

February 2008 • Connecting Women Personally, Professionally and Philanthropically

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

THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

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

Financial Wellness For Women

Women have a complex relationship with money. Most have been brought up with very limiting ideas and little guidance in understanding how money works and, more importantly, how to make it work for them. Having an emotional awareness of how these ideas and patterns developed and how to break through some of the limitations can greatly assist in improving a women's financial situation. Also, demystifying how some of the products in the financial markets work and understanding risk can empower a woman to make the right choices for her particular place in life.

Because women typically live longer, we have many more years to not only care for our wellness, but also, to make sure that we have the financial wellness to carry us through.

Join **DAWN KING**, Financial Coach & Psychologist and **BARB MILLER**, Financial Advisor to take a look at empowering your own relationship with money. Register now for The Alliance of Professional Women's **February 14th Networking Luncheon** at Izakaya Den.

Go to www.apwcolorado.org for more information!

Women's College Of The University Of Denver And The Women's Vision Foundation Offer Scholarships

Every woman deserves the opportunity to accomplish her goals and advance her career. For many women, that means pursuing higher education or completing an unfinished degree.

The Women's College of the University of Denver and the Women's Vision Foundation are united with a shared mission of encouraging and empowering women through education and mentorship.

Apply now for a half-tuition Vision Scholarship for classes beginning Spring Quarter at The Women's College. Spring Quarter begins March 28, 2008.

Application deadline is February 25, 4:30pm. Visit our website - **womenscollege.du.edu** or call **[303] 871-6848** or for scholarship details and to apply.

Connecting Personally

Leadership

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Wise Women Communications
US Bank

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

The Groundhog's Golden Rule: Love Thyself

February has two major holidays. The first is Groundhog Day and the other is Valentine's Day. I do not need to tell you which of these two holidays generate hundreds of thousands of dollars every year.



Valentine's Day gets all the press and the message is easy to embrace. It is a day devoted to love. However, I contend that Groundhog Day has much more to teach about love than Valentine's Day. Phil, the groundhog, helps us understand the second half of the Golden Rule—love thyself.

The Daily Decision

Each February 2, Phil makes a decision to stay inside huddled up in the security of a dark hole, or take a risk and come out for the whole world to see him. We make the same decision about self-love every day. We can choose to hide self-love through conditions or embrace it unconditionally.

Some days we leave home in all our glory and shine as bright as we can. These are the days when the world is like a friendly playground. Positive attention comes from everyone and everywhere—we may even encounter a flattering whistle or two. How easy is it to love ourselves on these days?

We also have those days where staying in bed all day seems like a necessity. It is a bad hair day. The bloated feeling causes all clothes to feel like Saran Wrap, and the horns of two new zits rise out from the forehead. How easy is it to love ourselves on these days?

Love is not a feeling

Think of one person who you love with all your heart. How many mistakes have they made? Are they always easy going? Do they constantly shower you with compliments, hugs, and kisses? Do you continue to love them knowing they are not perfect? Yes. Why? You know that love does not always give us that butterfly feeling in our stomach. You know that people are fallible. You know that people also have days where they exceed expectations, make you laugh, and bring surprise love notes.

Continued on Page 3

The Alliance Member Benefits:

- Community Activism
- Committee Involvement
- Connecting Women
 Personally & Professionally
- Dental, Vision Prescription and 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

Connecting Personally

Communiqué Committee

Mary Carr, Co-Chair Amanda Robison, Assistant Sandy Smith, Co-Chair

Sustaining Alliance Members

Peggy Anderson Anne Vitek **Deb Armbruster** Kathleen Bowen **Bonnie Busekrus** Monica Thompson Charlene Wilson

The Groundhog's Golden Rule:Love Thyself

Continued from Page 2

Now, look in the mirror. Do you give yourself the same latitude you give those you love? Is your self-love conditional? Can you imagine putting conditions on your love for family and friends? Why is it so much easier to give than receive, especially from ourselves?

Love is a daily decision. Love is a daily action. Love is difficult. Love is worth the effort. Now put "self" in front of "love".

Self-love, Self-care, and Selfishness

Self-care is the practice of self-love. Self-care is nurturing the body, mind, and spirit so that there is enough to give to others. It is not a desire or want, it is a necessity. Try driving a car without gas. Selfishness is harming another person for the sole purpose of self-gratification. It does not take into consideration the welfare of others.

Let's review.

"Love thy neighbor as thyself." Love is not conditional. Love is a daily decision. Self-care is not being selfish. You deserve love because you are you, and not for what you have, or what you do. Love thyself freely.

Elaine DeBassige D'Amato, MA, NCC, LPC, has a strengths-focused private practice in Glendale, CO. Take the field and be the champion! Contact Elaine at [720] 240-7433 or Elaine@bethechampion.com for a FREE 30-minute consultation.

