



COMMUNIQUE

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Connecting Women Personally, Professionally and Philanthropically

From The Editor...

This issue of the Communique is **full of useful information, interesting articles, and upcoming events.** We always welcome your feedback, so feel free to send an email to execdir@apwcolorado.org with any questions or comments. If there are things you'd like to see included in our newsletter, please let us know that too.

Just a reminder to take a few minutes to update your **APW online profile.** All you need to do is login to your account (you can reset your password if you can't remember it) and make sure your information is complete. Members can't refer business to you if they don't know what you do. The website is one of our most valuable tools for referrals, so please take advantage of it.

We are **looking to improve our Alliance of Professional Women and Alliance Foundation websites** to make them more Mobile and Tablet friendly. **In order to finance this endeavor, we are looking for a sponsor or sponsors to cover the cost of the upgrade.** Our sponsors would receive advertising on our website, including a moving banner ad. This is a great way to put your business front and center on a website that receives a high amount of search traffic. **Please contact KERRY HAMMOND at 303-368-4747 or execdir@apwcolorado.org for more information.**

Lastly, we've been **very active on Facebook** and have been showcasing our luncheons and other activities, so check out the latest posts and "like" us.

KERRY HAMMOND
Executive Director

Member Appreciation Networking Luncheon

Join us for our **10th Annual Member Appreciation Networking Luncheon.** You may also know this luncheon by its other name, the "Swag Bag Luncheon." Read on to find out more.

Plan to join the APW for one of our favorite events of the year on **Thursday, May 12, 2016.**



Kerry Hammond

THE ALLIANCE OF PROFESSIONAL WOMEN

Executive Director

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

We will start a bit early to enjoy a full two-hour event, so block your schedule from **11:00 am to 1:00 pm.** We are pleased to be returning to the **Denver ChopHouse & Brewery** for this special event.

The Denver ChopHouse

1735 19th Street, Denver CO 80202
(on the corner of 19th and Wynkoop, next to Coors Field)
Valet parking is available at the restaurant.

Leadership

EXECUTIVE COMMITTEE

Leslie Garske President
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Sheila Drew President-Elect
Creative Financial Staffing of Colorado
Chelsey Burns Secretary
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Leigh Miller At Large
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Melissa Richards At Large
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Megan Henson At Large
The Traveling Vineyard

EMERITUS BOARD MEMBERS

Emilie Ailts, Melinda Harper,
and Charlene Wilson

Member Appreciation Networking Luncheon

Continued from Page 1

Our special two-hour celebration is for APW members and guests, all are welcome.

Attendees will receive a gift from APW plus a bag filled with gifts from our bag sponsors for this event. It's like the Oscars, without the Rolex. Don't miss it!

We are delighted to **welcome as our speaker for this event:**

Global speaker **SANDRA FORD WALSTON**, who is known as the **Courage Expert**. For twenty years she has been a human potential specialist who studies courage, and she is a certified courage coach. She is a trailblazer in the field of feminine courage, everyday courage, and non-gender courageous leadership. The bestselling and award-winning author of *Courage: The Heart and Spirit of Every Woman/Reclaiming the Forgotten Virtue* is endorsed by **MARIANNE WILLIAMSON** and **JACK CANFIELD**. She is certified in the Enneagram and MBTI®. Sandra says that she has one job: to impart how women can claim and integrate their everyday courage. She enjoys golf, skiing, yoga, travel, cooking, meditation, reading, and being an 11th Hour hospice volunteer.

**Our Luncheon Entrées Choices:**

TOP SIRLOIN – (Cooked Medium) Grilled and served with Cabernet mushrooms OR

CHICKEN PICATTA - Breaded chicken breast sautéed with fresh lemon, artichoke hearts, capers, and white wine OR

RICOTTA & MOZZARELLA STUFFED SPINACH RAVIOLI - Served with a creamy mushroom sauce and asparagus for garnish

Dessert: An Assortment of Chocolate Chip, White Chocolate Macadamia Nut, and Peanut Butter Cookies served family style

Cost: \$35 for members; \$45 for non-members. Deadline for Pre-registration is 10:00 am on Monday, May 9th. There is a \$5 late fee thereafter until the event is full. The final cut off is May 10th at 1:00 pm.

No walk-ins can be allowed.

If you believe you signed up online but did not receive a receipt, contact **KERRY HAMMOND** to verify that you are registered, execdir@apwcolorado.org or **303-368-4747**.

