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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

# A Message from the APW Executive Director

**Happy Summer everyone, or maybe I should be saying Happy New Year.** It might be the middle of the calendar year, but as you know, the APW year starts on July 1, so it's a new year for us, and that means membership renewal. Your **membership renewal** email has already arrived in your inbox, so please take a minute to click on the link and renew. All memberships are due to renew, no matter when you joined the organization.

If you read below, I have outlined our two Individual and our two most popular **Corporate Membership options**, so you may want to check that out first to make sure you're choosing the best level for you and your business. If you did not receive the renewal email, please contact me at **execdir@apwcolorado.org**.

The **deadline** to renew is **August 31st.** Any renewals received after that date will incur the \$35 set-up fee that we charge all new members, so don't delay!

I am excited about the APW year we have planned for you. We will continue to host our fabulous monthly **Networking Luncheons** at locations in and around Denver, our three **Coffee Connections** meetings are still going strong, and our **After Hours Task Force**—the group that brought you Speed Networking and Topgolf—is working on some new and improved evening networking events.

On the philanthropic side, our **Outreach Committee** is hard at work planning events to give back to the community. These volunteer events will be advertised in the Communique, on our website, and in the weekly What's Happening emails. So read your email, mark your calendar, and volunteer with us at the next Delores Project dinner or for holiday shopping for families in need.

September will be here before you know it, so also mark your calendar for the **6th Annual Alliance Foundation Helping Women + Changing Lives Luncheon** on September 14, 2017. APW member **KRISTI SULLIVAN** of **Sullivan Financial Planning** will be our emcee and our speaker this year is the University of Denver's Chancellor Chopp. More information about our speaker is included in this newsletter, so be sure to keep reading.

I hope you have a wonderful summer!

### KERRY HAMMOND

Executive Director The Alliance of Professional Women and Alliance Foundation

## Membership Renewal

It's that time of year again. **Time to renew your APW Membership** to enjoy another year of connecting personally, professionally, and philanthropically.

All membership renewals must be completed by **August 31, 2017** to avoid a \$35 processing fee, so don't delay.

### Communiqué Committee

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

#### Communiqué Sponsors

Sandy Smith/Alexander Smith Design www.alexandersmithdesign.net

# Fun Facts

Did you know that members can add items to the APW website calendar? If you have an event you're sponsoring and you want to let other members know, you can log in to your member account and add the information to the community calendar.

You can also post your events on our Facebook page to let other APW members know what you're up to. "Like" us on Facebook and follow our posts too.

#### Corporate Members

KUAN YIN MEMBER Harper Hofer & Associates, LLC

CERRID MEMBERS Alexander Smith Design

Bauerle and Company, P.C. Creative Financial Staffing Eide Bailly FirstBank Lutz Zuber & Associates Moye White LLP REÁLART Ryan, Gunsauls & O'Donnell, P.C. University College University of Denver

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.

### Membership Renewal

Continued from Page 1

We have **two non-corporate levels of membership for you to choose from**, and I want to outline the benefits in each category so that you can be sure to choose the one that is right for you.

#### Networking Connection Membership \$275.00. Includes All Individual Membership Benefits PLUS:

- A business-card-sized advertisement in the bi-monthly online newsletter, the Communique, which is sent to an email list of more than 900 people and is also available on the website.
- One FREE guest pass for any regularly-priced Networking Luncheon or Business After Hours event.
- · Your business-card-sized advertisement featured on the APW website (including a link to your company website, with a meta-description to benefit your search engine ratings).

### Individual Membership \$175.00. Includes the Following Benefits:

- Member pricing for all events, including monthly Networking Luncheons and quarterly Business After Hours events.
- Inclusion in the APW online Membership Directory with a hyperlink to your company's website.
- Receive the Communiqué, the APW's bi-monthly online newsletter.
- Two discounted guest passes for regularly-priced APW Networking Luncheons per year.
- Eligible to participate on Committees and/or Task Forces.
- · Eligible to sponsor monthly networking luncheons.
- · Eligible to purchase advertising space in the Communiqué.

### Cerrid Corporate Membership \$575.00. Includes the Following:

- · Includes Three Individual Memberships.
- · All employees receive member pricing for all events and receive the APW's bi-monthly online newsletter, the Communiqué.
- A business-card-sized advertisement in the bi-monthly newsletter, which is sent to an email list of more than 900 people and is also available on the website.
- Your business-card-sized advertisement featured on the APW website (including a link to your company website, with a meta-description to benefit your search engine ratings).
- Three FREE guest passes to any regularly-priced Networking Luncheon or Business After Hours event and six discounted guest passes for regularly-priced APW Networking Luncheons per year.
- Your Company featured on APW website Corporate Member page with logo, hyperlinked to your corporate website with meta-description that benefits your search engine ratings.
- Three employee members included in APW online Membership Directory and the option to participate on Committees and Task Forces.
- Eligible to sponsor monthly networking luncheons.

### Kuan Yin Corporate Membership \$975.00. Includes the Following:

- · Includes Five Individual Memberships.
- All employees receive member pricing for all events and receive the APW's bi-monthly newsletter, the Communiqué.
- A quarter-page-sized advertisement in the bi-monthly newsletter, which is sent to an email list of more than 900 people and is also available on the website.
- Your business-card-sized advertisement featured on APW website (including a link to your company website, with a meta-description to benefit your search engine ratings).
- Five FREE guest passes to any regularly-priced Networking Luncheon or Business After Hours event and ten discounted guest passes for regularly-priced APW Networking Luncheons per year.
- Your Company featured on APW website Corporate Member page with logo, meta-description, and hyperlink.
- Five employee members included in APW online Membership Directory and the option to participate on Committees and Task Forces.
- Eligible to sponsor monthly networking luncheons.

