



COMMUNIQUE

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Kerry Hammond

THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

Kerry Hammond 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

Happy New Year from The Alliance of Professional Women and the Alliance Foundation

We have an exciting year ahead of us, and this newsletter is your first sneak peek at some of the great events to come. We will have Networking Luncheons at wonderful new restaurants, caffeinated morning networking with Coffee Connections, self-improvement and business related book choices at the Members Only Book Club, and Volunteer Opportunities sponsored by the Outreach Committee. There's even a rumor that we will have a Speed Dating Networking Event and a Happy Hour that includes spouses, significant others, friends, and anyone else you want to show off to your APW friends. Read on for the events that are already scheduled, and stay tuned for updates on those that are in the works.

The New Year is a great time for resolutions and cleaning house. I encourage you to take a moment to login to your online APW Member account to verify that all of your personal and professional information is correct. The APW is a great way to build your business, and having the most up-to-date information available to other members is the first step to getting those referrals. If you don't remember your password, never fear, you can reset it and start editing right away.

January Networking Luncheon

Join The Alliance of Professional Women for our **January 2016 Luncheon** and **kick-off the New Year** at **India's Restaurant**, 8921 East Hampden Ave. Denver, CO 80231.

Thursday, **January 14th** 11:30am - 1:00pm
New Member Orientation 11:00am

We know that you will need to make a lot of choices in the New Year, so to ease you in, there will be no entree choice necessary for January's luncheon. The luncheon will be served family style, which means lots of delicious food, with no commitment. Try one or try them all, we want to make things easy for you.



Wait, there's more. We are also excited to announce that our speaker for the luncheon will be **HILARY BLAIR** of **Articulate Real and Clear**.

Continued on Page 2

Leadership

EXECUTIVE COMMITTEE

Leslie Garske President
AXA Advisors
Sheila Drew President-Elect
Creative Financial Staffing of Colorado
Chelsey Burns Secretary
Vanda Dyson Treasurer
DYCO Diversified
Leah Dirks At Large
FirstBank
Dana Lynch At Large
Elements of Image
Pam Fischer At Large
Design á la Carte, Inc

BOARD MEMBERS

Leslie Garske President
AXA Advisors
Sheila Drew President-Elect
Creative Financial Staffing of Colorado
Chelsey Burns Secretary
Vanda Dyson Treasurer
DYCO Diversified
Leah Dirks At Large
FirstBank
Dana Lynch At Large
Elements of Image
Pam Fischer At Large
Design á la Carte, Inc
Brenda Mahoney At Large
CAbi Consultant
Lauren Kaplan At Large
Rodan + Fields
Cari Harris At Large
Etcetera
Lynne Amerson At Large
First Western Trust
Julie Sequeira At Large
J. Sequeira Agency
Leigh Miller At Large
Juice Plus +
Melissa Richards At Large
Liv Sotheby's International Realty
Kelly Snodgrass At Large
Snodgrass Law, LLC
Lee Lipniskis At Large
Core Contractors
Megan Henson At Large
Details Boutique & Thrive by Le-Vel

EMERITUS BOARD MEMBERS

Emilie Ailts, Melinda Harper,
and Charlene Wilson

January Networking Luncheon

Continued from Page 1

HILARY BLAIR is the CEO and Lead Coach of **Articulate Real and Clear**. She is a presentation and speaking voice expert, who has worked with well-known businesses around the country. She provides individualized feedback based on her observations of habit and knowledge of learned behaviors. Her experience on stage, in film, and as a voice over actor provides her a background of unique skills. Hilary uses improvisation to demonstrate improvements in leadership skills and teambuilding.

Lunch will be served family style and will include:

Onion Bhaji (Onion Fritters)
Dal Makhani
Saag Paneer (Spinach and Cheese)
Aloo Gobi (Cauliflower & Potato)
Coconut Shrimp Curry
Lamb Rogan Josh
Chicken Tikka Masala
Tandoori Chicken
Basmati Rice
Nan

Dessert: Kheer



HILARY BLAIR

[CLICK HERE](#)
to Register

for this New Year Event!

