

COMMUNIQUÉ



July/August 2014

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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

July Networking Luncheon

Join us for a casual summertime terrace seated **Networking Luncheon at Chinook Tavern in the Tech Center on Thursday, July 10!** Chinook serves a menu inspired by classic European Cuisine. We will have huge umbrellas to keep us cool and happy and if it should be rainy, we have a room inside. **Come join the fun!**

A new and prospective member orientation (to learn more about APW and meet some others) starts at 11 am. Open networking at 11:30 and we will sit at noon to lunch and network some more at the tables. We conclude by 1:00 pm.

Entrée Options:

Chinook Classic Pork Zuericher Geschnetzeltes - bratkartoffel, oven roasted vegetable medley and delicate curry cream sauce **OR**

Farmers Salad with Grilled Chicken - Applewood smoked bacon, hard-boiled egg, heirloom tomato, Amish Gorgonzola & Champagne vinaigrette **OR**

Quinoa Roasted Vegetable Piperade - toasted almonds, sun dried cranberries, crumbled goat cheese & mild mustard crème fraiche **OR**

Chinook Meatloaf - garlic mashed potatoes, sugar snaps, glazed carrots, creamy demi & goat cheese crumble

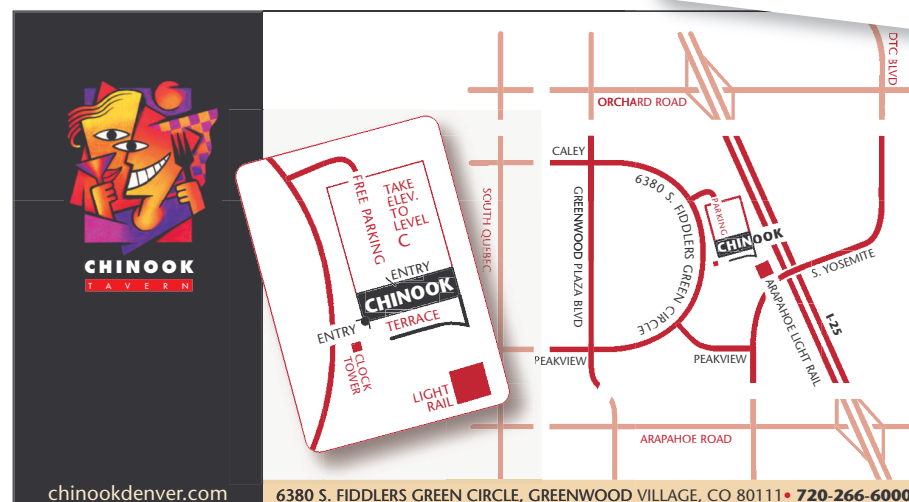
Beverage: Iced tea or lemonade

Cost: \$35 members; \$45 non-members

Registration: Due by 5:00pm, Monday July 7, \$5 late fee afterwards

Luncheon Sponsor: Lee Lipniskis of Core Contractors • Roofing + Restoration.

CLICK HERE to Register



chinookdenver.com

6380 S. FIDDLERS GREEN CIRCLE, GREENWOOD VILLAGE, CO 80111 • 720-266-6000

Roofing's Leading Lady

I am the Operations Manager at Core Contractors, Inc., a local roofing and restoration specialist, established in 2001.

I moved to Denver 7 years ago to pursue a career as an insurance adjuster after graduating from Ball State University with a degree in Risk Management and Insurance. During those 7 years, I worked for numerous national companies including Farmers, Travelers, and American Family.

After meeting Core's owner, Andrew Schmidt, on a roof and experiencing how Core treats their customers and insurance personnel, I was blown away by their customer service, professionalism, and integrity.



Doing it Right Matters.

In 2012, I **"hung up my ladder"** and joined Core to use my personal and professional experiences in navigating the insurance claims process. Core's purpose statement of **"Doing it Right Matters"** resonated with my personal philosophy which is to take responsibility for developing positive relationships and providing exceptional care for each customer.

From planning through production, variables change often and quickly on construction and roofing sites, but we excel in managing these jobs with a focus on customer service. I have found that with **great communication**, we can successfully navigate almost any situation.

The construction industry does not offer many opportunities for me to form relationships with other professional women, so I always look forward to my Thursday lunches with the ladies of the APW.

Lee Lipniskis, Phone: 720-383-1110, e-mail: llipniskis@coredoes.com

For more information on Core Contractors Inc., visit www.coredoes.com.



Leadership**EXECUTIVE COMMITTEE**

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Immediate Past President
Daniels College of Business
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Creative Financial Staffing of Colorado

BOARD MEMBERS

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and **Charlene Wilson**

APW Networking Workshop

Perfect Your Networking Skills with the APW.

Make the most of your APW membership by attending this (free to members) **networking workshop** on Wednesday, **July 23**, 6:00 – 8:00 PM at the Deloitte Office, 555 17th Street, Suite 3600, Denver 80202.

Is this you: You walk into an APW luncheon and don't know who to start talking to? Or perhaps you talk to the same three women every month? Or, you wonder just what soft networking is?

Some of us were born networking. For the rest of us, networking doesn't come naturally. If **you're new to networking, trying to build your network or just want to break out of your rut**, then **this workshop is for you**. Learning to network is just like learning any new skill. This workshop will help you build your confidence in order to maximize your time at APW events and network like a pro. Learn how to circulate the room with ease. Discover how to get out of a corner. Find out how you can break into a conversation. All of this in a fun and relaxed environment with wine and appetizers.

