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5th Annual Member
Appreciation Networking
Luncheon in May
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THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

Pauline Huddleson- (303) 368-4747 E-Mail: execdir@apwcolorado.org Website: www.apwcolorado.org P.O. Box 480384, Denver CO 80248 **Connecting Women Personally, Professionally and Philanthropically**

5th Annual Member Appreciation Networking Luncheon in May

Join the Alliance for this special two-hour,
Thursday, May 12 "Grow Your Passion" Member
Appreciation Networking Luncheon in the Curtis
Ballroom, Comedy Works in Landmark Village at 5345
Landmark Place, Greenwood Village, CO 80111.

We loved this location last September and decided this was the place for our 2011 gathering. We moved this annual event to the month of May. We have ordered a gorgeous spring day, so make your reservations soon. This is one of our largest events, and it is open to members and guests alike. There will be plenty of time for networking and seeing old and new friends.



Lunch menu: Iced tea, dessert and your choice of:

- Asian Chicken Salad romaine lettuce, marinated chicken, rice noodles, wontons, cucumbers and soy ginger dressing
- Oven Roasted Salmon served with garlic roasted mashed potatoes and sautéed spinach with a grapefruit butter sauce and basil oil, or a Latin citrus sauce
- Harvest Ravioli butternut squash, pumpkin and ricotta cheese with a lemon cream sauce and zucchini pomodoro

Please indicate any dietary restrictions in the dietary question box.

CLICK HERE to join us!

- Members \$30; non-members \$40
- Registration is due by 5:00 pm, Wednesday May 4, 2011.
- Parking is free.
- All attendees will get a special pail, filled with gifts from our luncheon bag sponsors, and a
 small booklet that will contain submissions from our members who have shared what they
 are passionate about or done to grow their passion. We will also get to hear from some of
 our members at this luncheon.

Leadership

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Emilie Ailts Melinda Harper Charlene Wilson

APW Brings Another Evening of Food and Fun to Warren Village

On Tuesday, May 24, 2011 at 5 pm, the women of APW will revisit one of our most heart-felt community outreach activities by providing an evening of entertainment and food for the residents of Warren Village. Zane from Zany Entertainment will dazzle us with balloon art and we'll be sharing lasagna and salad with the residents. Don't miss the opportunity to help single mothers who are in transition from the streets to a more productive life and their wonderful kids.

Our Needs:

- Cooking the lasagnas, making salad, making rice crispy treats,
- Helping with the kids, visiting with the moms, enjoying the entertainment, and
- \$\$\$ to meet our \$245 budget.

Warren Village is located at Warren United Methodist Church Fellowship Hall, 1630 E. 14th Ave. at Gilpin in Denver.

For more information, or to volunteer to help out, contact:

JILL MADISON at 415-637-1176 or **jillmad7@pacbell.net** or **ELIZABETH MOORE** at 303-758-5558 Ext. 119 or **emoore@rgo-cpa.com**

APW Wii Competition and Chili Cook Off



We had a great time when Alliance members and friends gathered on Friday March 1, for a fun evening at the beautiful home of Board member Alexie Tune's. **Thanks to Alexie** for opening up your home to us all. It was wonderful to share food, laughter and some friendly competition at Guitar Hero, Dance Party 2 and Wii Sports.

We **thank all** those who were able to attend and special thanks goes to the good cooks who made chili for the cook off (Shere Chamness, Cindy Rold, Elizabeth Moore, Wendell Fischer and Barbara Crawford) they were all so tasty, it was difficult to choose just one! Honors for the best "APW Chili" was awarded to Shere Chamness. And, the metal goes to...Mark Moore as the bowling champ; Barry Burns as our guitar hero, and Dana Lynch our dance queen!





