



COMMUNIQUE

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KERRY HAMMOND

THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

Kerry Hammond 303-368-4747
E-Mail: execdir@apwcolorado.org
Website: www.apwcolorado.org
P.O. Box 480384, Denver CO 80248

Connecting Women Personally, Professionally and Philanthropically

March Networking Luncheon

Join us for a **fun Networking Luncheon**
Thursday, March 9, 11:30am – 1:00pm, at **SOL Mexican**
Cocina in Cherry Creek. We will enjoy a delicious meal
at this new-to-us restaurant, located at 200 N.
Columbine Street, Unit 110, Denver.



We will network upon arrival and lunch will be served at noon, when we will hear from our luncheon sponsor **CHRYSTA BAIRRE** of **Live Love Work**. The lunch will conclude by 1:00pm.

Appetizers: Naked Guacamole, Salsa and Black Bean Dip

Entrée Choices (choose from):

- Carne Asada Taco Plate - beef grilled with garlic & coarse salt, on corn tortillas with pico de gallo, avocado sauce & cilantro **OR**
- Carnitas Street Taco Plate - pork slow-roasted & shredded, topped with chicharrones, diced avocado, onions, cilantro & raw tomatillo salsa **OR**
- Garlic Mezcal Chicken Street Taco Plate – spicy grilled dark meat chicken sliced, on avocado-cilantro sauce with spicy lemon-mezcal sauce & onions **OR**
- Sweet Potato & Black Bean Taco Plate - roasted sweet potato, caramelized onions, poblano chiles, Mexican cheeses and chipotle sauce

As always, there will be **lots of great door prizes**, including:

1. A 90 Minute Coaching Session and a blank journal for your notes from **CHRYSTA BAIRRE**
2. A scarf donated by **BRENDA MAHONEY**
3. A Juice Plus Sampler Pack donated by **LEIGH MILLER**
4. Tickets to History Colorado for the whole family

CLICK HERE
to **REGISTER NOW**

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

Register by: Friday, March 3, no walk-ins. Late registrations, if available, will incur a \$5 processing fee.

There will be no New Member Orientation at this luncheon

Communiqué Committee

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

Communiqué Sponsors

Sandy Smith/Alexander Smith Design
www.alexandersmithdesign.net

From Our March Luncheon Sponsor: Chrysta Bairre of Live Love Work

What would you do with \$10,000?

Would you take your dream vacation? Pay off bills? Put a down payment on a house?

Last year I worked with a client who was barely making a living for her and her family. She thought she needed to go back to school to get another degree to earn a livable wage. After three coaching sessions together she negotiated a \$10,000 raise.

I'll never forget what she said when I asked her how it went. "I should have set my sights higher. It was too easy!"

Hi, I'm **CHRYSTA BAIRRE**. I'm a Career Coach, Speaker and Writer. I work with mid-career professionals to help them find work they love, get paid well and be happier in their work and life.

I was invited to the APW by my good friend, **ELIZABETH HARMS**. As an introvert and an entrepreneur, I was looking to network with other women in a friendly and welcoming environment and I was pleased to find the APW is all that and more!

I joined the APW in April 2016. I'm a member of the Networking Events Committee and the Speaker Coordinator for our January and May luncheons.

From welfare to wellness:

I grew up right here in Denver. My mom struggled as a single parent until she was permanently disabled from a work injury. When I was in high school my family lived in poverty. When I graduated high school I didn't receive my physical diploma due to less than \$80 in unpaid school fees. Thanks to a simple paperwork error, I didn't receive financial aid to go to college.

That's when I realized I didn't have the same opportunities that other people had and that meant I had to create my own opportunities. I had to find my own way.

Over the next 20 years, I created a successful professional career in business management, human resources, accounting and finance.

I learned how business works. I shaped my career path. I leveraged on-the-job training. I took classes and workshops to build my skills. I learned how to communicate with confidence.

Life seemed to be going great until I had a health crisis. After a stress-induced bout of shingles at the age of 35, I realized I had more to learn. I started a work-life balance blog and learned how to manage stress, improve my health and increase my happiness.



From Our March Luncheon Sponsor: Chrysta Bairre of Live Love Work

Continued from Page 2

Finally, I made it. Woohoo! I loved my work, earned a great salary and loved my life. That's when I realized the next step for me was to help others get what I have.

Naturally, I started my own business: **Live Love Work**. As a Career Coach, I help people do work they love, increase their income and find happiness in and out of the office.

I am grateful to do the work I love from my home in Fort Collins, Colorado, where I can be found commuting on two wheels—riding my bicycle—or zipping around town on my Buddy 125 scooter. I volunteer for several women-focused groups, including the APW and Larimer County Women of the Year, as well as the local humane society. I live with my husband and our cats, dogs and house rabbits.

I would love to help you do work you love, be well-paid and increase your happiness.

Contact me for a complimentary 30-minute coaching session. Call me at 970-310-8218 or email me at chrysta@liveandlovework.com. I'd love to work with you!