Communiqué Sponsors

Sandy Smith/Alexander Smith Design www.alexandersmithdesign.net

From The Editor

Editor Note

The deadline for submitting articles for the Communiqué is Noon on the **15th** of each mor All submissions must be electronic. The Communiqué provides stories of interest & information to Alliance members.

Please send ideas, comments, contributions, and questions to execdir@apwcolorado.org

APW Totes FOR Sale -Proceeds Benefit 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 accomodate 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. TO PURCHASE please contact MARY CARR at [303] 368-4747





CONNECTING PERSONALLY

Free Your Closet – Honor Thyself!

In honor of the theme "Love Others, Love Yourself," I'd like to address items in your wardrobe that you may want to lovingly remove from your closet to honor yourself. We've all heard the phrase, "less is more." It applies to closets, too! When you have fewer clothes in your closet, you can see what you have easier, and hence it is so much easier to get dressed each morning.



The following items simply aren't serving you—

- 1. Anything that no longer fits you and you can't ever see fitting you again. Be honest with yourself! Most women I know, including myself, are on a life-long quest to lose weight. It's an honorable goal, but it's truly important and self-honoring to be realistic. Will you really be that size again? And if you can realistically say "yes", will you want to wear it again? The thing I tell clients most is that if you lose the weight and get to that size, you deserve new clothes! By the way, if you've lost weight, get rid of anything that's too big. Don't give yourself permission to gain weight back!
- 2. Anything you don't love. It happens! When a garment is on the sale rack for \$6 marked down from \$75, it can be hard to resist. You may not even like the item; it was simply a conquest. Other times, it looked great in the store with its shiny \$6 allure, but it's not so great at home. Or perhaps you loved that bargain, and your significant other made an off handed remark about it. Chances are good, you don't love it anymore. Nevertheless, if you've got items like this, that you never took back to the store, now is the time to let go and remember, you don't like it!
- 3. Anything you got as a gift and feel obligated to hold onto. Let's face it, most of the time our loved ones just don't get our personal style. They mean well, but unless we are very specific with them, they often buy a sweater that comes close, but just isn't quite there. This is a tough one...we don't want to hurt their feelings, but having stacks and stacks of sweaters you never wear just isn't serving your best interest. I'm certainly not a counselor, so I don't have perfect advice for how to tell your "gift giver," but I usually make up a little white lie. For example, "I've gained weight and it doesn't fit anymore." No one in their right mind will challenge you on this!

- **4. Anything that you've had 10-15 years.** There may be some exceptions here, but probably not many. A phrase I hear women use all of the time is "It's classic. I can wear it forever." This simply isn't true. While classic styles, like a blazer or cardigan sweater may have longevity, fabrics and silhouettes change, and at some point, it's going to look dated. If you've been such a smart shopper that you have something you've been able to wear 10-15 years, you deserve new clothes!
- 5. Anything you don't feel good wearing. Your clothing is your suit of armor. It should make you feel confident when you wear it. Hopefully, your closet is filled with things you love, but even the savviest shoppers make mis takes from time to time. I'll give an example. I once bought a suit I thought was pretty cute. I wore it several times and never got any compliments. I know this sounds vain, but really even one compliment would have been enough. I began to question myself; the outfit became tarnished in my eyes, and I just couldn't bring myself to wear it again.

Not only will purging your closet of items free up space, but you're truly honoring yourself by only allowing things that suit you perfectly to remain in your closet. Imagine opening your closet doors in the morning and loving every single thing in your closet. Gone are the days of filing through things that don't fit, (not a good way to start the day,) things you don't like, clothes that are outdated and clothes that don't give you a smile and confidence. Your only decisions will be to think of your agenda for the day and what you're in the mood to wear.

Dana Lynch is the owner of **Elements of Image**, an image consulting firm specializing in taking the stress out of getting dressed and teaching professionals how they can use the power of image to gain an edge in the workplace. Visit **http://www.elementsofimage.com** for more information and to subscribe to Dana's e-Style Tip of the Month or contact Dana at **[303] 463-4839**.

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 6-11 for all of the details including where you can get your tickets. Salute!







Grab your passport and prepare for tempi buoni

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.

Friday, April 25, 2008

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

i biglietti tickets \$60 per person

\$110 for two

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

il Programma the program

5:30 pm Cocktails, hors d'ouvres and silent auction

Wine tasting and entertainment 6:30 pm

7:00 pm Cooking competition Silent auction closes 8:00 pm

Live auction and cooking 8:30 pm

competition awards ceremony

deltagli details 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.

Nomen Helping Nomen

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.

Sign Up Today!

Registration options:

Easiest! Register online at blacktiecolorado.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









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 de	onation, and include res	trictions to donations [if ap	plicable])	
			Value	Minimum Bid
DONATION #2 (Describe do	nation, an include restri	ctions to donations [if app	licable])	
			Value	Minimum Bid
		ume you are leaving it to or value to the items donated		. In accordance with IRS
DONATED BY:				
Company	Name	Contact Person		Telephone
Address	City/St	ate/Zip	Donor's Sign	ature & Title

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.