Spotlight on Ruth Garcia | RG2 Consulting **Our April Luncheon Sponsor**

RG2 Consulting is a boutique franchise consulting firm based in Denver, CO. At RG2 Consulting, we focus on getting to know our clients and identifying their core values, skills, interests and income expectations prior to even looking at franchise opportunities. Once opportunities have been identified, RG2 Consulting spends considerable time and effort on the due diligence process to make sure that the client is able to make an educated decision on whether that particular opportunity is a good fit.

1. What sets you apart from your competitors?

I believe what sets me apart from my competitors are my passion for helping people change their lives as well as my strong code of ethics. I am truly invested in my clients and ensure that through detailed due diligence they are able to make an educated decision. Investing into a franchise is a life-changing decision and I want to make sure that my clients are fully aware of the implications and the opportunity the franchise offers.

2. What is your most important accomplishment in life?

I am not sure I could highlight one specific accomplishment, but I have always striven to be a role model to other aspiring women. Anything is possible if you set your mind on it, and if you don't ever try, you will never know. Having lived my entire life on those premises, I believe to have inspired other people to follow their dreams.

3. If you could participate in one profession, other than your own, what would it be?

If I would have the opportunity to have a second profession (which would mean I would also magically receive another 40+ hours a week!) I would become a veterinarian. I am passionate about animals and would love to work with them on a day to day basis. I currently volunteer at Harrison Memorial Animal hospital where I run the monitoring station for say & neuter and truly enjoy my involvement there.

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I Want You to Change but... You Don't Want To

I received a phone call today from a possible new client. She was calling because she was dating a 52 year old man and was interested in marrying him. But, he was a drinker and she didn't know if he would stop. In the same week, I dealt with two other clients: one was so upset that her long time girlfriend was heavy and refused to go on a diet. I also talked to a Mom who was worried that her 30 year old daughter was single and not concerned about dating.

What can you do when you want someone else to change?

We often deal with family members and friends that we "think" need to make a change in their lives but they don't see it that way. We all know how tiring it is to talk to people that "whine" or "wine" about an issue but they won't do anything.

Why do some people never change?

First, people don't change unless they want to make a change or unless they see it as a problem. For some, an issue becomes a problem when their behavior causes pain, is re-occurring, or doesn't go away. Not changing can also be called denial or avoidance. Yet, we have all seen people make a change and then lament: Why did I wait so long?

There are some people who simply decide they are ready to change: get a new job, do a marathon, leave a marriage, go back to school. They are probably in the minority. Also, a lot of people want to change but they truly "don't know how."

Many people do not feel they deserve a change, or they wouldn't be able to accomplish it. "If I went back to school now after graduating 10 years ago, I could never do it."

Some things to help you:

- 1) We cannot change anyone else! Each person has to "gotta/ wanna make the change." Yet we can set limits for a person who doesn't want to change by taking care of ourselves. I will not talk more than 10 minutes on the phone about my friend's ex-husband. I recently told a cousin of mine in another state I did not want to hear about her ongoing issue with her sister.
- 2) The D Word: Detach- which means "to let go of." The more we detach from someone, we can be clearer and stronger that we do not get involved or sucked into a bad situation. When we become "more detached," it means we don't own that person's problems. When we detach from someone, we also lessen our expectations and our own frustration.

A few reminders about change in general:

- 1) Baby steps!! Change is difficult and it is a process. The first step is for a person to contemplate change. "I bet I would be happier in a different job." "I don't know if I want to raise kids with my present husband."
- 2) Big changes cannot be done without support—it's too difficult. Losing 50 pounds, hoarding, making a career change, being a shopaholic: These changes are very difficult. Having a support system makes a world of difference. This can be a friend or coach or therapist.

Two books to recommend:

Change or Die: The Three Keys to Change at Work and In Life by Alan Deutschman. Collins Books, 2007. Changing for Good by James Prochaska, John Norcross, Carlo Diclemente, Avon Books, 1994.

Wanting to change someone else is a natural thing we all want to do. The best thing we can do for someone who doesn't want to change is to set our limits, and detach.