Make a New Year's Resolution
to Join a Committee

The **Annual Committee Fair** will take place at the **February Networking Luncheon**. To get a head start, here is a list of the Committees you can join:

The **Networking Events Committee** is where the luncheons happen. Ever wonder who chooses the great restaurants where we meet each month? Those delicious entrees don't just magically appear, they are carefully chosen by the members of Networking Events. They work hard to find appropriate venues and tasty food so that we can all show up and enjoy ourselves while we chat with other members. If you like to brainstorm restaurant ideas and plan fun events, this committee is for you.

The **Membership Committee** are the APW ambassadors. They welcome new and prospective members at each luncheon, provide follow-up contact to those who have attended one of our events, and think up new and fun events to put on for our members. Yes, these are the ladies who created our Members Only Business Book Club. If you are a warm and welcoming person who likes to meet new people, give the Membership Committee a try.

The **Outreach Committee** works hard to make a difference on a local level. It organizes opportunities for APW members to volunteer in the local community. The Delores Project, Arapahoe House, and Excelsior Youth Center are examples of organizations that have felt the

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Make a New Year's Resolution to Join a Committee

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Outreach Committee's love and support. Whether it's holiday shopping for a family in need, or serving dinner at a shelter, you can be a part of the local charitable community with Outreach.

In addition, three BRAND NEW Committees have been formed.

The **Scholarship Committee**. One of our philanthropic missions is providing scholarships to women returning to college, and the ladies at the APW want to take this to the next level. The committee has been formed to provide additional programs for students, and the sky's the limit. A couple of the ideas that have been suggested are: a mentor program and a take-a-student-to-work day. Get in on the ground floor and help this committee get inspired.

The **Fundraising Luncheon Committee** also needs a few enthusiastic, hardworking women to help out. This committee will be in charge of fundraising for the 5th annual Helping Women + Changing Lives Luncheon. It not only takes time, but the help of dedicated women who are determined to succeed, to plan such a worthwhile event. Members will help raise money and plan the 2016 luncheon. We need your help to make 2016's luncheon the best one yet!

The **Village Banks Committee** will provide support to another of our philanthropic endeavors wherein money raised at the Helping Women + Changing Lives Luncheon will help provide micro-loans to women in developing countries.

If you are interested in joining any of the above committees, you don't need to wait until February, please contact **KERRY HAMMOND**, execdir@apwcolorado.org at any time.

February Networking Luncheon and Annual Committee Fair

Since our **February Networking luncheon is also our annual Committee Fair**, each APW Committee, and the APW and Alliance Foundation Boards, will have a table set up so that you can stop by and get more information. This is a **great way to learn about each Committee and Board**, to determine what might be a good fit, and learn how you can get more involved.

Plan to join us at **Charcoal**, located at 43 W 9th Avenue in Denver on Thursday, **February 11**, 2016, 11:30 am – 1:00 pm for this luncheon.

Our luncheon sponsor will be Ky Agnew of PASCO - Personal Assistant Services of Colorado.

Stay tuned for our menu options and reservation link. We will provide entree options and a registration link in an upcoming What's Happening email, as well as on our Website.

So That Happened..... Outreach Updates and Events

Delores Project

The Outreach Committee has been busy for the holidays. Many members know that The Delores Project provides safe, comfortable shelter and individualized services to unaccompanied women experiencing homelessness. But did you know that the Outreach Committee coordinates opportunities for APW members to serve dinner and volunteer at the shelter? On November 10th, the APW volunteers purchased some much needed supplies for the shelter, including sugar, tea, breakfast cereal, breakfast bars, razors, toothpaste, ceramic microwave safe bowls, coffee cups, plastic glasses, and 60 pairs of lady's underwear. **Watch the What's Happening emails for your next opportunity to get involved.**

Arapahoe House and Excelsior Youth Center

APW members did some secret Santa shopping for both Arapahoe House and Excelsior Youth Center for this year's Adopt a Family event. The gift wrapping party at **PAM FISCHER's** home on December 15th was festive and lively. Members wrapped the gifts, ate, drank, and sang carols. Everyone had a great time and got into the holiday spirit.

The old adage that it feels better to give than receive is very true. As we wrapped gifts for Arapahoe and Excelsior, we talked about how great it is to make someone's holiday wish come true. It was also touching that many of the items on the wish lists were items that we take for granted, like sheets, pajamas, or bathroom accessories. Kudos to everyone who participated this year and gave back to these two wonderful organizations.