Do you have co-workers, friends, or clients who could use this kind of training? Guests are welcome and only \$10 to attend.

Workshop Presenters are: **LISA AUSTIN - The Service Factor Training Company**; **CINDY ROLD - Maverick Coaching & Speaking**; and **DANA LYNCH - Elements of Image**.

CLICK HERE
to Register



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

When: Friday, **July 18**, 2013, 8:30 to 10:00 am

Where: **Corner Bakery**, 500 16th Street #150 Denver Pavilions

RSVP: **LESLIE GARSKE** lgarske@BAMadvisorygroup.com or 720-635-2686 to RSVP

When: Friday, **August 15**, 2013, 8:30 to 10:00 am

Where: **Woody Creek Bakery**, 5073 S. Syracuse Street, Denver, 80237

RSVP: **LARUEN KAPLAN** lauren@thekaplans.com or 303-912-2576 to RSVP

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

August Networking Luncheon

SAVE THE DATE of August 14, for a fabulous family style sushi lunch at Sushi Hai. The restaurant is located at 3600 W. 32nd Avenue, Unit D, Denver, CO 80211, in the Highlands area of Denver. We will have yummy appetizers, salad, sushi and dessert served on platters per table.

Registration: Due by 5 pm Monday, August 11.

Luncheon Sponsor: JAYNE SANDERS, Scientific Hand Analyst and Purpose Coach.

Jayne will be offering a **FREE** full hand analysis (value \$500+) for the door prize drawing! The winner will discover their innate life purpose, special gifts and talents, blind spots, and much more. In return for this generous donation, Jayne requests a short testimonial from the winner about the power and inspiration of their hand analysis experience



Article from Our August Luncheon Sponsor

Jayne Sanders, Precision Wisdom™ Scientific Hand Analyst and Purpose Coach

Everything about who you are and why you're here is in your hands!
And it is SCIENTIFIC, not palm-reading, not predictive, and shockingly accurate.

After an MBA and over 25 years in the corporate world, Jayne grew bored and unfulfilled. She knew at some level she was meant to make a bigger difference, and help people in deeper ways.

After 3 months of searching for her life purpose, she found Scientific Hand Analysis (SHA) and her life hasn't been the same since!

She now wakes up excited and inspired about her life and work every day...she had forgotten what that felt like. Her passion now is helping others feel that same way!

Using Scientific Hand Analysis, Jayne reveals:

- Your innate life purpose...how you are meant to make a difference in the world and leave your legacy
- Any special gifts and talents
- Blind spots and challenges
- Relationship style, and much more!

Then Jayne guides you through those challenges and blocks into your purpose-based life and work for more joy, fulfillment, and profits!

The science part? This technology was developed over 40 years, analyzing 15,000 pairs of hands, and then tested on another 50,000 pairs of hands. The accuracy is, in clients' words, 'jaw-dropping.' Other words clients use to describe SHA include amazing, fascinating, life-changing, cathartic, and freaky accurate.

As a new resident of Denver, Jayne is very happy to have found APW and excited to sponsor August's luncheon.

JAYNE SANDERS • www.precisionwisdom.com, 303-828-8333



You are Invited!

Please
Join Us!

Helping Women
+ Changing Lives

Thursday, September 11, 2014

Helping Women + Changing Lives

Annual Philanthropic Luncheon

benefiting

The Alliance's Village Bank, Scholarship and Outreach programs

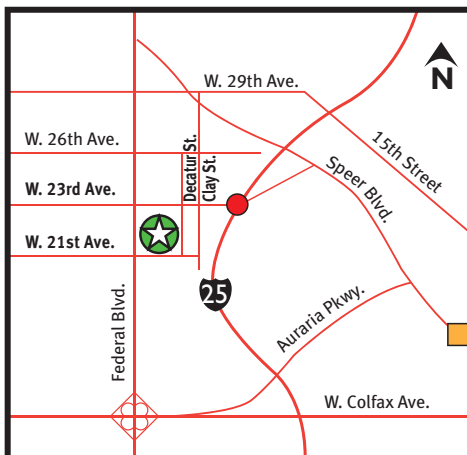
Time: 11:30 am – 1:00 pm **Location:** PPA Event Center, 2105 Decatur Street, Denver

Cost: NO CHARGE to attend



FOR MORE EVENT INFORMATION

OR to find out how to become a sponsor please contact **Niki Sparks**
at alliancefoundation1@gmail.com or **303-229-5003**.



PRESENTED BY



DIRECTIONS

I-25 to 23rd Avenue Exit #211, West to Clay Street,
South on Clay Street to 21st Avenue, West on 21st
Avenue to Decatur Street

PPA Event Center , **2105 Decatur Street**,
is on the corner of 21st Avenue and Decatur Street

 PPA Event Center  23rd Avenue Exit  Downtown Denver

APW Members Golf and Networking

Get in the Swing of it: APW Golf and Networking Mondays

This year **The Alliance of Professional Women launched an after hours golf and networking group**. The kick-off was Friday, May 16 with a clinic followed on Monday with 9 holes at the Foothills Golf Executive Course. We had a great group of women play on a lovely, sunny evening. With groups teeing off around five, we were finished by seven to enjoy a drink and snacks on the deck.

Ladies with all levels joined from first time golfers to experienced league players. Together we encouraged, laughed and cheered each other on.