APW member, **Anne Gottlieb Angerman**, MSW, is a clinical social worker in private practice and a career coach. She works with people who want to change and those who think they want to change but are not ready. Her favorite motto: Grant me the serenity to accept the things I cannot change; the courage to change the things I can and the wisdom to know the difference. She would love to hear any success stories of anyone who has changed someone else. She can be reached at **anne@anneangerman.com** or **720-489-9409** or **www.anneangerman.com**.

O M

Luncheon Sponsors

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Edward Jones July 2010 Networking Luncheon Sponsor

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Luncheon Sponsor Ruth Garcia of RG2 Consulting April 2011 Networking Luncheon Sponsor

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

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

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

Communiqué Committee

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

NOMINATIONS

APW Board Of Directors Nominations

The Alliance of Professional Women is looking for excited and dedicated members who are interested in making a difference in our organization to run for our Alliance Board of Directors.

The annual election for Board of Director positions for The Alliance is July 31, 2011. If you are interested in serving on the Alliance board, please contact PAULINE HUDDLESON for an application and submit it by June 30, 2011.

The election of board members will be by email ballot only. Names will be listed on the ballot in the order in which the Directorship applications are received by The Alliance. The ballots are emailed in June together with a Dues Statement for the 2011-2012 membership year. You must be a member in good standing on July 31, 2011 (membership dues paid for the 2010-2011 fiscal year) in order for your ballot to be counted. Board members will be elected by majority vote and positions are generally not contested.

Responsibility of Alliance Board Members

- The members of the Board of Directors of The Alliance of Professional Women are the leaders of the organization.
- The Board establishes Alliance policy; Board members embody the organization to the public. Therefore, members of the Board of Directors should be actively involved in The Alliance of Professional Women, be well informed about its activities, and project a positive image of the organization.
- To fulfill the responsibilities for active participation and leadership, each Board Member is required to participate in as many of the activities of The Alliance of Professional Women as is reasonably possible.
- Carry out the mission and themes of The Alliance of Professional Women.
- Maintain the fiscal integrity of The Alliance of Professional Women
- Attend the annual Board Retreat and a majority of Board meetings each year.
- Attend at least five other events, networking lunches and/or volunteer opportunities sponsored by The Alliance.
- Promote The Alliance of Professional Women in the community.
- Participate in an active Alliance committee or sit on a sub-committee or task force (when the Board determines the need.)
- Recruit two new Alliance members per year.
- Support the two annual fundraising events for The Alliance of Professional Women and the Alliance Foundation.
- Serve on the board of the Alliance Foundation and attend the Annual Board Meeting of the Foundation (to be held in conjunction with an Alliance of Professional Women Board meeting).

If you have any questions, please feel free to contact any member of our Alliance Board of **Directors** or **Pauline Huddleson**, our Executive Director at [303] 368-4747.

Communiqué Sponsors

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Editor Notes

From The Editor

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



Alliance Networking Opportunities, Events, Activities & More

WHAT: OUTREACH COMMITTEE MEETING

When: Wednesday, May 4, and June 1, 5:30 pm

Where: Home of **PAM FISCHER**, 2218 Franklin Street,

Denver, CO 80205

RSVP: **SHAE THURMAN** at 303-952-0917

sthurman@lucidatainc.com

WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: Thursday, May 5, and June 2,

from 11:30 am - 1:00 pm

Where: Whole Foods, Colorado Blvd and I-25, upstairs

RSVP: **ROBIN PEGLOW BERG** at 303-282-1077

Robin@SoulMoxie.net

WHAT: MAY NETWORKING LUNCHEON

When: **Thursday May 12, from 11:00 am – 1:00 pm**

Where: Curtis Ballroom at the Comedy Works in

Landmark Village

Cost: \$30 for Alliance members and \$40 for guests

RSVP needed by 5 PM, Wednesday, May 4,

\$5 more thereafter

RSVP: **CLICK HERE** to be there!

