

COMMUNIQUE



March 2009

What's Inside

CLICK on any page or article below to GO directly to that page.

Be A Sparrow -- Go Green1-2

Going Green...It's Easy As ABC..2-4

Help Create The Playlist For Our Passport To The United States Fundraiser.....5

Events:

Passport To The United States6-7
Mini Camp Experience8

Alliance Networking Events, Member News & Information ..9-11

Something To Count On In Uncertain Times12-13

Stress Buster Foods13

Business Source14-15

Calendar16

Receive a **FREE Ad** for referring new members to The Alliance!

As a small thank you for referring a new member to The Alliance, you will receive a complimentary business card ad in the Communiqué.

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

Be A Sparrow -- Go Green For St. Patty's Day and Save All Year!



Some of us may remember President Carter delivering fireside chats from the White House wearing a sweater, urging energy conservation. In our business, we have found that many Americans want to use less and pay less, but don't want to make drastic changes in their lifestyles. In fact, for a time after Carter's administration, "conservation" became a taboo word associated with sacrifice. Since then, energy experts found that we are much more open to the idea of "efficiency."

Recently, President Obama came to the Denver Museum of Nature and Science to sign the Stimulus bill into law. Obama's intention, and our national agenda, is to bolster the economy, reduce greenhouse gases, and increase national security through greater energy independence. While he was in Denver, President Obama used a small Boulder-based company as an example of a green business that may benefit from the new stimulus. Companies that encourage the use of solar energy constitute a rapidly growing business sector in Colorado and have since 2004, when voters passed Amendment 37 and utility companies started offering rebates on solar electric systems. With these rebates and new tax credits, homeowners and businesses can now buy solar at a fraction (roughly 25%-40%) of the total cost, and receive the benefits for the next 30-40 years.

Solar is a great investment, but many of us want to start small. Fortunately, there are a few things that we all can do right now, with no financial investment, that will help reduce energy usage and give immediate and lasting returns on our efforts. As a bonus, none of these adjustments will change your lifestyle or feel like a sacrifice.

Have you tried doing your laundry with cold water? About 2 years ago, I set my washing machine to cold, and the only change I have noticed is that my clothes last longer. While you're at it, try turning your water heater down to 120 degrees. You can use a meat thermometer in a bowl in your kitchen sink, running just the hot water. If it's over 120, turn down the heater. Water heating can account for 14%-25% of the entire energy consumed in your home. If you make this small change, you could actually see savings in your next utility bill, and because you're putting less stress on your water heater, it will last much longer.

In addition, most new houses have a programmable thermostat, but it is set at a constant temperature. Make another adjustment and set it to decrease your home's temperature when nobody is home. Then, set it so that it is warming the house before you get home. You wouldn't leave your car running while you're not using it, so why run your furnace? Of course, that works reciprocally for air conditioning in the summer.

Continued on Page 2

Leadership

EXECUTIVE COMMITTEE

President — Peggy J. Anderson
 President-Elect — Alexandra M. Tune
 Immediate Past Pres. — Emily Rae
 Secretary — Barbara Crawford
 Treasurer — Shirley Potenza
 At Large — Suzanne Sanchez
 At Large — Elizabeth Mitchell
 At Large — Elizabeth B. Moore
 At Large — Stephanie Sommers

BOARD MEMBERS

Peggy J. Anderson
 Lisa Austin
 Joyce Branson
 Bonnie Busekrus
 Barbara Crawford
 Tammy Curmano
 Carolyn Marie Elliot
 Jessica Lynch
 Dana Lynch
 Elizabeth Mitchell
 Elizabeth B. Moore
 Shirley Potenza
 Emily Rae
 Shelly Reno
 Suzanne Sanchez
 Stephanie Sommers
 Alexandra M. Tune

EMERITUS BOARD MEMBERS

Emilie Ailts
 Melinda Harper

Corporate Members

ATHENA MEMBERS

Hein & Associates, LLP
 Holland & Hart, LLP

KUAN YIN MEMBER

Moye White LLP

CERRID MEMBERS

Agilent Technologies
 Alexander Smith Design
 CampExperience
 Circuit Media, LLC
 Citywide Bank
 Denver Woman Magazine
 Great West
 Harper Lutz Zuber Potenza &
 Associates, LLC
 Inverness Hotel
 Ireland Stapleton Pryor & Pascoe, P.C.
 McKenna, Long & Aldridge
 McKesson
 Planned Parenthood
 of the Rocky Mountains
 Ryan, Gunsauls & O'Donnell, P.C.
 Wise Women Communications

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

Be A Sparrow -- Go Green For St. Patty's Day and Save All Year!

Continued from Page 1

Energy for lighting accounts for about 10% of your electric bill. How would you like to cut that to 3 percent? Change out those light bulbs for compact fluorescents (CFL's.) Some people say they don't like the color quality of the light. First, these bulbs have come a long way, and there are many available with warmer colors. If the light is still too "cool," try replacing them in basement areas, that room where you always forget to turn off the light, and especially the outdoor lights that you leave on all night. These bulbs are more expensive than traditional bulbs, but quickly pay for themselves with their savings and their longer life makes for fewer bulb changes.

Finally, set your computer and monitor to 'hibernate' mode, so that they sleep after 15 minutes. If you have a desktop, you can probably feel the heat coming from your computer and from the back of your monitor and appreciate how this small step will conserve energy. If you don't already, you also could turn off your computer, cell phone charger, and other appliances at the end of the work day, saving even more energy while you sleep.

This brings us to the sparrow in the title of this article. Consider the relevance of this parable: A rider was galloping along a road and almost ran over a sparrow lying on its back in the road with its feet up in the air. The rider stopped and asked, "What in the world are you doing, lying there like that?" The sparrow replied, "The sky is going to fall, so I'm getting ready to hold it up." The rider burst out laughing and said, "What! You, little sparrow? What good can you do, when the whole sky is falling?"

And the sparrow looked up and said, "One does what one can."

This brief home audit and changes may take an hour of your time, but they will pay dividends for years, for you and the environment. In fact, the money you save could go towards your morning coffee, or end up paying for your Solar.

Article submitted by **Drew Hazen**, Solar Consultant with **Vibrant Solar**. For more information, feel free to call Drew at **303-863-1994** or log on to www.vibrantsolar.com to find more information about solar energy.

"Going Green . . . It's Easy As ABC."