CLICK HERE
to Register

Member Appreciation Luncheon Bag Sponsor

In order to fill those Swag Bags, we invite you to Showcase your Business at the Member Appreciation Luncheon!

Online Registration is now closed, but it's not too late to join our 10th Annual Member Appreciation Luncheon as a bag sponsor - **ITEMS ARE DUE ON THURSDAY MAY 5, 2016**. Take advantage of this once-a-year opportunity to market your business to our members and guests. All attendees receive gift bags. For only \$35 for APW members or \$45 for non-members, you can sign up to be a swag bag sponsor at this luncheon and provide a special giveaway or goodie to be given to all attendees.

How it Works: All you need to do is prepare 100-gift type items/items of value to be put into the bags that will be given to each attendee. We encourage you to include your business cards and contact information in your gift, but please make sure it's attached to an item of value. In the past, we've seen some creative items, from cell phone stands to post-it pads and cosmetic bags.

Our theme for this year's event is "Communication" and you are free to interpret that in your own unique way and have fun finding a creative gift to showcase your business. If you need help with any ideas, please contact **KERRY HAMMOND** at **303-368-4747**. We don't want anyone missing out on this promotion opportunity because they couldn't think of a gift idea. Kerry will help you brainstorm, or steer you to the right path if necessary.

Deadlines & Other Disclosures: We need to receive your items by **Thursday, May 5, 2016**. If you'd like to provide swag, please email execdir@apwcolorado.org or call 303-368-4747 to register with Kerry and to receive drop-off instructions.

APW Members Only Golf League

Spring is here, and that means golf season. **Consider joining the 2016 Members Only APW Golf League.** This league is available to beginners, as well as experienced golfers. **Southglenn Country Club** is a private, Par 3 course that is great for any level of golfer; all are truly welcome!

The only requirements are:

- You must be an APW member
- You must sign up for all 5 sessions in advance (but you can give your round to another member if you are unable to play on one of the dates).

APW GOLF LEAGUE

Course: Southglenn Country Club, 1489 E. Easter Avenue, Centennial

Sessions: Five Sessions for only \$100

Dates: Friday mornings 9:00am - 11:00am from May through September:
May 13; June 10; July 8; August 12; September 9

Deadline: Registration deadline is **Monday, May 2nd**, so DON'T DELAY



CLICK HERE
to Register

Communiqué Committee

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

Communiqué Sponsors

Sandy Smith/Alexander Smith Design
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 and information to Alliance members. Please send **ideas, comments, contributions, and questions** to **Kerry Hammond** at execdir@apwcolorado.org

Interesting Colorado Facts

The word 'colorado' means 'colored' or 'colored red' in Spanish. The Colorado state was named after the Colorado River, which Spanish explorers named 'Río Colorado' (meaning 'colored river') for the red silt the river carried from the mountains.

Denver, lays claim to the invention of the cheeseburger. Denver resident Louis Ballast of the Humpty Dumpty Drive-In named his sandwich the cheeseburger.

June Networking Luncheon

Our **June Networking Luncheon** will be held at a new-to-us location and we're very excited. We will be dining at **Eddie Merlot's** in Englewood on **June 9, 2016**, from 11:30 am – 1:00 pm.

Eddie Merlot's is located at 10110 East Dry Creek Road Englewood, Colorado, 80112
Cost: Members \$35; Non-Members \$45

We're still working on the menu, so watch our website and the weekly What's Happening emails for the entrée choices and registration link. Both will be listed soon.

Our **luncheon sponsor** for the June event is the **Alliance Foundation** and we will have an opportunity to hear more about the **HELPING WOMEN + CHANGING LIVES Annual Philanthropic Luncheon** that will take place **September 8, 2016**. This year is our 5th year, so it's going to be an exciting event.



Join APW members and prospective APW members at the upcoming **Coffee Connections**.

Wish you had more time with APW members? Join Coffee Connections! Grab a cup of coffee, tea or breakfast and join other APW members and prospective members to discuss business-related topics and network. Leave when you need to, our end time is approximate.

When: Friday, **May 20**, 8:30 to 10:00 am (Central Denver meeting)
Where: **Trompeau Bakery**, 2950 S. Broadway, Denver - 2 blocks south of Yale
RSVP: **LEIGH MILLER** millerleigh13@gmail.com or 720-272-2853

When: Friday, **June 17**, 8:30 am to 10:00 am (DTC meeting)
Where: **Espresso Cafe** (Inside The Kitchen Table Cooking School), 6380 S Fiddlers Green Cir #108A Greenwood Village CO 80111
RSVP: **LAUREN KAPLAN** lauren@thekaplans.com or 303-912-2576

Our Helping Women + Changing Lives

SAVE THE DATE



Helping Women
+ Changing Lives

Proudly presenting our
Fifth Annual Philanthropic Luncheon
Thursday, September 8, 2016

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



We have some very generous sponsors who have joined in helping make this event possible, and we'd like to tell you who they are.