Suit Drive and Fashion Show

Mark your calendars and REGISTER ONLINE for the [January 28th - Suit Drive and Fashion Show](#)

Donation items we are looking for include: suits, professional slacks, blouses, skirts, blazers, shoes, and accessories appropriate for interviewing.

Attendees at the Suit Drive event will be treated to an exciting fashion show featuring the women's designer clothing collection Etcetera, with a variety of looks from casual to professional to evening. Plan on bringing a friend or two (both APW members and non-members are welcome) to enjoy this fun evening of fashion, food and drink, and giving back.

If you have any questions about donations, please contact **MEGAN HENSON** at megliz814@gmail.com or **CARI HARRIS** at timirac4@gmail.com.

WHEN and WHERE: The event takes place from 6-8 pm, at the Beacons Community Space in the Cherry Creek North, 2630 E 3rd Ave, Denver, CO 80206.

COST: \$10 if you bring a clothing donation and \$20 if you don't bring a donation.
Registration is required.

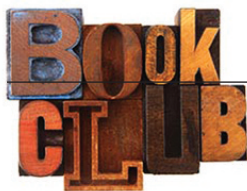
CLICK HERE
to Register

Exciting News

A big congratulations goes out to APW Member **PATRICIA FOLEY-HINNEN**. Patricia has been **awarded the Global Purpose Prize** for Financial Inclusion by Encore.org. This prestigious award recognizes Patricia's work to promote economic justice for women. The award included a \$25,000 prize, which Patricia donated to Capital Sisters International to help fund their national expansion. This was a well-deserved award, and we are so happy to have Patricia as an active member in our organization. **Congratulations Patricia!**

QUARTERLY
BUSINESS

A Members-Only Event



Kickoff Event

We're taking our **Members Only Book Club** up a notch. In 2016, the APW **book club** will meet **every other month, instead of quarterly**. That means more great books and riveting discussions.

On **January 18, 2016**, the **Tattered Cover at Aspen Grove** will be hosting APW Members and highlighting some book choices. Those present will be able to help choose the books for the year.

Join us at **7:00 pm** on January 18th at the Tattered Cover, Aspen Grove, 7301 S Santa Fe Dr., Littleton, CO 80120.

RSVP to Leigh Miller if you plan to attend, millerleigh13@gmail.com

Public Affairs Meetings

The **Public Affairs Committee is back for 2016 with a line-up of exciting speakers**. The first meeting will be Tuesday, **January 12, 2016**. **CHAEER ROBERT** from the Colorado Center on Law and Policy will speak about "**Colorado Skills2Compete**," a study of the job skills gap in Colorado. "**Middle skill jobs**" are available but there are not enough workers with those skills to fill the jobs. In the meantime, workers without skills can't compete in today's job market. Chaer is an expert on the poor and disenfranchised in Colorado, and she is one of our Committee's favorite speakers. Come hear this presentation, you won't be disappointed!

Our **February Public Affairs Committee meeting** will be held on Tuesday, **February 9, 2016**. Our speaker will be **ERICA JOHNSON, Esq.**, a Denver estate planning attorney who **specializes in gay and lesbian legal rights**. Erica will speak about the meaning behind the recent Supreme Court decision legalizing gay marriage; what does the ruling mean and what rights, other than marriage, did gays and lesbians gain from this landmark ruling? We may know about gay marriage, but many do not understand the legal rights that come with the marriage. Come and hear Erica explain this timely topic.

The Committee **meets at Zaidy's Restaurant at First Avenue and Adams Street in Cherry Creek**. The meeting starts at 7:00 am for networking, with breakfast and speaker at 7:30 am. We usually wrap up at 9:00 am. We eat while listening to the speaker, and the format is casual. You will buy your own breakfast. If interested in attending, or if you have any questions, please contact **NORA KELLY** at nvkesq@gmail.com or at 303-377-5518.