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: **Tuesday, May 17, from 7:30 to 9:00 am** Where: Zaidy's in Cherry Creek, 1st & Adams

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

RSVP: Nora Kelly at 303-770-5505 or darmbr@aol.com

We welcome **Joy ATHANASIOU**, a local attorney who specializes in immigration and naturalization law and is the Co-Chair of the Legislative Advocacy Committee of the American Immigration Lawyers Association Colorado Chapter. Joy will update us on SB 126, the bill currently pending in the CO legislature that would make children of undocumented immigrants eligible for unsubsidized in-state tuition under certain circumstances. Joy will also discuss the yet to be approved federal DREAM Act and myths and common misunderstandings about our current federal immigration rules. Please join us for what should be a fascinating conversation and enjoy a great Zaidy's breakfast! We buy our own breakfasts and chip in to cover the guest speaker's breakfast.

WHAT: MEMBER SUPPORT COMMITTEE MEETING

When: **Friday, May 20, 9:00 am**Where: Paradise Bakery DTC

RSVP: Kristi Sullivan, kcmsullivan@yahoo.com

or 303-324-0014

WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: **Tuesday June 21, 2011, from 7:30 to 9:00 am**

Where: Zaidy's in Cherry Creek, 1st & Adams RSVP: **Deb Armbruster** at 303-770-5505 or

darmbr@aol.com

We welcome **Chaer Robert**, Director of the Denver Women's Commission, to our last meeting before our summer break in July and August. Chaer will brief us on the legislative session just completed in May and let us know what to look forward to in the upcoming session. She is willing to tailor her remarks to the bills and issues of most interest to us, so please contact **Nora Kelly** at **nvkesq@qwestoffice.net** or me at **darmbr@aol.com** with any input you have for Chaer. Chaer is one of the most knowledgeable people in Colorado about what is happening at the State Capitol, so don't miss this chance to ask all your questions! Please join us for a lively conversation and enjoy a great Zaidy's breakfast. We buy our own breakfasts and chip in to cover the guest speaker's breakfast.

Other Networking Opportunities

WHAT: CAMPEXPERIENCE GIRLFRIEND

CHARITY PARTNERS GATHERING

When: Wednesday, May 18, 2011, 5:30 to 7:30 pm

Where: Hosted by The Closet Factory 8480 Upland Drive,

Ste. 200, Centennial, CO

RSVP: By May 15 with Renee Vejvoda 720-840-4001 or

Renee@CampExperience.com

You are invited to the 2011 Charity Partner Party. Join us for an evening of friends, fun, food and a taste of the annual CampExperience, a retreat for amazing women. Come support our 2011 Charity Partners and enjoy entertainment, door prizes and the inside scoop on what could be the best 2.5 days of your year!

WHAT: CAMPEXPERIENCETM GET AWAY AND GET IT

When: Thursday & Friday, June 2-3, 2011
Where: Spruce Mountain Ranch, Larkspur, Colorado
www.CampExperience.com/sprucemtn

CampExperience™ announces their first-ever overnight "camping" experience. Hosted at the beautiful Spruce Mt. Ranch in Larkspur, CO.

This two-day event focuses on interactive workshops that deliver tactics and tools to experience breakthrough living. For questions, please contact **Renee Vejvoda** 720-840-4001 or **Renee@CampExperience.com**.

New Members

<u>CAROLINE VANVELKINBURGH</u>—Broker for Keller Williams DTC, 303-771-7500, carolinesellsdenver@me.com

<u>CARSHON RODGERS</u>—Financial Advisor, Met Life, 303-779-6503, carshon@comcast.net

<u>ANGELA HANSEN</u>—Employee Benefit Executive, Flood & Peterson Insurance, 720-977-6033, <u>Angela.Hansen@fpinsurance.com</u>

<u>KIMARIE JONES</u>—Travel Assistance, Preferred Travel Helpers, 303-493-5600, kim@pthelper.com

New Member Profiles

CARSHON RODGERS—Financial Advisor, Met Life, 303-779-6503, carshon@comcast.net

1. Why did you join the Alliance of Professional Women?

In my line of work, my co-workers are predominantly men. I have been looking for a way to meet driven, focused women that I can connect with and share experiences.

