

# COMMUNIQUÉ



May / June 2012

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THE ALLIANCE OF PROFESSIONAL WOMEN

## Executive Director

Pauline Huddleson 303-368-4747  
E-Mail: [execdire@apwcolorado.org](mailto:execdire@apwcolorado.org)  
Website: [www.apwcolorado.org](http://www.apwcolorado.org)  
P.O. Box 480384, Denver CO 80248

Connecting Women Personally, Professionally and Philanthropically



**Thursday, May 10**, from 11:00 am – 1:00 pm in the **Curtis Ballroom**,  
3rd floor, **Comedy Works**, Landmark Village at 5345 Landmark Place  
in Greenwood Village, Colorado, 80111

**Make plans to join the APW for one of our major networking events of the year!**

Join us for this **special 2-hour celebration** with Alliance members, friends, and guests, new or old – it is open to all.



We will have a great icebreaker networking opening, gifts for all in attendance, and announce the APW member of the year. Here is a clue, our theme for this event is...UP!

We are delighted to welcome **CYNTHIA JAMES** as **our luncheon speaker** for this event. Cynthia James is a transformational specialist and one of today's brightest and best loved inspirational leaders and teachers guiding thousands of people to make changes at a deep level for lasting healing in their lives. Ms. James has completed

two Master's Degree programs; one in Consciousness Studies from the Holmes Institute where she was awarded the honor of distinguished alumni, and the other in Spiritual Psychology from the University of Santa Monica. She has uniquely combined the creative arts with innovative therapeutic techniques to bring powerful personal growth and expansion to individuals of all ages, cultures, and lifestyles, including facilitating the message of her award-winning book, **What Will Set You Free** as a workshop to women in prisons.



Cynthia's life was transformed as she transcended her childhood of violence and abuse. Through education and personal healing, she created the foundation for her programs; including being certified as a PTSD facilitator. Ms. James is personally committed to utilizing creative expression as a vital and effective healing modality.

## Leadership

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Melinda Harper  
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## APW Membership Appreciation Luncheon

Ms. James appeared in the movie, Leap!, is a Personal Growth Guide for the Gaiam and VivdLife.me communities, has facilitated hundreds of workshops, seminars and keynotes; including Celebrate Your Life, Woman Arising, CampExperience™, the Gift in Shift, the Colorado Behavior Healthcare Council, the Women's Success Forum, the Children's Hospital and many others. Cynthia has co-hosted a radio talk show, a television talk show in Los Angeles, performed at the One Concert and is a sought after radio guest. She is the founder of the Cynthia James Support Network; an online support community. Internationally, Ms James has led workshops in England and Ireland and has created and facilitated pilgrimages to Paris, Chartres and Mary Magdalene's country in the south of France. Cynthia's newly released book, **Revealing Your Extraordinary Essence**, offers practical tools for self empowerment.

For more information and to take the Freedom Quiz, visit Cynthia's website at:

[www.CynthiaJames.net](http://www.CynthiaJames.net)

All luncheon attendees will receive a gift from the APW as well as special bags filled with goodies from our "Bag Sponsors" for this event.

### Our MENU:

Grilled Salmon with Grapefruit Butter Sauce, Rice and Asparagus, or  
Lemon Chicken with Rice and Asparagus, or Asian Chicken Salad

**Cost:** Members \$30; non-members \$40

**Registration:** Due on or before **Monday, May 7, 2012**  
by 5:00 pm. A \$5 late charge will apply thereafter.

**CLICK HERE  
TO RSVP!**

## JUST TIPS: Tips on Microsoft & More

For **FREE** Tips from **Mission  
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[www.mcstech.net](http://www.mcstech.net)

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**Download for FREE** from [www.mcstech.net](http://www.mcstech.net).

## PowerPoint: Saving SmartArt Graphics as Image Files Feature

PowerPoint 2007 and 2010 have powerful SmartArt and drawing tools for creating interesting graphics. The program also has a feature for saving these graphics as image files that can be imported into a variety of other programs or document types.

For more information...[www.mcstech.net](http://www.mcstech.net).

## June Networking Luncheon

Join the APW at the beautiful **Denver Country Club** for our monthly luncheon, **Thursday June 14, 2012**, from 11:30 am – 1:00 pm. **Our luncheon sponsor** is the **APW Foundation** and we will have an opportunity to hear more about the Foundations **HELPING WOMEN + CHANGING LIVES** Inaugural Philanthropic Luncheon.

We are excited to enjoy this great venue once again, but they do have a strict dress code and prohibit entrance with blue jeans. Business attire is required.