Our next time out will be **Monday, July 21**. Registration information is found below. Come join us!



Join this members-only play and fun way to build your APW friendships, business connections and exercise your mind and body.

Play Dates; all on the third Monday of the month:

- July 21 at 4:30 pm ** Register by 3:00 pm, Friday July 18
- August 18 at 4:30 pm ** Register by 3:00 pm, Friday August
- September 15 at 4:30 pm ** Register by 3:00 pm, Friday September 12.....

[CLICK HERE](#) to Register

[CLICK HERE](#) to Register

[CLICK HERE](#) to Register

We have space reserved for 20 players for each play date—Members only event. We welcome all levels of players to join us. Don't delay in signing up and miss this fun way to golf with other APW members. Stay afterwards for an informal social at the Foothills Grill.

Cost: \$17 per person per play date. You are welcome to join us for one evening or the remaining evenings.

We will be playing the Executive 9 Course at Foothills Golf Course, located at 3901 S. Carr Street, Denver 80235, 303-409-2400 www.foothillsgolf.org

Reserve your spot by registering on **BlackTie** through the APW website www.apwcolorado.org ** Registration will be closed on the Friday before each play date at 3:00 pm. There will NOT be any refunds or late registrations available.

Contact: KATHRYN TRUAX at Kathryn.truax@wfadvisors.com or JOANN PETERSON at joanne@newworldoffice.com for additional information.

Public Affairs Meetings

No meetings for July and August – we will resume in September. Have a great summer!

Luncheon Sponsors

Alliance Foundation
June 2013
Laura Srsich, Eidy Bailly
July 2013
Leigh Miller, Juice Plus+
September 2013
Elizabeth B. Moore
Ryan, Gunsauls & O'Donnell, P.C.
November 2013
Laura Kaplan
Rodan + Fields
March 2014
Alliance Foundation
June 2014
Lee Lipniskis, Core Roofing
July 2014
Jayne Sanders,
Hands To Success, Inc.
August 2014
*Interested in becoming a Networking
Luncheon Sponsor? Call 303-368-4747*

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Sustaining Alliance Member

Susan Borgos
Kate Hagerty
Jill Klancky

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

Communiqué Committee

Pauline Huddleson, Editor
Sandy Smith, Co-Chair
Cindy Rold

APW Summer Happy Hour— A Fun Time Had!

Thursday, June 5, was the **Third Annual APW Outreach's Summer Happy Hour and White Elephant Event**. This year, instead of bras or business attire, we asked everyone to bring school and art supplies for the young ladies at **Excelsior Youth Center** and a lightly used accessory for our White Elephant Exchange. This resulted in quite a haul for the Youth Center and a fun White Elephant event.

Thanks to The Advocates, who donated their space free of charge, we were able to hold our event in the Denver Skyline, on their rooftop patio downtown. The views were incredible!! The tasty assortment of finger foods was supplied by **Painted Bench Catering**. They were wonderful to work with and did a great job.

With almost 40 women (and some men) in attendance, it was a wonderful opportunity to network and have fun, as well as provide well-needed supplies to Excelsior. We enjoyed listening to the four young women who shared their stories of how their lives were turned around by this amazing program. The young women were well-spoken and had clear direction in their lives.



We left the event wondering how we could do more to help. If you are wondering, contact our own **KAREN ROSEN**, who is the director of development, at 303-693-1550 x331 or KarenR@excelsioryc.org.

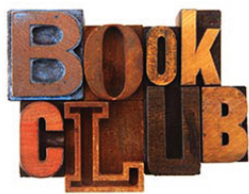
If you could not make this year's event, we hope you will join us for an even more wonderful event next year. **To find out more or join the Outreach Committee**, please contact **SHAE THURMAN** at 720-984-7157 or **JAIMEE REED** at 480-204-2517.

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 Pauline Huddleson at execd@apwcolorado.org

QUARTERLY
BUSINESS**NEW:**

Our first APW Business Book Club was attended by 13 members. We discussed, *Lean In*, by **SHERYL SANDBERG**--a book about Women, Work and the Will to Lead. We shared our impressions and thoughts about the book and some real life differences in how men and women approach things differently. All had a great time getting to know one another and learning what each other did for professions.

We enjoyed delicious appetizers and had plenty of good wine to drink. Thanks to **KRISTI SULLIVAN**, our gracious host, **LEAH DIRKS** for researching discussion questions and to **JULIE SEQUEIRA** for printing discussion questions and leading the lively discussion. **Thank you also to all who brought snacks and wine to share.**

SAVE THE DATE for the **next book club: September 16**, 5:30 – 7:30 pm. We will meet at a private home at 5232 W. Geddes Place, in Littleton, CO 80128.

Book: *The Four Agreements*, by Don Miguel Ruiz

Join us as we discuss our next book – In *The Four Agreements*, **Don Miguel Ruiz** reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

***The Four Agreements*:** Be impeccable with your word; Don't take anything personally; Don't make assumptions; Always do your best.

Come with a snack or bottle of your favorite wine to share. Also come prepared to discuss the book and how you can put *The Four Agreements* into place in your own life.

Networking Luncheon Sponsor – Sign Up Now!