Luncheon Sponsors**Lorni Sharrow****Moye White**

November 2015

Kristi Sullivan**Sullivan Financial Planning**

October 2015

Cari Harris and Megan Henson**Etcetera**

August 2015

Pamela Wilson**The Care Navigator**

July 2015

Alliance Foundation

June 2015

Jayne Sanders**Precision Wisdom™**

April 2015

Betsy Wiersma**CampExperience****Corporate Members**

March 2015

Anne Angerman**Jill Klancke**

February 2015

Pamela Wilson**The Care Navigator**

Oct 2014

Interested in becoming a Networking Luncheon Sponsor? Call 303-368-4747**Corporate Members****KUAN YIN MEMBER**

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Sheila Drew

Jill Klancke

Maura Ridge

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

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

Interesting Thoughts and Tips from Members

APW Member, **ABBE PENSACK**, of **Abbe Pensack Insurance Ltd.** is here to highlight the concept of Women, Finance and Vulnerability.

Women are more financially vulnerable, which can greatly affect our ability to remain solvent and avoid ending up impoverished in our later years.

A variety of factors contribute to this:

- Statistics show that women outlive their male counterparts
- We earn 78 cents for every dollar a man earns
- Women are more likely to take breaks from their careers to raise a family
- 75% of home care for family members is provided by women

The roles women play exceed the boundaries of career. We often provide family home care, including tasks such as feeding, dressing, bathing, cleaning, and cooking. The dual responsibility of caring for one's nuclear family, as well as aging parents, precipitates loss of wages, decline in physical health, and higher incidents of depression and anxiety.

In addition to being caregivers, due to longevity, we are also the major consumers of long term care services. Women have higher rates of disability and long term health issues, so statistically we receive 2/3 of all long term care services. The facts and statistics speak for themselves.

Having a long term care plan in place may be the most important financial decision for your future and quality of life. The vast majority of Americans want to stay in their own homes as they age, in order to continue to feel safe and secure. According to a 2014 cost of care survey, the median cost of home health care is over \$45,000 per year.

A long term care insurance plan is pennies on the dollar when comparing cost to benefit. Building a long term care strategy is one of the best ways to avoid financial vulnerability and maintain a sound quality of life. Long term care insurance professionals offer a variety of ways to mitigate the expense and risk by offering traditional long term care insurance, hybrid solutions, and annuities.

Abbe Pensack Insurance Ltd.

970-846-0265

abbe.pensack@gmail.compvinsurancegroup.com/agent/abbe-pensack

Communiqué Committee

Kerry Hammond, Editor
Sandy Smith, Co-Chair
Chelsey Burns, Editor

Communiqué Sponsors

Sandy Smith/Alexander Smith Design
www.alexandersmithdesign.net

Editor Notes

From The Editor

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

10 TOP New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make the list below?

1. Spend More Time with Family and Friends
2. Fit in Fitness
3. Tame the Bulge
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get Out of Debt
8. Learn Something New
9. Help Others
10. Get Organized

*May the force be with you
on your journey for change.*
Sandy Smith

It's Never Too Early to Prepare

We interrupt your Ski Season to offer you some tips on how to hit the ground running this spring. The ground I am referring to are the greens and fairways of your local golf course. We all know that time flies, so the Communiqué newsletter will be offering some great information on how to get your mind and body prepared, even when there is snow on the ground. The APW will also be organizing a summer golf program, more information will be available this Spring.



APW Member, **ANNE WOLTA BLACKSTONE**, is here with **Tip #1**, which includes things you can do now to **"Tune-up" your golf game!**

Breathing - Tension is our biggest enemy in golf. Relaxation allows the blood to flow better, which allows freedom to swing the golf club. Here are some exercises to help you relax:

Abdominal Breath- Put your hands on your belly and inhale so your stomach goes out. Then, exhale completely like you are zipping up your tight jeans. This helps to fill your lungs better than shallow breathing.

Tense & Release - Tense shoulders, arms and hands and hold for a few seconds before you release. Continue with all parts of your body. This is great to do before you go to sleep. Lie on your back in bed and tense and release all parts of your body to RELAX!

As we all make our **"New Year Resolutions"** remember to do **"One Simple Change" to improve your health**. Nutrition and exercise are the keys to good health and it is easier to make one change that you can manage. Let me know if you need any ideas and help with your nutrition to become a better golfer.