Type in "Going Green" into an online search engine and you will receive more than 69,000,000 hits! Obviously the concept of being more earth friendly has gained a lot of momentum over the past few years. Many of the sites discuss expensive endeavors for being green, such as purchasing a more fuel efficient car or building a LEADS-certified building. However, several sites we found offer some excellent guidance on easy ways to be green – from A to Z. And not only do these suggestions benefit the environment, but some benefit your health as well!

Adopt Something

An animal, a road, a stream, a whale. There's almost no limit to the number of environmental causes to which you, your friends, or your class can turn.

Continued on Page 3

[Back to What's Inside]

Luncheon Sponsors**CampExperience**

March 2008 Networking
Luncheon Sponsor

Nurse-Family Partnership

April 2008 Networking
Luncheon Sponsor

Edward Jones

May 2008 Networking
Luncheon Sponsor

Your Dazzling Life

October 2008 Networking
Luncheon Sponsor

Four Seasons**Private Residences**

November 2008 Networking
Luncheon Sponsor

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

Sustaining Alliance Members

Peggy Anderson
Bonnie Busekrus
Barbara Rowe
Anne Vitek
Charlene Wilson

Communiqué Committee

Pauline Huddleson, Editor
Sandy Smith, Co-Chair
Stephanie Brooks
Michelle Ferguson

Communiqué Sponsors

Sandy Smith/Alexander Smith Design
www.alexandersmithdesign.net

Editor Notes**From The Editor**

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

**"Going Green . . . It's Easy As Abc."**

Continued from Page 2

Buy Products Made Of Recycled Paper

How can you tell if a package is recycled? Look right on the package. Many have specific claims, such as "made of 100 percent recycled material." However, some recycled packages don't advertise this fact, although there are ways you can find out for yourself. For example, when shopping for cereal, cookies, crackers, and other groceries packaged in cardboard boxes, make sure boxes are made from recycled paper. If the underside is gray or dark brown, the cardboard is made of recycled material. If it's white, it is made of unrecycled material.

Close The Refrigerator Door

By leaving it open for just a few extra seconds, you waste a lot of energy. Decide what you want before you open the refrigerator door. Then get it and close the door right away.

Collect Aluminum Cans

Sell the cans you collect to a local aluminum recycler and use the money for something fun or donate the money to a worthy environmental organization.

Don't Buy Aerosols

Aerosols can't be recycled--which means that they are guaranteed to end up in landfills--and some of their ingredients contribute to air pollution. Instead of aerosols, look for spray bottles, liquids, powders, and roll-ons.

Eat Organic Produce

Organic produce contains far fewer chemicals than other produce. All those chemicals get washed off of farmers' fields into rivers and streams, where they pollute our water. In addition, many of the chemicals are made from petroleum and other nonrenewable resources.

Find Out How To Dispose of Hazardous Waste

Nearly every household has some kind of hazardous waste: old paint cans, used motor oil, unused pesticides and weed killers. If you dump these things down the drain, you'll end up polluting the water supply. They should be disposed of at a site specially designed for hazardous or toxic wastes. Call your city or county government to find out the proper way to dispose of such trash in your area. Try organizing a hazardous-waste-collection day in your neighborhood or at your school, encouraging others to dispose of materials properly.

Grow A Garden

A garden provides flowers, vegetables, and environmental benefits. It can help to reduce soil erosion and may help to reduce some kinds of air pollution. Try to grow your garden using as few pesticides and chemical fertilizers as possible.

Hold On To Balloons

Helium balloons eventually fall back to earth and can be blown by strong winds miles away into the ocean. Some sea animals mistake the balloons for jellyfish. When an animal tries to eat a balloon, it can kill the animal. So if you have a helium balloon, hold on tight.

Insulate Your Home

You may find a lot of energy being wasted right in your own home. After you've finished your energy audit, make a list of the things you believe should be done. Your local hardware-store sales person can help you determine how much the improvements will cost, how much energy they will save, and how much money your family will save in reduced energy bills.

Continued on Page 4

"Going Green . . . It's Easy As Abc."

Continued from Page 3

Join An Environmental Group

There are hundreds of good organizations around the country. Try to find one that focuses on something that interests you. Go to a meeting, event, or other activity.

Keep The Car At Home

Automobiles are one of the single biggest sources of pollution. Most driving trips are under five miles, and you'd be surprised how many are under one mile. Try walking, biking, skateboarding, roller-skating, or taking the bus.

Light Your Home with Compact Fluorescent Bulbs

By replacing a standard bulb with a compact fluorescent one you will get more light for less money and save a lot of energy.

Make Scratch Pads

When you use a piece of paper on only one side, don't throw it away. Instead, put it in a pile with all of the blank sides surfacing up. When you get a big pile, you can turn the paper into scratch pads.

Nurture the soil

Nurture the soil with coffee grinds, eggshells and other compost. Put into a pile and mix with dirt. Every week or so, turn the pile over with a shovel to give it more air. In a few weeks, it will turn into a rich, nutrition soil that will help plants grow.

Observe The Three Rs: Refuse, Reuse, and Recycle

The next time you go shopping think about the three Rs every time you pull a potential purchase off the shelf. Is it something that is over packaged or wasteful? If so, Refuse it. Is it something that is made of or packaged in recycled material, or which you can reuse in some way? If so, Reuse it. Is it something that can be recycled easily? If so, Recycle it.

Plant A Tree

Plant a tree or find organizations in the community that have set up tree-planting campaigns.

Quit Throwing Away Batteries

Americans go through more than two billion batteries a year to power such things as radios, calculators, watches, flashlights, and computers. Unfortunately, batteries contain many hazardous materials, which leak into landfills when batteries are thrown away. Many of these dangerous chemicals get into our water supply. There are two ways you can avoid throwing away batteries: use rechargeable batteries or only deposit them at an appropriate hazardous waste collection site.

Reuse A Bag

Some people believe that bags made of trees--paper bags--are less harmful to the earth than bags made of chemicals--plastic bags. The fact is, making both types of bags creates a lot of pollution, and both paper and plastic bags use a lot of resources. The best solution is not to use any bag at all, or to bring your own bag. If you must use a paper or plastic bag, don't throw it away. Try to use the bag over and over--as many times as you can.

Stop A Leak

Tighten, insulate, replace, caulk, and do whatever else is necessary to make your home as "tight" as possible.