Showcase your business! Starting in February of 2015, the Alliance is offering 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. This full-color, formatted newsletter e-mail is distributed to over 1,500 professional women in Denver!
- Exclusive distribution/display of materials at place settings or on chairs at luncheon.
- Business cards or electronic spreadsheet of all luncheon attendees collected and sent to you after luncheon.
- Recognition as a sponsor at each of the monthly luncheons.
- Active link to your company website on the front page of APWcolorado.org. This 12-month listing will boost your own website's search engine ratings because APW consistently returns top level results in search queries.
- Highlighted as a sponsor in the Communiqué every other month with a feature article on the sponsor during the month of your sponsorship.
- Spotlight piece on you as a sponsor, a month after your sponsorship, in the Communiqué

The cost of a Network Luncheon Sponsorship is \$300. Sole Proprietors may split the cost and benefits of hosting a network luncheon. Our member feedback has been that it takes approximately three weeks to one month to recoup the cost of business gained through exposure at the luncheon and in our newsletter.

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

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Networking?

Parts three and four of the 10 important principles for effective business networking follow.

You can find part one and two (Elevator Speech and Be Different) in the May/June Communiqué on our website, under Newsletters.

3. Help Others

We've all heard it before, "it is better to give than to receive". When it comes to networking; helping others extends beyond your line of work. Networks of people are complex and networking is about working within that system of complex people. Sometimes you can't see exactly how or why the network is working for you. Good deeds tend to produce positive effects. The giver builds a reputation and trust is built often times resulting in referrals. You become known as a helpful person, word spreads and your reputation grows.

4. Keep your Integrity, Build Trust and Reputation.

ALWAYS keep your integrity. We are all human and mistakes happen. If you do make a mistake or a wrong decision, always admit it and apologize. Failing to acknowledge the mistake and apologize damages your reputation far more than the original error itself.

Integrity is essential in order for trust to develop. If your potential customer doesn't trust you this will most likely prevent a successful business networking relationship. Building trust requires empathy, being a great listener and being genuinely interested in others. Access to key decision makers is almost impossible to obtain until a high level of trust is established. Also remember to follow up. Following up is essential in building trust and reputation. Be the kind of person that is considered reliable, dependable. In other words, when you say you will do something you will do it.

See the September/October Communiqué for the fifth and sixth key principles for effective networking: Seeking Relevant Groups and Planning your Networking.

Contributed by: **Melissa Richards**, CRS, Realtor, Fuller Sotheby's International Realty, www.melissarichards.com, 303-520-0926

Going To Bed Like A Queen

When I was asked and given this wonderful opportunity to write for our APW newsletter - perhaps a little more on how I restored my health (physical, mental, emotional and spiritual) and some tips for you on how you can reclaim yours - I must admit this: there are no quick fixes. It takes time, dedication and commitment to restore the health, vitality and energy levels you deserve and to do this in natural ways —no side effects— (re)creating your health from the inside out. There are no tips that work for all in the same way, as we all have unique personalities, body types, constitutions and our very own unique ways of processing information. I am letting you know this just in case you wonder why something worked wonderfully for your friend and not for you. That being said, over the past 5 years I learned a wide variety of strategies, techniques and tools —my very own huge bag of tricks:)— based on ancient knowledge of Ayurveda (the science of life), Traditional Chinese Medicine and Modern Neuroscience as I was exploring my body/personality type, constitution and unproductive behaviors and learning how to "master myself". It is as Lao Tzu said: "Mastering Others is Strength. Mastering Yourself is True Power."



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Going To Bed Like A Queen

Continued from Page 9

However there is one strategy that will work for all, one crucial way to create a peaceful state of mind, a sense of happiness (or at least contentment if happiness seems too far out of your reach right now), something that will create a sense of empowerment, from the inside out, if you do it consistently, and with great intention.

Let me explain a bit more about the neuro-linguistic processes at work here first.

Our subconscious mind never stops working and records everything, constantly, 24/7. Nothing escapes it. Thoughts, and consequently the feelings they create, if left unchecked, will magnify exponentially, all the time and especially overnight. The thought(s) you go to bed with at night will continue to “grow” all night, subconsciously. If you go to bed after a stressful day, feeling exhausted, unhappy, frustrated, angry, overwhelmed, sad... thinking you will surely feel better in the morning, this will not be so. You will most likely feel even worse in the morning.

Great news, there is something you can do to break this pattern. **You can treat yourself, every night, to go to bed like the queen you are.**

What makes you feel like a queen?

- A nice long soak in a bath tub, with some bath salts, essential oils?
- Listening to your favorite soothing music, perhaps with nature sounds?
- Light a few candles?
- Calling someone to tell them you love them?
- Doing some graceful stretches, perhaps your favorite yoga poses, or perhaps some Tai Chi or QiGong dynamic movements, knowing that this way you are taking care of the most wonderful and fascinating human “technology” your body truly is.

Don't eat too late. No alcohol either. Both are very damaging to your liver and spleen/pancreas system, overloading them at a time when you are ready to rest and rejuvenate.

Breathing and mindfulness meditation are an essential part of this ritual. **Mind-ful-ness as in, filling your mind with great thoughts:** “I am amazing, I am beautiful, I am growing”, even if you don't quite believe this yourself just yet. Adding incantations like this will work, if done consistently.

These empowering thoughts you think about yourself, and treating your body well, will also magnify overnight.

Nothing is more important than your state of mind, your happiness and your health. From there you can handle all the wonderful challenges in your life. Life never gives you anything you can not handle. You are here to learn and grow. Create a harmonious state of mind first and then act from it.