"Holiday Special:" (4) 45 minute Private Golf Lessons for \$225 (Save \$50 off the regular price). Call **ANN WOLTA BLACKSTONE** at 303-940-8626 or email: annwoltagolf@aol.com for more information and to reserve your special price!

Happy Holidays!!!!

ANN WOLTA BLACKSTONE
LPGA Teaching Professional

Networking Luncheon Sponsor – Sign Up Now!

Showcase your business. APW has a few available months in 2016 to offer the opportunity for members to sponsor Networking Lunches. A Networking Luncheon Sponsor receives the following benefits:

- **A five to ten minute promotional presentation** at the sponsored APW lunch meeting. Fee includes lunch for the sponsor and a guest. Sponsor will be asked to provide a small gift for a drawing during lunch (i.e. complimentary one-hour consultation, gift certificate to a restaurant, etc).
- **Newsletter sponsorship**, which includes a full-page article in the newsletter as well as a full-color business card size ad, and link to the article and sponsor website in the newsletter e-mail.
- **Exclusive distribution/display of your company's promotional materials** at place settings or on chairs at luncheon.
- **Electronic spreadsheet** of all luncheon attendees collected and sent to you after the luncheon upon request.
- **Active link** to your company website on the front page of APWcolorado.org. This 12-month listing will boost your own web site's search engine ratings because APW consistently returns top level results in search queries.
- **Spotlight follow-up piece** in the Communique a month after your sponsorship.

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

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



Join APW members or prospective APW members at upcoming Coffee Connections.

Wish you had more time with APW members? Join us for Coffee Connections. Grab a cup of coffee, tea or breakfast, and

join other APW members and prospective members to talk about your business and discuss business-related topics. Leave when you need to, our end time is approximate.

WHEN: Friday, **January 15**, 8:30 to 10:00 am

WHERE: **Newish Location: Trompeau Bakery**, 2950 S. Broadway (between Yale and Evans)

RSVP: LEIGH MILLER at millerleigh13@gmail.com or 720-635-9991, to allow Leigh to save you a seat.

WHEN: Friday, **February 19**, 8:30 am to 10:00 am

WHERE: **New Location: at Espresso Americano at The Landmark**, 5370 Greenwood Plaza Blvd #109, Greenwood Village, 80111

RSVP: LAUREN KAPLAN at lauren@thekaplans.com or 303-912-2576, to let Lauren know you are coming.

Member News & Information

Alliance Networking Opportunities

WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: Tuesday, **January 5** and **February 2**,
11:30 am – 1:00 pm
Where: **Natural Grocers**, Colorado Blvd and Evans
RSVP: **LYNNE AMERSON**, lynne.amerson@myfw.com

WHAT: OUTREACH COMMITTEE MEETING

When: Wednesday, **January 6**, and **February 3**, 5:30 pm
Where: Home of **PAM FISCHER** 2218 Franklin Street,
Denver, 80205 (February Meeting Location TBD)
RSVP: **MEGAN HENSON**, meqliz814@gmail.com

WHAT: JANUARY NETWORKING LUNCHEON

When: Thursday, **January 14**, 11:30 am – 1:00 pm
Where: **India's Restaurant**, 8921 East Hampden Ave.
Denver, 80231
Cost: Members \$35; non-members \$45
RSVP: **CLICK HERE** to attend

WHAT: COFFEE CONNECTIONS—CENTRAL DENVER

When: Friday, **January 15**, 8:30 am – 10:00 am
Where: Newish Location: **Trompeau Bakery**, 2950 S.
Broadway (between Yale and Evans)
RSVP: **LEIGH MILLER**, millerleigh13@gmail.com,
720-635-9991

WHAT: MEMBERS-ONLY QUARTERLY BOOK CLUB – KICKOFF EVENT

When: Monday, **January 18**, 7:00 pm
Where: **Tattered Cover Aspen Grove**, 7301 S Santa Fe
Dr., Littleton, CO 80120
RSVP: **LEIGH MILLER**, millerleigh13@gmail.com

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: Tuesday, **January 12**, 7:00 am
Networking, 7:30 am, Speaker
Where: **Zaidy's** in Cherry Creek, 1st & Adams
RSVP: **NORA KELLY**, nvkesq@gmail.com, 303-514-3143
Speaker: TBD