Are you a morning person? Is it hard for you to break away from the office to attend a luncheon? Then Coffee Connections might be right for you. **Join APW members and prospective APW members to talk about your business over a cup of coffee, tea or breakfast.** Discuss business and business-related topics while making a few friends. Leave when you need to, our end time is approximate.

When: Friday, March 17, 8:30am to 10:00am (Central Denver)

Where: Trompeau Bakery, 2950 S. Broadway, Denver (2 blocks south of Yale)

RSVP: LEIGH MILLER at millerleigh13@gmail.com or 720-272-2853

When: Friday, April 21, 8:30am to 10:00am (DTC)

Where: Chinook, 6380 S Fiddlers Green Cir., Greenwood Village

RSVP: LAUREN KAPLAN at lauren@thekaplans.com or 303-912-2576

When: Friday, April 21, 8:30am to 10:00am (Northwest)

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

RSVP: CHELSEY BURNS at Chelsey@bemindfullyhealthy.com or 303-748-1526

April Networking Luncheon

SAVE THE DATE for our **April Networking Luncheon** on Thursday, **April 13**.

Our Networking Events Committee is working hard to locate the perfect location and secure the best menu.

Stay tuned for a Registration Link on the website and in the weekly What's Happening emails.

Leadership

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Ginny Taylor, At Large
A Better View Décor

EMERITUS BOARD MEMBERS

Emilie Ailts, **Melinda Harper**,
and **Charlene Wilson**

From Our April Luncheon Sponsor: University of Denver's University College

5 Tips to Successfully Lead Change in the Workplace

From improvements to setbacks, organizations of all types often face changes. Change is something that many people don't handle well and is often feared. If change is not managed correctly, it can be costly for organizations. Understanding how to lead and manage through change in the workplace can help avoid failure and build leadership skills.



Here are five tips to consider when leading change:

1. Set the Tone for Change

Many organizations never set the tone for change to occur. Employees fall into a routine, become comfortable in their environment and feel deceived if changes are on the horizon. Mix things up and challenge employees. Set the tone that the organization is evolving and change is certain.

2. Communicate Frequently

While communication may be happening, it is often not done effectively. Communicate why changes are happening, what it means to the organization, and be persistent about communicating throughout all stages of change. Not effectively communicating can create frustration. No one wants to hear through word of mouth that big changes are coming.

3. Listen to People Who Work the Front Line

Seek advice and opinions of people in front line positions in your organization. People who interact with outsiders and co-workers on a daily basis will understand what needs to be changed and how it can impact work processes.

4. Be Prepared to Have Critics

While you may be transparent about changes that are happening, be prepared to handle criticism. Understand what questions and resistance may come up with your proposed changes, and prepare to address these concerns. Being ready to handle critics will help avoid setbacks and negativity.

5. Have Patience

When you are thinking out the details and procedures for organizational change, it is important to give your organization time to understand and initiate the change. People may have questions and handle change differently. Pressuring others to adopt changes right away can cause resistance and can impact the culture of the organization.

As a leader at any organization, it's crucial to master the strategies above in order to add value to your organization—and your career. Are you prepared to take on a leadership role or advance in your current one? **Consider deepening your knowledge through the Leadership and Organizations program at the University of Denver's University College**, where you can earn a master's degree or certificate, online or in the evenings.

Showcase your Business at the Member Appreciation Luncheon

Our **11th Annual Member Appreciation Luncheon** is just around the corner. Block your calendar for **May 11**, from 11:00am to 1:00pm for our special two-hour event. If you're thinking **SWAG bags**, you're right. We will be returning to the **Denver ChopHouse and Brewery** in LoDo for this luncheon.



Being a SWAG Bag Sponsor is a great way to get noticed by all of the dynamic women who attend our special springtime event. Provide a special giveaway or goodie to be given to all attendees at this luncheon in our SWAG bag.

How it works: Use the **RSVP link below** to sign up to become a SWAG Bag Sponsor. The cost to be a sponsor is \$35 for APW members and \$45 for non-members.

CLICK HERE
to RSVP to be a
SWAG Bag Sponsor

NEXT, prepare 100 gift-type items/items of value to be put into the bags for each attendee. Have some fun finding a creative gift to showcase your business!

Our theme this year is "Navigating the Future." You can use this theme to help you brainstorm, but don't let it limit you. Anything goes as long as it's a gift-type item. If you need someone to help with your fun SWAG order, consider APW member, **JOANNA JOHNSON**, at **303-522-3686** or Email: joanna@e2businessgifts.com.

SWAG Bag Sponsorship information and dates:

Deadline: for sponsor sign-up is **April 28**

Cost: \$35 for APW members and \$45 for non-members.

Drop-Off Deadline: for dropping off of SWAG contents is **May 5**.

Drop-off locations to be announced (you can also bring your items to the March or April networking luncheon and leave them with **KERRY HAMMOND**).

We've secured a bag sponsor and thank **AMY LANE** of Home Care Assistance of Centennial for donating the 100 bags that we will fill with all of your SWAG.