Make this a consistent bed time ritual. Do it daily, for at least 30 days —no skipping on weekends. Why is consistency so very important? Modern neuroscience has proven that it takes 30 consecutive days to form new neural pathways and create new and productive behaviors and lasting change.

Shall we start by treating ourselves in the evening like the wonderful persons we truly are?



Contributed by **Brigitte Haegdorens**, Massage Specialist and Instructor of the Wellbeing Method, Neo Martial Arts, TaiChi-QiGong, Modern Yoga and Meditative Archery Instructor, Modern Feng Shui Practitioner. 720-480-9092, www.lovingheartsacademy.com

Alliance Networking Opportunities

WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: Tuesday, **July 1**, and **August 5**, 11:30 am – 1:00 pm

Where: **Vitamin Cottage**, Colorado Blvd and Evans

RSVP: **GINNY TAYLOR** ginny@abetterviewdecor.com, or 720-333-6934

WHAT: OUTREACH COMMITTEE MEETING

When: Wednesday, **July 2**, and **August 6**, 5:30 pm

Where: Home of **PAM FISCHER** 2218 Franklin Street, Denver, CO 80205

RSVP: **SHAE THURMAN**, shae.thurman@edoxusa.com or 720-984-7157

WHAT: JULY NETWORKING LUNCHEON

When: Thursday, **July 10**, 11:30 am – 1:00 pm

Where: **Chinook Tavern**, 6380 S. Fiddlers Green Cir., Greenwood Village, CO 80111

Cost: \$35 for Alliance members and \$45 for guests
Pre-registration by 5 PM, Monday, July 7, is needed!

RSVP: [CLICK HERE](#) to be there!

Sponsor: **LEE LIPNISKIS, Core Roofing**

WHAT: JULY, APW MEMBERS GOLF & NETWORKING

When: Monday, **July 21**, 4:30 pm

Where: **Foothills Executive 9 Course**, 3901 S. Carr St., Denver 80235

Cost: \$17 per person each date

RSVP: [CLICK HERE](#) to register! Registration needed by 3:00 pm Friday, July 18. No refunds or late registrations are available.

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: On summer break July and August, see you back in September

WHAT: COFFEE CONNECTIONS--DOWNTOWN

When: **July 18**, 8:30 – 10:00 am

Where: **Corner Bakery**, 500 16th Street #150 Denver Pavilions

RSVP: **LESLIE GARSKE** lgarske@BAMadvisorygroup.com or 720-635-2686

WHAT: APW NETWORKING WORKSHOP

When: Wednesday, **July 23**, 6:00 – 8:00 pm

Where: **Deloitte Office**, 555 17th Street, Denver 80202

Cost: APW members are free, \$10 guests

RSVP: [CLICK HERE](#) to register

WHAT: AUGUST NETWORKING LUNCHEON

When: Thursday, **August 14**, 11:30 am – 1:00 pm

Where: **Sushi Hai**, 3600 W. 32 Ave, Unit D, Denver 80211

RSVP: See our website soon for an RSVP link

Sponsor: **JAYNE SANDERS, Precision Wisdom, Inc**

WHAT: COFFEE CONNECTIONS--SOUTH

When: Friday **August 15**, 8:30 – 10:00 am

Where: **Woody Creek Bakery**, 5073 S. Syracuse Street, Denver, 80237

RSVP: **LARUEN KAPLAN** lauren@thekaplans.com, or 303-912-2576

WHAT: AUGUST APW MEMBERS GOLF & NETWORKING

When: Monday, **August 18**, 4:30 pm

Where: **Foothills Executive 9 Course**, 3901 S. Carr St., Denver 80235

Cost: \$17 per person each date

RSVP: [CLICK HERE](#) to register! Registration needed by 3:00 pm Friday, August 15. No refunds or late registrations are available

WHAT: MEMBER SUPPORT COMMITTEE MEETING

When: Wednesday, **August 20**, 11:30 am

Where: **Woody Creek Bakery**, DTC

RSVP: **LEAH DIRKS**, leah.dirks@efirstbank.com

WHAT: NEW: QUARTERLY BUSINESS BOOK CLUB

When: Tuesday, **September 16**, 5:30 pm

Where: 5232 W. Geddes Place, Littleton, CO 80128

RSVP: **PAULINE HUDDLESON**, apwcolo@yahoo.com or 303-368-4747

Book: *The Four Agreements*, by Don Miguel Ruiz

Join us as we discuss our next book – In *The Four Agreements*, **Don Miguel Ruiz** reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

Other Networking Opportunities

WHAT: CAMPEXPERIENCE™ 9TH ANNUAL WOMEN'S CAMP

When: **September 19-21**

Where: **Cheyenne Mt Resort** in Colorado Springs

You will find complete camp details and registration for 2014 camp plus any Pre-Camp events at www.CampExperience.com.