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: Tuesday, **February 9**, 7:00 am Networking,
7:30 am, Speaker
Where: **Zaidy's** in Cherry Creek, 1st & Adams
RSVP: **NORA KELLY**, nvkesq@gmail.com, 303-514-3143
Speaker: TBD

WHAT: FEBRUARY NETWORKING LUNCHEON & COMMITTEE FAIR

When: Thursday, **February 11**, 11:30 am – 1:00 pm
Where: **Charcoal Restaurant**, 43 W 9th Avenue in
Denver, 80204
RSVP: Watch for link on the website soon

WHAT: MEMBER SUPPORT COMMITTEE MEETING

When: Wednesday, **February 17**, 11:30 am – 1:00 pm
Where: **Woody Creek Bakery**, DTC
RSVP: **MELISSA RICHARDS**, www.melissarichards.com

WHAT: COFFEE CONNECTIONS—SOUTH

When: Friday, **February 19**, 8:30am – 10:00 am
Where: New Location: **Espresso Americano** at The
Landmark, 5370 Greenwood Plaza Blvd #109,
Greenwood Village, 80111
RSVP: **LAUREN KAPLAN**, lauren@thekaplans.com,
303-912-2576

Save the Date: 5th Annual Helping Women + Changing Lives Luncheon

On **September 8, 2016**, we will celebrate our **5th annual Helping Women + Changing Lives Luncheon**. Over the past four years **this event has raised \$130,000, funded 7 Village Banks, provided 10 two-year college scholarships and helped countless families and children throughout the year**. The success of this event is due to the overwhelming support provided by the APW membership and our sponsors. It's an event you won't want to miss, so mark your calendars.

Member News & Information

Anniversaries

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

16 years

ALEXIE TUNE Deloitte

7 years

PAULINE HUDDLESON Arbonne International

4 years

ANN BRODERICK Bauerle and Company

SUSAN BORGOS Office Technology Solutions, Inc

LIANE HEGGY MDH Law Group LLC

3 years

KELLY SNODGRASS Snodgrass Law, LLC

RENEE COHEN Coldwell Banker Residential Brokerage

2 years

ANNA KATHRYN GRESHAM Payroll & Benefit Solutions

JULIE SEQUEIRA J Sequeira Agency

1 year

SUSIE MOSS Moss Philanthropy

AMY LANE Home Care Assistance of Centennial

LORI SIEKMAN Fairway Independent Lending

LIZ WENDLING Insight Business Consultants

ELLEN TRACHMAN Trachman Law Center, LLC

KELLE GRAHAM Rocky Mountain Jewelers

Alliance Thanks!

November Networking Luncheon

We tried a **new luncheon venue** in November and it **was a complete success**. We got great feedback and positive comments on the food at **Blackbird Public House**. I think we had a record number of doggy bags leave the restaurant—those personal pizzas were quite large. Not only was the food great, but our luncheon hosts **KRYSTA GERSTNER** from **FirstBank** (Krysta.Gerstner@efirstbank.com) and **MICHELLE KU** from **Addison Design** (michelle@AddisonInteriorDesignDenver.com) did a great job of arranging and co-hosting his luncheon.

We thank **our Luncheon Sponsor, LORNI SHARROW** of **Moye White**. Lorni spoke to the group about the reasons not to put off making plans and getting a will in place. She explained that the preparation you do now provides a much needed roadmap for your family and friends after you're gone. The people in your life will be grieving your loss, and any decisions you can make for them in advance takes away the wonder and the question, "what would he/she have wanted?" Most important, it is a relief to have this plan in place—something you can check off your list for the New Year perhaps? Lorni's topic was a big eye-opener to a lot of members, and we thank her for the information (and the nudge).

We also **thank our door prize donations**, we had a lot of great prizes that were given away. **Blackbird Public House** donated a \$50 restaurant gift card, **LIZ WENDLING** donated a copy of her book *The Unstoppable Business Woman*, and **LORNI SHARROW** provided not one, but two bags of wonderful swag from Moye White.