Sponsorship Opportunities for The Alliance Foundation's 6th Annual Fundraiser

Help Us To Help Women Help Themselves!

The Alliance Foundation is dedicated to supporting women both locally and globally and has created two programs to achieve these goals. Our Scholarship Program helps women in our community achieve their dreams of completing their education to create a better life for themselves and their families. Our Village Bank program targets the poorest of the poor, women who live on less than \$2 a day by extending small microcredit loans for them to start or expand a business.



Over 100 professionals attend this fundraising event!

Don't Miss this Opportunity to Market your Business!



Salute to Italy - \$5000

- Logo and recognition on all marketing materials for event (premium placement)
- Logo and recognition on tickets for event
- Premium rotation on PowerPoint presentation at event
- One Free Networking luncheon sponsorship (value \$250.00)
- Link on Alliance Foundation and Alliance Websites
- Table of ten at event
- Logo and Recognition in Program (front cover)
- Opportunity to speak at event prior to live auction
- Verbal Recognition at event
- Opportunity to give information, give-aways, etc. at event
- Free Kuan Yin Corporate Membership in The Alliance (Value: \$700)
 - Up to five individual memberships
 - o ½ page ad in Alliance Directory (online & printed versions)
 - o Four, 1/4 page ads in Alliance Communiqué or 1 full page ad or article
 - O Listing in Communiqué and website with a link to your site

Food Fanatic - \$2500

- Logo and recognition on all marketing materials for event
- Rotation on PowerPoint Presentation
- Table of 10 at event
- Logo and recognition in program (premium placement)
- Link on Alliance Foundation and Alliance Websites
- One Free Networking luncheon sponsorship (value \$250.00)
- Verbal recognition at the event
- Three-quarter page in the Alliance's Communique...this can be an article or ad or both
- Full page ad in the directory



Sponsorship Opportunities for The Alliance Foundation's 6th Annual Fundraiser

Culinary Crazy - \$1500

- Logo and recognition on marketing materials for event (excluding tickets)
- Rotation on PowerPoint Presentation at the event
- 6 tickets to event and reserved seating
- Verbal recognition prior to the event at a luncheon/ability to give business information
- One-half page in the Alliance's Communique...this can be an article or ad or both
- One-half page ad in the Alliance Directory
- Logo and Recognition in Program
- Verbal Recognition at event

Grape Lover - \$750

- Logo and recognition on marketing materials for the event (excluding tickets)
- Rotation on PowerPoint Presentation at event
- 4 tickets to event & reserved seating
- Recognition in Program
- Verbal recognition at event
- Two business card ads in the Alliance Communiqué
- One-quarter page ad in Alliance Directory

It's All About the Food & Wine - \$500

Ten tickets to the event

Silent and Live Auction Donations

- Recognition on silent auction table
- Listing in auction program
- · Recognition in full-page thank you ad after event
- Silent & live auction donations may be tax deductible, consult your tax advisor.

Please make your sponsorship checks payable to The Alliance Foundation and mail it to P.O. Box 480384, Denver, CO 80248. If you would like additional information on our event, please contact our Executive Director, Karen Rosen at 720.271.7015 or by e-mail at apwcolorado@comcast.net

Thank you and we hope that we can count on your support to help women achieve economic self-sufficiency and create better lives for themselves and their families.



Alliance Foundation Passport to Italy April 25, 2008

Sponsor Agreement Form

We are pleased to support the **Passport to Italy** fundraiser through the following sponsorship category:

Sponsorshi	p Opportunity Levels		
	Salute to Italy	\$5,0	
	Food Fanatic	\$2,5	
	Culinary Crazy Grape Lover	\$1,5 \$750	
Payment wi	·	f submitting the signed agreeme	
•	entact for Sponsorship:	3	
Name			
Title			
Organizatio	on Name (as it should be liste	ed in advertising/promotions):	
Email		Web Si	te
Address			
City		State	Zip
Phone		Fax	
Signature		Da	te
Secondary	Contact, with whom we me	ay work regarding your benefit	s:
Name			
Title			
Email			
Phone			
Please mak	e checks payable to: Allianc	e Foundation P.O. Box 480384	
		Denver, CO 80248	

For questions or more information about *Passport to Italy* marketing opportunities, please contact Karen Rosen, Executive Director, <u>executi@apwfoundation.org</u> or 720/271-7015.