NOTE: If you plan to also attend the May luncheon you will need to register for that once the link is available.

A Public Affairs Note

We **thank NORA KELLY** for her many years of service as our **Public Affairs chair** and wish her well as she steps down from her position. We will be **scheduling a planning session in June** to discuss the future of the committee and what speakers we would like to hear from in the 2017-2018 season. This is a great time to get more involved and help out.

Please contact Nora if you would like to be included in the planning session (nvkesq@gmail.com) or watch the weekly What's Happening emails for details. All are welcome. It will take a whole group of dedicated ladies to fill Nora's shoes, why not be one of them?

Public Affairs Breakfast Meetings

The Committee **meets at Zaidy's** Restaurant at First Avenue and Adams Street in Cherry Creek and there is plenty of free parking. We start networking at 7:00am, and at 7:30am we start breakfast and hear from our speaker. Meetings usually wrap up at 8:30am. You buy your own breakfast.

If interested in attending or if you have any questions, please contact **NORA KELLY** at nvkesq@gmail.com or 303-377-5518.

The next **Public Affairs Committee meeting** will be held on Tuesday, **March 14**. The speaker will be **JENNIFER MORELAND**, MPH. Jennifer is a Chronic Disease Manager from Denver Health and an expert on the child obesity epidemic. She will talk about how prevalent childhood obesity is in Denver, its causes and what Denver Health, along with other health organizations, have found works to slow it down.

In April, the **Public Affairs Committee meeting** will be held on Tuesday, **April 11**. The speaker will be **MEG FROELICH**. Meg is a former two-term Greenwood Village City Councilperson, a primary candidate for Colorado State House District 3 and the co-producer, writer and director of the documentary "Strong Sisters," about elected women in Colorado. Meg will speak about women in politics in Colorado and what to expect if you ever decide to run for office.

SAVE THE DATE for the 6th Annual Helping Women + Changing Lives Luncheon

Mark your calendars and plan on joining us this year for our **6th annual Helping Women + Changing Lives Luncheon** (HW+CL) on **Thursday, September 14, 2017**. This luncheon will take place at the PPA event center located at 2105 Decatur Street, Denver.

Our annual luncheon funds the three philanthropic missions of our Alliance Foundation: Village Banks, Scholarships and Local Outreach.

Continued on Page 7

SAVE THE DATE

**Helping Women
+ Changing Lives**

Proudly Presenting
Our Sixth Annual Luncheon
with
Special Guest

Thursday, September 14, 2017
11:30 am - 1:00 pm • PPA, 2105 Decatur Street, Denver, CO 80211

**Alliance
Foundation**

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SAVE THE DATE for the 6th Annual Helping Women + Changing Lives Luncheon

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BUT WE NEED YOUR HELP: **Table Captains** & **Sponsors**

Table Captains

We're looking for Table Captains. Join our list of dedicated ladies in pledging to fill a table of 10 at the event. We have all the tools you will need to be successful, you just need to have the names of friends and colleagues to invite. We even host a couple of Table Captain training sessions where you can meet others who are involved and benefit from the knowledge of those that have done this before.

Sponsors

We're looking for luncheon Sponsors. Sponsorship is an amazing marketing opportunity for your business and a way to give back at the same time. Each sponsorship category provides a different level of exposure for your business at the September event, at our monthly networking luncheons and in our bi-monthly newsletter.

If you would like more information, please contact **KERRY HAMMOND** at AllianceFoundation1@gmail.com.

We have some **wonderful HW+CL Sponsors** who have already pledged their support, please consider joining them to make our 6th luncheon the best yet.

Our HW+CL Sponsors:

Creating Hope:

Capital Sisters International
FirstBank
Sullivan Financial Planning
Core Contractors
Creative Financial Staffing
Academy Roofing

Building Promise:

LIV Sotheby's
DYCO Diversified
Counseling Center of Cherry Creek
Lutz Zuber & Associates, LLC
Ryan, Gunsauls & O'Donnell, LLC

Helping Women:

Julie Sequeira
Leigh Miller
Career Matters
Hulse Law Firm, PC
Willoughby Law Group

In-Kind Sponsors:

Alexander Smith Design
Life Unstill Photography
Footers Catering

Luncheon Sponsors

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

Jill 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, Moyer 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

Corporate Members

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University College University of Denver

Outreach Committee News

Contributed by APW Member and Outreach Co-Chair, **Willy Wilson of Life Unstill Photography**

The **Outreach Committee** has been gearing up for some great volunteer opportunities. Please keep in mind that you don't need to be an Outreach Committee member to volunteer, only an APW Member.

Delores Project. SAVE THE DATE: March 7 and May 2 -
our next two Delores Project Dinners

RSVP for March 7
to Willy Wilson
wilson@lifeunstill.com

The Outreach Committee organizes volunteers from the APW to cook or prepare the food for a shelter meal. **We need 5-6 volunteers** to serve the meal to the guests at the **Delores Project**. Not only do we provide them with a meal, but we also give them an uplifting experience simply by lending a hand, sharing a story or offering a smile. In the long run, we are the ones who feel a huge reward for participating.