December Networking Luncheon

The historic **Brown Palace Hotel & Spa** is a very special venue, and we were fortunate enough to continue our tradition and host our holiday networking luncheon in the Club Room. Downtown is always festively decorated, and when you walk into the elegant hotel the decorations take your breath away. Our location on the second floor allowed us a 360 degree view of the two story lobby and all its holiday cheer. Many members walked around and took photos before lunch. The tree outside the Ship Tavern was also featured in many group photos; it was beautifully decorated.

Back by popular demand was the butternut squash soup, en croute which was a much anticipated beginning to a great meal. Our wonderful luncheon hosts were **PAM FOLEY** of **Lawford Solutions** (pfoleyrealtor@comcast.net), and **GINNY TAYLOR** of **A Better View Décor** (ginny@ABetterViewDecor.com). The ladies did a great job of hosting, and many attendees went home with **exciting door prizes**. We thank The **Brown Palace** for donating a one-night stay at the hotel, and **NANCY ALTERMAN** for

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Member News & Information

Alliance Thanks!

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donating a pair of Pakems lightweight packable shoes. Eight people took a beautiful 10 inch Poinsettia home for the holidays, courtesy of **EZ Fundraisers 4U**.

We heard from the Brown Palace's General Manager, **MARCEL PITTON**, and were amazed to hear how the hotel cares for its employees and their families. We also heard from **KYLIE**, a 16 year-old from **Excelsior Youth Center**. Excelsior Youth Center is one of the recipients of the Outreach Committee's volunteer support. Kylie's story, and the bravery it took to tell it, was truly inspiring. We work as an organization to give as much as we can, but Kylie was able to give us something in return, a story of what strength and courage can really do. We wish her all the best and thank her for sharing with us.

APW Christmas Wrapping Party



APW December Luncheon at the Brown Palace



New Members

Sending out a huge thank you to our members for all the great referrals to The Alliance of Professional Women.

Refer a New Member, Receive a Free Ad in the Newsletter! Sometimes when you have a good thing you want to keep it all to yourself, and sometimes you want to shout it from the rooftops. Feel free to shout your love for The Alliance of Professional Women from the rooftops and encourage your friends and co-workers to join. Anytime a referred member signs-up, we will list your business card ad in the Communiqué. **Happy New Year!**

Thank you to the following Alliance members who referred a brand new member since our last Communiqué: We are grateful to **ANNA KATHRYN GRESHAM** for referring **BONNIE HILL**. Also thanks to **LESLIE GARSKE** and **LORI SIEKMAN** for referring **DEBORAH SYKES**. We appreciate you sharing our fabulous organization and are pleased to run your business card ad as a small token of our appreciation in the next Communiqué newsletter.

[\[Back to What's Inside\]](#)

Member News & Information

New Members

BONNIE HILL - bonnie.hill98@gmail.com

MAUREEN WEST - maureen@maureenwest.net

CAROL VAN DYKE - carolvandyke@comcast.net

MICHELLE CARROLL - michellecarroll4@msn.com

TRACY WILLIAMS - Acent Solar: Director of Legal Affairs, tracywilliams71@gmail.com

DEBORAH WILTSHIRE SYKE - debsyke@gmail.com

MARILYN SACHS-RABIN, PH.D. – Licensed Clinical Psychologist, marsr88@comcast.net

New Member Profiles

It's fun to meet new people and welcome new members. I've done a little bit of interviewing to see what makes our newest APW members tick. Here's what I found out:

MAUREEN WEST joined The Alliance of Professional Women to meet more businesswomen. In her previous career she was very involved in the business community, and missed the connections. Maureen says, "women are also the decision makers for their own and family's healthcare, and I want to spread the importance of nutrition in our daily lives. Food Is Our Best Medicine! With the changes in health insurance coverage and more financial responsibility being shifted to the consumer, nutrition is one of the best preventive measures we can all take to ensure better health and healthy aging." Her hobbies include hiking, biking, snowshoeing, and walking. She became a **Certified Nutritionist** in January 2013 after a lifelong career in traditional healthcare (primarily health insurance plans). Her business is **Nutrition & Healthy Aging Solutions** and she meets with people locally, or out of town via Skype or telephone. Very few people know that she is one of nine children (wow). Her last memorable book was *All the Light You Cannot See* by **ANTHONY DOERR**.