Turn Off The Lights

This is such a simple thing to do, but sometimes it's so hard to remember! Consider starting a Lights-Off Fund, to which each person must donate a nickel or dime every time he or she forgets to turn off the lights, and donate the funds to charity.

Use Recycled Paper

You can buy toilet paper, paper towels, napkins, writing paper, books, newspapers, and many things made of recycled paper.

Visit A Recycling Center

If there's a center nearby, stop and take a look around. Look at all the different things being recycled--lots of different colors of glass, paper, cardboard, cans, maybe even tires and household appliances. Ask the people who run the recycling center what happens to all this stuff after it leaves the center.

Write a Letter

According to some experts, if a company or politician receives just twenty letters on the same subject within a few weeks, they consider the subject high priority. So, if a company is doing something that you believe is harmful to the environment, write a letter and encourage others to do the same.

Xeriscape

By using xeriscape in your yard you will use less water, a precious resource.

You

Changing your actions to be more earth friendly starts with you.

Zero In On Specifics

Pick a problem you care about and learn as much about it as you can. Find the individuals and organizations in your area working on the problem and see how you can get involved.

* Information compiled by **Michelle Ferguson**, mainly from: <http://www.geocities.com/rainforest/vines/4990/gglist.html>; and <http://educationtipster.blogspot.com/2009/02/range-wildlife-refuge-in-your-backyard.html>

Help Create The Playlist For Our Passport To The United States Fundraiser

We are leaving the entertainment for our upcoming **Passport to the United States** in **YOUR** hands. Please submit your five favorite **American songs, artists or composers**. We will be playing the five-song sets at our Passport to the United States Fundraiser on May 8th. AND we are going to compile a commemorative CD of all of the songs. We are asking for a small \$25 donation for your five-song set and your name and company will be listed on the CD jacket and in the Alliance Communiqué.

Check out a couple of playlists we have already received:

LISA AUSTIN, The Service Factor Training Company

1. R.O.C.K. in the USA - John Cougar Mellencamp
2. California Girls - Beach Boys
3. I Don't Want to Miss A Thing - Aerosmith (Boston Band Yah!!)
4. Light On - David Cook (American Idol Winner)
5. You Give Love A Bad Name- Bon Jovi (New Jersey Boys)

KAREN ROSEN, Alliance Foundation

1. Little Pink Houses – John Cougar Mellencamp
2. Center Field – John Fogerty
3. Darlington County – Bruce Springsteen
4. American Pie – Don McClean
5. Mercury Blues – David Linley



May 8, 2009

TIME: 6:00 – 10:00 pm

WHAT: 7th Annual Alliance Foundation Fundraiser– Passport to the United States – Red, White & Blue (jeans)

WHERE: School of Hotel Restaurant & Tourism Management at the University of Denver, 2044 E. Evans Ave

COST: \$50 per person or 10 tickets for \$450

RSVP: RSVP now! https://www.blacktie-colorado.com/rsvp/rsvp.cfm?eventcode=*28%3E%2C%23DRD04TF%5dP%20%20%0A



FILL OUT the form below and SEND IT to the Alliance Foundation at execdir@apwfoundation.org or fax it to **303-805-4358**.

Please include my playlist for the Passport to the United States:

Name _____ Company _____

E-mail _____

1. _____
2. _____
3. _____
4. _____
5. _____

7TH ANNUAL

The Alliance Foundation Fundraiser

Passport
to the United States
Red, White & Blue (jeans)

May 8, 2009

Time and Location

6:00-10:00 pm, School of Hotel Restaurant & Tourism
Management University of Denver, 2044 E. Evans Ave.



Dress:

Come dressed in your favorite
Red, White & Blue (jeans)!

Cost:

\$50 per ticket or purchase our Economic
Stimulus package of 10 tickets for \$450.

Registration Options:

Easiest! Register online at
www.blacktiencolorado.com/rsvp and enter
the event code passport09

For more info:

Karen Rosen at 303-618-0427 or via
e-mail at execdir@apwfoundation.org

This year's passport fundraiser
takes you through the United States.

Think California wines, TexMex, Kentucky
bourbon, BBQ, New England clam chowder,
Philly Cheese Steaks and...Apple Pie.
Enjoy line dancing, square dancing and
jitterbug demonstrations (and lessons if
you are brave enough) and a fabulous
silent and live auction featuring items
from around the country. Oregon wine
baskets, Omaha steak gift certificates,
beach baskets and rocky mountain
getaways and more.

Sponsored by:



This event benefits our Alliance Foundation. The mission of the Foundation is to support programs that improve the status and quality of life for women and girls in our community and around the world by helping them achieve economic self-sufficiency. Locally we offer scholarships to women to help them achieve their educational goals and internationally we support microcredit to help women start or expand a business.

Designed by: Alexander Smith Design



Sponsorship Opportunities for The Alliance Foundation's 7th Annual Fundraiser

Help Us Help Women Help Themselves!

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

Over 100 professionals attend this fundraising event! Don't Miss this Opportunity to Market your Business!

Sponsorship Levels

Old Glory - \$2,000

- Logo and recognition on all marketing materials for event (premium placement)
- Premium rotation on PowerPoint Presentation
- Table of 10 at event
- Logo and recognition in program (premium placement)
- Logo on Alliance Foundation and Alliance of Professional Women's websites with link
- One Free Networking luncheon sponsorship (value \$350.00)
- Opportunity to speak at event prior to live auction
- Four ¼ page ads in the Alliance's Communique and/or two articles in the Alliance Communique

Stars & Stripes - \$1,000

- Logo and recognition on marketing materials for event
- Rotation on PowerPoint Presentation at the event
- 6 tickets to event and reserved seating
- Logo and recognition in program
- Listing on Alliance Foundation and Alliance of Professional Women's websites with link
- Verbal recognition prior to the event at a luncheon/ability to give business information
- Two ¼ page ads in the Alliance's Communique and/or two articles in the Alliance Communique
- One-half page ad in the Alliance Directory
- Verbal Recognition at event

Betsy Ross \$500

- Logo and recognition on marketing materials for the event
- Rotation on PowerPoint Presentation at event
- 4 tickets to event & reserved seating
- Recognition in program
- Listing on Alliance Foundation and Alliance of Professional Women's websites with link
- Verbal recognition at event
- Two business card ads in the Alliance Communique

Star Spangled Banner - \$250

- Signage at event
- 2 tickets to the event
- Two business card ads in the Communique

Other Sponsorship Opportunities Available

Please contact **Karen Rosen** to explore other sponsorship opportunities including the Drive-In and Tasting Stations!