2. What are your hobbies?

I enjoy snowboarding in the winter, golfing, camping, and hiking in the summer. I also enjoy just hanging out with good friends, as they keep me balanced from my professional life.

3. What is your position/business?

I am a financial advisor for MetLife. I work with anyone who needs financial direction in investments, insurance, small business planning, etc.

4. What is something that few people know about you?

Few people know that I really am a sensitive person. Only my best of friends get to see this side of me.

ANGELA HANSEN—Employee Benefit Executive, Flood & Peterson Insurance, 720-977-6033, Angela.Hansen@fpinsurance.com

1. Why did you join the Alliance of Professional Women?

I joined the Alliance because of the ladies who share a passion, not only in their profession, but in building friendships and long term relationships with others.

2. What are your hobbies?

There are many hobbies I enjoy but would have to say that yoga, skiing, spending time outside (in beautiful Colorado), traveling, and being with my girlfriends, family and dog would be a good start.

3. What is your position/business?

My business is to partner and work with companies, throughout Colorado, in providing employee benefit strategies and overall healthcare and wellbeing for their employee's.

4. What is something that few people know about you?

I'm a musician and grew up singing and playing classical piano, also a passion of mine.

Outreach Committee Chair

The APW would like to offer our **thanks** to **CHELSEY BURNS** for her dedicated service as Chair to the Outreach Committee. Chelsey has done a super job; lending her enthusiasm and caring spirit since taking over this slot as a new member. Chelsey will be staying involved on the committee.

We also **welcome** our new Outreach Committee Chair, **Shae Thurman**. Shae brings great excitement to the Outreach Committee and it will be a seamless transition as the entire Outreach Committee is dedicated to providing amazing community outreach projects and having fun in the process.



Anniversaries

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

17 Years	1 year
ANN BRODERICKRyan, Gunsauls & O Donnell, P.C.	MARY RICKETSONUniversity of Denver
•	Marti BrustUMB Bank
4 years	Julie Izard
Nancy Hemming The Women's College of the	MEAGAN WAGNERFurtado Law Firm
University of Denver	JANIS McCubbrey
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	JANICE VERHOEVEOklahoma Oil Properties
2 years	CHRISTY BEGIENRelocation Coordinators
CHELSEY BURNSWhite and Steele, P.C.	
TAYLOR YIONOULISHinds Financial Group	

Thanks!

Thanks to **Chelsey Burns** for referring **new member Kimarie Jones**. Chelsey received a business card ad in this issue of the Communiqué as our way of saying thanks.

March Networking Luncheon

We **thank all** who joined us at Bonefish Grill in March as well as **Betsy Wiersma** of CampExperience®, our Luncheon Sponsor who spoke to us about the great things planned for camp and other events this year. We say thanks to **Susan Kimball** and **Jeane Dole** for the awesome job of co-hosting this luncheon. We also appreciate **Cindy Rold**, of Maverick Coaching & Speaking, who shared her photographs and details of her trip to Guatemala with Friendship Bridge. This is the organization the APW partnered with at the fundraiser last fall at Dazzle, to provide micro-loans to women in Guatemala to help them earn a living and support their children. Thanks also to our great door prize donors, **Betsy Wiersma** of CampExperience®; and for tickets to the Denver Art Museum.

April Networking Luncheon

Thanks to APW members and guests who attended our luncheon at Japoix. Thanks to **RUTH GARCIA**, our Luncheon Sponsor. It was amazing to learn all the things that Ruth gets done in her days and to learn about her Franchise Consulting business and new franchise, Roosters, which will open in May. Ruth provided a fun card holder and lip balm to all attendees. We thank **ROBIN PEGLOW BERG** who hosted this luncheon and did an outstanding job. We thank **DEB NEELEY** of Citywide Banks who secured tickets to the Comedy Works for a door prize at this luncheon.