WHEN: FEBRUARY 6, 2008 • 5:30P

What: **OUTREACH COMMITTEE MEETING**Where: Whole Foods, Tamarac Square

RSVP: MEGAN WEGNER 1-800-340-5653 x52760 or

megan.Wegner@jnli.com

WHEN: FRIDAY, FEBRUARY 8, 2007 • 11:30A - 12:30P

What: Networking / Events Committee Meeting

Where: Wild Oats, Colorado Blvd RSVP: **DANA LYNCH**, [303] 463-4839 dana@elementsofimage.com

WHEN: THURSDAY, FEBRUARY 14, 2008 • 11:30A - 1P

What: February Networking Luncheon Sponsored by Waddell & Reed, Speaker Barbara Miller: A Valentine Does Not Equal a Financial Plan!

Where: Izakaya Den, 1518 S. Pearl St., Denver, CO 80210 (owned by and across the street from the Sushi Den

near Platte and Washington Parks).

Cost: \$25 Members; \$35 Non-Members. Join the APW at the luncheon and get \$25 off annual membership dues!

RSVP: Register on-line at www.blacktie-colorado.com/rsvp

and enter event code apwfeb08.

On-Line Pre-Registration is REQUIRED

Parking: Free street parking and parking in lot on south side of Izakaya Den

WHEN: TUESDAY, FEBRUARY 19, 2008 • 7:30-9A

What: Public Affairs Committee Meeting

TONI PANETTA, a lobbyist for the Women's Lobby will be speaking on the Fertilized Eggs as People Ballot Initiative. This is a proposed amendment to the Colorado Constitution that would give legal rights to fertilized human eggs, raising the prospect of a heated local debate over abortion. Both sides of the issue agree that the measure, if it passed, would have immense ripple effects. Please join us to hear more about the issue of where does life begin!

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

Cost: Buy your own breakfast

RSVP: Nancy Thauvette at nancy.thauvette@usbank.com

or [303]713-6456 by 2:00 pm on February 15

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, MARCH 13, 2008 • 11:30A - 1P

What: MARCH NETWORKING LUNCHEON

Where: McCormicks at the Oxford, 1659 Wazee Street,

Denver 80202

Cost: \$25 Members, \$35 Non-Members

RSVP: On-line pre-registration REQUIRED, go to our

website www.apwcolorado.org and click on the

March Networking Luncheon link

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

What: Passport to Italy – The Alliance Foundation's

SIXTH ANNUAL FUNDRAISING EVENT

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!

SEE PGS 12-14

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 or

execdir@apwfoundation.org



New Members

RONI MELAMED Lawyer, McKenna Long & Aldridge, LLP, [303] 634-4314, rmelamed@mckennalong.com. As an entry-level

litigation attorney with Mckenna Long & Aldridge LLP, Ms. Melamed researches and drafts assessment

memoranda, reviews discovery documents, and contributes to pro-bono efforts.

MAUREEN McKenna Assistant Vice President, Metro State College, Denver, [607] 351-6217, mmckenna25@gmail.com. The

best value in higher education in Colorado, 22,000 undergraduates, and located on the Auroria Campus.

LAURA BARNES Merchant Services Advisor, ValuPlus Merchants Association, [303] 588-4772, labrnes@upma-now.com. At

ValuPlus Merchants Association, Laura facilitates credit card setup for businesses, evaluates current processing

to help save money, and offers cash advances based on monthly mastercard/visa volume.

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

BARB MILLER Financial Advisor, Waddell & Reed, [303] 770-5511 x146, bmiller02@wradvisors.com. Barb helps educate

and empower women to make great financial decisions for themselves and their families.

SANDRA MEHL Fundraising/ Event Planning, Benefit Event Solutions, [303] 880-9747, sandim1@juno.com.

STEFANIA SCOTT Attorney, Ireland, Stapleton, Pryor & Pascoe, P.C., [303] 628-3672, sscott@irelandstapleton.com.

KELLEY BERGELT Attorney, Ireland, Stapleton, Pryor & Pascoe, P.C., [303] 628-3672, kbergelt@irelandstapleton.com

MICHELLE FERGUSON Attorney, Ireland, Stapleton, Pryor & Pascoe, P.C., [303] 628-3672

mferguson@irelandstapleton.com.

SHARON BARONE Independent Consultant/Executive Area Manager, Arbonne International, [303] 808-0260,

sharonb@myarbonne.com.

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

SANDRA WICK MULVANY - McKenna Long & Aldridge, LLP.

LAUREL SHERIDAN -Vital Cuisine

ELIZABETH MOORE - Ryan-Gunsauls & O'Donnell, P.C.

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.

Anniversaries

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

17 Years Stefanie Canada, Hands on Wellness Center

14 Years **Kim Monson**, kmcollections

12 Years LINDA CREAGAN, Linda Creagon, P.C.

8 Years Mary Hoagland

6 Years JOHANNA ELIZABETH KELLY, Nurse Family Partnership

3 Years Stephanie Sommers,

Much Ado Creative Services, LLC.

KAYE LYSSY, Lifestyles Catering

KARI HEBBLE, Citi Private Bank

2 Years Laurel Sheridan, Vital Cuisine

MEGAN WEGNER, JACKSON

1 Year Kirstan Marks, Keller Williams Realty Downtown Marilyn Sterrenberg-Rose,

Pearl Canter & Sterrenberg-Rose

Rose Muenker, Meunker Media, LLC.

