

# COMMUNIQUÉ



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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](mailto:execdir@apwcolorado.org)  
Website: [www.apwcolorado.org](http://www.apwcolorado.org)  
P.O. Box 480384, Denver CO 80248

Connecting Women Personally, Professionally and Philanthropically

## APW Committee and Board Announcements!

The Alliance of Professional Women is **grateful to JESSICA LYNCH** and to **DANA LYNCH** (no, not related) for their service as Co-chairs of two of our busy committees.

We **thank JESSICA LYNCH** for her dedicated service as Co-chair of the Outreach Committee and for her tremendous help serving on the Board of Directors for The Alliance of Professional Women. Jessica is expecting her first child and we wish her and her family the very best. Jessica will be greatly missed!

We thank Dana Lynch for her years of service as Chair and Co-chair of the Networking Events Committee. Dana thankfully, is continuing on as a Board Member but is focusing more time on her business goals. **Thanks DANA** for all your time, style and effort and we look forward to your continued help as a member on the Events Committee!



Jessica Lynch



Dana Lynch



Chelsey Burns



Ruth Garcia

## We Welcome Our New Co-Chairs

The **Outreach Committee welcomes CHELSEY BURNS** as the new Co-chair, serving with **ALEXIE TUNE**, Director at **Deloitte**. Chelsey is an attorney with **White and Steele, P.C.** and is a Litigator specializing in commercial and civil litigation. To reach Chelsey: 303-748-1526 or [cburns@fslpc.com](mailto:cburns@fslpc.com).

The **Networking Events Committee welcomes RUTH GARCIA** as the new Co-Chair, serving along with **ROBIN PEGLOW BERG**, Life Fulfillment Strategist at **Soul Moxie**. Ruth is Co-Owner at **RG2 Consulting, LLC** and is a Franchise Consultant. Ruth also serves on our Board of Directors. Ruth can be reached at: 303-898-8091 or [ruth@rg2consulting.com](mailto:ruth@rg2consulting.com).

**Thank you RUTH and CHELSEY** we look forward to working with you to help keep these two committees going strong and making a difference at The Alliance of Professional Women!

## Leadership

### EXECUTIVE COMMITTEE

President — Alexandra M. Tune  
 President-Elect — Barbara Crawford  
 Immediate Past Pres. —  
     Peggy Anderson  
 Secretary — Shelly Reno  
 Treasurer — Juana Cortez  
 At Large — Lisa Austin  
 At Large — Stephanie Brooks  
 At Large — Elizabeth B. Moore  
 At Large — Shirley Potenza

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 Joyce Branson  
 Stephanie Brooks  
 Bonnie Busekrus  
 Juana Cortez  
 Barbara Crawford  
 Tammy Curmano  
 Carolyn Marie Elliot  
 Pam Fischer  
 Ruth Garcia  
 Dana Lynch  
 Elizabeth Mitchell  
 Elizabeth B. Moore  
 Shirley Potenza  
 Shelly Reno  
 Alexandra M. Tune

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 Melinda Harper  
 Charlene Wilson

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 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*

## May Networking Luncheon

**Join The Alliance of Professional Women on Thursday,  
 May 13, 2010 from 11:30 am – 1:00 pm for our next monthly  
 Networking Luncheon at Jing restaurant in Landmark Village.**

Lunch will be served Asian/family style and starts with:  
 Crispy Calamari & Cool Lettuce Wraps, followed by platters  
 with: Sesame Honey Chicken, Mongolian Beef, Veggie Pad  
 Thai and rice to be shared at the table, and ending with  
 dessert: platters with 3 types of Cheesecake, Strawberry  
 Banana Spring Rolls & Chocolate Lava Cake. There is no  
 need to select a lunch entrée, only alert us of any diet  
 restrictions on the registration page.



Plan to enjoy great  
 networking and a fabulous  
 meal. We have an exciting  
 business card raffle drawing,  
 among other donations,  
 for an overnight stay for  
 two and couple's massage  
 at **The Inverness Hotel  
 and Conference Center,**  
**donated by LESLIE  
 TUNSTALL** who is an  
 Executive Sales Manager  
 at The Inverness.