# July Networking Luncheon

Join us for the first Networking Luncheon of the summer at

**Blackbird Public House** on **Thursday**, **July 13**. Blackbird is located at 305 S. Downing St., Denver, CO 80209. This restaurant only has a capacity

of 60, so we have limited the registrations and will not allow walk-ins. REGISTER NOW so you don't miss out.





Our **New Member and Prospective New Member Orientations** are held quarterly. Our July luncheon will include an **11:00 am Orientation.** If you joined the APW and have not attended an orientation, or if you are considering joining our group and want to know more, please attend our ½ hour discussion at the restaurant. It's not only informative, but we even give away door prizes. The orientation will end at 11:30 am so that you can begin networking.

We will have open networking starting at 11:30 am, and at noon we will hear announcements and a presentation from our luncheon sponsor. Our event concludes by 1:00 pm.

### Our Luncheon Sponsor for July is CHELSEY BURNS of Mindful Health Coaching, LLC.

We have some great door prizes to give away: tickets to the Denver Art Museum, tickets to the Clifford Still Museum and courtesy of our luncheon sponsor, **CHELSEY BURNS**, we will be giving away a copy of the book *Mindfulness*, *An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams and Danny Penman.

### And then there is the great food; here are your MENU options:

Appetizer for All: Blistered Brussels with blood orange vinaigrette and pecorino (Vegetarian & Gluten Free)

Entrée Choices (choose one):

- Burger candied bacon, Tillamook cheddar, rosemary aioli, tomato, pickles
- 10" Margherita Pizza san marzano, house-made mozzarella, tomatoes, basil
- Citrus Chicken Salad grilled chicken, candied pecans, kale, oranges, grapefruit vinaigrette (Gluten Free Option)
- Falafel black bean garbanzo falafel, tomato, cucumber, avocado, tzatziki, grilled Naan (Vegetarian Option)

Dessert Bites: Brownie or Chocolate Chip Cookies

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

**RSVP:** Please register by 5:00 pm on Friday, July 7, to attend. No walk-in's, pre-registration only.

The dietary restricted menus above have been provided by the restaurant, if you have extreme food allergies, please contact **Kerry Hammond** at **execdir@apwcolorado.org** or 303.368.4747.

### Leadership

EXECUTIVE COMMITTEE Sheila Drew, President Creative Financial Staffing of Colorado Leslie Garske, Immediate Past President AXA Advisors Tracie Romero, Secretary Design Health Concierge Leah Dirks, Treasurer FirstBank Chelsey Burns, At Large Mindful Health Coaching, LLC Vanda Dyson, At Large DYCO Diversified Pam Fischer, At Large Design a la Carte, Inc Cari Harris, At Large Etcetera Dana Lynch, At Large Elements of Image

Melissa Richards, At Large LIV Sotheby's International Realty

### BOARD MEMBERS

Sheila Drew, President Creative Financial Staffing of Colorado Leslie Garske, Immediate Past President AXA Advisors Tracie Romero, Secretary Design Health Concierge Leah Dirks, Treasurer FirstBank Lynne Amerson, At Large Chasefield Capital Chelsey Burns, At Large Mindful Health Coaching, LLC Vanda Dyson, At Large DYCO Diversified Pam Fischer, At Large Design a la Carte, Inc Pamela Foley, At Large REnew and REdo Holistic Décor Kelle Graham, At Large Rocky Mountain Jewelers Cari Harris, At Large Etcetera Lauren Kaplan, At Large Rodan + Fields Leigh Miller, At Large luice Plus + Lee Lipniskis, At Large Core Contractors Dana Lynch, At Large Elements of Image Melissa Richards, At Large Liv Sotheby's International Realty Julie Sequeira, At Large I. Sequeira Agency Kelly Snodgrass, At Large Willoughby & Associates Ginny Taylor, At Large A Better View Décor

EMERITUS BOARD MEMBERS Emilie Ailts, Melinda Harper, and Charlene Wilson

### The Path to Becoming Mindfully Healthy

by Chelsey Burns, Mindful Health Coaching, LLC

We travel many different paths in life—our paths wind, curve, and sometimes fork. My life's path took a dramatic turn three years ago when I contracted a staph infection after a routine sinus surgery that almost ended my life. I am telling my story in the hope that it will encourage you to prioritize your health and kick stress out of the driver's seat before it's too late.



Before my life took the aforementioned dramatic turn, I was an eighty-hour-a-week trial attorney who, like many people, lived

under a constant state of stress without realizing the damage I was doing to my body. I was quite familiar with the phrase "stress kills" but I did not think it applied to me—I thought I was invincible! I was an obsessive over-achiever, a habitual under-sleeper, a junk food addict, and an unabashed workaholic. My favorite catch-phrase was, "I'll sleep when I'm in the grave." In June of 2014, this abuse caught up to me and my stress-ravaged immune system couldn't fight the staph infection I had contracted during sinus surgery. The infection raged for over a year. I kept pushing myself to go back to work and kept ending up in the hospital. I was diagnosed with a word-jumble of diagnoses: Primary Immune Deficiency Syndrome, Hypogammaglobulinemia, Adrenal Insufficiency, Natural Killer Cell Deficiency, and Fibromyalgia.