Member News & Information

New Members

RACHEL CLARK—Attorney at Law, 303-875-7205,
rachelclark4213@yahoo.com

ANGELIA MCGILL—Tax Manager, **Bauerle and Company**,
303-759-008, amcgill@bcdenver.com

BEENA KAVALAM—CEO, **Personal Revolution Coaching**,
720-445-6419, beena@personalrev.com

MEGAN HENSON—Sales Coordinator, **Intelligent Office**,
303-398-7000, megliz814@gmail.com

JAYNCE SANDERS—President Personal or Professional Coach,
Hands To Success, Inc., 303-828-8333,
jayne@precisionwisdom.com

ANDRA BLANARIU—Tier I Support, **Bauerle and Company**,
423-320-8417, beauandrab@yahoo.com

ANN WOLTA BLACKSTONE—LPGA Teaching Professional,
LPGA, 303-940-8626, annwoltagolf@aol.com

AMBER SCHENROCK—Registered Representative,
Transamerica, 303-548-9066, amberschoenrock@gmail.com

ELLEN SCHAEFFER—Commercial Producer,
Riverbend Insurance, 303-331-0100, eschaeffer1@comcast.net

LEI MUEHLBAUER—Principle, **LoHi Capitol, LLC**,
917-982-5506, Lleichen@gmail.com

TRINITY CLANCY—Insurance Broker, **Infinity Insurance Strategies**, 303-495-9669, perfectpolicytc@gmail.com

BRIGITTE HAEGDORENS—Massage Therapist & Instructor,
Loving Hearts Academy, 720-480-9092,
brigitte@haegdorens.com

CARI HARRIS—Independent Sales for **Etcetera Xcessorize LLC**, 303-964-0774, timirac4@gmail.com

REGINA ROTH—Broker Associate, **Dwell Elite Homes Real Estate, LLC**, 303-895-8025, ginarothrealestate@gmail.com

KERRY HAMMOND—Director, **Greenwald & Hammond, P.C.**,
303-832-2550, Kerry@greenhamlaw.com

SHANNON MARTIN—Manager, **Olinger Mortuaries & Cemeteries**, 303-771-4636,
Shannon.Martin@DignityMemorial.com

STEPHANIE JOHNSON—Holistic Health Coach, **Eat & Think Healthy, LLC**, 720-331-2483,
stephaniejohnson@eatandthinkhealthy.com

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New Member Profiles

BRIGITTE HAEGDORENS—Massage Therapist & Instructor, **Loving Hearts Academy**, 720-480-9092, brigitte@haegdorens.com

1. Why did you join the Alliance of Professional Women? I joined the APW to connect with other women professionals in our community, to benefit from their extensive experience and expertise and to share mine — women supporting women to take charge of their lives, to allow passion that impacts the world, and to contribute wonders to our world.

2. What are your hobbies? My hobbies are my life: Massage — Modern TaiChi, QiGong and Yoga — Painting. I am bringing massage to an unprecedented level with a new innovative method called “The Wellbeing Method” which restores the health, vitality and energy you deserve. Going “beyond” massage this is the “art of touch” at its best.

I train continually in a series of innovative therapies for mind, body and soul. They are: Modern Martial Arts, Neo Archery, Neo TaiChi-QiGong, Modern Yoga, Modern Feng Shui and Neo Integrative Medicine (and more:). And I love to paint.

3. What is your position/business? My business is the Loving Hearts Academy. Sharing love and true care for the health and wellbeing of others through massage and a wide variety of dynamic therapeutic movement programs to restore health and wellbeing is our goal, inspiring others to lead the life that they truly desire and deserve. To be able to do this, your health is the #1 priority. We also train others in our new massage method (for professional training and personal enrichment and enjoyment — when you know how to give an amazing massage you are welcome any where in the world!) and offer instructorship opportunities for our dynamic movement programs.

4. What is something that few people know about you? I reclaimed my health: 5 years ago I was desperate, having been in constant lower back pain in some form or fashion for over 25 years (bulging discs, degenerative disc disease) to the point where I could not sleep any more. I was headed for back surgery. To top it all off everything started to hurt (fibromyalgia). I was completely exhausted. My memory was gone. And thus I set off on the most amazing adventure of my life. I moved to Colorado with three huge battle cries: I want my body back, I want my mind back, I want my heart back. And I did! With all natural ways! It was not easy; it was not insta-matic. It took dedication and commitment. I now have the health and vitality I truly deserve to create my most fascinating life ever, sharing with others what I have learned and continue to learn.

AMBER SCHENROCK—Registered Representative, **Transamerica**, 303-548-9066, amberschoenrock@gmail.com

1. Why did you join the Alliance of Professional Women? It was the first networking group that I felt was actually geared toward building relationships and people versus just trying to get more clients/connections. I also love the philanthropic arm of the organization.

2. What are your hobbies? My hobbies are hiking, painting, traveling, dining out to new places. I love trying and experiencing all that life has to offer.

3. What is your position/business? I am an Independent Associate with Transamerica - I am building a business to help people become financially independent.

4. What is something that few people know about you? I have a desire to climb Mt. Everest.

KERRY HAMMOND—Director, **Greenwald & Hammond, P.C.**, 303-832-2550, Kerry@greenhamlaw.com

1. Why did you join the Alliance of Professional Women? I attended a luncheon and felt so welcomed and comfortable. It was great to get to know people who are passionate about a much needed women's organization.

2. What are your hobbies? My hobbies are reading, writing, walking, plays, movies, concerts.

3. What is your position/business? I am a Bankruptcy Attorney.

4. What is something that few people know about you? I am an introvert.

REGINA ROTH—Broker Associate, **Dwell Elite Homes Real Estate, LLC**, 303-895-8025, ginarothrealestate@gmail.com

1. Why did you join the Alliance of Professional Women? I joined to meet and learn about a diverse group of women that support each others business endeavors.