KRISTA BUFORD, Prudential Colorado Real Estate

TERRY MASON, Brilliant Solutions Group, LLC.

KATHERINE GRIER, Katherine Grier, P.C.

TAMMY CURMANO, Wells Fargo PCS

Musu Brooks, Holland & Hart, LLP

SUSAN KIMBALL, Balanced Health Consulting, LLC.

PHYLLIS Brown, Clifton Gunderson, LLP.

TERESA SANDERS, Edward Jones

Julie Feuerborn, Summer Bridge Financial Planning

Alliance Thanks

The Alliance would like to **thank KATHLEEN HORRIGAN** for hosting our November Networking Luncheon at **The Palm**!

Congratulations to our 2007 Survey Drawing Winners who received gift cards to the **Renaissance Aveda Spa and Salon** and a **Free Networking Luncheon**:

APW Member: **Peggy Topel** of Gordon, Hughes & Banks, LLP Non-Member: **Kristen L. Sweat** of Gelt & Grassgreen, P.C.

The Alliance would like to **thank Dana Lynch** for hosting our January Networking Luncheon at **Maggiano's**.

My Favorite Websites by Mo

by Mary Carr

http://www.cosmeticdatabase.com/index.php Forget trying to decipher the ingredients label by yourself – go to this website and enter the name of a specific product you use or even a brand name and it will tell you how dangerous that product is on a scale of 1 to 10, as well as which of its ingredients are harmful and why. By selecting a product category and sort by the safety scale to find better alternatives!

http://thepioneerwomancooks.com/ This "Los Angeles Sex and the City Girl Turned Wife of a Cowboy" is sassy and HILARIOUS. Her recipes are amazing and she takes you through each one w/ wit, humor and step-by-step recipes. Once you get a taste of her personality, you'll want to click on the link to Ree's blog about life with her hunky real-life cowboy husband (a.k.a. Marlboro Man), their kids and their ranch.

www.flylady.net No matter what your New Year's Resolution, FlyLady's "15 minutes at a time" and "take care of yourself" strategy will make 2008 a year where you actually accomplish more than you ever dreamed. Don't be deceived by what at first appears to be a site about keeping your house organized – her tips apply to every area of life and you'll find yourself laughing and crying right along w/ all the testimonials from women you are die-hard FlyBabies.

http://glassbooth.org/ I don't know about you, but I'm really having trouble deciphering the Democratic party's candidates this year and the polls are less than two weeks away! This website asks you questions on a variety of issues and then tells you which candidates are most in line with your views, complete with quotes, voting records and their ideas for a better America.

http://elementsofimage.blogspot.com/2008/01/political-candidates-dress-strategy.html OK, so at first the idea of reading about what the political candidates are wearing sound a little bit like I have too much time on my hands (HA!), but do YOU know what message it sends to wear red....how about blue? Our very own Dana Lynch's blog will always keep you up to date on the latest fashions, but it may also help you be aware of what image you're projecting. It's not just about fashion fads! Hey, maybe that's why her company is called Elements of Image.....

Office Space For Rent

Five offices (w/two paralegal/secretary spaces) available for immediate occupancy. Located at 19th and Sherman, two blocks from the Brown Palace. Offices are fully furnished, with state of the art amenities, high speed DSL connectivity, high speed copier/scanner, approximately 184 square feet each. Large conference room with audio/video five channel surround sound capability. The available services include receptionist, telephone, copier, fax, conference room and breakroom. Contact **RODNEY BERNHARDT** at Kritzer/Zonies, LLC., [303] 393-1111 or rodney@kritzerzonies.com.

Is He The One For Me?

By Sheryl Williams

Ever wonder why matchmakers are so successful at finding matches for others? Well, we use some specific criteria when finding someone for our clients and it's criteria you should be considering every time you meet a potential match. In this article I'll point out some of those criteria and give you some tips for avoiding common mistakes singles make when trying to determine if someone is right for them.

To get started, rank the following criteria in order from 1-15 with 1 being what you consider most important in a successful relationship and 15 being the least important.

Family Values	Intellectual Ability
Political Views	Age
Demographics	Ethnicity
(where they grew up)	Sex Drive
Level of Attractiveness	Personality Type
Religious Values	Socioeconomic Background
Level of Education	Level of Neatness
Level of Desire	Financial Views
to Succeed	

You may or may not be surprised to know that the top 6 most important criteria for a successful relationship, in no particular order, are age, socioeconomic background, intellectual ability, level of attractiveness, religious values, and ethnicity. When considering someone as a match for you, matchmakers look at how closely these top 6 criteria match up and you should do the same. Are you around the same age? Do you both come from similar socioeconomic backgrounds? The more similar you are in these 6 areas, the higher chance you have of creating a successful relationship.