June Networking Luncheon

Our **June Luncheon** will return to **The Denver Country Club**. Save the date of **June 9, 2011**, 11:30 am – 1:00 pm to be there. A registration link will be on our website soon.



Come One, Come all...Join your APW friends on Friday, July 8, 2011 from 5 -8 pm and bring a friend or significant other with you to **The Funky Buddha Lounge**, located at 776 Lincoln St., Denver, CO 80203. Come to network, have some fun, celebrate women entering business, introduce our friends and family to APW, and support a great cause: **Dress for Success**. For more information about Dress for Success Program, CLICK HERE!



Your price of admission is: One new or newish women's blouse to donate to Dress for Success. Blouses should be clean and on a hanger – white button down preferred – especially need XS, S and all plus sizes....but any size or color works!

Your Reward: Bring an accessory with your business card attached to it to trade with fellow APW members – hat, purse, gloves, jewelry, belts and scarves in good condition, for which you paid at least \$20 originally – then trade it for something new to you.

For more information: Contact Shae Thurman at 720-257-2311 or sthurman@lucidatainc.com or Pam Fisher at designsalacarte@msn.com.

Don't miss this fun-filled event and don't forget your entry fee (a blouse) and an accessory to trade. See you July 8th for some real fun.

Boost Your Websites Ratings

Do you know there is a simple way the APW can help you with this? YES, the Alliance website has a new feature that can benefit you. It is located under the Members-Only section of the website and it looks like this, • NEW! Write a short testimonial about what the APW means to you!

Because the APW website has high ratings, search engines will pick up your information entered on this feature, and will store it in their databases and it will boost the ratings on your website.

All we ask is that you answer: What the Alliance of Professional Women means to me: How to add your testimonial:

- Go to http://www.apwcolorado.org/ and enter your email address and password. If you have forgotten your password, click on "Forgotten Password" and your password will be emailed to you immediately.
- Click on the testimonial page, and enter your answer. You will be able to edit or remove your entry at any time. Your name, company and website address will be displayed on your testimonial, which will appear at random times on certain pages.

We challenge you to get this done this month and boost your ratings.

BusinessSource

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE



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Natural Awakenings Denver Edition publisher@milehighnaturalawakenings.com



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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 6 for event information and event codes or call the contact for the event.

MAY 2011

S	M	•	W	•	(3)	S
1	2	3	4 Outreach Committee Meeting 5:30 PM, Home of PAM FISCHER, 2218 Franklin Street, Denver 80205 Shae Thurman 303-952-0917 sthurman@lucidatainc.com	5 Networking Events Committee Meeting 11:30 AM - 1:00 PM, Whole Foods, Colorado Blvd and I-25, upstairs, Ros N PEGLOW BERG 303-282-1077 Robin@SoulMoxie.net	6	7
8	9	10	11	12 Membership Appreciation Networking Luncheon 11:00 AM - 1:00 PM, Curits Ballroom at the Comedy Works in Landmark Village. CLICK HERE to register	13	14
15	16	17 Public Affairs Comm Meeting, 7:30 am Zaidy's in Cherry Creek NORA KELLY at 303-770-5505 or write darmbr@aol.com	Girlfriend Charity Partners Gathering 5:30-7:7:30 pm, at The Closet Factory in		20	21
22	23	24 Family Night Out for Warren Village 5:00 - 8:00 PM, Warren V to volunteer or to make a donation contact JILL MAI jillmad7@pacbell.net	3,	26	27	28
29	30	31				

JUNE 2011

S	M	•	W	•	(3)	S	
			1	2 Public Affairs Co 7:30 am Zaidy's in Creek, NORA KEL 303-770-5505 or darmbr@aol.cor CampExperience@ Get Away and Get	m Spruce Mountain Re Larkspur, CO www.CampExperience.com	<u>It</u> sort,	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30		In the Mile	