2. What are your hobbies? My hobbies are traveling, snow boarding and gardening.

3. What is your position/business? I am Realtor with the New Era Group.

4. What is something that few people know about you? I spent a year backpacking around the world visiting 27 countries.

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

New Member Profiles Continued from Page 13

CARI HARRIS—Independent Sales for **Etcetera, Xcessorize LLC**, 303-964-0774, timirac4@gmail.com

- 1. Why did you join the Alliance of Professional Women?** I was looking for an opportunity to participate with a strong community of women in developing or furthering causes that would enhance opportunities for women. I also wanted to be able to connect in a relaxed atmosphere to learn new work strategies, meet interesting dynamic women, while at the same time offer my services selling Etcetera's designer fashions by creating individualized lifestyle branding for busy women on the go.
- 2. What are your hobbies?** My hobbies are traveling with my family, gardening, bike riding, hiking, and reading.
- 3. What is your position/business?** My position is designer fashion sales representative for Etcetera-Carlisle.
- 4. What is something that few people know about you?** I have studied astrology for 20+ years.

JAYNCE SANDERS—President Personal or Professional Coach, **Hands To Success, Inc.**, 303-828-8333, jayne@precisionwisdom.com

- 1. Why did you join the Alliance of Professional Women?** I love working, playing, serving, and networking with other amazing women. I just moved to the Denver area a few months ago, so what a great way to meet others and have some fun!
- 2. What are your hobbies?** I am a horse freak! I love riding my horse (Comet, a chocolate-colored Paso Fino) on trails in nature, the more woods the better! I got involved with horses as an adult, and dove in 100%. They are such loving, intuitive, spiritual teachers.
- 3. What is your position/business?** As an Innovative Purpose Coach and Scientific Hand Analyst, I help people discover or confirm their innate life purpose, how they are uniquely meant to make a difference in the world, and then identify the ideal work that expresses that purpose to bring them more joy, fulfillment, and abundance.
- 4. What is something that few people know about you?** After horses and nature, my third addiction would be dark chocolate, but only the really good kind...I am a dark chocolate snob.

MEGAN HENSON—Sales Coordinator, **Intelligent Office**, 303-398-7000, megliz814@gmail.com

- 1. Why did you join the Alliance of Professional Women?** I joined the Alliance of Professional Women looking to meet and network with other strong, intelligent women who are passionate about what they do and motivated to drive their business. I'm also still somewhat new to the area and wanted an opportunity to meet and get to know some other women with some of the same interests that I have.
- 2. What are your hobbies?** My hobbies include reading, trying to force my cats to snuggle with me (they usually win and ignore me), drinking wine, socializing with friends and family, hiking, and eating.
- 3. What is your position/business?** I am the Sales Coordinator at the Cherry Creek location of Intelligent Office. We offer virtual business solutions for professionals of all types and fields including virtual mailing address, virtual meeting spaces, and virtual receptionist services.
- 4. What is something that few people know about you?** I would say that the one thing that few people recognize about me is that, as I get older, I can be a little shy about meeting new people and making new friends. Oh yeah, and that I like my 2 cats. (Just kidding on that last one - it's pretty obvious).

Anniversaries

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

29 years

MELINDA HARPER Harper Hofer & Associates, LLC

28 years

DENISE MILLS Mills & Weitzenkorn, P.C.

18 years

DEB ARMBRUSTER Retired

17 years

KAREN ROSEN Excelsior Youth Center

16 years

SHEILA DREW Creative Financial Staffing of Colorado

5 years

SAMANTHA DARDANO Dardano Properties - Metro Brokers, Inc
Greenwald & Hammond, PC

MINDY GREENWALD

4 years

MEREDITH RILEY Kutak Rock, LLP

2 years

NANCY THAUETTE Arbonne International
Coordinated Financial Services, Inc.
KELLY JAMES Coordinated Financial Services, Inc.

TORI HENRY

2 years

SHANNON DOMAILLE Lutz Zuber & Associates, LLC

1 year

FRANCE LAVIN France Lavin Design
DANA GLEASON Obermeyer Asset Management
LAURA WURMBRAND Elkus, Sisson & Rosenstein, P.C.
KIM FINNESTEAD JFS at Home
RACHEL TRUMAN White and Steele, P.C.
VICKI CREEL Harper Hofer & Associates, LLC
GLORIA PADILLA DE GARCIA Harper Hofer & Associates, LLC
LAURA FULLER White & Steele, P.C.

Alliance Thanks!

May Networking Luncheon

We had another wonderful Member Appreciation Networking Luncheon in May. **The Denver ChopHouse** provided a delicious meal with 98 members and guests in attendance. Our speaker **MATTY D'AMATO** Founder of **Love Grown Foods** had an inspiring story on the history of her company and generously added to the swag bags everyone received. We thank our Bag (container) Sponsor—**FirstBank** for the sash bags and we send our thanks to each member who contributed to the great swag bags; they were loaded this year! We hope you have taken advantage of some of the offers and opportunities provided.