### Our MENU:

1st course, gazpacho – rolls and butter

### Entrée Choices:

Main Crab Cake Salad – pan seared Main crab cakes, romaine lettuce with cherry tomato and dill hollandaise, or Mediterranean Salad Nicoise-grilled ahi tuna served over mixed greens, with haricot vert, fingerling potatoes, cherry tomatoes, diced egg and lemon basil vinaigrette, or Grilled Vegetable Panini – vegetarian option  
Dessert - lemon bar or cookie

**Cost:** Members \$30: non-members \$40

**Registration:** Due by 5 pm **Monday, June 11, 2012**. A \$5 late charge will apply thereafter.

**CLICK HERE  
TO RSVP!**

## Sprinkle, Nibble and Swirl!


A sweet time was had by all that joined our fun Cupcake Decorating and Wine Night with the APW Friday, April 20.

Fresh baked vanilla and chocolate cupcakes and tasty homemade frosting, brought out the inner artist in all who attended. Winners of the best looking cupcakes were Barry Burns, Chelsey Burns and Stephanie Brooks.

**Big thanks** to **MARK & ELIZABETH MOORE** for hosting and contributing to the yummy spread of food and to **STEPHANIE BROOKS** for all the baking! The cupcakes were delicious and provided the inspiration for a fun time!




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**Helping Women + Changing Lives**

The **Helping Women + Changing Lives** Luncheon spotlights the impact to education and access to financing on a woman's path to economic self-sufficiency.

Help us rally around the women who are courageously envisioning and pursuing a different life for themselves.

Presented By  THE ALLIANCE OF PROFESSIONAL WOMEN

Sponsored By  Clark & Srsich LLC

The Alliance of Professional Women invites you to the

**Helping Women + Changing Lives Inaugural Philanthropic Luncheon**

benefiting The Alliance Foundation's Village Bank and Scholarship programs

**Thursday, September 13, 2012**

Time: 11:30 am – 1:00 pm  
Location: PPA Event Center  
2105 Decatur Street, Denver  
Cost: NO charge to attend

For more information or to find out about hosting a table, please contact **Karen Rosen** at [apwcolorado@comcast.net](mailto:apwcolorado@comcast.net) or 303-368-4747.

**Who?** The **Alliance Foundation** supports programs that improve the status and quality of life for women and girls by helping them achieve self-sufficiency and economic independence. We work to improve the lives of women and girls in our local community by awarding college scholarships and in our international community with our Village Bank micro-finance program.

**What?** **HELPING WOMEN + CHANGING LIVES Inaugural Philanthropic Luncheon**

**Where?** PPA Events Center, 2501 Decatur St., Denver

**When?** **September 13, 2012**, 11:30 am.- 1:00 pm

**Why?** College tuition is increasing each year, making it difficult for local students to complete their educations. Also, throughout the world, many villages have been ravaged by hurricanes, wars, and AIDS, leaving women and children destitute. Our Village Bank program helps women start businesses that help support themselves and their families.

**How?** **SCHOLARSHIPS FOR LOCAL WOMEN:** The Alliance Foundation offers scholarships to students who attend the Women's College of the University of Denver, Metropolitan State College, and the University of Colorado at Denver. More women are entering college than ever before, but many face huge obstacles. Often, women must work to support themselves and their families while attending college. A scholarship can make a significant difference in helping such women graduate by easing their need to work or providing additional financial support. The Alliance Foundation believes education provides an important pathway for women to become economically self-sufficient.

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**Luncheon Sponsors**

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August 2011 Networking Luncheon Sponsor

**Teresa Sanders – Aspen Wealth Management**

September 2011 Networking Luncheon Sponsor

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November 2011 Networking Luncheon Sponsor

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March 2012 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



## Helping Women + Changing Lives

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**Meet NAOMI HOOVER**, a senior at the **University of Colorado at Denver**.

She is completing her Bachelor's Degree in Biology. Along with her studies, Naomi volunteers at the St. Anthony's Central Hospital and StandUp for Kids. For many years, Naomi was in an emotionally abusive relationship that deterred her from pursuing her dream of going to medical school. Naomi found the courage to end this destructive relationship and is now proudly applying to medical school after graduation this spring. "The Alliance Foundation Scholarship will help me buy books for school and pay for applications to medical school, which I could otherwise not afford. I am very excited for my upcoming graduation and looking forward to my future medical education. I am especially excited to be a recipient of the Alliance Foundation scholarship, which will help me achieve both my career and academic goals."