Silent and Live Auction Donations

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

Please make your sponsorship checks payable to The Alliance Foundation and mail it to P.O. Box 480384, Denver, CO 80248.

If you would like additional information on our event, please contact our Executive Director, **Karen Rosen** at 303-618-0427 or by e-mail at apwcolorado@comcast.net

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

**Register
NOW!**

LIMITED SEATING!
Open to only 50 guests

Mini CampExperience™

Dream BIG, Lead BIG, Live BIG
A Day of Education, Inspiration and Networking

Saturday, March 14th

9 am – 9 pm Mangia Bevi Café

mangia bevi

(A fantastic new restaurant and event space by Epicurean Catering!)
6363 Fiddler's Green Circle, Greenwood Village, CO 80111

Join us for 12 hours of POWER: speakers, ideas, contacts and SUPPORT for you and your success. Just like the annual CampExperience™ retreat, this "mini Camp" will feature international speakers, hands-on education, amazing food and beverages and an evening of personal services and networking.

This is a wonderful way to reconnect with Camp contacts, share the Camp network with friends, family and co-workers, and get some positive support for you and your world.

Featured speakers include:

Emcee Tammy Abramovitz

Tammydenver@yahoo.com
You love her at the Camp Bow-tique, now experience her humor and emcee talent. You are in good hands in a day led by our Tammy.

DREAM BIG KEYNOTE:

Betsy Wiersma, CSEP

Founder CampExperience™
www.CampExperience.com
www.BetsyWiersma.com
International speaker, author and BIG IDEA thinker Betsy Wiersma will share her brand new keynote speech, Notes From the Roadtrip. Betsy will start our day with the tools and tactics for each of us to clarify our own BIG IDEAS, review helpful development and management strategy then celebrate the joy of the journey. Activities include making your very own personal vision map.

LEAD BIG KEYNOTE:

Barbara Hughes

St. Anthony Central Hospital
Bhughescnm@aol.com
Barbara is repeating one of the most successful classes at the 2008 Camp, and leading you through her Resiliency MAP™ training. This individual assessment, (usually over \$200 per person!) is included in the Mini Camp participation fee, and will be scored and translated in the seminar. Understand the skills for change and YOUR OWN resiliency profile!

LIVE BIG KEYNOTE:

Barbara Stoker

Intelligent Risking
Barbara@IntelligentRisking.com
www.IntelligentRisking.com
If you love it and you want to do it, then simply say "YES." It has been proven time and time again that we find ways to do the things we love. Somehow the time, energy and ability all miraculously appear once we commit ourselves. In this program you'll explore ways to:
• Identify what really does capture your imagination.
• Learn what steals your energy and builds your energy.
• Say NO to things that take your energy.
• Say YES to those things you are attracted to.
• Quiet the 'monster within' that tries to tell you that you're not ready.
• Build a support team.
Join us and just say YES to LIVE BIG!

AFTERNOON SESSIONS:

Each One Teach One:
15 Minutes of Our Best
After those fantastic keynotes, we end the education with five of our Camp sponsors and speakers sharing their best 15 minutes of tips, tactics and proven techniques. Watch the Camp web site for more details and topics.

WOWOWOWOWOW:

Lunch and Dinner By mangia bevi Mangia Bevi Café

And we can't wait to enjoy a day of delightful food and beverages from the brand new Mangia Bevi Café, a

restaurant by Epicurean Catering. Epicurean has been gracious to let us use their new event space for a full day and evening of fun.

EVENING FESTIVITIES:

Networking Camp Style!
Personal Service, Crafts and Shopping
And after our fantastic dinner, the evening is full of connections via the shared experiences of Camp Personal Services, shopping for beautiful jewelry, Blissful Baubles and make-and-take crafts. Each guest can choose one FREE 25-minute Personal Service and can make bead jewelry or cards. Blissful Baubles will be available so you can make your own personal charms.

PERSONAL SERVICES INCLUDE:

Dr. Michelle Wendling's amazing adjustments, massage, Arbonne International's and Bubble Goddess Bath Products' pampering and products, relaxing reflexology and more!

And every guest will receive a VIP gift bag and a beautiful gift of a Silpada sterling silver piece of jewelry.

MINI-CAMP ADMISSION:

\$149 PER PERSON

50 GUESTS ARE THE MAXIMUM.

Registration on a first-come-first-served basis. Register TODAY visit
www.CampExperience.com/MiniCamp

QUESTIONS?

Contact Tracy@CampExperience.com or call her at 303-949-0437

**DENVER
RESCUE
MISSION**

Second Annual Clean BIG, Give BIG donations for Denver Rescue Mission

Let's beat last year's record of 2000 pounds of donations for our Camp Charity Partner Denver Rescue Mission.

Please bring to the Mini Camp gently used clothing for men, women and children, household items such as sheets, pillows, kitchenware, etc. and their greatest needs, new items such as toothpaste, toothbrushes, shampoo/conditioner, soap, disposable razors, and deodorant. Guest with the most pounds of donations will win a fantastic gift basket and \$250 off CampExperience™ registration.

Bring coloring books and crayons

for the Alliance of Professional Women Foundation to use at the grand openings of the Village Bank programs that they support around the world.

www.apwfoundation.org



CampExperience™

www.CampExperience.com

303-949-0437

Member News & Information



Alliance Networking Opportunities, Events, Activities & More

WHEN: MARCH 4, 2009 AT 5:30 PM

What: Outreach Committee Meeting

Where: Pam Fischer's Home, 2218 Franklin St, Denver 80205

RSVP: JESSICA LYNCH at 303-870-8395 or
JessicasHomes@msn.com

WHEN: MARCH 5, 2009 FROM 11:30 – 1:00 AM

What: Networking Events Committee Meeting

Where: Whole Foods on Colorado Blvd.

RSVP: DANA LYNCH at 303-463-4839
dana@elementsofimage.com

WHEN: MARCH 12, 2009 AT 11:30 AM – 1:00 PM

**What: Alliance Networking Luncheon –
Camp Experience Kick-off**

Where: Maggiano's DTC, 7401 S. Clinton, Englewood 80112

Cost: \$25 for Alliance members; \$35 for guests

RSVP: Pre-registration is required by **Monday, March 9th** at noon, for the restaurant guarantee! Save yourself a \$5 late fee by completing your early registration!