## June Networking Luncheon

**Join the APW at the fabulous  
 Denver Country Club –  
 Thursday, June 10, 2010.**

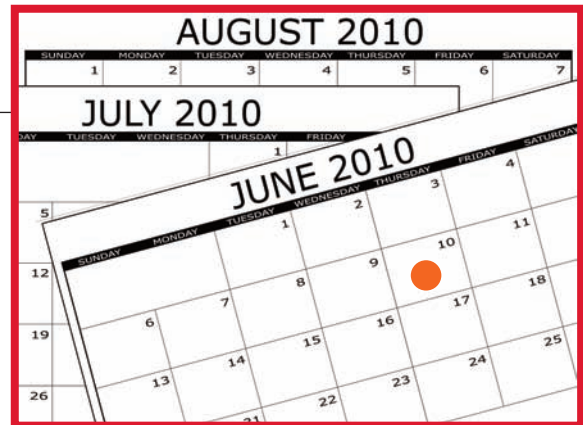
Save the date now, more details  
 and a registration link is  
 coming soon!



Denver Country Club • 1700 East First Avenue, Denver 80218

## Why Are The Following Days Important To You?

June 10, July 8 and August 12, they are all the **second Thursday** of the month and our summer **Networking Luncheon** dates; so **mark your calendar** on these dates now, we have some good lunches coming up that **we don't want you to miss!**



THE ALLIANCE OF PROFESSIONAL WOMEN

**BUSINESS**  
*After* **HOURS**  
SUCCESS SERIES

**Plan to join us our next fun, informative, members-only event.** Appetizers and beverages are provided. You will walk away with good ideas that can be immediately implemented into your business.

*Save* **THE DATES** to attend the following events  
in our **Success Series**



Deborah A. Krier

**Date:** **Tuesday, June 15, 2010** **Topic:** **Social Networking**

**Speaker:** **DEBORAH A. KRIER of Wise Women Communications, LLC**

It's Everywhere! It's Everywhere! Social Networking is becoming more popular with each passing business quarter. What is it and how can we utilize it to enhance our visibility? Save the date for this hot topic!

**Date:** **Monday, October 18, 2010** **Topic:** **Public Speaking** **Speaker:** to be confirmed\*

Speaking in public is still in the top three of people's biggest fears. It is usually always listed before or just after the fear of death! Find out why and how to eliminate it from your list.

**Where & When:** All Success Series events will be **5:30 - 7:00 PM** at **The Women's College at DU**. Address: The Women's College at the University of Denver, 1901 E. Asbury Ave., Denver, CO 80208

**Cost of Events:** **\$15 per program**. Visit [apwcolorado.org](http://apwcolorado.org). Click on the "**Members-Only**" section (in the left navigation bar) and log in. Once in the "**Members Only Table of Contents**" click on "**NEW! BAH Success Series**". Locate the **DETAILS BOX** at the bottom of the event listing, and click on the "**reserve your space today**" link to purchase one or more events, or the series.

\* **There is still time if you are a current APW member and you are interested in speaking** at the last 2010 scheduled event, or have a great topic for a future event. Apply as a speaker. Log on to the "Members-Only" section of the APW website. There you will find the "Table of Contents", click on the NEW! (✓) Business After Hours Success Series. A Fantastic New Benefit for Members of APW. The Criteria and Application to apply is available by clicking on the criteria link in the DETAILS BOX (✓), at the very bottom in the last sentence. Call **303-368-4747** or e-mail [execdir@apwcolorado.org](mailto:execdir@apwcolorado.org) with any questions.