During my last hospitalization, I became septic and that finally made me realize I had to take medical leave from the law firm where I had made partner the previous year. I was on eight different prescription medications and received antibody infusions twice a month. After seven months of this treatment, I continued to have frequent infections. My doctors said my immune system was permanently damaged and my condition was chronic. In a letter to my insurance company, my doctor wrote that she feared I would not survive the next infection. She advised me to apply for disability.

But this was not the path for me! I decided it was time to take my life into my own hands; it was time to heal myself. I hired a health coach, and with her help, I rebooted my immune system. I made significant nutritional changes and began a rigorous self-care regimen and mindfulness meditation practice. I weaned off all the prescription medications and the infusions, a process which, amazingly, only took three months. It was then that I knew I had to share the knowledge I had gained through my experience with as many people as possible, so instead of returning to my legal career, I decided to go back to school to become a health coach.

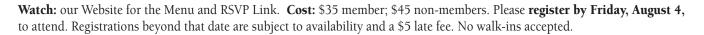
I love my new life path! I now have a new catchphrase: "I am a Stress Buster and Self-Care Evangelist!" Using a mindfulness-based approach, I help my clients restore balance in their lives with various stress-management techniques (including breathing exercises, meditation, and creativity) and individualized wellness and nutrition programs. I also have a lot of fun as a creativity guide leading in-home painting parties.

If my story sounds familiar, I urge you to take measures now to **kick stress out of the driver's seat and restore balance in your life.** I would love to help you on your path to becoming mindfully healthy. I offer **free one-hour initial consultations**; if you're interested, please email me at **chelsey@bemindfullyhealthy.com**.

# August APW Networking Luncheon

In August we will be dining at **Angelo's Taverna** in Littleton, another new-to-us restaurant. Our August Networking Luncheon is on **August 10** from 11:30 am to 1:00 pm. Angelo's is located at 6885 S. Santa Fe Dr., Littleton, CO 80120.

There will be no New Member Orientation at this luncheon, but we always have someone from our Membership Committee available to help new members and guests get their feet wet and meet new people. So you will never be ignored or left out in the cold.



# We have a New Communique Print Sponsor: Herrada Printing

The Communique contains loads of news and interesting articles written by our APW Members, not to mention business card ads to make referring easier. Our sponsor provides printed copies of the newsletter at each Networking Luncheon. **Herrada Printing** has been our APW printer for years, providing us with table tents, letterhead, thank you cards and luncheon programs.



Thank you to our APW Member MARIA HAMMERBECK of Herrada Printing for her Communique print sponsorship.



**Join** APW members and prospective APW members at an upcoming **Coffee Connections**. Grab a cup of coffee, tea or breakfast and share information about your business and discuss business-related topics. Leave when you need to, our end time is approximate.

WHEN:FRIDAY, JULY 21, 8:30 TO 10:00 AMWhere:NEW LOCATION Capital Tea, 1450 S. Broadway, DenverRSVP:MOLLIE SAVAGE at mollie.savage@gcgfinancial.com

WHEN: FRIDAY, AUGUST 18, 8:30 TO 10:00 AM

Where: Mangia Bevi Cafe 6363 S. Fiddlers Green Circle, Greenwood Village

RSVP: LAUREN KAPLAN at lauren@thekaplans.com

### WHEN: FRIDAY, AUGUST 18, 8:30 TO 10:00 AM

Where: Panera Bread located at The Shops at Walnut Creek, 10450 Town Center Dr., Westminster

RSVP: CHELSEY BURNS at Chelsey@bemindfullyhealthy.com

### From Our August Luncheon Sponsor: Tracie Romero of Design Health

### Finding Health Insurance for Your Women Owned Business that is Clear, Simple and Easy

As of the end of 2016, there are over 11.3 million women owned businesses, employing over 9 million people generating \$1.6 trillion in revenue. This market sector represents one of the fastest growing business demographics of our nation, and to remain competitive, one has to attract qualified employees.

According to a recent study in 2017 by Fundera, Colorado has the highest percentage of women with a Bachelor's degree or higher with a total of 23.9 percent. The state also came in 6th for number of businesses per 100 people – a sign that small businesses are a huge part of Colorado's local economy.

Most of the CEO's and owners of these women owned businesses, realize that attracting highly talented employees is one of the single most important ingredients in building a successful business. However, the problem is this single fact: 60% of most SMB's do not offer health insurance as a benefit because of cost constraints, according to Kevin Kuhlman, Director of Government Relations with the NFIB (National Federal of Small Business). To compete for these highly sought after employees here along the front range of Colorado and in the Denver market, you must be able to provide these types of benefits to succeed.



The current system of buying health insurance is a major struggle and a challenge to most women owned businesses who are trying to find ways to attract and keep great employees.

In December 2016, President Obama signed a new bi-partisan law which created another option for small businesses under the Affordable Health Care Act, which enables businesses with fewer than 50 employees to offer an updated version of the popular health reimbursement arrangement (HRA) option to their workers. It is called the Qualified Small Employer Health Reimbursement Arrangement or QSEHRA.

Design Health of Denver has been on the leading edge of these HRA's for the last 5 years and offers QSEHRA programs to all SMB's as a way to provide businesses affordable health insurance to all their employees.

To understand more of the detail as to why this is so important to women owned businesses to remain competitive, listed here are the 3 major elements of the QSEHRA plan:

- Maximum reimbursement levels of \$4,950 for individuals and \$10,000 for family coverage, with amounts to be adjusted annually based on inflation rates;
- The QSEHRA option must be offered to all full-time employees after 90 days of employment, with the following exceptions: those under 25 years old, working part-time or seasonally, or covered by a collective bargaining agreement that includes health benefits; and
- Employers must contribute the same HRA amounts for all eligible workers, although differences among those contributions may occur based on the employees' personal

### From Our August Luncheon Sponsor: Tracie Romero of Design Health

Continued from Page 6

circumstances (for example, a worker's age or number and eligibility of family members if family coverage).