How fun! We are dining family style at Maggiano's featuring stuffed mushrooms, green salad, chicken pesto linguini, lemon & herb salmon and yummy dessert!

The Alliance of Professional Women is a proud supporter of **Camp Experience 2009**. Join us at the March luncheon as we kick-off Camp Experience 2009. We are even more excited to be involved this year as Camp Experience has selected the **Alliance Foundation** along with the **Denver Rescue Mission** as the **Charity Partners** for the Camp. The Foundation will receive ½ of the charity proceeds from Camp Experience. Learn more about Camp Experience 2009 and some of the great events they have planned leading up to Camp. www.campexperience.com



Remember, to bring your donated blouses to this luncheon for the Dress for Success Blouse Drive!

WHEN: MARCH 17, 2008 FROM 7:30 – 9:00 AM

What: Public Affairs Committee Meeting

Where: Zaidy's in Cherry Creek, 1st & Adams

RSVP: BARBARA CRAWFORD at 303-228-1622 or
bcrawford@cchealthlaw.com

The Alliance Member Benefits

- Community Activism
- Committee Involvement
- Connecting Women Personally & Professionally
- Discounts on Professional & Business Services
- Educational Programs
- Friendships & FUN
- International Alliance for Women (TIAW) member
- Leadership Development
- Online Membership Directory
- Member Support
- Monthly Newsletter
- Monthly Networking Luncheons
- Networking Opportunities
- Personal Growth/Development
- Political Activism
- Social Events
- Support Networks

[Back to What's Inside]

WHEN: MARCH 27, 2009 FROM 9:00 AM – 10:00 AM

What: Member Support Committee Meeting

Where: Paradise Bakery in DTC, just E of I-25 at Belleview

RSVP: KRISTI SULLIVAN at 720-524-6848 or
kristi@sullivanfinancialplanning.com

WHEN: APRIL 9, 2008 FROM 11:30 AM – 1:00 PM

What: April Networking Luncheon

Where: Root Down, 1600 W. 33rd Avenue, Denver 80211

Free street parking. Located just off the 20th Street exit in the "Highlands" area.

Root Down is the next "it" restaurant. The funky, playful atmosphere is fun and inspiring. The building used to be a service station, still sporting the original garage doors. Most of the decor is from reclaimed materials--whether the bowling alley bar-top, the basketball dinning room floor, the colorful rotary phones wall art and the eBay booth and tables; all are total gems. The food is whenever possible local, natural and organic! This is sure to be a fun Networking Luncheon you won't want to miss in April. Mark you calendar!

WHEN: MAY 8, 2009 FROM 6:00 – 10:00 PM

**What: 7th Annual Alliance Foundation Fundraiser–
Passport to the United States – Red, White &
Blue (jeans)** (SEE Pages 5-7)

Where: School of Hotel Restaurant & Tourism Management at the University of Denver, 2044 E. Evans Ave.

Cost: \$50 per person or 10 tickets for \$450

RSVP: RSVP now! https://www.blacktie-colorado.com/rsvp/rsvp.cfm?eventcode=*28%3E%2C%23DRD04TF%5dP%20%20%0A

For more Information contact **KAREN ROSEN** via e-mail at execdir@apwfoundation.org or at 303-618-0427. This year's passport fundraiser takes you through the United States. Think California wines, TexMex, Kentucky bourbon, BBQ, New England clam chowder, Philly Cheese Steaks and...Apple Pie. Enjoy line dancing, square dancing and jitterbug demonstrations (and lessons if you are brave enough) and a fabulous silent and live auction featuring items from every region around the country. Oregon wine baskets, Omaha steak gift certificates, beach baskets and rocky mountain getaways and more. Look for all of the details soon, but mark this fabulous event in your calendar TODAY!

Member News & Information

Alliance Networking Opportunities, Events, Activities & More

Other Networking Opportunities

WHEN: MARCH 13, 2009 FROM 5:00 -8:00 PM**What:** Book Signing Party for "Image Power Book"**Where:** Violet, the affordable boutique,
1439 Larimer Street, Denver, CO 80202, Park at
Larimer Square Parking Garage, located between
14th-15th on Market Street**Cost:** Free! Champagne, snacks and shopping**Contact:** STACY McELHANEY, Violet 720-932-1655,
www.violetstores.com

Come celebrate with us! APW's own DANA LYNCH, from **Elements of Image**, co-author of *Image Power Book* will be signing books and sharing tips from her chapter Shop Like a Pro and Look Like a Million Bucks! – A Guide to Saving Time, Money and Reducing Stress. Dana's passionate, candid writing style motivates readers to set goals for shopping, have ease with energy to try lots of things on, but buy only clothes you absolutely love. Image Power is a comprehensive guide that shows how to re-energize one's personal image, not only in appearance, but in communication and attitude. For more information on Image Power visit www.elementsofimage.com. Start your evening out with us, and plan to stay downtown for a fun girls' night out!

WHEN: MARCH 14, 2009 FROM 9:00 AM – 9:00 PM**What:** Mini Camp Experience**Where:** Mangia Bevi, 6363 Fiddler's Green Circle, GV**Cost:** \$149 per person**RSVP:** www.CampExperience.com

This "mini camp" will feature international speakers, hands-on education, amazing food and beverages and an evening of personal services and networking.

Speaking Of Stresses...

How would you like to get helpful tips for using Microsoft programs a little more effectively? The APW welcomes a small monthly addition to the Communiqué, called "Just Tips" Click here and learn some handy tricks for programs you are using. www.mcstech.net/training-center.cfm.