The ladies we serve love Outreach Tuesdays...many of them wait patiently to be asked to come back for their second serving after we serve the initial 60. It's a lot of fun for the servers too, as we stand in assembly line fashion, deciding what our role will be in serving these deserving ladies. In a word...REWARDING!

For more information about **The Delores Project**, please see their website: thedeloresproject.org.

New Legacy Charter School.

SAVE THE DATE: March 11 -
New Legacy Charter School
Senior Photo Extravaganza

We need 6-10 volunteers for a full or partial day (professional photographers needed too).

New Legacy Charter School is a high school for parenting teens. Almost 100% of the students are living in poverty and cannot afford things that typical high school students take for granted. This year NLCS will have approximately 29 students graduating. APW volunteers will be doing a Senior Portrait Extravaganza and providing a fun, teen-oriented, senior photo experience for the kids.

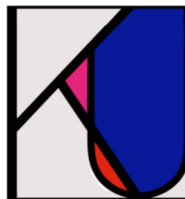
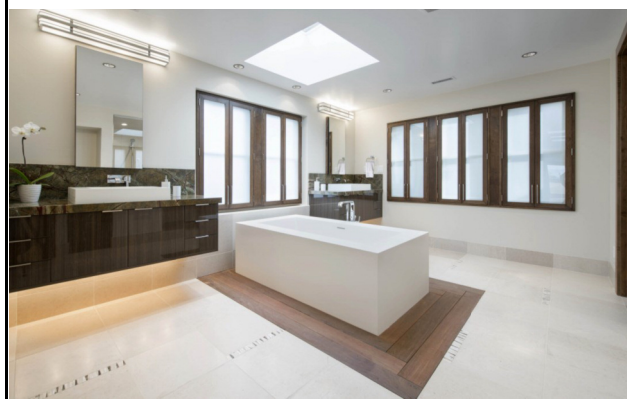
Also, in March or April, New Legacy Charter School will take groups of high school juniors and seniors to visit local college campuses. The APW is looking for **volunteers to chaperone** the tour.

If you'd like to sign up to help at any or all of these events, please contact **WILLY WILSON** at wilson@lifeunstill.com.

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Design Your Sanctuary

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Outreach Committee News

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Arapahoe House

The Outreach Committee is also accepting school supply donations to benefit Arapahoe House. Bring these to any APW Networking Luncheon from April-July.

Over the past 40 years, Arapahoe House has been a champion for families and individuals with alcohol, drug and other behavioral health issues. These school supplies are greatly needed and any donations, no matter how small, are appreciated.

For more information about **Arapahoe House**, please see their website: arapahoehouse.org



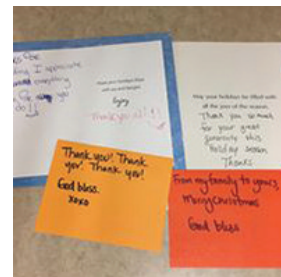
Kami Guildner (speaker from our January Networking Luncheon)



APW volunteers by serving a meal to the guests at the Delores Project



Cari Harris and Jenny Glick at the Committee Fair in February



Some thank you cards Outreach received from their secret santa recipients

Even If You Missed the Committee Fair, You Can Still Join an APW Committee

Member Support Committee (Co-Chairs: **LAUREN KAPLAN & JULIE SEQUEIRA**)

The Member Support Committee welcomes new members, hosts new member orientations and helps new members connect with others in the APW. The committee **meets the third Wednesday of every other month**. Contact: lauren@thekaplans.com or jsequeir@amfam.com.

Fundraising Events Committee (Co-Chairs: **KELLY SNODGRASS & LEE LIPNISKIS**)

The Fundraising Events Committee is responsible for planning the Alliance Foundation's annual fundraising luncheon. The Alliance Foundation funds the Village Bank Program, Scholarship Program and local community outreach programs coordinated by the Outreach Committee. Contact: kelly@willoughbylaw.com or llipniskis@coredoes.com.

Networking Events Committee (Co-Chairs: **LYNNE AMERSON & PAM FOLEY**)

The Networking Events Committee is responsible for planning our monthly networking luncheons in popular restaurants throughout the city. The committee **meets on the first Tuesday of the month, over lunch**. Contact: lynne@chasefield.co or pam@renewandredo.com.

Outreach Committee (Co-Chairs: **WILLY WILSON & JUDY SUTTON**)

The Outreach Committee is the community service arm of the APW. They provide volunteer opportunities for members that promote the health, welfare, education and employment of underserved women and children in our community. The committee **meets in the evening of the first Wednesday of the month**. Contact: wilson@lifeunstill.com or judy@thesuttons.net.

PUBLIC AFFAIRS COMMITTEE (Chair: **NORA KELLY**)

The Public Affairs Committee is dedicated to providing opportunities for members to become politically informed. The committee meets for **breakfast on the second Tuesday of most months**, taking summers off. Contact: nvkesq@gmail.com.

