Networking Events Committee Meeting 11:30 AM - 1:00 PM, Whole Foods, Colorado Blvd and I-25, upstairs, ROBIN PEGLOW BERG 303-282-1077 Robin@SoulMoxie.net	6	7
8	9	10	11	12 Networking Luncheon 11:30 AM - 1:00 PM, The Tavern, 1949 Market Street, Denver 80203 CLICK HERE to register	13 APW Summer Pub Crawl 2010! 5:30 PM - The Evening, South Broadway and Ellsworth venues CLICK HERE to register	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER 2010

S	M	T	W	T	F	S
			1	2	3	4
5	6 LABOR DAY	7	8	9	10	11
12	13	14 Family Night Out for Warren Village 5:00 - 8:00 PM, Warren Village, to volunteer or to make a donation contact CHELSEY BURNS at cburns@wsteele.com	15	16 4th Annual Member Appreciation Networking Luncheon 11:00 AM - 1:00 PM, Curtis Ballroom at Comedy Works, 5345 Landmark Place, Greenwood Village, 80111 CLICK HERE to register	17	18
19	20	21	22	23	24 CampExperience™ 5th Annual Camp September 24 - 26, 2010 Copper Mountain Resorts www.CampExperience.com or call 303-720-0271	25 CampExperience™ 5th Annual Camp
26 CampExperience™ 5th Annual Camp	27	28	29	30		