While these criteria are great to consider there is so much more to finding someone to love and so many mistakes singles make when trying to decide if someone is right for them. I've listed some common mistakes for you and how to avoid them.

Mistake 1: Placing someone into a stereotyped category – people from a divorced family are dysfunctional, people from a picture perfect family have expectations that are too high, all doctors/lawyers/executives you plug in the job title don't have time for me. Solution: Let go of your stereotypes. Not all people from a divorced family are dysfunctional, as a matter of fact a lot of them work even harder to make things work. Not all hard working professions require a lack of

work life balance.

Mistake 2: Making judgments too early on in the dating process. Solution: Relying on first impressions to make your choices and predetermining your expectations sets you up for repeated failure.

Mistake 3: They don't meet all your criteria. Solution: No body is perfect and if a person meets 80% of your criteria that's pretty darn good.

Mistake 4: Not giving chemistry a chance to build. Solution: Some people are terrible at first dates and even 2nd or 3rd dates. If you find the person interesting and fun to talk to and fun to be with, give it a chance to see if the chemistry appears. Even better, if you don't think there is any chemistry, kiss them! If no sparks fly you are probably right.

Mistake 5: Focusing on their flaws – they chew with their mouth open, they are just a little too short for your taste, they talked too much, you didn't like their shirt, their ears stuck out too far, etc. Solution: When you go on a date, instead of thinking about what you didn't like about him, think about what you did like.

Mistake 6: Grilling them on the 1st Date or the 1st Date Interview. Solution: Keep the conversation light, ask fun questions about their last vacation or something fun they've done recently.

So get out there, enjoy the men you are meeting and by all means give them a chance, you don't want to pass up your Prince Charming just because his pants are too tight or his ears stick out just a bit too much.

Sheryl Williams is a Professional Matchmaker and the owner of **Ignite Matchmaking Service**. She can be reached at **[303] 929-7304**.

Scary Skin Care: Are You Aware?

Are you living a healthy lifestyle in and out? The importance of natural skin care goes skin deep. Our skin is the body's largest organ and it has the ability to absorb everything that is put on it. Do you ever wonder what is really in the products that are being applied to our bodies and then washed down the drains? Here are a few ingredients that are widely criticized, with a few that are banned in Europe.

Formaldehyde, which is often hidden in other ingredients, is banned in Sweden and Japan mainly because of its inability to inhibit the growth of acid producing bacteria and it's implication in cancer.

Hydroquinone is a toxic irritant, banned in Europe, and can cause hyper-pigmentation.

The laureth family (sodium lauryl sulfate, any ingredient with laureth or lauryl in the name) is a known carcinogenic and a skin irritant that may be contaminated with large amounts of toxins in manufacturing processes containing ammonium salts. They are also known mutagens and can be acne producing.

Parabens are petro-chemicals (methyl, propyl, etc. - paraben family) implicated in a multitude of health problems and are known to be estrogenic, cancer causing, allergenic. Parabens have been found in cancerous breast tissue, they replicate in DNA and are stored in fat cells

Petroleum products (petrolatum, mineral oils and vaseline) can be acne producing, may be carcinogenic, can cause dry skin are a respiratory toxin and may cause dizziness.

Be Aware, Be Active, Be Alive!

Check out the entire list of questionable ingredients in our everyday products at **www.waxhouse.net**

The Wax House in Stapleton provides lavish healing facials and superior waxing services. Our facials are solely based on what "your skin needs". Each and every one of us has a different skin type and desire, which must be nourished in its own way, NATURALLY. Our superior waxing services are safe, quick, discreet and relatively painless. Tawnya Hutchinson, owner and sole esthetician at The Wax House, takes time and care to use her wealth of knowledge to develop skin treatments for your skin. To make an appointment and discuss skin care options, please call Tawnya at [303] 523-3782 or email her at the waxhouse@gmail.com.

Love Your Future Self, Love Your Children: Have a Plan for Nursing Home Needs

Not to sound negative, but I sure am glad to see 2007 in the rearview mirror. Between career tumult, sudden family deaths, and finding out my son has developmental delays, it was not my favorite twelve months. Bring on a great 2008!

Of all of the trying things my family went through last year, perhaps the most stressful was the process of moving my 95-year-old grandmother into a nursing home. Mimi had been living with my parents for the past three years. However, after three emergency hospitalizations in a six week time span, it was clear that she needed more professional, full time care.

One thing that you don't realize until you've gone through this process is that putting a loved one into a nursing home may not be a decision made at your leisure. Often, there is some unexpected change in health that requires the move NOW, not at your convenience. This is tricky, as many of your nicer facilities don't have availability now; they have waiting lists lasting from 3-12 months. Worse, if you are on Medicaid, as is my grandmother, your choices of nursing homes narrows drastically – and not in a good way.