The **deadline** to **submit**  
your **speaker- applications:**

- Public Speaking event  
**August 18, 2010**







Join APW Team -  
June 5, 2010

## 2010 Start! Denver Heart & Stroke Walk

**Join the Outreach Committee in the 2010 Start! Denver Heart & Stroke Walk.** This annual fundraising event features both a 3.2 mile and 1 mile non-competitive route. It is held to promote heart health and will be on **Saturday, June 5, 2010** at 8:30 AM at the Denver Center for Performing Arts downtown by the large white statues on the green. The APW team will meet at **PAM FISCHER's** Home for coffee and a continental breakfast at 8:00 AM sharp and then carpool to the starting line at 8:30 AM! **Let's Go Red For Women** and the fight against heart disease, so dress in red and bring your own fun red accessories to show your support!

**To register, for the APW team, "Heart to Trot" [CLICK HERE!](#)** You can also contact **PAM FISCHER**, Team Captain at [designalacarte@msn.com](mailto:designalacarte@msn.com) or by phone at **303-863-7207** if you have additional questions.

**We need your help to make this event fun and successful!** Friends and family are welcome, to join us. With your help the APW will again help to make a difference for women in our community!

### Dear Dana,

I've been seeing bits and pieces of the new spring trends in the media, but I'm not quite sure what to invest in. Can you tell me the best pieces for professional dress for spring?

Sincerely,  
Anxious for Spring

### Dear Anxious,

I'm ready for spring, too. The past few springs have been repeats of previous seasons, but there are a lot of fun, fresh styles to try for spring 2010. The following are just a few of my favorites. \*

I should add, too that if you're looking for professional or business casual clothing, I suggest shopping early. Often, once actual warm weather hits, the selections in the stores are much better suited to vacation instead of work.

Sincerely,  
Dana



### Have fun trying some new looks!\*

**Coral-kind** of pink, kind of orange this is a color that almost everyone can wear.

**Blush-kicking** it down a couple of notches, blush tones are soft and romantic-and again, very easy to wear...best for blouses and tops for work.

**Pastels-pastels** have reemerged after being in the wings for several years.

**Think baby blue, seafoam green, aqua, lavender, and pink.** To avoid looking too sweet, contrast these shades with strong accessories.

**Blue-according** to my source at Neiman Marcus, blue is one of the tops trends.

**Gray/silver**-continuing to be strong in lighter shades and fabrics.

**Nudes, beiges and khaki**-nice neutrals to replace the winter blacks. Look for shades to compliment your skin tone. If all neutral is too blah, accent it with red.

**Soft-jersey, cashmere and silk** are draped and comfortable.

**Prints**-prints continue to be strong with an emphasis on strong, digitally created prints. For business, small doses of these strong prints are best.

**Military/safari influences**-magazines are showing head to toe military, but to steer clear of the costume/uniform effect, stick to one or two military pieces per outfit, and have fun coming up with fresh combinations.

**Shirtdresses**-a fabulous look for the office and weekend alike.

**Tweed**-think Chanel style boucle tweed jackets. They look newest worn with a contrasting skirt or casual pants. This is one of my favorite looks of the season!

**Floral print dresses**-top them with a boyfriend blazer to keep it edgy.

**Ruffles**-if you love ruffles, keep them at bay in the office combining them with tailored jackets.

**Printed skirts**-a great trend for those of us with inverted triangle figure types. Be sure to bring the attention back to your face with a great accessory.

**Low/mid-heels**-finally, something in between a ballet flat and 4" stilettos. I can only imagine everyone jumping for joy along with me!

**Small handbags**-ah, something that will fit in your briefcase/tote.

**Silver jewelry**-don't put your gold away yet, but check your jewelry box for muted/brushed silver. Medium to large pieces are best.

**Fringe**-mostly on handbags, fringe can make a small bag look bigger. Now there's something for everyone's scale.

**Belts**-if you haven't experimented with belts yet, invest in a couple of modern belts and play with them.

**Straw** is a classic. Excellent quality straw doesn't have that beach appeal.

Can I just say again how excited I am by the Low Heel trend? Although there are many new looks and shapes we haven't seen before, follow these tips and you'll be on your way to being sleek, stylish and professional.