This levels the playing field for women owned SMB's. It provides them an entirely new option to offer the benefits, which affords them to be able to compete for those highly sought after employees that are seeking out larger firms, purely for the health care benefits.

These plans can be custom tailored to meet the needs and the specific circumstances of each specific individual who works for your company. This affords you the unique ability to have flexibility in managing and leveling the playing field for the healthcare provided for a Millennial and more mature workers.

It's like you get to have your cake and eat it too!

Design Health also provides an enormous benefit for you the employer. They take all the health insurance administrative headaches away from your business, using their proprietary concierge program. This then affords you the ability to focus on what you do well... and that is growing and expanding your business.

Here's one of the true highlights of these plans: For the brightest, and most enthusiastic young employees you might attract from the University of Denver or the University of Colorado, eager to help fuel the success of your small businesses, HRAs offer the freedom, flexibility and portability these Millennials not only desire, but also need in order to grow their careers.

As a woman owned enterprise, your need to compete effectively in your market goes without saying, however having a secret weapon such as a HRA in your arsenal of benefits will help get you there.

If you would like to discover how to make your employees Health Insurance clear, simple and easy for your business, contact Tracie Romero at Design Health 720-250-9434 or e-mail her at <u>Tracie.Romero@DesignHealth.com</u>



### Luncheon Sponsors

Tracie Romero Design Health August 2017 **Chelsey Burns** Mindful Health Coaching, LLC July 2017 Alliance Foundation June 2017 University College University of Denver April 2017 Chrysta Bairre, Live Love Work March 2017 Leslie Garske, AXA Advisors, LLC. February 2017 Lee Weisbard, DDS Weisbard Dental November 2016 Patsy Butterfield HM Brown Auto Brokers October 2016 Leigh Miller, Juice Plus+ August 2016 Lee Lipniskis, Core Contractors July 2016 Alliance Foundation June 2016 lill Klancke Klancke and Cooke, Attorneys at Law April 2016 Pamela Foley, Well and Company March 2016 Ky Agnew, CSA PASCO-Personal Assistant Services of Colorado February 2016 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 Interested in becoming a Networking Luncheon Sponsor? Call 303-368-4747

# News from The Alliance Foundation

On behalf of the Alliance Foundation, I'd like to **recognize all of our sponsors** for the 6th Annual Helping Women + Changing Lives Luncheon



and **extend a heartfelt thank you** for your commitment to this event. Your contribution helps make our vision a reality by helping to offset the cost of the luncheon, and our sponsors are vital to the event's success. We look forward to seeing all of you and your guests in September!

Our **2017 Helping Women + Changing Lives Luncheon Sponsors** and the **APW Members** who represent them:

### Changing Lives Sponsor

### DYCO Diversified, VANDA DYSON

### Creating Hope Sponsors

Academy Roofing Capital Sisters International, PATRICIA FOLEY HINNEN Core Contractors, LEE LIPNISKIS Creative Financial Staffing of Colorado, Sheila Drew FirstBank, LEAH DIRKS Klancke & Cook, Attorneys at Law, JILL KLANCKE Sullivan Financial Planning, KRISTI SULLIVAN

### **Building Promise Sponsors**

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Hulse Law Firm, PC, LAUREN HULSE J Sequeira Agency, JULIE SEQUEIRA Kitchen Traditions of Colorado

### In-Kind Donations

Alexander Smith Design, SANDY SMITH Footers Catering Life Unstill Photography, WILLY WILSON Mindful Health Coaching, LLC, CHELSEY BURNS Klancke & Cook, Attorneys at Law, JILL KLANCKE Continued on Page 9

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### News from The Alliance Foundation

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### Our Fundraising Luncheon Helps So Many People

The Helping Women + Changing Lives Luncheon on September 14th is the Alliance Foundation's only fundraising event each year, and it is FREE to attendees. Our goal is the have enough generous sponsors to completely pay for the event. This means that ALL of the money raised on that day can go to our three fundraising projects: Village Banks, Scholarships, and Community Outreach.

### Village Banks:

Help a woman start a small business and you've changed the life of a woman, a family, and a community! Who would think that buying a sewing machine or a few chickens would be a hardship? Unfortunately, it is the norm for many women in developing countries.

Due to the support of the Alliance Foundation Village Banks program, women can do just that! What you might not know is that one Village Bank provides loans for 20-25 women. These loans are repaid every six months to 1 year, serving as a revolving line of credit for more and more women each year. Since its inception, the Alliance Foundation has funded more than 20 Village Banks in nine countries on three continents. Thousands of women are the beneficiaries of our generosity. The impact we have made is truly incredible.

Thanks to last year's luncheon donations, we funded two \$5000 village banks. One in Guatemala and one in the Philippines. These small microloans are already helping women get the financing they need to fund their businesses and care for their families.

### **Scholarships**:

The Alliance Foundation awards scholarships to women in their junior and senior years attending the Colorado Women's College - University of Denver, Metropolitan State University, and Regis University. The scholarships help women overcome financial hurdles that may otherwise prevent them from graduating from college and achieving their goals.

Scholarship recipients receive the Arlene Abady Scholarship Award, honoring the memory of one of the APW founding members, Arlene Abady.

Each year the Foundation has been able to award one \$3000 scholarship to a student from each university. We have seen our students graduate and move on to successful careers in the nearly ten years of this program.