BONNIE HILL joined the APW when she found herself at a crossroads in her professional life. After seven years in the nonprofit sector, she decided to explore new options. Her friend, an APW member, encouraged her to check us out. After attending a few events, she was very impressed with the women she met. She joined to meet new people, build her network, and learn from smart, savvy professional women. Her hobbies include spending time in the mountains to hike, ski, and mountain bike. She also enjoys volunteering to give back to the community. Bonnie is an **Independent Consultant** with **Rodan+Fields Dermatologists**. Very few people know that her basement contains enough serving dishes and party supplies to throw a large southern wedding (what time should we be there Bonnie?). She is currently reading *The Nightingale* by **KRISTIN HANNAH**.

DEBORAH SYKE was introduced to **LESLIE GARSKE** and **LORI SIEKMAN** last summer and was impressed by their professionalism and warmth. She took note that these intelligent, successful women were managing a career as well as a family life. They spoke highly of APW and its members, and after Deborah's first luncheon she knew she wanted to be a part of our organization. She notes that, "I was surrounded by successful, intelligent, friendly women that shared a common goal; giving more of themselves while managing their career and family life and being supportive of one another." She loves to cook, home remodel, and design, while still finding time to help her husband with his humanitarian foundation. She currently works for **Sotheby's International Realty**, selling residential real estate as a **Broker Associate**. A little known fact: she was a second Soprano from the age of eight until well into her college years, and took Opera lessons. The last book that had an impact on her was *I Declare* by **JOEL OSTEEN**.

BUSINESS SOURCES

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE



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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 for event information, event codes or contact for the event.

JANUARY 2016

S	M	T	W	T	F	S
					1 NEW YEAR'S DAY	2
3	4	5 Networking Events Committee Meeting 11:30 am - 1:00 pm, Natural Grocers, Colorado Blvd and Evans, LYNNE AMERSON lynne.amerson@myfw.com	6 Outreach Committee Meeting 5:30 pm Home of PAM FISCHER , 2218 Franklin Street, Denver 80205 MEGAN HENSON megliz814@gmail.com	7	8	9
10	11	12 Public Affairs CM Networking 7:00-7:30 am, Speaker-7:30-9:00 am, Zaidy's of Cherry Crk Nora Kelly 303-514-3143, nvkesq@gmail.com	13	14 Networking Luncheon 11:30 am - 1:00 pm, India's Restaurant, 8921 E. Hampden Ave. CLICK HERE to register	15 Coffee Connections 8:30 - 10:00 am, NEW/ISH location - Trompeau Bakery, 2950 S. Broadway LEIGH MILLER, 720-635-9991 millerleigh13@gmail.com	16
17	18 Book Club - Kick off Event 7:00 pm, Tattered Cover at Aspen Grove LEIGH MILLER, 720-635-9991 millerleigh13@gmail.com	19	20	21	22	23
31						

For more event information see PAGE 9 or visit www.apwcolorado.org

FEBRUARY 2016

S	M	T	W	T	F	S
	1	2 Networking Events Committee Meeting 11:30 am - 1:00 pm, Natural Grocers, Colorado Blvd and Evans, LYNNE AMERSON lynne.amerson@myfw.com	3 Outreach Committee Meeting 5:30 pm Location TBD MEGAN HENSON megliz814@gmail.com	4	5	6
7	8	9 Public Affairs CM Networking 7:00-7:30 am, Speaker-7:30-9:00 am, Zaidy's of Cherry Crk Nora Kelly 303-514-3143, nvkesq@gmail.com	10	11 Networking Luncheon 11:30 am - 1:00 pm Charcoal Restaurant WATCH for Registration link on Website...soon.	12	13
14 VALENTINE'S DAY	15	16	17 Member Support Committee Meeting 11:30 am, Woody Creek Bakery, DTC, MELISSA RICHARDS , www.melissarichards.com	18	19 Coffee Connections 8:30-10:00 am, NEW location: Espresso Americano at the Landmark, Greenwood Village. LAUREN KAPLAN , 303-912-2576 lauren@thekaplan.com	20
21	22	23	24	25	26	27
28	29	30				