**Meet NADINE GARCIA**, a junior at the **Women's College at the University of Denver**. She has been a part-time student studying for her Bachelor's

degree in Business Administration since 2009. She believes she has a better chance of being hired when applying for managerial positions with a degree and plans to go on to graduate school. The Alliance Foundation scholarship money goes directly to tuition and whatever is left, she uses for books. She is a single mom and is currently employed by the City and County of Denver as an Administrative Support Assistant. "I am grateful for the Alliance Scholarship. It is a blessing that enables me to be a better student, better professional and, most of all, a better mother. I feel that the scholarship is an investment in me and I feel a tremendous responsibility to pay it forward."

**Village Bank Program for Women Around The World:**

Through micro-finance, the Alliance Foundation has opened more than 17 village banks on three continents, in countries that include Chile, Ghana, Guatemala, India, Malawi, Mexico, Philippines, Sri Lanka and Thailand. Micro-finance extends small, uncollateralized loans and other support to low-income people, primarily women, to help them start or expand a business.

This program targets the most vulnerable among the female population (women in poverty who live on less than \$2 per day). Micro-finance organizations use a "peer lending" model, providing loans to small groups of women who are jointly liable for these loans. Historically, women have used these tiny business loans to lift their families out of poverty in less than three years.



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

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**Meet our most recent Village Bank women in Guatemala.** The Alliance Foundation helped fund micro-loans for 15 women in two Guatemalan village banks. The women who received the loans are using the funds (average of \$250 each) to expand their businesses, which range from selling jewelry to operating small storefronts to making and selling handicrafts. Marcela Ixcaya Culum de Ujpan, one of our clients, is thrilled to have the opportunity to expand her handicraft production in nearby villages where she sells her merchandise. "Thanks to this organization for thinking about poor people."

### When You Help One Woman, You Help Her Whole Community!

**Your generosity** will ensure that we can continue to fulfill our mission of helping women and girls in our community and around the world achieve their dreams and thrive! Through our Scholarship and Village Bank programs, we are actively making a difference in women's lives as they achieve economic self-sufficiency.

### BE THERE!

**Support** our inaugural fundraising luncheon on September 13th. We've completely changed our fundraising event and look forward to hosting our first philanthropic luncheon. There is no cost to attend the lunch and we hope after you hear more about the impact our scholarship and village bank programs have on women you will help us support these important programs. Regardless of the amount, your contributions make a huge difference in the lives of women in our community and around the world. Be a micro-philanthropist and know that your donation will change lives! For more information on the luncheon, please contact **KAREN ROSEN** at [apwcolorado@comcast.net](mailto:apwcolorado@comcast.net).

### Volunteer!

We are looking for **table captains** for our **Helping Hand Changing Lives Luncheon**. Put together a group of friends, colleagues and contacts you are interested in networking and connecting with and join us on September 13th. We will give you all the tools you need to fill a table for the luncheon. For more information on being a table captain, please contact **JILL MADISON** at [jillmad17@gmail.com](mailto:jillmad17@gmail.com).

## Did You Know — APW Website

The Networking Events committee works diligently to book our monthly Networking Luncheons at newer, fun, and delicious restaurants every month. Did you know, from the home page of our website, [www.apwcolorado.org](http://www.apwcolorado.org) on the left menu, there is a **"Recent Restaurant"** tab that will take you to a list of "The Fabulous Restaurants of APW Networking Luncheons for the Past 2 Years"? Now, when you are trying to remember that great restaurant you want to return to, it is easy to find! Then, when you visit one of these great restaurants, please mention it to the server/owner so they know you heard about them from the APW.



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## Outreach Committee – Delores Project Dinner

Did you know that every night in Denver anywhere from 50-65 homeless women are provided a warm place to sleep and a home cooked meal? **The Delores Projects** is a unique environment designed to encourage a homelike feeling of safety. On each woman's bed is a handmade quilt made by volunteers. These quilts not only provide warmth to a woman, but also the comfort of knowing that others care about her even when she feels most alone.

Several members of the outreach committee recently toured the Delores Project and overwhelmingly agreed this was a good use of our time and resources. On **May 29, 2012** at 5:30 pm, we will be preparing a **Taco Night** meal for these women as other groups have done every night for the last twelve years. They do NOT have a budget for meals. The community meal donations save the agency over \$90,000 per year! **We will be passing out a sign up sheet at the May luncheon for food donations or volunteers.** They are currently in need of razors and sanitary products. We will be doing a drive in May to have members bring these items to the May lunch. The shelter offers regular tours and we encourage you to go see this inspiring project for yourself.