JUST TIPS:

Tips on Microsoft & More

Excel: Calculate days (Video), Word: Working with Columns Project: Constraints & Predecessors, Excel: Turning Gridlines on and off, Word: Numbering on Title Pages, Free Microsoft elearning videos

Free tips from **Mission Critical Systems**, your training partner visit www.mcstech.net/news/

WHEN: APRIL 4, 2009 AT 10:00 AM**What:** Money & Mortgages Seminar**Where:** Green Valley Ranch Recreation Center**RSVP:** RSVP is requested but not required to
mwallens@du.edu

Speakers: TERESA SANDERS, Financial Advisor at Edward Jones; HAP LEGG, Senior Vice President, First Bank and CHARLES MOORE, Residential Mortgage Broker Uptown Mortgage

In these difficult times, it is important for everyone to be better educated in the areas of finances, particularly dealing with savings and mortgages. Whether someone is suffering from a past or posing foreclosure or they are a potential first time home buyer, awareness of this information is crucial. For this reason, we will be hosting a seminar addressing these topics, featuring speakers who are professionals in the fields of finance and real estate. Each speaker will give a presentation followed by a question and answer session. After the formal presentations the speakers will be around to talk with our guests individually. We are very thankful to Green Valley Ranch Recreation Center for allowing us to host the seminar at their facility

WHEN: JUNE 20, 2009 FROM 1:00 – 10:00 PM**What:** 2009 Festival of Women**Where:** Dick's Sporting Goods Park, North Stapleton**Cost:** \$15 (\$5 of each ticket will go to the Alliance Foundation)**More Info:** www.boutique4thsoul.com/festivalofwomen

Please join the **Boutique for the Soul**, the **Colorado Rapids**, **Colorado Force** and various women-owned businesses and organizations in celebrating the spirit and inspiration of women. The 2009 Festival of Women will include: Live music; Well-known speakers; Workshops, Demonstrations; Local women-owned businesses; The 3rd Annual women's Soccer Celebration; and the Colorado Rapids game vs. DC United.

Join The Alliance of Professional Women

in March or April and receive 15 months of membership for the price of 12!

Contact PAULINE HUDDLESON 303-368-4747 for more information!

Member News & Information

New Members

ERIN NICHOLS, Sales Manager- School of Hotel Restaurant & Tourism Management, 303-871-7708, erin.nichols@du.edu

CHRIS JACOBSEN, Business Services, Printing and Direct Mail, 303-429-0322, chrisjacobson1@comcast.net

DANIELLE SCHMIDT, Career Coach- dms Careers, 720-519-1450, danimari75@yahoo.com
Career Coach and Recruiter, Danielle helps job seekers in business find their next and best job.

TINA OSWALD, Sales Consultant / Agency Owner- Etcetera, 303-877-9169, tinaoswald1@msn.com
Wardrobe Consultant, Etcetera clothing can only be purchased via appointment with a sales consultant.

New Member Profiles

CHRIS JACOBSEN, Printing and Direct Mail business
chrisjacobson1@comcast.net

1. Why did you join the Alliance of Professional Women?
I liked all the women I have met so far and each time I've come I have learned something new. The networking opportunities are wonderful.
2. What are your hobbies?
I'm into gardening as well as art and crafts.
3. What is your position/business?
I was an account executive for a specialty printing company selling promotional print but currently unemployed!
4. What is something that few people know about you?
Few people know that I'm a perfectionist.

TINA OSWALD, Sales Consultant Agency/ Owner, Etcetera
tinaoswald1@msn.com

1. Why did you join the Alliance of Professional Women?
I joined the APW to connect personally with professional women along with having the opportunity to build business relationships and take an active part in the organization.
2. What are your hobbies?
Spending time with my family, travel, reading, movies and walking around Washington Park.
3. What is your position/business?
I am a Sales Consultant and Agency Owner for the Etcetera clothing line.
4. What is something that few people know about you?
I am a GIA certified Graduate Gemologist.

Thanks!

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

HELENE SCHMIDT OF THE PROMOTION SOURCE and **ANDREA COSTANTINÉ**.

The APW would like to **thank**, **DEB ARMBRUSTER** who sponsored and ran a table at the 20th Annual Legislative Breakfast on behalf of the APW on February 18th.

The APW thanks **Dana Lynch** who hosted February's Networking Luncheon.

Thanks for all your donations of food and wine, and attendance at the very enjoyable **Travel/ Cocktail Party** on February 20th. All attendees will receive a party favor! Watch your e-mail for recipes!

Anniversaries

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

23 Years **EMILIE AILTS**, NARAL Pro-Choice Colorado

10 Years **PATRICIA FOLEY HINNEN**,
Capital Sisters International

8 Years **LAURIE MCKAGER**, 18th Judicial District

2 Years **JENNETTE ROBERTS**,
McKenna Long & Aldridge, LLP
TRISH ROGERS, Moyer White, LLP
ELIZABETH CADY, JP Morgan Private Bank
ROCHELLE HANNA, Great-West
FRANCINE CAMPONE, F. Campone, Inc.
DONNA POYNER, Poyner

1 year **LINDA DEWITT**, Clear Channel Radio
JULIE DOUGLAS, Seeds of Chocolate
KIMBERLY MAGEE, Havens
CHERYL COLEMAN, Colorado Mortgage Alliance
KRISTEN M. KELLY, Building Champions
CARLA COLEMAN,
Inverness Hotel and Conference Center
ROBIN NEAL, Hein & Associates, LLP
ERIN SEABOLD, Boutique for the Soul
CAROL A. ROSZEL, Self-Employed
LEE WEISBARD, Health Services

Something To Count On In Uncertain Times

Are you afraid to read the headlines? If so, take some comfort in knowing that you are in good company. With so much fear and uncertainty in the news, all of us can become overwhelmed and confused. We all know there are two certainties in life.... paying taxes is one of them.

Getting through the current economic gloom and doom means sticking to basics. At this time of year, tax planning leads the list of the practical things that all professionals can do to manage financial matters in this difficult environment. Tax laws will continue to change during periods of market volatility, and it will become even more important to keep current with changes that may have an impact on your personal or business taxes.

There have been some major changes in tax law in the past few years that will affect 2008 tax year filings. These include the Mortgage Forgiveness Debt Relief Act of 2007, the Economic Stimulus Act of 2008, the Housing Assistance Act, and the Emergency Economic Stabilization Act, to name a few. I have assembled a few items to remind you about some recent changes. Many of these items may help to ease your tax burden. Be sure to consult with your tax advisor for guidance in your own situation.