The Scholarship Committee (Co-chairs: **ANNE MOORE & LORNI SHARROW**)

The Scholarship Committee's mission is to engage scholars in the activities of the Alliance of Professional Women, further advancing the power of the scholarship through personal relationships. The committee **meets over breakfast the fourth Thursday every other month**. Contact: avatar.anne@gmail.com or lorni.sharrow@moyewwhite.com.

The Communiqué Newsletter

The Communiqué is the APW's monthly newsletter, distributed electronically at the beginning of every other month. It aims to help fulfill the APW's mission to connect women personally and professionally. We are always looking for members who want to write an article for an upcoming issue. Contact: execdir@apwcolorado.org.

Member News & Information

Alliance Networking Opportunities

WHAT: NETWORKING EVENTS COMMITTEE MEETING**When:** Tuesday, **March 7** and **April 4**, 11:30am – 1:00pm**Where:** **Natural Grocers**, Colorado Blvd. and Evans**RSVP:** **LYNNE AMERSON** at lynne.amerson@myfw.com**WHAT: OUTREACH COMMITTEE MEETING****When:** Wednesday, **March 1**, and **April 5**, 5:30pm – 7:30pm**Where:** **March:** Home of **KERRY HAMMOND**,

1173 South Logan St., Denver

April: Home of **PAM FISCHER**,

2218 Franklin Street, Denver

RSVP: **Willy Wilson** at wilson@lifeunstill.com**WHAT: MARCH NETWORKING LUNCHEON****When:** Thursday, **March 9**, 11:30am – 1:00pm**Where:** **SOL Cocina Cherry Creek:**

200 N. Columbine Street, Unit 110, Denver

Cost: Members \$35; non-members \$45**RSVP:** [Register HERE](#)**WHAT: PUBLIC AFFAIRS COMMITTEE MEETING****When:** Tuesday, **March 14**, 7:00am Networking,
7:30am, Speaker**Where:** **Zaidy's** in Cherry Creek, 1st & Adams**RSVP:** **NORA KELLY** at nvkesq@gmail.com or
303-514-3143**Speaker:** **JENNIFER MORELAND**, MPH,
a Chronic Disease Manager from Denver Health**WHAT: COFFEE CONNECTIONS—CENTRAL DENVER****When:** Friday, **March 17**, 8:30am – 10:00am**Where:** **Trompeau Bakery**, 2950 S. Broadway, Denver
(between Yale and Evans)**RSVP:** **LEIGH MILLER** at millerleigh13@gmail.com**WHAT: PUBLIC AFFAIRS COMMITTEE MEETING****When:** Tuesday, **April 11**, 7:00am Networking,
7:30am, Speaker**Where:** **Zaidy's** in Cherry Creek, 1st & Adams**RSVP:** **NORA KELLY** at nvkesq@gmail.com or
303-514-3143**Speaker:** **MEG FROELICH**, a former two-term
Greenwood Village City Councilperson**WHAT: APRIL NETWORKING LUNCHEON****When:** Thursday, **April 13**, 11:30am – 1:00pm**Where:** Location To Be Determined**Cost:** Members \$35; non-members \$45**RSVP:** Registration Link Coming Soon**WHAT: MEMBER SUPPORT COMMITTEE MEETING****When:** Wednesday, **April 19**, 11:00am – 12:30pm**Where:** **Café France**, 8081 E Orchard Rd.

Greenwood Village

RSVP: **JULIE SEQUEIRA** at jsequeir@amfam.com**WHAT: COFFEE CONNECTIONS—DTC****When:** Friday, **April 21**, 8:30am – 10:00am**Where:** **Chinook**, 6380 S Fiddlers Green Cir,

Greenwood Village

RSVP: **LAUREN KAPLAN** at lauren@thekaplans.com or
303-912-2576**WHAT: COFFEE CONNECTIONS—NORTHWEST****When:** Friday, **April 21**, 8:30am to 10:00am**Where:** **Panera Bread**, The Shops at Walnut Creek,
10450 Town Center Dr., Westminster**RSVP:** **CHELSEY BURNS** at
Chelsey@bemindfullyhealthy.com
or 303-748-1526

Member News & Information

New Members

LISA M. AUSTIN – The Service Factor Training,
lisa@theservicefactor.com

RENE DiBENEDETTI – René's Maison des Fleurs,
rene@renemaisondesfleurs.com

TIJANA GAVRIC – Moye White, LLP,
tijana.gavric@moyewhite.com

Laura Goldner, Psy.D – Psychologist, Denver Counseling for Women, laurabgoldner@gmail.com