We recently caught up with one of our graduates, **MICHAELA DEXTER.** Michaela kindly answered our questions so that we could learn a little more about her. Michaela is now an APW member, so when you see her at a networking luncheon, don't forget to say hello.

- **1. What did you study?** I studied Nursing while at Regis University in the traditional four-year program. I received my Bachelors of Science in Nursing on May 7, 2017.
- 2. What are your plans now that you've graduated? As a new graduate nurse, I am now in the process of completing my Boards exam, the NCLEX. After passing (fingers crossed!), I plan on participating in a Nurse Residency Program on the Labor and Delivery Unit, hopefully at a HealthOne facility in Denver. I am committed to dedicating my life to Women's Health from there on out.
- **3. How did the APW Scholarship help you achieve your educational/career goals?** The APW Scholarship provided me with the support and encouragement that enhanced my drive and passion in my education. I was able to participate in multiple APW sponsored events, where I was able to network, build rapport, and establish relationships with women that have carried me to this point today. My experience with the APW has had an influence on my career goals in Women's Health and L&D.
- **4. What advice would you give to someone who's considering returning to school?** Education is something that can never be taken away; I am more proud of my Bachelor's degree than any other achievement in my life thus far. Furthering your education is an investment in yourself, and you are worth it! The commitment to higher learning is a commitment to a lifelong process of discovery, engagement, and self-improvement. The APW supports these dreams and goals, allowing women to pursue their worth in all sectors.
- **5. What is something most people don't know about you?** I think people would be surprised to know that I am rather introverted and more self-conscious than I put off initially. I think my exposure to the APW has helped me overcome some of these tendencies, boosting my own confidence and highlighting my strengths. Also, I don't think most people know that I got braces and glasses on the same day in 5th grade...

Thanks you Michaela, and good luck on that exam!



# **Community** Outreach

The **mission of the APW Outreach Committee** is to **provide philanthropic opportunities** for members of The Alliance of Professional Women that promote health, welfare, education, and employment of underserved women and children in our community. We support organizations such as Arapahoe House, Excelsior, New Legacy Charter School, the Court Appointed Special Advocates program, Girls on the Run, and the Delores Project. We offer volunteers the opportunity to serve shelter meals, collect much needed personal care items, and provide secret Santa shopping for people who would otherwise not receive a gift at the holidays.

The funds raised at last year's luncheon allowed us to purchase, wrap, and deliver Christmas gifts to 47 women and children at Arapahoe House, an addiction treatment center, and Excelsior, a Youth Center. We also continue to provide school supplies for Arapahoe House so the kids have what they need for the coming semester and made a \$500 donation for a much needed security system.

We created 30 birthday bags, which contained everything needed for a child's birthday party, for the CASA (Court Appointed Special Advocates) program.

Volunteers served three shelter meals at Delores Project, a local shelter that provides safe shelter and personalized services for unaccompanied women and transgender individuals. We also surprised the Delores Project by purchasing everything on their Amazon wish list, sending it directly to the shelter. In addition, we have purchased and delivered personal care products and much needed supplies for the residents at the Delores Project.

We sponsored the 2017 Girls on the Run 5K Race, providing a water stop for over 2000 runners and the happy hair station for approximately 500 girls.

We provided senior photos free of charge for 16 girls at New Legacy Charter School, an organization that empowers teen parents and provides childcare as well as an education, along with positive parenting skills for their students. For that same organization, we also provided buses and lunches that allowed 30 kids to visit local college campuses so that they can find out the necessary steps to continue their education once they graduate.

You can help all of these great causes at our 6th Annual Helping Women + Changing Lives Luncheon on September 14, 2017.

We've lined up a delicious menu that has been specially created by Chef Greg at Footers Catering. We will hear from some of the people who have been involved in our charitable works, and we will have a special guest speaker: **CHANCELLOR REBECCA CHOPP** of the University of Denver.



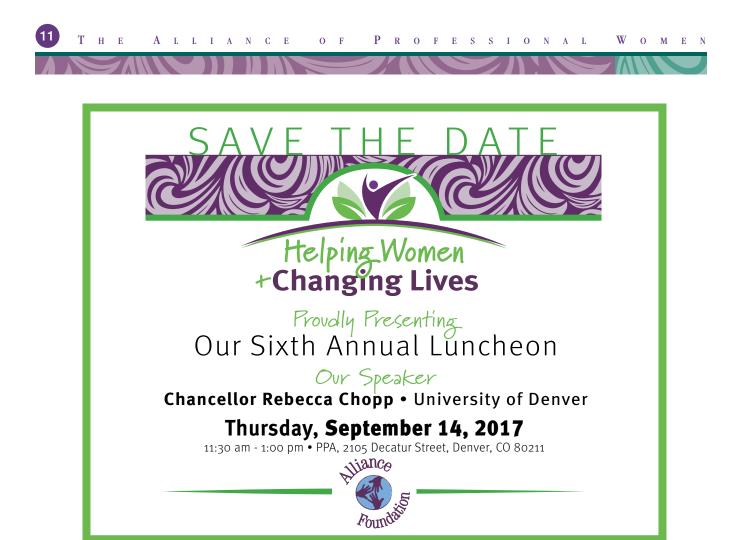
**Rebecca Chopp**, PhD, has been chancellor of the University of Denver since September 2014. Informed by a planning process that consulted thousands of community members, she developed the DU IMPACT 2025 strategic plan, focused on the 21st century transformation of knowledge, the holistic education of students, and the University's engagement in local and global organizations and

communities. A visionary leader, Chopp emphasizes the importance developing DU as an intentional community—among students, faculty, staff, alumni, and friends of the University—and creating a welcoming and inclusive global community and a campus where people from all backgrounds can thrive.