Because Mimi has no savings and no Long Term Care insurance, my mother and I went on a whirlwind tour of those nursing homes in Denver who accept Medicaid patients. After each visit, we would sit in the parking lot for a few minutes while my mom tried not to cry so that she could safely drive to the next place. In these hard days, I realized something: You don't buy Long Term Care insurance just for yourself. You buy it for the peace of mind of your kids.

If you don't have the means to pay for nursing home care out of your savings, please, for the sake of your children, investigate buying an insurance policy to help offset those costs. Your loved ones, who are making one of life's worst decisions anyway, will have so many doors open to them if you do.

Kristi Sullivan is the founder of **Sullivan Financial Planning**, **LLC.** Working with individuals and families to achieve their life goals is her passion. To schedule a free one-hour appointment, contact Kristi at Kristi@sullivanfinancialplanning.com or **[720] 524-4868**.



Connecting Philanthropically



January 2, 2008

Dear Friend,

The staff and volunteers at NARAL Pro-Choice Colorado are preparing for our <u>26th ANNUAL CHOICE</u> <u>CELEBRATION AND AUCTION</u>, to be held on <u>March 8, 2008</u> at the Denver Marriott City Center. The Choice Celebration & Auction is well attended and one of the premier events for progressive citizens and organizations in Colorado.

NARAL Pro-Choice Colorado works to protect and improve access to the full range of reproductive health care options. We accomplish this through grassroots organizing, lobbying, electoral work for prochoice candidates and ballot issue campaigns, public education and community outreach.

Each year, we contact hundreds of businesses to donate goods or services that we can include in the auction. NARAL Pro-Choice Colorado uses the funds raised by the auction for critical political and educational work to promote pro-choice legislation and candidates in Colorado. Donating to the auction is a unique opportunity for you to promote your business to an active customer base that looks to support businesses that support organizations like NARAL Pro-Choice Colorado.

I have enclosed a donation form and ask you to support us this year. Please complete the donation form with a description of the item(s) for our auction catalog, retain a copy for your records, and return it by mail or fax at 303-388-1692. We request that donation forms be received by Friday, February 15, 2008. Physical items or gift certificates must be received or picked up by Friday, February 22.

In addition to making a donation to the auction, as a local business you have the option to participate further in the event through a Community Partnership. Partnerships range from \$350 to \$1000 and offer marketing benefits as well as tickets to the event. Please look over the following document for more information.

If you have any questions about this year's event or would like more information, please contact me at 303-394-1973 ext. 16 or akrupinski@ProChoiceColorado.org. I look forward to talking with you soon about this year's participation.

Best regards,

Amy Krupinski

Items Procurement Coordinator

P.S. On behalf of the board, staff and more than 6,000 members, I want to thank you in advance for your support. Because of the support from donors and business like you, the auction has become the *largest pro-choice auction in the country!*



Connecting Philanthropically



Yes! Please sign us up to become community partners at the following level for NARAL Pro-Choice Colorado's 26th Annual Choice Celebration & Auction on Saturday, March 8th:

O Choice Champion \$1,000

Linkable logo or business name on NPCC's 'Community Partners' webpage Name on big screens during evening program as Community Champion Name in program 5 tickets

O Choice Leader \$500

Logo or business name on NPCC's 'Community Partners' webpage Name on big screens during evening program as Choice Leader Name in program 2 tickets

O Choice Defender \$350

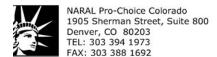
Business name on NPCC's 'Community Partners' webpage
Name on big screens during evening program as Choice Friend
Name in program
1 ticket

Payment Information

O Check enclosed O Please expect a ch	eck from us in the amount of
O We would prefer to pay by credit card:	O Visa O MasterCard
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• •	c if information is already on item donor form
Name of Company/Organization Contact Name & Title	
Contact Address	
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Connecting Philanthropically



Please schedule a volunteer to pick up item.

Choice Celebration and Auction

DONOR FORM

O ffice U se O nly
Date Rec'd:
Item #:

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This donation becomes property of NARAL Pro-Choice Colorado and is to be offered for sale at an auction, the proceeds of which go to NARAL Pro-Choice Colorado. A reminder to donors: Donations are not tax-deductible, check with your tax preparer about deducting the cost as an advertising expense.

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Thursday, February 28, 2008 II:00am-I:00pm in Cherry Creek

Join image consultant Dana Lynch, from Elements of Image & financial mentor Patrice Barber, of Taylor Made Wealth Coaching at this lunch & learn as they present a fun and unique perspective on the interaction of personal image and personal finance.

- You will learn 10 ways to shop like a pro
- · How to plan a wardrobe that really works
- Hot fashion tips for spring ... (you can use right away)
- 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

Registration required,

\$25 in advance or \$35 at the door; lunch included call [303]216-0472 or register online at www.tmwealthcoach.com

About your facilitators:

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, CPA's, financial planners, trainers, and countless other professionals who know that their image is crucial to their success in both business and life.