**CLICK HERE** to visit their website.

For questions or information, contact, **JOANNE SCARBOROUGH** at 303-858-0003, [jscarborough@walnutstreet.com](mailto:jscarborough@walnutstreet.com) or **SAMANTHA DARDANO** at 303.523-0833, [sdardano@dardanorealty.com](mailto:sdardano@dardanorealty.com) who welcome your call.

## Networking Luncheon Sponsor – Sign Up Now!

**Showcase your business!** For the remainder of 2012, the Alliance is **offering the opportunity for members to sponsor** five networking lunches.

### A Networking Luncheon Sponsor receives the following benefits:

- A five-to-ten minute promotional presentation at the sponsored APW lunch meeting. Fee includes lunch for the sponsor and a guest. Sponsor will be asked to provide a small gift for a drawing during lunch (i.e. complimentary one hour consultation, gift certificate to a restaurant, etc).
  - Newsletter sponsorship, which includes a full-page article in the newsletter as well as a full-color business card size ad and link to the article and sponsor website in the newsletter e-mail. This full-color, formatted newsletter e-mail is distributed to over 1,500 professional women in Denver!
  - Exclusive distribution/display of materials at place settings or on chairs at luncheon.
  - Business cards or electronic spreadsheet of all luncheon attendees collected and sent to you after luncheon.
  - Recognition as a sponsor at each of the monthly luncheons.
  - Active link to your company website on the front page of [APWcolorado.org](http://APWcolorado.org). This 12-month listing will boost your own web site's search engine ratings because APW consistently returns top level results in search queries.
  - Highlighted as a sponsor in the Communiqué every other month with a feature article on the sponsor during the month of your sponsorship.
  - Spotlight piece on you as a sponsor, a month after your sponsorship, in the Communiqué
- The cost of a Network Luncheon Sponsorship is \$300. Sole Proprietors may split the cost and benefits of hosting a network luncheon. Our member feedback has been that it takes approximately 3 weeks to one month to recoup the cost of business gained through exposure at the luncheon and in our newsletter.

Networking Luncheons will be reserved on a first-come-first-serve basis, so reserve your month today by contacting **PAULINE HUDDLESON** at (303) 368-4747 or [excedir@apwcolorado.org](mailto:excedir@apwcolorado.org).



## Lead West, Young Woman

Since moving to Denver last fall, I've been asked many times what spurred my move. It's a funny story, actually. I came to Denver by way of Africa. You see, in the summer of 2010, I had decided to join the Peace Corps. You know, because that's what you do when you're 32 years old with a stable, well-enough paying job in a terrible economy. At the time, I was a Territory Manager for Latin America, selling after-market parts and services for a machine manufacturer in Northern Kentucky. For those of you not familiar with the Midwest, Northern Kentucky is just across the river from Cincinnati, Ohio (where I was born and raised). I was three years into a nice position that let me use both my BA and my MBA. I just didn't want "nice." I wanted more. Since I couldn't tell you exactly what "more" meant, I started looking around and decided I needed a major change. I didn't want to just take any other job, and I wanted to move. I was single with no obligations keeping me in Ohio. Yes, I had a lively social life and my family is there, but I felt the old wanderlust kicking in. That's when I decided on the Peace Corps.

I had considered it at other times in life, usually when graduating: from high school, from undergrad, and from grad school. There were also two traumatic breakups that prompted me to consider moving to a different continent. Financially, I was never in a good spot to actually go through with applying to the PC. Until the summer of 2010. So, I applied. And they accepted me! The PC has about an 18-month application process, where most of the time you're just waiting: on being accepted, on medical tests, on finding out where you'll be assigned. They do this on purpose, so that you'll be sure you really want to commit to 2.5 years of being off the grid and in the bush. That's where I was headed: to the bush... of Africa. I was never told where specifically in Africa, and the country/continent could have changed at any time before I was sent. However, something else changed the direction I was heading. I met a guy. How cliché!

I actually had already known him for a few years. We had met in 2008 through friends and thus we became friends, nurturing a nice flirtation when he was in town. Round about Christmas of 2009 I had expressed interest in pursuing something further, but he lived in Denver and didn't want anything long-distance. Well, neither did I. So, I put him out of my mind. Until I couldn't. In October, 2010 we met up as each other's dates for our mutual friends' wedding in Las Vegas. We hadn't seen each other in six months. In that time, I had lost 30 pounds and decided upon the PC. To say I had changed (in a good way) is an understatement. I was super confident and happier than I'd been in a long time. He noticed. Off-handedly I had mentioned to him my plans for moving to Africa. I wasn't prepared for his response. He looked like I had kicked his dog. He cared. He cared that I was going to move to Africa for 2.5 years. That we would basically be over once I moved. Turns out, he didn't know he cared until he knew. And I didn't know I'd care that he cared, until I knew.