From 2009 to 2014, Chancellor Chopp was president of Swarthmore College and ranked the third-best liberal arts college in the United States by U.S. News and World Report. At Swarthmore, Chancellor Chopp passionately upheld the College's longstanding commitment to admitting the most qualified students without regard for their financial circumstances. She supported innovative ways for faculty and students to interact at Swarthmore and extended the distinct role the school plays in educating students to build inclusive communities and to become leaders motivated to contribute to the common good. Before joining Swarthmore, Chancellor Chopp served as president of Colgate University, where she led a comprehensive strategic plan that expanded the university's academic space, strengthened academic programs and developed new interdisciplinary centers. She also served as provost and executive vice president for academic affairs at Emory University and as a dean at Yale University.

Chancellor Chopp serves on the governing board of the Association of American Colleges and Universities and is the immediate past chair of the Centennial Conference President's Council. Previously, she was on the board of the National Survey of Student Engagement. Chancellor Chopp has also served as a member of the executive committee of the Annapolis Group and the Board of Trustees of the Carnegie Foundation for Teaching and president of the American Academy of Religion.

A native of Kansas, Chancellor Chopp received a BA from Kansas Wesleyan University, a MDiv from St. Paul School of Theology, and a PhD from the University of Chicago. Each of her alma maters has honored her with distinguished awards, and she has received six honorary doctorates from other colleges and universities.



# And the Award Goes To.....

We **value our members** and the work they do for all of us at the APW. **Two awards were given this year to recognize members** for their dedication and achievements.

**WILLY WILSON** of **Life Unstill Photography** received the **award for Rising Star.** Willy joined the APW in 2015. She is the Chair of the Outreach Committee, and she is the Secretary of the Alliance Foundation Executive Committee. She volunteers in her professional capacity as Photographer for both the APW and the Alliance Foundation.

**MELISSA RICHARDS** of **LIV Sotheby's International Realty** received the award for Member of the Year. Melissa joined the APW in 2014 and served on the Membership Committee, APW Board of Directors, and the Fundraising Committee before becoming the President of the Alliance Foundation in 2016. She co-chaired the committee that planned last year's successful Helping Women + Changing Lives Luncheon.

# Public Affairs Meetings

Our Public Affairs Committee is on summer break and in the process of revamping the Committee. Our **new Chair**, **SUE BORGOS**, is working out the kinks and getting input from committee members to determine the best and most exciting way that the committee can bring us dynamic speakers and interesting topics. Stay tuned for more information, and contact Sue if you'd like to get more involved, **sborgos@ots-denver.com**.

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# Alliance Networking Opportunities

WHAT:	NETWORKING EVENTS COMMITTEE MEETING			
(NO MEE	ETING IN JULY)			
WHAT:	Outreach Committee Meeting			
(NO MEH	ETING IN JULY)			
WHAT:	JULY NETWORKING LUNCHEON			
When:	Thursday, <b>July 13</b> , 11:30 am – 1:00 pm			
	(New Member Orientation at 11:00 am)			
Where:	Blackbird Public House,			
	305 S. Downing St., Denver			
Cost:	Members \$35; non-members \$45			
RSVP:	<b>CLICK HERE</b> to attend. Registration deadline is			
	5:00 pm on Friday, July 7. No walk-ins, please.			
Sponsor:	CHELSEY BURNS, Mindful Health Coaching, LLC			
WHAT:	COFFEE CONNECTIONS CENTRAL DENVER			
When:	Friday, <b>July 21</b> , 8:30 am – 10:00 am			
Where:	Capital Tea, 1450 S. Broadway, Denver			
RSVP:	Mollie Savage, mollie.savage@gcgfinancial.com			
WHAT:	NETWORKING EVENTS COMMITTEE MEETING			
When:	Tuesday, <b>August 1</b> , 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, August 2, 5:30 pm		
Where:	The home of <b>PAM FISCHER</b> ,		
	2218 Franklin St., Denver		
RSVP:	WILLY WILSON, wilson@lifeunstill.com		
WHAT:	August Networking Luncheon		
When:	Thursday, <b>August 10,</b> 11:30 am – 1:00 pm		
Where:	Angelo's Taverna, 6885 S Santa Fe Dr., Littleton		
Sponsor:	TRACIE ROMERO, Design Health		
RSVP:	Watch the Website for Registration Link		
WHAT:	Member Support Committee Meeting		
When:	Wednesday, <b>August 16</b> , 11:00 am – 12:30 pm		
Where:	Café De France,		
	8081 E. Orchard Rd., Greenwood Village		
RSVP:	LAUREN HULSE, lauren@hulselawfirm.com		
WHAT:	Coffee Connections South		
When:	Friday, <b>August 18</b> , 8:30 – 10:00 am		
Where:	Mangia Bevi Cafe, 6363 S. Fiddlers Green Circle,		
	Greenwood Village		
RSVP:	LAUREN KAPLAN, lauren@thekaplans.com		
WHAT:	Coffee Connections Northwest		
When:	Friday, <b>August 18</b> , 8:30 – 10:00 am		
Where:	Panera Bread located at The Shops at		
	Walnut Creek, 10450 Town Center Dr., Westminster		
RSVP:	CHELSEY BURNS,		
	Chelsey@bemindfullyhealthy.com		