MARIA HAMMERBECK – Herrada Printing,
maria@herradaprinting.com

STACY HANSON – Financial Advisor at Edward Jones,
Stacy.Hanson@edwardjones.com

LAURA HASS – Attorney at Treece, Alfrey, Musat, P.C.
lhass@tamlegal.com

KAYLEIGH HUNTER – Bauerle and Company, P.C.,
khunter@bauerlesolutions.com

PAM KERR – Kerr Forensic Accounting, PC,
pam@kerrfa.com

**MADISON KUEBLER – Pre Planning Advisor,
 Olinger Mortuaries and Cemeteries,**
Madison.kuebler@dignitymemorial.com

**MARIA NAYLOR – Director of Marketing and Operations at
 The Singular Effect,** mnaylor@thesingulareffect.com

KRYSTAL THOMPSON – The Catalyst Group, LLC,
krystal@catalystgroupmarketing.com

ALLYSON WOLFRAM – HR Director at ALPS,
allysonwolfram@gmail.com

New Member Fun Facts

We asked our new members to tell us a little bit about themselves, and here's what we found out:

STACY HANSON – Financial Advisor at Edward Jones, Stacy.Hanson@edwardjones.com

- 1. Why did you join the APW?** I joined the APW to become more connected to my community, and hopefully make some good friends! Yes, I am building my business but that's a secondary consideration for my membership; I view the APW as a way to refocus some of my energy on philanthropy and friendship.
- 2. What are your hobbies?** I love to hike, snowshoe, camp, read, drink good wine and eat good food, laugh with friends, play with dogs and meditate (or look at the mountains, which is pretty much just meditating to me). I'm as happy going to the theater or symphony as I am hanging out by a campfire listening to a mountain stream, which is why Colorado is my home.
- 3. What is your position/business?** I am a financial advisor with Edward Jones. If forced into one of those awful elevator speeches, I'll say I work with people who want to increase their wealth, or something similarly silly.
- 4. What is something that few people know about you?** My current career is my favorite and will be my last, but my background is extremely varied. I've worked on Capitol Hill in the U.S. Senate, been a college instructor and a nonprofit executive. Aside from jobs during high school and college, my only other for-profit experience was in a radio jingle production company.

Continued on Page 13

New Member Fun Facts

Continued from Page 12

ALLYSON WOLFRAM – HR Director at **ALPS**, allysonwolfram@gmail.com

1. **Why did you join the APW?** To meet women with similar interests, expand my social network and be more active in the community through volunteering.
2. **What are your hobbies?** Running, hiking, traveling and spending time with my family.
3. **What is your position/business?** I'm the HR director for ALPS, a financial services firm in downtown Denver.
4. **What is something that few people know about you?** I worked in a kiwi factory in my early 20s.

MARIA NAYLOR – Director of Marketing and Operations at **The Singular Effect**, mnaylor@thesingulareffect.com

1. **Why did you join the APW?** Because I am new to Colorado and want to establish a network of strong women, both personally and professionally, that are focused on the community and building long lasting relationships.
2. **What are your hobbies?** I love to read, hike and travel...although my latest obsession is doing crossword puzzles.
3. **What is your business/position?** I am the Director of Marketing and Operations at Singular CPA Services. We are CPA firm that focuses on small businesses and local restaurants.
4. **What is something few people know about you?** Something that few people know about me is that I can probably recite every song ABBA has ever made.

LAURA HASS – Attorney at **Treece, Alfrey, Musat, P.C.**, lhass@tamlegal.com

1. **Why did you join the APW?** I joined the APW to be involved in a network of professional and supportive women.
2. **What are your hobbies?** I enjoy spending time with my two daughters, cooking, baking, hiking and enjoying the outdoors.
3. **What is your position/business?** I am an attorney at Treece Alfrey Musat, P.C. My practice is mainly litigation, but I have handled several bankruptcy, estate planning and general business matters as well.
4. **What is something few people know about you?** I would love to go to culinary school (in my free time – ha!)

LAURA GOLDNER, Psy.D – Therapist, **Denver Counseling for Women**, laurabgoldner@gmail.com

1. **Why did you join the APW?** As a psychologist who has a home office, I wanted to create connections with women outside of my work role and get involved in community, along with social and philanthropic activities.
2. **What are your hobbies?** I have a streak of the Colorado girl in me: hiking, snowshoeing and skiing. I also love the city life of great restaurants, great music and arts performances, exploring new places near and far, farmers markets and cooking.
3. **What is your position/business?** I am a psychologist in private practice. I work with women to help them through the transitions in their lives to gain insight, healing and learn new ways to be in their own heart and body, their relationships, and work and personal lives. I have a sub-specialty in issues related to pregnancy, postpartum and motherhood.
4. **What is something few people know about you?** When I was home with my children I had a baking business creating all sorts of wildly-shaped cakes and delicious desserts.

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

Anniversaries

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

18 years

PATRICIA FOLEY HINNEN . . . Capital Sisters International

9 years

LEE WEISBARD Lee Weisbard DDS

4 years

BRENDA MAHONEY Cabi-Independent Consultant

LYNNE AMERSON Chasefield Capital

KAREN SHIRLEY Holmes Shirley Law

3 years

MICHELLE KU Ku Interior Design

MELISSA RICHARDS LIV Sotheby's International Realty

JILL KLANCKE Klancke & Cook, Attorneys at Law

LORIE STAFFORD THOMAS . . Mountain View Communications

2 years

PATSY BUTTERFIELD HM Brown & Associates

WILLY WILSON Life Unstill Photography

1 year

NICOAL WOLFE-SPERRAZZA . 3i Law

CHRYSTA BAIRRE Live Love Work

HEIDI ELKINS

MARY ANN LITTLER Peak to Peak Business Strategies

APW Thanks!