It turns out what happens in Vegas doesn't always stay in Vegas. Starting in October, 2010, he and I started a long-distance relationship. The most we went without seeing each other was six weeks, which was excruciating. We had fun, though, meeting

up in different cities (and even in Jamaica for a winter vacation). By March, 2011 we decided we wanted to be together in the same city. He didn't want to move back to the Midwest, so I decided to move to Denver. (My family was much happier with me moving across the country instead of to a different, war-torn continent.)

It took six of the longest months of my life to make the move. Being the stubborn person I am, I wouldn't move until I had found a better job. I had set September, 2011 as the date that I wanted to have moved by. It took until August 27th to get the job offer and initiate the move. Officially, I arrived September 9th. This was on purpose, as the Cincinnati Reds were playing the Rockies that weekend and I wanted to crown my move with watching my favorite baseball team in my new hometown. I left my job in Cincinnati and drove the 19 hours to arrive two days later, with a carful of my earthly possessions.

I've been here for six months now. My boyfriend and I just celebrated one year together. I like my new job (even though I travel a lot). I like my new apartment. The only thing lacking is the rich, varied social life I left behind. Having lived in Cincinnati for 33 years, I had a lifetime of friends. I miss them very much. I'm not used to this much alone time! So, I'm doing what I can. My boyfriend has been here for seven years and has his own social circle. I've poached a couple of girlfriends vicariously through his friends. He and I signed up to play kickball (I was team captain for 7 years and met a lot of great friends that way, back home), so I imagine I'll start making friends this spring. Most importantly, I've joined the APW. It's been one month, but I've been received quite warmly and look forward to getting to know and connect with the many other members.

There you have it, my story. That's how I came to Denver via Africa.

*Written by new member, ANNIE WELCH*

*PS – On 4/9/12 Tony and I became engaged! We've also been playing kickball for almost a month now and have made many new, mutual friends. Life is awesome!*

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## Alliance Networking Opportunities, Events, Activities & More

### WHAT: OUTREACH COMMITTEE MEETING

When: **Wednesday, May 2**, and **June 6**, 5:30 pm  
 Where: Home of **PAM FISCHER**  
 2218 Franklin Street, Denver, CO 80205  
 RSVP: **SHEA THURMAN** at 303- 952-0917 at  
[shaethurman@gmail.com](mailto:shaethurman@gmail.com) or  
**CHELSEY BURNS** at [cburns@fslpc.com](mailto:cburns@fslpc.com)

### WHAT: NETWORKING EVENTS COMMITTEE MEETING

When: **Thursday, May 3**, and **June 7**, 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](mailto:Robin@SoulMoxie.net)

### WHAT: MAY - APW MEMBERSHIP APPRECIATION NETWORKING

When: **Thursday, May 10**, 11:00 am – 1:00 pm  
 Where: Comedy Works, 5345 Landmark Place in Greenwood Village, Colorado, 80111  
 Cost: \$30 for Alliance members and \$40 for guests  
 Pre-registration by 5 PM, Monday, May 7, needed!  
 RSVP: **CLICK HERE** to be there!  
 Parking: Parking provided at Landmark Village

### WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: **Tuesday, May 15**, 7:30 - 9:00 am  
 Where: Zaidy's in Cherry Creek, 1st & Adams  
 RSVP: **NORA KELLY** at [nvkesq@qwestoffice.net](mailto:nvkesq@qwestoffice.net)  
 or 303-866-9868

Although Colorado was one of the first states that allowed women to vote, we women still continue to face an uphill battle for economic equality. We have a lifetime of lower earnings from our working lives to retirement. Come listen to **TRACEY STEWART**, Family Economic Security Program Manager for the Colorado Center on Law, tell us about "A Woman's Economic Life In Colorado," her research and sobering statistics on the economic impact of being female in Colorado. This should be a very interesting discussion! We buy our own breakfasts and chip in to cover breakfast for our guest speaker.