## **New** Members

SATI CARRUTH, Carruth Law LLC, sati@carruthlawllc.com, (720) 507-7602

DIANE CHAFFEE, Hope Held by a Horse, info@hopeheldbyahorse.org

**ROSALIE CHAMBERIAIN**, Director, **Rosalie Chamberlain Consulting & Coaching**, **rosalie@rosaliechamberlainconsulting.com**, (303) 953-0866

SOPHIA COURY, sophia.coury@gmail.com

MICHAELA DEXTER, mdexter@regis.edu

ERIN KAVANNEY, Madison & Company, erin@bswrealestate.com, (303) 771-3850

JENNIFER RENARD, Rodan + Fields Dermatologists, jennyrenardco@gmail.com, (303) 919-1743

Dr. Tzeching Wang, Eastern Wellness Acupuncture, mayrain17@gmail.com, (303) 887-7260

# New Member Profiles

We like to do a little Q&A with our new members to get to know them better and find out what makes them tick. **Read on to find out about some of our new APW members.** 

### ERIN KAVANNEY, Madison & Company, erin@bswrealestate.com, (303) 771-3850

- **1. Why did you join the APW?** I joined the APW to meet a group of amazing women to develop deep connections with, and I love that it gives me an opportunity to give back to the community.
- **2. What are your hobbies?** I love to hike, travel, spend time with my nieces and nephew and go to happy hour with my friends.
- 3. What is your position/business? I'm a residential realtor with Madison & Company.
- **4. What is something that few people know about you?** I've moved around a lot and have lived in Tucson twice, Phoenix twice, Santa Monica, Boston, and Denver twice. I am now here in Denver to stay!

### Dr. Tzeching Wang, Eastern Wellness Acupuncture, mayrain17@gmail.com, (303) 887-7260

- 1. Why did you join the Alliance of Professional Women? Because I am fairly new in the United States and I want to get to know more professional women. And also to find a place to contribute my time and knowledge.
- 2. What are your hobbies? I enjoy hiking, cooking, and spending time with my family and friends.
- **3. What is your position/business?** I founded Eastern Wellness Acupuncture and Chinese Medicine in 2013. I specialize in taking care of women's health using Chinese medicine.
- **4. What is something that few people know about you?** I was a theater actor and playwright before I became a doctor of Chinese medicine. I was also very active in the social movement in Taiwan in early 1990.

### SATI CARRUTH, Carruth Law LLC, sati@carruthlawllc.com, (720) 507-7602

- 1. Why did you join the Alliance of Professional Women? I joined APW to network with strong and influential women in business and provide support to other women in any way I can—professionally or otherwise.
- **2. What are your hobbies?** I play a lot of soccer. I'm currently on 2 women's indoor teams and looking for a women's outdoor team (30+ or all ages). I also hike, snowboard, play with my 95 pound Bernese Mountain Dog mix, Goji Bear, and Netflix & Chill with the fiancé when we have the time.
- 3. What is your position/business? I am an Estate Planning Attorney and owner of Carruth Law LLC. I opened up shop earlier this year and could not be more excited to be venturing out on my own!
- **4. What is something that few people know about you?** I'm pretty sure only my fiancé knows that if I could get away with it, I would wear leggings and a cozy oversized sweatshirt every day of my life! A girl can dream...

# Make Your APW Membership Work for You

**Referrals are the cornerstone** of most of our businesses. A new client or contact carries a lot more weight if they were referred to you by a trusted source. Help other APW members refer business to you by keeping your APW listing current and accurate.

Log in to your Member Profile and make sure the information is current. Add keywords and a description of your business so that when a member searches for an area of expertise, your listing comes up in the search. Our member profiles are an important form of advertising, so make yours work for you.

### 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.

### 32 years

20 years
KAREN ROSEN .....Project Cure

19 years

SHEILA DREW .....CFS or Creative Financial Staffing of Colorado 8 years

SAMANTHA DARDANO ..... Dardano Properties-Metro Brokers, Inc.

5 years KRISTINE ROPER ......Harper Hofer & Associates, LLC

4 years

GLORIA PADILLA DE GARCIA .Harper Hofer & Associates, LLC

### 3 years

### 2 years

# Louisiana Dip Recipe

courtesy of APW member Kristi Sullivan

2 cups shredded cheddar cheese
1/2 cup mayonnaise
1/2 cup chopped green onion
Dash of Tabasco
1 cup chopped toasted pecans
1 jar Tabasco red pepper jelly (you can substitute any other brand of red pepper jelly)

Combine cheese, mayo, green onions, 3/4 cup of the toasted pecans, and Tabasco. Press mixture into a pie pan. Spread red pepper jelly over the top. Sprinkle remaining 1/4 cup pecans over the top. Serve with crackers.

# New Member Referral Thanks

Sending out huge **thanks to our members** for all the great new 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 LEIGH MILLER and SUSAN CLARKE for referring SATI CARRUTH, TRACIE ROMERO for referring JENNIFER RENARD, and ANN WOLTA BLACKSTONE for referring DIANE CHAFFEE.

In an organization like The APW, we depend on referrals to increase our membership. As a small thank you for referring a new member, you will receive a complimentary business card ad in the Communiqué. If you're a Networking Connections Member, you already have a business card ad in each newsletter, so we will increase that ad to a <sup>1</sup>/<sub>4</sub> page one. What a great incentive!

We also thank **SHERE CHAMNESS** for attracting new members to our organization through our APW website.