Thank You Bag Sponsors we appreciate your swag bag gifts:

NANCY ALTERMAN	Packems
HEATHER CONWAY	Intuitive Balance Acupuncture
JEANE DOLE	à la carte DESIGN
PAMELA DOMBROWSKI WILSON	The Care Navigator
LESLIE GARSKE	AXA Advisors, LLC
KRYSTA GERSTNER	FirstBank
WENDY GLAZER	Kentwood Company
JENNY GLICK	Counseling Center of Cherry Creek
LIANE HEGGY	Schuchat, Herzog & Brenman, LLC
JOANNA JOHNSON	E2 Business Gifts
JILL KLANCKE	Klancke & Cook, Attorneys at Law
SIDNEY LAPIDUS	Qb Worx Consulting
BRENDA MAHONEY	CABi-Independent Consultant
LEIGH MILLER	The Juice Plus +Company
KATHERINE MOELLER	Ryan, Gunsauls & O'Donnell, P.C.
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JAIMEE REED	Cairn Insurance Services
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LAUREN ROTH	Advanced Reproductive Medicine
HEATHER RZEPIENNIK	Halo Branded Solutions
LORNI SHARROW	Moye White, LLP
KAREN SHIRLEY	Holmes Shirley Law
KRISTI SULLIVAN	Sullivan Financial Planning, LLC
GINNY TAYLOR	A Better View Décor
KATHRYN TRUAX	Wells Fargo Advisors
LEE WEISBARD	Lee Weisbard, DDS
BETSY WIERSMA	CampExperience™

We **thank** **CINDY ROLD** and **KATHRYN TRUAX** for helping us to secure the great APW gift secured from the women in Guatemala; they were cute little woven bags. Congratulation **KRISTI SULLIVAN** and **LESLIE GARSKE** for winning the Member of the year award! Our host for the event, **KATHRYN TRUAX** and **ANNE MOORE** did a great job. We **thank the entire Networking Committee** for all the work that went into planning and executing a very nice event – well done!

June Networking Luncheon

We had another super event at the beautiful **Denver Country Club** on June 12. **Nancy Thauvette** with **Arbonne International** and **KRYSTA GERSTNER** of **FirstBank** did a very nice job of planning and hosting this event. We **thank our Luncheon Sponsor, The Alliance Foundation** for the lively presentation covering the upcoming **Helping Women + Changing Lives** event scheduled this year for **September 11, 2014**. The luncheon meal and service at the Denver Country Club was great and everyone looked fantastic!

We also **thank The Foundation for their door prizes**, **BRENDA MAHONEY** for the CaBi scarf and gift certificate, and **JOANNE PETERSON**, for securing tickets to the Wild Animal Sanctuary. What a good time we had!

New Member Referrals

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

Thank you to the following Alliance members who have referred a brand new Alliance member since our last Communiqué. We are grateful to **KATE HAGGERTY** for referring **JAYNE SANDERS**, **MINDY GREENWALD** for referring **KERRY HAMMOND**, **LEIGH MILLER** for referring **ANN WOLTA BLACKSTONE**, **NANCY THAUETTE** for referring **AMBER SCHOENROCK**, **DANA LYNCH** for referring **CARI HARRIS**, **SHEILA DREW** for referring **LEI MUEHLBAUER**, and **ANN BRODERICK** for referring, **ANDRA BLANARIU** and **ANGELIA MCGILL** and **CHELSEY BURNS** for referring **STEPHANIE JOHNSON**. We appreciate you sharing our fabulous organization and are pleased to run your business card ad as a small token of our appreciation in an upcoming newsletter.

Receive a FREE ad for referring new members to the 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.

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

Business Sources

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

JULY 2014

S	M	T	W	T	F	S
		1 Networking Events Committee Meeting 11:30 am - 1:00 pm, Vitamin Cottage, Colorado Blvd and Evans, GINNY TAYLOR ginny@abetterviewdecor.com or 720-333-6934	2 Outreach Committee Meeting 5:30 pm, Home of PAM FISCHER , 2218 Franklin Street, Denver 80205 SHAE THURMAN 720-984-7157 shae.thurman@edoxusa.com	3	4	5
6	7	8	9	10 Networking Luncheon 11:30 am - 1:00 pm, Chinook Tavern, Greenwood village CLICK HERE to register	11	12
13	14	15	16	17	18 Coffee Connections 8:30 - 10:00 am, Corner Bakery, Downtown Denver, RSVP to LESLIE GARSKE lgarske@BAMadvisorygroup.com	19
20	21 Golf and Networking 4:30 pm, Foothills Executive 9 Course CLICK HERE to register	22	23 APW Networking Workshop 6:00 - 8:00 pm, Deloitte Office, 555 17th Street CLICK HERE to register	24	25	26
27	28	29	30	31		

For more event information see PAGE 11 for event updates visit www.apwcolorado.org

AUGUST 2014

S	M	T	W	T	F	S
					1	2
3	4	5 Networking Events Committee Meeting 11:30 am - 1:00 pm, Vitamin Cottage, Colorado Blvd and Evans, GINNY TAYLOR ginny@abetterviewdecor.com or 720-333-6934	6 Outreach Committee Meeting 5:30 pm, Home of PAM FISCHER , 2218 Franklin Street, Denver 80205 SHAE THURMAN 720-984-7157 shae.thurman@edoxusa.com	7	8	9
10	11	12	13	14 Networking Luncheon 11:30 am - 1:00 pm, Sushi Hai, 3600 W. 32 Ave., Unit D, Denver 80211 CHECK website soon to register	15 Coffee Connections 8:30 - 10:00 am, Woody Creek Bakery, DTC Denver 80237, RSVP to LARUEN KAPLAN lauren@thekaplans.com	16
17	18 Golf and Networking 4:30 pm, Foothills Executive 9 Course CLICK HERE to register	19	20 Member Support Committee Meeting 11:30 am Woody Creek Bakery, DTC LEAH DIRKS leah.dirks@efirstbank.com	21	22	23
24 31	25	26	27	28	29	30