### WHAT: MEMBER SUPPORT COMMITTEE MEETING

When: **Friday, May 16**, 9:15 am  
 Where: Woody Creek Bakery, DTC  
 RSVP: **KRISTI SULLIVAN**  
[Kristi@sullivanfinancialplanning.com](mailto:Kristi@sullivanfinancialplanning.com)

### WHAT: APW HAPPY HOUR (3RD FRIDAY OF THE MONTH)

When: **Friday, May 18**, and **June 15**, 5:00 – 7:00 pm  
 Where: Blake Street Vault, 1526 Blake Street, Denver, 80202  
 Cost: Bring a friend or two (APW member or want-to-be)  
 RSVP: **No registration needed**, just show up and bring friends

Join a few members and friends for the "APW Happy Hour" at Blake Street Vault, Denver's hip, historical saloon, housed in one of the oldest buildings in LoDo (1863). This event repeats each third Friday of the month, 5:00 – 7:00 pm until further notice. Drink special and discounted appetizers are available.

### WHAT: PUBLIC AFFAIRS COMMITTEE MEETING

When: **Tuesday, June 19**, 7:30 - 9:00 am  
 Where: Zaidy's in Cherry Creek, 1st & Adams  
 RSVP: **NORA KELLY** at [nvkesq@qwestoffice.net](mailto:nvkesq@qwestoffice.net)  
 or 303-866-9868

A controversial issue this year is regulation of marijuana. Has the policy of marijuana prohibition failed? How will you vote on Amendment 64, the ballot initiative this fall, to decriminalize the use of marijuana. Come listen to a speaker from the Campaign to Regulate Marijuana Like Alcohol speak about this important issue and about Amendment 64. We buy our own breakfasts and chip in to cover breakfast for our guest speaker.

**SEE Calendar for all of our events on Page 15**

## Other Networking Opportunities

### WHAT: CAMPEXPERIENCE™ WOMEN'S CAMP

When: **October 12 – 14, 2012**  
 Where: Keystone, Colorado  
 7th year of Camp which has the solid foundation of a flexible schedule of keynotes, breakout workshops, creative activities and amazing adventures. Guests then design the perfect blend of topics and activities to meet their own goals. NEW in 2012 are three national speakers, adventures in making personal fashion art, painting, photography and the Mammography Van and MASH Tent from our sponsor, Exempla Saint Joseph Hospital

Learn more about the speakers and Pre-Camp events, and sign up for a free newsletter at [www.CampExperience.com](http://www.CampExperience.com) or call **RENEE** at 720-840-4001.

## Spotlight an APW Committee

### The Alliance of Professional Women PUBLIC AFFAIRS COMMITTEE CHARTER

#### Purpose within the Organization

Helps provide an opportunity for community activism while educating and informing members about social and political developments of concern to our members; in appropriate cases, the committee recommends that the APW Board take a position on a ballot issue.

#### Mission Statement

To educate APW members about issues affecting women and girls locally and nationally, and to provide opportunities for members to become politically informed, active, and involved.

#### Vision Statement

Serve needs of current members and reach out to members not previously involved to join our efforts.

#### Goals

- 1) Continue to provide informative speakers on current topics at monthly meeting.
- 2) Expand membership on the committee.

#### Chairs' Contact Information

##### DEB ARMBRUSTER

7719 S. Glencoe Way, Centennial, CO 80122-3815

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Cell: 303-956-2709

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[darmbr@aol.com](mailto:darmbr@aol.com)

#### Meeting Schedule

Third Tuesday of most months, excluding July, August, and December.

#### Why should you join our committee?

We enjoy a delicious breakfast at Zaidy's Restaurant in Cherry Creek while listening to speakers talking about current public affairs; our meetings provide an opportunity to learn about critical issues and to take action on those issues, and to engage informally with other members about public affairs, at breakfast!

#### What types of skills do we need?

None required except a curious mind.

#### Other Information

Our committee works on behalf of the APW with the Colorado Women's Bar Association and the Women's Lobby, to present a reception honoring new legislators after each even year election.

## New Members

JENNIFER MEYER — Consulting, **Strategic Decisions Group**, 650-475-4374, [jennathome@live.com](mailto:jennathome@live.com)

KARIE TORROLL — Finance, 312-388-0218, [k\\_torroll@yahoo.com](mailto:k_torroll@yahoo.com)

SUSIE GERMANY — Attorney, **The Germany Law Firm, P.C.**, 303- 454-3711, [susie@coelderlaw.net](mailto:susie@coelderlaw.net)

CAROL HOLLIFIELD — Therapist/Counselor, **InnerCounseling**, 303-586-1978, [carol@innercounseling.com](mailto:carol@innercounseling.com)

MELINDA REDENIUS — Computer Forensics —**Forensic Pursuit**, 303-495-2082, [melinda.redenius@forensicpursuit.com](mailto:melinda.redenius@forensicpursuit.com)

## Member News &amp; Information

## New Member Referrals

**Big thanks** to Alliance members **ROBIN BERG** for referring **JENNIFER MEYER** and **SHAE THURMAN** for referring **MELINDA REDENIUS** to the Alliance. We appreciate you sharing our fabulous organization and are pleased to run your business card ad as a token of our appreciation.