*Dana Lynch, owner of Elements of Image, is a wardrobe/image consultant specializing in "taking the stress out of getting dressed" and showing professional women how they can use the power of image to gain an edge in the workplace. Contact Dana at 303-463-4839 or visit [www.elementsofimage.com](http://www.elementsofimage.com) for more information and to subscribe to Dana's e-Style Tip of the Month.*

[Back to What's Inside]

## Member News &amp; Information

## Alliance Networking Opportunities, Events, Activities & More

**WHEN: WEDNESDAY MAY 5, 2010, 5:30 PM**

**What: Outreach Committee Meeting**

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

**RSVP:** **CHELSEY BURNS** at 303-748-1526 or  
[cburns@fslpc.com](mailto:cburns@fslpc.com)

**WHEN: THURSDAY MAY 6, 2010,  
11:30 AM – 1:00 PM**

**What: Networking Events Committee Meeting**

**Where:** Whole Foods, I-25 & Colorado Blvd (upstairs)

**RSVP:** **ROBIN PEGLOW BERG** at 303-282-1077  
[Robin@SoulMoxie.net](mailto:Robin@SoulMoxie.net)

**WHEN: THURSDAY MAY 13, 2010,  
11:30 AM – 1:00 PM**

**What: Alliance Networking Luncheon**

**Where:** Jing, 5370 Greenwood Plaza Blvd,  
Greenwood Village

**Cost:** \$25 for APW members; \$35 for guests Pre-register  
by 5:00 PM Monday, May 10, \$5 late fee thereafter

**Parking:** Parking in the lot is free

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

Don't miss our luncheon this month. We have a great Asian/family style meal designed just for us, fabulous business card raffle drawings and amazing women doing awesome things in our community for you to meet.

**WHEN: TUESDAY MAY 18, 2010, 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](mailto:bcrawford@cchealthlaw.com)

We are pleased to welcome **JENNIFER DENNIS**, the Co-Director of the **Strategic Issues Program** at the **University of Denver**. Jennifer will brief us on the work done by the 2008-2009 Strategic Issues panel that studied our nation's immigration system. That panel of state leaders, who reflected many points of view on immigration policies as the panel convened, concluded that sweeping reforms of our immigration policies were needed and made specific recommendations about what those reforms should be. Jennifer will brief us on those findings and recommendations and share copies of this fascinating report with us.

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.

**BUSINESS AFTER HOURS!....SEE PAGE 2**  
**GARDEN PARTY!....SEE PAGE 6**



### Other Networking Opportunities

**WHEN: 3RD WEDNESDAY EACH MONTH,  
5:30 - 7:00 PM**

**What: The Denver Franchise & Business Start Up**

**Where:** April - Colorado Women's Chamber Offices /  
May - Espresso (the two venues switch every  
other month)

**RSVP:** **RUTH GARCIA**, 303-898-8091 or  
[ruth@rg2consulting.com](mailto:ruth@rg2consulting.com)

Join the Denver Franchise & Business Start Up Group and learn more about franchising, the opportunities it offers to aspiring business owners and the process involved in evaluating franchise concepts. Hear about the importance of having a mission, vision, and goals for your business and how to create and implement them into your business. Meet other like-minded aspiring business owners and learn from each others experiences.

**WHEN: FRIDAY, JUNE 4, 2010,  
9:00 AM – 4:00 PM**

**What: CampExperience™ Business  
Building Workshop**

**Where:** Parkplace, 111 Emerson St., Denver, 80218

**RSVP:** [Register NOW!](#)

There are 65 spots left for the second CampExperience™ seminar: Business Building, which is full of top speakers, proven tactics and networking the amazing contacts from all over Denver.

You will enjoy four Camp speakers, 100's of tactics and ideas to grow your business including: High energy business growth; Sales from the EQ perspective; Humor and business success; and Taking your message to the market place. All this plus lunch, snacks and valet parking for \$59!