# Alliance Thanks!

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### May Member Appreciation Luncheon

We had another great member appreciation luncheon at the **Chophouse** in downtown Denver. Our luncheon hosts were **GINNY TAYLOR** of **A Better View Décor**, **ginny@aBetterViewDecor.com**, **Kelle GRAHAM** of **Rocky Mountain Jewelers**, **kelle@rockymountainjewelers.com**, and **MARY ZILHAVER** of **Rodan + Fields**, **mjzilhaver@gmail.com**. They did a wonderful job of planning and hosting this very large and very exciting event.

We thank our speaker, **TAMI GULLAND**, who spoke to us about alignment. She showed us how once you are in alignment, everything else falls into place: sales conversations, opportunities, and profits. Tami talked about how alignment is the key to sustainable business success.

We **thank all of our fabulous swag bag sponsors** for their wonderful giveaways. Our Swag bags were absolutely FULL of great items from the following sponsors:

### Amy Lane of Home Care Assistance: BAG Sponsor

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Advanced Chiropract	ic Solutions		Attorneys at Law
Capital Tea		MICHELLE KU	Ku Interior Design
<b>R</b> ENEE COHEN	Coldwell Banker	Melissa Richards	LIV Sotheby's
JENNIFER WHITE	Colorado Surrogacy, LLC	KAT CONWAY	LuLaRoe
TRACIE ROMERO	Design Health	Shari Lutz	Lutz Zuber & Assoc.
ALLYN BADER BARCLAY	Discover You	Samantha Dardano	Metro Brokers Inc.
Leslie Garske	Divorce Resource Center of Colorado	Lorni Sharrow	Moye White LLP
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	and Chinese Medicine	DIBENEDETTI RENE	Rene's Maison des Fleurs
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LIZ HATCH	FIT36 Lowry		Consulting & Coaching
Mollie Savage	GCG Financial, Inc	Julie Gutman	Simplify Me
Amy Lane	Home Care Assistance	Leigh Miller	The JP+ Company
LAUREN HULSE	Hulse Law Firm, PC	Jessica Reagan	Topgolf Centennial
CAROL LATHROP	IMESevents	LEE WEISBARD	Weisbard Dental

# June Networking Luncheon

In June we had a wonderful meal at a new-to-us restaurant, **Venice Ristorante.** Our hosts were **ALLYN BADER BARCLAY** of **Discover You** and **Arrow Performance Group**, **abbarclay01@gmail.com** and **MARISSA PEACOCK** of **Arapahoe Sign Arts**, **mpeacock@arapahoesignarts.com**. Both ladies did a fantastic job of planning and hosting our luncheon.

We **thank the APW Foundation** for being our June luncheon sponsor. **CHELSEY BURNS** of **Mindful Health Coaching, LLC** and **KAREN ROSEN** of **Project Cure** presented an Alliance Foundation quiz. Even though no one was given time to study, everyone managed to answer all of the questions correctly, while at the same time learning more about the Alliance Foundation and its mission.

The following members were generous enough to give away door prizes:

ABBE PENSACK of Abbe Pensack Insurance, Ltd gave away two yummy pounds of chocolate, SARA ZESSAR of Discovery College Consulting, LLC gave away wonderful resource books for parents and students nearing college admission, RENE DIBENEDETTI of René's Maison des Fleurs gave away a beautiful flower arrangement, and JAYNE SANDERS of PRECISION WISDOM, INC gave away a mini hand analysis to one lucky winner.

# Have an Idea for an Article for the Communique Newsletter?

If you're an APW Member and have an interesting article for the next bimonthly newsletter. Please contact **Kerry HAMMOND**, **execdir@apwcolorado.org** or (303) 368-4747 if you are interested in submitting an article or idea.

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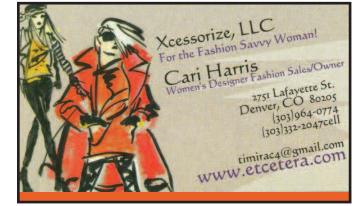


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# BUSINESS SOURCES



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

JULY 2017

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2	3	4 BANG!	5	6	7	8
9	10	11	12	13 <u>Networking Luncheon</u> 11:30 am - 1:00 pm, (New Member Orientation at 11:00 am), Blackbird Public House, 305 S. Downing St., Derwer, <b>CLICK HERE</b> to register	14	15
16	17	18	19	20	21 <u>Coffee Connections-CD</u> 8:30-10:00 am, Capital Tea, 1450 S. Broadway, Denver MOLLE SavAGE, mollie.savage@gcgfinancial.col	
23 30	24 31	25	26	27	28	29

For more event information see PAGE 12 or visit www.apwcolorado.org

### AUGUST 2017

S	M	Ū	W	Ū	6	5
		1 Networking Events <u>Committee Meeting</u> 11:30 am - 1:00 pm, Natural Grocers, Colorado Blvd and Evans, LYNNE AMERSON Jynne, amerson@myfw.com	Franklin Street, Denver 80205 RSVP - WILLY WILSON	3	4	5
6	7	8	9	10 Networking Luncheon 11:00 am - 1 30 pm, Angelo's Taverna, 6885 S Santa Fe Dr., Littleton WATCH website for registration link	11	12
13	14	15	16 Member Support Committee Meeting 11:00 am, Café France, Greenwood Village LAUREN HULSE lauren@hulselawfirm.com	17	18 Coffee Connections-5 8:30 - 10:00 am, Mangia Bevi Cafe, GV, Lautten KAPLAN, lauren@thekaplans.com Coffee Connections-NW 8:30 - 10:00 am, Panera Bread, Westminster, Chelsey Øurns, Chelsey@bemindfullyhealthy.com	
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27	28	29	30	31		