**RECEIVE A FREE AD** for referring new members to The Alliance! In an organization like The Alliance, we depend on referrals to increase our membership. As a small thank you for referring a new member to The Alliance, you will receive a complimentary business card ad in the Communiqué.

## Alliance Thanks!

### March Networking Luncheon

We had a great luncheon at **Sushi Hai** in the Highlands area of Denver. The food was plentiful and very yummy! We thank **JEANE DOLE** for her great hosting talent, and all those that helped in the planning of this event. **CampExperience™**, our marketing partner, was our luncheon sponsor and **BETSY** updated us all on changes for camp this year which will be in Keystone on October 12-14. It sounds like it will be a fantastic camp again this year. **BETSY** provided the door prizes—something she made and gift certificates, thanks much!

### April Networking Luncheon

Many thanks to all who attended our fabulous luncheon at **CooHills** in LoDo! **RUTH GARCIA** did an outstanding job hosting our event. **JUANI CORTEZ** was recognized for her contribution to the APW as Board Treasurer. We enjoyed the food, the space and the DESSERTS! Door prize donor thanks: Museum of Contemporary Art dual/family membership – thanks to **ROBIN BERG** for donating; Tickets to Comedy Works – thanks to **JEANE DOLE** for donating; and a Gift Certificate to Pampered Passions Fine Lingerie – thanks to **BETSY** at CampExperience™ for the donation.

## 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.

18 years

**ANN BRODERICK** . . . . .Bauerle & Company

5 years

**KRISTI SULLIVAN** . . . . .Sullivan Financial Planning, LLC

4 years

**DONNA PLUTSCHUCK** . . . . .Corporate Office Images, Ltd.

**PAM FISCHER** . . . . .Design A La Carte

3 years

**CHELSEY BURNS** . . . . .White and Steele, P.C.

1 year

**KRYSTA GERSTNER** . . . . .FirstBank

**JENNIFER LUCE** . . . . .FirstBank- Littleton Market

**LEAH DIRKS** . . . . .FirstBank

**HELEN SCANU** . . . . .Scanu Design

**LAUREN KAPLAN** . . . . .Rodan + Fields Dermatologists

**KAREN HURST** . . . . .SourceGas Holdings, Inc.

**GINNY TAYLOR** . . . . .Gotcha Covered

## No Distracted Driving 2012 campaign

The below article was submitted to the APW with a request to print. When looking at the alarming statistics, it seemed like a good thing to bring our awareness to. **Please read.** The best way to help fight distracted driving is to get educated. Below are **answers to some frequently asked questions** that will help you better understand the safety threat posed by texting and cell phone use on America's roadways.