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

## Member News &amp; Information

**Luncheon Sponsors**

Ireland, Stapleton,  
Pryor & Pascoe, P.C.  
May 2009 Networking  
Luncheon Sponsor

Edward Jones  
July 2009 Networking  
Luncheon Sponsor

Taylor Made SmallBiz  
October 2009 Networking  
Luncheon Sponsor

CampExperience  
March 2010 Networking  
Luncheon Sponsor

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

**Sustaining Alliance Members**

Deb Ambruster  
Peggy Anderson  
Kathleen Bowen  
Bonnie Busekrus  
Jessica Lynch  
Pamela Scharf  
Alexandra Tune

**Communiqué Committee**

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

**Communiqué Sponsors**

Sandy Smith/Alexander Smith Design  
[www.alexandersmithdesign.net](http://www.alexandersmithdesign.net)

**Editor Notes****From The Editor**

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

## New Members

**DEBRA LARSEN**, – Principal, **Strategem LLC.**, 303-586-1368, [dlarsen@strategemnow.com](mailto:dlarsen@strategemnow.com)

## New Member Profiles

**DEBRA LARSEN** – Management Consulting – Principal at **Strategem LLC.**  
[dlarsen@strategemnow.com](mailto:dlarsen@strategemnow.com)

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

I always benefit from being with interesting, passionate women. I appreciate APW's focus on community and helping women succeed.

**2. What are your hobbies?**

I spend most of my "spare" time volunteering at a meditation center that offers classes and seminars, helping people heal, experience love and find peace.

**3. What is your position/business?**

I am a principal with Strategem LLC. With my business partner, Alexandra, who is in the San Francisco Bay Area, we help companies grow, thrive, survive, and cross through complex changes by offering business management consulting.

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

I'm a farmer's daughter from Iowa. As a teenager my first business was managing a crew of teenage girls to hack weeds out of soy bean fields, by walking up and down the rows – for hours and days and weeks, every summer.

## New Member Garden Party

If you joined The Alliance of Professional Women in membership years 2008 - 2009 or 2009 -2010 we are having a "**New Member Appreciation**" **garden party**. We would love for you to join the Board of Directors and Executive Committee so that we can all get better acquainted.

Save the date of **Tuesday, June 8, 2010** in the early evening. Location and more information will be announced soon!

## Attention Alliance Members

The APW welcomes your short articles sharing business news, promotions, job changes, books authored, awards received, etc. so that we can all celebrate your success!

Please send ideas, comments, contributions and questions to

[execdir@apwcolorado.org](mailto:execdir@apwcolorado.org)





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

### 3 Years

**MAKI DeLAET**

**KRISTI SULLIVAN**

**EduCyber, Inc.**

**Sullivan Financial Planning, LLC**

### 2 years

**PAM FISCHER**

**DONNA PLUTSCHUCK**

**SARA YELTON**

**Design A La Carte**

**Corporate Office Images, Ltd.**

**Arckey & Reha, LLC.**

### 1 year

**BARBARA BROOKS**

**LYDIA FLOYD**

**JILLIAN GIAMBARBEREE**

**TAYLOR YIONOULIS**

**Project Manager, PMP**

**Davis Graham & Stubbs LLP**

**Anton Collins Mitchell LLP**

**Hinds Financial Group**

## Thanks!

The Alliance would like to **thank**, **JOYCE BRANSON** (Complexions By Joyce, LLC) and **SUZANNE BOOTH** (Financial Advisor at Axa Advisors) for planning our fabulous **April Networking Luncheon**; it was only unfortunate that neither had a chance to enjoy the fine luncheon they planned. **Thanks** to **ROBIN PEGLOW BERG** (Soul Moxie) for a great job hosting at **Il Fornaio**. This was a good time and an excellent meal. We also **thank** **SUSAN KIMBALL** with, Balanced Health Counseling, LLC, **PAULINE HUDDLESON** an Arbonne Independent Consultant, and the APW Foundation for their door prize donations.