Patrice Barber, founder of Taylor Made Wealth Coaching is an entrepreneur with a passion for building futures. Patrice believes that people should be planning for their futures and living that future day by day. She has developed a program that helps individuals create the vision of their future financial success. Through mentoring, she helps maintain their accountability to those dreams.

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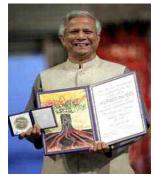


March 12 - 14, 2008 Denver, Colorado

Name the Problem, Discover the Solution, Create the Change!

This conference is designed as an action space for social entrepreneurs, microfinance practitioners, business leaders, students, and thought influencers who address the issue of poverty with a particular focus on youth. Social business creates wealth, jobs, and solutions to current problems and supports the community and the environment while also meeting bottom line objectives. Change agents come in different sizes and shapes, from a corporation changing an industry to a young adult using discarded plastic bottles for home insulation. To effect change we must invest in it! This conference will identify and offer leadership opportunities, demonstrate social business projects, and stimulate new social business ventures around the world, all in an effort to profile and address issues related to youth poverty.

Keynote Speaker



Muhammad Yunus
Winner 2006 Nobel Peace Prize

Sessions with:

John Hatch, Founder, FINCA
Sam Daley-Harris, Founder, RESULTS

Organized by

Regis University

and

Friends of MicroCredit:

RESULTS

Micro Business Development
Friendship Bridge
The Colorado Enterprise Fund
Capital Sisters International
The International Alliance for Women
Making Cents International
Triple Bottom Line Partners

In March 2008, leading microcredit practitioners, academics, students, multinational corporations, nongovernmental organizations, businesses concerned with the triple bottom line and sustainable philanthropy, governmental organizations focused on youth, groups devoted to social business, and change agents will gather to explore the opportunities associated with social business and microeconomic development for youth and to create new avenues for ending poverty.

Conference progression:

Gap Analysis and Problem Statement

As the microcredit movement has focused its efforts on funding small women-owned businesses, younger members of these families have received unprecedented education and training. Now looking for economic opportunities for themselves, these young people often have no venues for their creativity and talents.

Challenges and Obstacles in Addressing Youth Poverty Access to resources is often not the core issue to addressing youth poverty. Examine systemic barriers.

Social Business and Youth - What is Working, Lessons Learned, Possible Solutions

Revolutionaries, Rule Breakers and Progressive Thinkers: Going Deeper, Thinking Differently - To Solve the Problem of Youth Poverty.

What is Next - Goal Setting and Action Planning

Group brainstorming: evaluate the academic, private, non-profit and government sectors, develop strategies for influencing policy, enhancing academic research, encouraging multi-sector partnerships, sustainable philanthropy and social business models which offer economic opportunities for youth. The conference will be adjourned with a call to action to meet again in two years to measure progress.

Info & registration go to: http://academic.regis.edu/cat/socialbusiness/

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Bonnie Busekrus



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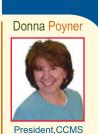
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CALENDAR OF EVENTS

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!

See PAGE 11 for event information and event codes or call the contact for the event.

February 2008

	M	•	W	•	3	S
					1	2
3	4	5	6 OUTREACH COMMITTEE 5:30 pm, Whole Foods, Tamarac Megan Wegner [800] 340-5653		8 NETWORKING/EVENTS COMMITTEE 11:30 am-12:30 pm, Wild Oats, Colorado Blvd Dana Lynch [303] 463-4839	9
10	11	12 19TH ANNUAL COLORADO WOMEN'S LEGISLATIVE BREAKFAST SEE PAGE 22 for event information	13	14 NETWORKING LUNCHEON w/speaker - BARBARA MILLER 11:30 am-1:00 pm, Izakaya Den, Denver 80210, On-Line Pre-Registration REQUIRED HAPPY VALENTINE'S DAY	15	16
17	18	19 PUBLIC AFFAIRS COMMITTEE WITH SPEAKER TONI PANETTA. 7:30-9:00 am, Zaidy's in Chy Crk Nancy Thauvette [303] 713-645		21	22	23
24	25	26	27	28 THE MILLIONAIRE MIND SET SEE PAGE 19 for event information	29	

MARCH 2008

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2	3	4	5	6	7	8 26TH ANNUAL CHOICE CELEBRATION AND AUCTION SEE PAGE 16 for event information
)	10	11	12 SOCIAL BUSINESS AND MICROECONOMIC OPPORTUNITIES FOR YOUT SEE PAGE 20 for event information	13 NETWORKING LUNCHEON 11:30 am-1:00 pm, McCormicks at the Oxford, Denver 80202 On-Line Pre-Registration is REQUIRED	14	15
16	17 ST. PATRICK'S DAY	18	19	20	21	22
2 <u>3</u> 3 <u>0</u>	<u>24</u> <u>31</u>	25	26	27	28	29