January Networking Luncheon

We met in January at **Chinook Tavern** and enjoyed having a private room all to ourselves. The staff took great care of us and we all had a wonderful lunch. Our luncheon hosts were Networking Events Committee Co-Chair **LYNNE AMERSON** from **Chasefield Capital** (lynne@chasefield.co) and **CHRYSTA BAIRRE** of **Live Love Work** (chrysta@liveandlovework.com). Both ladies did a great job of coordinating and running the event and Chrysta Bairre deserves extra thanks for all of her work in securing our guest speaker.

Our guest speaker, **KAMI GUILDNER**, gave an entertaining and thought-provoking presentation on **Awakening Your Inner Fire**. Our members were encouraged to partner with someone at their table to discuss a "Peak Career Experience." Partners then spent time going over each other's strengths, passions and values. It was great to watch everyone during this exercise and hear how rewarding the results of these discussions were.

Kami ended her talk by inviting members to apply for a complimentary Yes-to-You strategy session. She gave away these sessions to members who expressed interest and we know she went above and beyond the five sessions she promised to schedule. Thanks so much to Kami for her presentation and generosity.

We also thank our door prize donors: **KAMI GUILDNER** gave away a copy of her bestselling book, *Firedancer: Your Spiral Journey to a Life of Passion & Purpose*; **Chinook Tavern** donated a gift certificate; and we gave away a gift certificate courtesy of the **Denver ChopHouse**.

February Networking Luncheon

This year we held our **Committee Fair and Networking Luncheon** at **Eddie Merlot's Restaurant**. We had an excellent turnout and lots of committee interest from our members. Thanks to all of the dedicated members who worked the committee fair tables, helping other members learn more about the APW and the Alliance Foundation, and how they can get involved.

Our **luncheon hosts** were our Networking Committee Members **MICHELLE KU** of **Ku Interior Design** (michelle@kuInteriorDesign.com) and **PAM FOLEY** of **REnew and REdo Holistic Décor** (pam@renewandredo.com).

ALLYN BADER BARCLAY of **Discover You and Arrow Performance Group** (abb Barclay01@gmail.com) helped plan the luncheon but was called away unexpectedly and was unable to attend. **Thank you to all of the ladies who helped plan this luncheon.**

APW Thanks!

Continued from Page 14

Thanks also to our door prize donees: Our **luncheon sponsor**, **LESLIE GARSKE**, donated a bottle of wine; **KELLE GRAHAM** of **Rocky Mountain Jewelers** donated a pair of silver earrings; **CHRYSTA BAIRRE** of **Live Love Work** donated a certificate for a coaching session; and **Eddie Merlots** donated two \$50 gift cards and a book about their restaurant.

We thank **LESLIE GARSKE** of **AXA Advisors, LLC** (leslie.garske@axa-advisors.com) for her sponsorship and presentation. Leslie has expanded her practice to include solutions for women who have gone through a divorce and find themselves needing an array of different services to fit their changed life.

From our February Luncheon Sponsor: Leslie Garske of AXA Advisors, LLC

Love is Grand, Divorce is \$40 Grand!

I got into Divorce Financial Planning because my financial planning clients were coming to me after their divorce was final and after the ink had dried.

Divorce is one of the most stressful events people go through. They are expected to make critical financial and parenting decisions that impact the rest of their lives when they are not their highest functioning selves.

So many questions arise:

- Should you keep the house? Can you afford to keep the house?
- Should you take the cash or the IRA?
- The retirement assets; how will you be able to retire?
- How will you be able to survive financially after the divorce?
- How will one household budget work for two separate households?
- How will you share time with the children and still work?
- What are the tax ramifications of divorce?

The financial impact of divorce can be quite devastating, but with proper planning and expert help from a divorce financial planner, you can create a financially equitable divorce settlement and make sure you have the tools necessary to rebuild financially after the divorce is final.

If you are contemplating a divorce, or know of someone who is, before jumping into the complex financial maze of divorce, call the **Divorce Resource Centre of Colorado** to schedule a confidential consultation. This could be the most important step you take to create empowering choices at the time of your divorce.

Services We Offer:

- Pre-Divorce Financial Consulting: we help you understand the financial impact of divorce; the tax impact of alimony and child support; the financial result of different settlement options; how to develop a sound, forward-looking spending plan; post-divorce cash flow projections and the value of divisibility of different retirement plans like PERA, FERS, CSRS, Military and Private Pensions.
- Post-Divorce Financial Planning: we help you with implementing the Separation Agreement, dividing investment and retirement accounts, asset allocation and management, implementing and monitoring monthly budgets, and changing beneficiaries on life insurance and retirement accounts.
- Litigation Support to Family Law Attorneys who will prepare financial reports, tax analysis and expert witness testimony for clients.
- Mediation.