New Items for 2008

- **Additional Standard Deduction for Property Tax** – Non-itemizers can claim a deduction for state and local property taxes in addition to the standard deduction. The maximum deduction for a single taxpayer is \$500 and for married taxpayers is \$1,500.
- **Refundable Credit for First-Time Homebuyers** – There are certain restrictions, but this credit can be worth up to 10% of the purchase price of the home, or \$7,500, whichever is less. Eligibility for the credit begins for individuals with an adjusted gross income (AGI) of \$75,000 (\$150,000 for joint filers) and phases out for AGIs of \$95,000 (\$170,000 for joint filers). The credit is “recaptured” (i.e., paid back) over 15 years in equal installments starting with the second year following the credit year. Be careful: Recapture is accelerated if the home is sold or is no longer used as the principal residence during the repayment period.
- **Standard Mileage Rates** – The standard mileage rates for January 1, 2008 to June 30, 2008 for business is 50.5 cents per mile; for charity is 14 cents per mile; for medical/moving is 19 cents per mile. For July 1 through December 31, 2008, the business rate is 58.5 cents per mile; charity is 14 cents per mile and medical/moving is 27 cents per mile.

Beginning in 2009, the business rate goes to 55 cents per mile and medical/moving rate goes to 24 cents per mile. So much for ease and simplification.

- **Section 179 Expensing Limit Increase** – Last year’s Economic Stimulus Act increased the Section 179 expensing limit to \$250,000, allowing more property to be currently expensed for taxable years beginning in 2008.
- **Recovery Rebate Credit** – The recovery rebate credit is a one-time benefit for people who did not receive the full economic stimulus payment last year and whose circumstances have changed, making them eligible for all or some of the unpaid portion.

The Emergency Stabilization Act of 2008

- **Allowance of Personal Nonrefundable Credits to Offset Alternative Minimum Tax (AMT)** – This provision prevents nonrefundable personal credits from being limited by AMT. When credits are limited, it means that the credit cannot reduce the individual’s tax liability below the tentative AMT. For 2008, the affected credits are:
 - Child and dependent care
 - Credit for the elderly or the disabled
 - Mortgage interest credit for interest paid or accrued on certain home mortgages of low-income persons
 - Hope and Lifetime Learning credits
 - Residential energy credit
 - DC first-time homebuyer credit
- **Forgiveness of tax, penalty and interest for unpaid taxes** – This applies only to unpaid taxes related to an incentive stock option (ISO).
- **Extensions** – The new law includes extensions of many popular tax deductions:
 - Sales tax deduction changes
 - Tuition and fees deduction
 - Educator expenses
 - Qualified charitable distributions
 - Non-business energy property credit
 - Enhanced deduction for corporate contributions of qualified book inventory for educational purposes
 - Enhanced deduction for corporate contributions of qualified computer technology or equipment
 - Enhanced deduction for contributions of food inventory allowed for non-corporate taxpayers
 - Credit for energy efficient appliances
- **Other New or Modified Tax Provisions Affecting 2009 or Later Years**
 - Residential energy property credit
 - Non-business energy property tax credit

Continued on Page 13

Are you stressed out?! From the economy, to [doing the work](#) [back to what's inside](#)

Stress Buster Foods

of three people, to eating on the run, it is not a surprise that most people are under huge stressors these days. Food may not be the end-all cure, but it is the first medicine in reducing the impact of stress in our lives.

Unfortunately when we are stressed, we reach for the quick and easy option: a candy bar from the vending machine or a fast food burger - in other words, not the healthiest choice. Why? When we are stressed our body releases the hormone cortisol which triggers the release of neurotransmitters that make you want sugary and fatty foods. At the same time, cortisol suppresses the neurotransmitter serotonin which calms us and eases anxiety. A diet low in nutrients can deplete your reserves of minerals and vitamins, which increases stress on our body creating a vicious cycle. What is a frazzled mom or executive to do? We need to break the cycle by tossing the worst offenders and incorporating the stress buster foods that keep us balanced, even in the craziest of times.

Stress Enhancers (The Bad Guys):

- Fast food
- Processed food
- Fried foods, trans fats
- Refined (white) carbs
- Sweets, sugar
- Artificial sweeteners
- Coffee, soda, caffeine
- Alcohol, cigarettes, drugs

Trans fats in fried and fast food and some processed food reduce circulation and raise blood pressure so your body is in a constant state of stress. Sugar and refined carbs boost insulin initially, but then you come crashing down causing more stress. Caffeine increases the production of adrenaline, another stress hormone; and again you go downhill after it wears off. If you need caffeine, green tea is a better choice. Alcohol upsets blood sugar levels, disrupting sleep, which also produces stress.

Stress Busters (The Good Guys):

- Vitamin B6 foods: avocados, bananas, fish, whole grains (oatmeal, brown rice, quinoa, etc.), chickpeas, soybeans
- Vitamin B12 foods: clams, plain yogurt, salmon, sardines, egg yolk, poultry
- Vitamin B9 (folic acid) foods: asparagus, chickpeas, lentils, whole grains, green vegetables
- Magnesium foods: almonds, whole grains (amaranth, wild rice), spinach, sunflower and pumpkin seeds, beans, tofu, wild rice
- Vitamin C foods: Broccoli, Brussels sprouts, oranges, peppers, strawberries
- Antioxidant rich foods: Berries, greens (kale, spinach, etc.), red grapes, beans, whole grains
- Omega-3 foods: fish (salmon), walnuts, flaxseed, beans,

olive oil, winter squash

- Fiber-rich foods: whole grains, greens, broccoli, beans, nuts and seeds, fruit with skin, berries, avocados, kiwi

Emphasize whole foods and eat them frequently to ward off fatigue and irritability. A high-fiber low-sugar breakfast is especially important to start your day on the right foot: oatmeal with flaxseed and blueberries is a great choice. Stress depletes B6 and magnesium, and deficiencies in B vitamins, Omega 3 and magnesium are linked to depression and more stress. B vitamins and magnesium also help produce calming neurotransmitters. Stress causes your body to excrete more vitamin C and vitamin C and other antioxidants boosts your immune system and fights brain-cell and memory damage from constant exposure to cortisol.

In addition, eat three nutritious meals a day, keep healthy snacks handy and make time to eat (no gulping or shoveling!) to keep hunger and stress at bay. This plan will give you more energy and balance in your life.

Article submitted by, **Susan Kimball**, Board Certified Health Counselor, Advanced PSYCH-K® Facilitator **Balanced Health Counseling, LLC**, to reach Susan call (303) 748-2521 or skkimball@gmail.com

Something To Count On In Uncertain Times

Continued from Page 12

- Debt discharge on a principal residence
- Credit for plug-in electric vehicles
- Bicycle commuter fringe benefit

These are just a few of the updates and changes over the past year that you may wish to consider for the 2008 filing. Expect many more changes in tax law during 2009 as the government makes major tax law changes in an effort to stimulate a sagging economy. Consult your tax professional for guidance on how these may impact your personal or business returns.