## JUST TIPS:

### Helping You Get More From Technology

Our Just Tips Newsletter is packed full of IT-related articles, a class schedule for our state-of-the-art training facility, and of course, helpful software tips. Download for FREE from [www.mcstech.net](http://www.mcstech.net)

#### Excel 2007 - How to Insert the Current Date in your Spreadsheet.

With a simple click on your keyboard, Excel will insert the current date, which will update automatically into any spreadsheet. **Learn more »** [www.mcstech.net](http://www.mcstech.net)

#### Excel 2007 - How to Stagger Your Chart Labels

Sometimes the labels of a category axis in your chart are too closely spaced, and either Excel inclines the labels, or it will not show them all. **Learn more »** [www.mcstech.net](http://www.mcstech.net)

## JUST TIPS:

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and Tricks  
For Microsoft**

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your training partner, visit...  
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# Business Sources

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE

**Kristi Sullivan**



**303-324-0014**

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783 S. Downing Street, Denver, Colorado 80209

**RG2 Consulting, LLC**  
Helping You Achieve Success Through Franchising

**Ruth Garcia**  
President

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# BUSINESS SOURCES

THE ALLIANCE OF PROFESSIONAL WOMEN'S COMMUNIQUE



*Debra Neeley*  
Vice President

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Aurora, CO 80010

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Fax 303-365-3601  
[neeley@citywidebanks.com](mailto:neeley@citywidebanks.com)



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Arvada, CO 80002

**dana lynch**  
president

email: [dana@elementsofimage.com](mailto:dana@elementsofimage.com)

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- ✓ personal shopping
- ✓ seminars/workshops



# calendar of events

You can now find an RSVP link to upcoming Alliance Events on our homepage! Go to [www.apwcolorado.org](http://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 5-6 for event information and event codes or call the contact for the event.

may 2010

S	M	T	W	T	F	S
						1
2	3	4	5 <a href="#">Outreach Committee Meeting</a> 5:30 PM, Home of Pam Fischer, 2218 Franklin Street, Denver, 80205 Chelsey Burns <a href="mailto:cburns@fslpc.com">cburns@fslpc.com</a>	6 <a href="#">Networking Events Committee Meeting</a> 11:30 AM – 1:00 PM Whole Foods, I-25 & Colorado Blvd (upstairs), Robin Peglow Berg, <a href="mailto:Robin@SoulMoxie.net">Robin@SoulMoxie.net</a>	7	8
9 MOTHER'S DAY	10	11	12	13 <a href="#">Alliance Networking Luncheon</a> , 11:30 AM – 1:00 PM Jing, 5370 Greenwood Plaza Blvd, Greenwood Village <a href="#">CLICK HERE</a> to register	14	15
16	17	18 <a href="#">Public Affairs Committee Meeting</a> , 7:30 – 9:00 AM Zaidy's in Cherry Creek 1st & Adams Barbara Crawford <a href="mailto:bcrawford@cchealthlaw.com">bcrawford@cchealthlaw.com</a>	19 <a href="#">The Denver Franchise &amp; Business StartUp</a> Espresso, 5:30-7:00 PM <a href="mailto:ruth@rg2consulting.com">ruth@rg2consulting.com</a>	20	21	22
23 30	24 31 MEMORIAL DAY	25	26	27	28	29

JUNE 2010

S	M	T	W	T	F	S
		1	2	3	4	5 <a href="#">Denver Heart &amp; Stroke Walk</a> 8:30 AM, Denver Center for Performing Arts, Register for APW team, "Heart to Trot" <a href="#">CLICK HERE</a> to register
6	7	8 <a href="#">New Member Appreciation garden party</a> A special celebration for members who joined in 2008 - 2009 or 2009 - 2010 - Information coming soon	9	10 <a href="#">Alliance Networking Luncheon</a> , 11:30 AM – 1:00 PM Denver Country Club 1700 East First Avenue Denver 80218, more details and registration information	11	12
13	14	15 <a href="#">Business After Hours - Social Networking</a> , 5:30 - 7:00 PM, The Women's College at DU, Deborah A. Krier of Wise Women Communications, LLC, <a href="#">CLICK HERE</a> to register	16	17	18	19
20 FATHER'S DAY	21	22	23	24	25	26
27	28	29	30			