- 1. Is distracted driving really a problem?** Distracted driving kills. The friends, family, and neighbors of the thousands of people killed each year in distracted driving crashes will tell you it is a very serious safety problem. The nearly half a million people injured each year will agree.
- 2. What is distracted driving?** Distraction occurs any time you take your eyes off the road, your hands off the wheel, and your mind off your primary task: driving safely. Any non-driving activity you engage in is a potential distraction and increases your risk of crashing.
- 3. I'm a pretty good driver. Can't some people text or talk on the phone and drive safely?** No, they can't. Research indicates that the burden of talking on a cell phone - even if it's hands-free - saps the brain of 39% of the energy it would ordinarily devote to safe driving. Using a cell phone while driving delays your reaction time as much as having a blood alcohol concentration of .08, the legal limit for drunk driving. Drivers who use a hand-held device are 4 times more likely to get into a crash serious enough to cause injury. Texting drivers are 23 times more likely to get involved in a crash.
- 4. If it's so dangerous, why do people do it?** Some people still don't know how dangerous distracted driving is. Others know about the risks of texting and talking while driving, but still choose to do so anyway. They make the mistake of thinking the statistics don't apply to them, that they can defy the odds. Still others simply lead busy, stressful lives and use cell phones and smartphones to stay connected with their families, friends, and workplaces. They forget or choose not to shut these devices off when they get behind the wheel.
- 5. Who are the most serious offenders?** Our youngest and most inexperienced drivers are most at risk, with 16% of all distracted driving crashes involving drivers under 20. But they are not alone. At any given moment during daylight hours, over 800,000 vehicles are being driven by someone using a hand-held cell phone.
- 6. Sending or reading one text is pretty quick, unlike a phone conversation - wouldn't that be okay?** Texting is the most alarming distraction because it involves manual, visual, and cognitive distraction simultaneously. Sending or reading a text takes your eyes off the road for 4.6 seconds. At 55 mph, that's like driving the length of an entire football field, blindfolded. It's extraordinarily dangerous.
- 7. Is it safe to use a hands-free device to talk on a cell phone while driving?** So far, the research indicates that the cognitive distraction of having a hands-free phone conversation causes drivers to miss the important visual and audio cues that would ordinarily help you avoid a crash.
- 8. Why doesn't the U.S. Department of Transportation make distracted driving illegal?** Passenger car driving behavior falls under the jurisdiction of the individual states, so the U.S. DOT can't ban it. Congress has considered a number of good laws to prevent distracted driving, but unfortunately nothing has passed yet. However, many states have stepped up to pass tough laws against texting, talking on a cell phone, and other distractions. You can visit our State Laws page to learn about the laws in your state.
- 9. What else can DOT do to prevent distracted driving?** Even though we can't make texting or talking on a cell phone while driving illegal, we have been pretty busy. Please visit our DOT Action page to learn more.
- 10. What can I do to help?** We're glad you asked! You've already taken the first step by visiting this site and learning about the dangers of distracted driving. The next thing you'll want to do is protect yourself. Take the pledge to drive phone-free and turn your cell phone off when you turn your ignition on. And if you're a passenger, make sure your driver does the same. If you want to do more, please take a look at our Get Involved.

SOURCE: National Highway Traffic Safety Administration (NHTSA)

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



# Business Sources

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The Pursuit of Electronic Evidence

**Melinda Redenius**  
Sales and Client Relations

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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](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 9 for event information and event codes or call the contact for the event.

may 2012

S	M	T	W	T	F	S
		1	2 <b>Outreach Committee Meeting</b> 5:30 PM Home of PAM FISCHER, 2218 Franklin St., 80205, <b>SHEA THURMAN</b> 303-952-0917 <a href="mailto:shaethurman@gmail.com">shaethurman@gmail.com</a>	3 <b>Networking Committee Meeting</b> 11:30 AM Whole Foods, Colo Blvd and I-25 <b>ROBIN PEGLOW BERG</b> 303-282-1077 <a href="mailto:Robin@SoulMoxie.net">Robin@SoulMoxie.net</a>	4	5
6	7	8	9	10 <b>Membership Appreciation Luncheon</b> 11:00 AM - 1:00 PM Comedy Works in Greenwood Village <a href="#">CLICK HERE</a> to register	11	12
13	14	15 <b>Public Affairs Committee</b> Meeting, 7:30 AM Zaidy's in Cherry Creek <b>NORA KELLY</b> 303-866-9868 <a href="mailto:nvkesq@qwestoffice.net">nvkesq@qwestoffice.net</a>	16 <b>Member Support Committee Meeting</b> 9:15 AM, Woody Creek Bakery, DTC <b>KRISTI SULLIVAN</b> <a href="mailto:Kristi@sullivanfinancialplanning.com">Kristi@sullivanfinancialplanning.com</a>	17	18 <b>APW Happy Hour</b> 5:00 – 7:00 PM, Blake Street Vault Bring a friend or two (APW member or want-to-be, <b>No</b> <b>registration</b> needed, just show up and bring friends	19
20	21	22	23	24	25	26
27	28	29 <b>Delores Project Dinner - Outreach Committee</b> 5:30 PM, Call or e-mail to information - <b>JOANNE</b> <b>SCARBOROUGH</b> 303-858-0003 <a href="mailto:jscarborough@walnutstreet.com">jscarborough@walnutstreet.com</a>	30	31		

For more event information see PAGE 9 or for event updates visit [www.apwcolorado.org](http://www.apwcolorado.org)

JUNE 2012

S	M	T	W	T	F	S
					1	2
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10	11	12	13	14 <b>Networking Luncheon</b> 11:30 AM - 1:00 PM Denver Country Club <a href="#">CLICK HERE</a> to register	15 <b>APW Happy Hour</b> 5:00 – 7:00 PM, Blake Street Vault Bring a friend or two (APW member or want-to-be, <b>No</b> <b>registration</b> needed, just show up and bring friends	16
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24 31	25	26	27	28	29	30