Leslie S. Garske / Financial Professional
Leslie.Garske@axa-advisors.com / (303) 892-5700

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 APW members who have referred a brand new member since our last Communiqué. We are grateful to **LEE LIPNISKIS** for referring **ALLYSON WOLFRAM**, **LESLIE GARSKE** for referring **LAURA HASS**, **PAULINE HUDDLESON** for referring **MARIA HAMMERBECK**, **MICHELLE KU** for referring **PAM KERR** and **CARI HARRIS** for referring **RENÉ DiBENEDETTI**.

We appreciate each of you for sharing our fabulous organization and are pleased to run your business card ad as a small token of our appreciation in an upcoming newsletter. We also **thank SHERE CHAMNESS** for attracting new members to our organization through our APW website. Nice job!

Receive a FREE ad for referring new members to the APW!

In an organization like the APW, we depend on referrals to increase our membership. As a small thank you for referring a new member to the APW, you will receive a complimentary business card ad in the Communiqué. If you're a Networking Connections Member who already has a business card sized ad, we will increase that to a ¼ page ad.



Thanks to **JENNY GLICK** we have been offering printed copies of our newsletter at our networking luncheons. Pick up a copy at the registration table at the next lunch.

A very big thank you to our Communiqué Sponsor Jenny Glick of Counseling Center of Cherry Creek (jenny@counselingcenterofcherrycreek.com).

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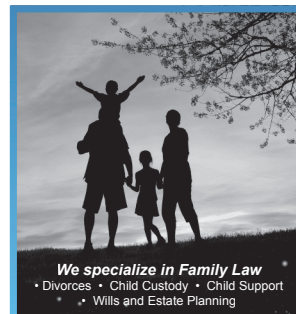
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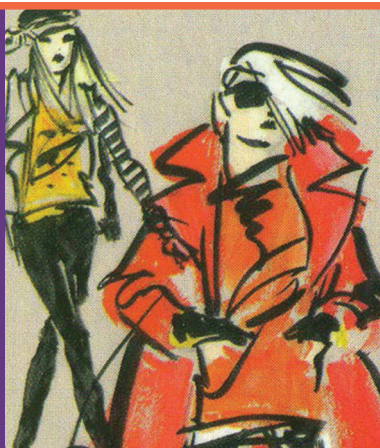
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calendar of events

You can now find an RSVP link to upcoming Alliance Events on our homepage! Go to www.apwcolorado.org and click on the bold RSVP link – it will take you directly to the BlackTie RSVP page for the event for ON-LINE REGISTRATION See PAGE 11 for event information, event codes or contact for the event.

MARCH 2017

S	M	T	W	T	F	S
			1 <u>Outreach Committee Meeting</u> 5:30 pm, Home of KERRY HAMMOND, 1173 South Logan St., Denver, WILLY WILSON, wilson@lifeunstill.com	2	3	4
5	6	7 <u>Networking Events Committee Meeting</u> 11:30 am - 1:00 pm, Natural Grocers, Colorado Blvd and Evans, LYNNE AMERSON lynne.amerson@myfw.com	8	9 <u>Networking Luncheon</u> 11:30 am - 1:00 pm, Sol Cocina Cherry Creek REGISTER HERE	10	11
12 DAYLIGHT SAVING	13	14 <u>Public Affairs CM</u> 7:00 - 7:30 am, Speaker - 7:30 Zaidy's of Cherry Crk NORA KELLY nvkesq@gmail.com	15	16	17 <u>Coffee Connections - CD</u> 8:30 - 10:00 am, Trompeau Bakery LEIGH MILLER millerleigh13@gmail.com SAINT PATRICK'S DAY	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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

APRIL 2015

S	M	T	W	T	F	S
						1
2	3	4 <u>Networking Events Committee Meeting</u> 11:30 am - 1:00 pm, Natural Grocers, Colorado Blvd and Evans, LYNNE AMERSON lynne.amerson@myfw.com	5 <u>Outreach Committee Meeting</u> 5:30 pm, Home of PAM FISCHER, 2218 Franklin Street, Denver WILLY WILSON, wilson@lifeunstill.com	6	7	8
9	10	11 <u>Public Affairs CM</u> 7:00 - 7:30 am, Speaker - 7:30 Zaidy's of Cherry Crk NORA KELLY nvkesq@gmail.com	12	13 <u>Networking Luncheon</u> 11:30 am - 1:00 pm, Details on website soon!	14	15
16 EASTER	17	18 TAX DAY	19 <u>Member Support Committee Meeting</u> 11:00 am, Café France, Greenwood Village JULIE SEQUEIRA at jsequeir@amfam.com	20	21 <u>Coffee Connections -DTC</u> 8:30-10:00 am, Chinook, GV LAUREN KAPLAN, lauren@thekaplans.com <u>Coffee Connections -NW</u> 8:30-10:00 am, Panera, Westm CHELSEY BURNS Chelsey@bemindfullyhealthy.com	22
23 30	24	25	26	27	28	29