Article submitted by **Alison Dunnebecke**, who is a Tax Partner in the Denver office of **Hein & Associates LLP**. Alison can be reached at 303.298.9600 or by email at adunnebecke@heincpa.com.

BusinessSources

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE

We're beginning

Chapter 2

WE ARE THRILLED TO ANNOUNCE
Preston Hofer & Peggy Stricklin

WILL BE WRITING A NEW STORY WITH
HARPER LUTZ ZUBER POTENZA & ASSOCIATES

WITH THEIR RESPECTIVE FORMIDABLE KNOWLEDGE OF MARITAL DISSOLUTIONS AND VALUATION AND ESTATE AND TRUST LITIGATION ISSUES, PRESTON & PEGGY WILL ADD THEIR SPECIAL EXPERTISE TO TELLING THE STORY OF THE MONEY. THERE'S STRENGTH IN NUMBERS.

PEGGY WILL CONTINUE HER TAX PRACTICE, STRICKLIN & ASSOCIATES, WHILE EXPANDING HER LITIGATION PRACTICE WITH HLZP.

FINANCIAL CONSULTANTS IN VALUATION, LITIGATION AND MARITAL DISSOLUTIONS

303.486.0000 www.HLZCPA.COM

harper
lutz
ZUBER
Potenza
& ASSOCIATES, LLC
MEMBER OF FINANCIAL CONSULTING GROUP, L.C.



Deborah A. Krier

13136 Filmore Street • Thornton, CO 80241

TEL 303-594-8930

dkrier@wisewomencommunications.com

www.wisewomencommunications.com

McKenna Long
& Aldridge, LLP
Attorneys at Law

www.mckennalong.com

PROFESSIONAL LAWYERS SUPPORTING
PROFESSIONAL WOMEN IN BUSINESS

Sandra B. Wick Mulvany - Litigation

Jennette C. Roberts - Litigation

1400 Wewatta Street | Suite 700 | Denver, CO 80202 | 303.634.4000

logo design print media advertising web design

GRAPHIC DESIGN • ADVERTISING



**Design Solutions
That Drive Results**

Let us create an image that will
work for you. Call us...We will be
happy to meet with you.

www.alexandersmithdesign.net

[303] 759-0401

Judith E. Lajoie, Esquire

A Professional Corporation

Specializing in Mediation Services & Real Estate Law

7786 S. Gallup Court
Littleton, CO 80120

Phone: 303-906-1057
Email: judithcahan@msn.com

*Admitted to practice in
Colorado & New York, AV-Rated*



[Back to What's Inside]

BusinessSources

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE



The Spa
AT THE INVERNESS

Rich with Romance

ROMANTIC SPA PACKAGES

Inspired by the elements, destined to touch your heart and soul.

Visit invernesshotel.com
Call 800 | 832 9053

The Inverness Hotel
200 Inverness Drive West | Englewood Colorado 80112



CampExperience

Amazing Women Luxury Retreats
Camp Experience....Designed for You!

www.CampExperience.com



We are here for you

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

Planned Parenthood
of the Rocky Mountains

www.pprm.org

CALL
1-800-230-PLAN
FOR THE
PLANNED PARENTHOOD
HEALTH CENTER
NEAREST YOU



HEIN & ASSOCIATES LLP
Certified Public Accountants and Advisors

HEIN & ASSOCIATES LLP delivers customized accounting and business advisory solutions that provide long-term value for your business, including:

- Tax Services
- Financial Reporting & Assurance Services
- Transactional Services
- Specialized Services for Public Companies

Contact Mira Finé for more information.
717 17th Street, 16th Floor • Denver, Colorado 80202
Ph: 303-298-9600 • Fax: 303-298-8118
www.heincpa.com

People Delivering Solutions

Denver Houston Dallas Southern California



Ryan, Gunsauls & O'Donnell, P.C.
Certified Public Accountants

Your Financial and Tax Advisors Since 1954

5590 East Yale Avenue • Suite 201 • Denver, CO 80222
303.758.5558 • Fax 303.756.1741 • emoore@rgo-cpa.com

CALENDAR OF EVENTS

You can now find an RSVP link to upcoming Alliance Events on our homepage! Go to www.apwcolorado.org and click on the bold RSVP link – it will take you directly to the **BlackTie RSVP** page for the event for **ON-LINE REGISTRATION**. See **PAGE 9** for event information and event codes or call the contact for the event.

MARCH 2009

M	T	W	T	F	S
1	2	3	4 OUTREACH COMMITTEE MEETING , 5:30 pm, 2218 Franklin St., Denver 80205 Jessica Lynch 303-870-8395	5 NETWORKING EVENTS COMMITTEE MEETING , 11:30 am, Whole Foods, Colorado Blvd. Dana Lynch [303] 463-4839	6
8	9	10	11	12 NETWORKING LUNCHEON & 2009 CAMP EXPERIENCE KICK-OFF 11:30-1:00 pm Maggiano's Little Italy DTC, 7401 S Clinton St, Englewood 80112	13
15 	16	17 PUBLIC AFFAIRS COMMITTEE MEETING 7:30-9:00 am, Zaidy's in Chy Crk, 1st & Adams Barbara Crawford 303-228-1622	18	19	20
22	23	24	25	26	27 MEMBER SUPPORT COMMITTEE MEETING 9:00-10:00 am, Paradise Bakery in DTC Kristi Sullivan 720-524-6848
29	30				28

APRIL 2009

M	T	W	T	F	S
		1 OUTREACH COMMITTEE MEETING , 5:30 pm, TBD Jessica Lynch 303-870-8395	2 NETWORKING EVENTS COMMITTEE MEETING , 11:30 am, Whole Foods, Colorado Blvd. Dana Lynch [303] 463-4839	3	4
5	6	7	8	9 NETWORKING LUNCHEON 11:30 am-1:00 pm Root Down, 1600 W. 33rd Ave. Denver 80211	10
12	13	14	15	16	18
19	20	21 PUBLIC AFFAIRS COMMITTEE MEETING 7:30-9:00 am, Zaidy's in Chy Crk, 1st & Adams Barbara Crawford 303-228-1622	22	23	24
26	27	28	29	30	31