Changing Lives Sponsor

Our Changing Lives Sponsor is Eide Bailly: "Eide Bailly is a top 25 CPA firm, with 29 offices in 13 states. A core part of Eide Bailly's culture and strategic plan is to improve the advancement of women within the Firm. The First Focus program has been nationally recognized as it identifies future female leaders, focuses on retention and advancement for high performing females, and ensures career opportunities for women that parallel those of men. This continues to result in an increased number of female leaders to reflect the demographics of the Firm at large. Eide Bailly is honored to sponsor the Helping Women + Changing Lives luncheon for the fifth year!"



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Our Helping Women + Changing Lives

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Creating Hope Sponsors

AXA Advisors

Helping families and businesses take small, manageable steps toward financial security since 1859.



Capital Sisters International

Capital Sisters International envisions a world where impoverished women have access to credit for income generating activities that allow them to provide for their families and live in dignity.



Creative Financial Staffing of Colorado

At CFS, we place thousands of short term, long term and temp-to-hire positions every year. Staff and Senior Accountants, Controllers, Accounting Managers, Analysts, Bookkeepers, Software Specialists, and much more. Our experience really pays off.



FirstBank

We here at FirstBank are fortunate to have financial stability, outstanding employees, and the greatest customers we could ask for. We owe our success to the core values we've held since we were founded in 1963.



Klancke and Cook, Attorneys at Law

With over 30 years of experience, Klancke and Cook, founded in 1987 to serve the legal needs of the people of Colorado. While other attorneys may treat you like a "case," our clients receive personal time and attention, always.



MoyeWhite

We provide exceptional legal representation across a wide variety of transactional and litigation matters. Our attorneys offer strategic, team-oriented counsel to public, private, and governmental clients in complex business and real estate transactions and disputes.



Sullivan Financial Planning LLC

KRISTI SULLIVAN, of Sullivan Financial Planning, LLC, has worked to help people achieve financial security for 20 years. She holds her Certified Financial Planner™ designation and is a proud alumnus of the CSU School of Business. Kristi founded Sullivan Financial Planning, LLC, 9 years ago with the idea that financial advice doesn't have to be only for the rich or based on commissioned product sales. To find out more, please contact Kristi at kristi@sullivanfinancialplanning.com to set up a free 15-minute phone consultation.



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Our Helping Women + Changing Lives

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Building Promise Sponsors

Abbe Pensack Insurance, Ltd

As a long term care insurance specialist, I educate people about the importance of having a plan to protect their assets and provide safety, security, and peace of mind. At least 70% of people over 65 years of age will require long-term care services at some point. The numbers are staggering. Americans needing long-term care will more than double from 12 million today to 27 million in 2050. It is one of the most important components of your life plan.



Big Smoke Burger

At Big Smoke Burger our hand-crafted burgers are made fresh daily. We pride ourselves on serving only the freshest beef. Our ground chuck is made to our specifications and it is always fresh, never frozen.



LIV Sotheby's International Realty

LIV Sotheby's International Realty is Colorado's leading luxury real estate firm with an emphasis on lifestyle. Our top-tier broker professionals are experts in Colorado real estate, and our affiliation with Sotheby's International Realty® provides unrivaled global exposure with unparalleled access to distinctive properties around the world.



Metro Brokers, Inc.

Metro Brokers, Inc. has been Colorado's leader in real estate, technology, and services, for more than 40 years, offering independent real estate professionals a framework to succeed. Our network of over 1,000 highly experienced real estate professionals specialize in residential, commercial and investment properties and have access to groundbreaking technologies, continuing education courses, and innovative marketing that help buyers and sellers make the most of their real estate transactions. Unlike most other real estate companies Metro Brokers, Inc. is actually owned and operated by its brokers.



Ryan, Gunsauls, & O'Donnell, LLC

Our mission is to continue our six-decade tradition as trusted advisors who provide exceptional, unparalleled client service. We are committed to providing professional, innovative, and proactive tax and accounting services and solutions to help our clients achieve their goals. We remain dedicated to developing and maintaining an environment of excellence, with a foundation of caring, knowledgeable professionals.



Westerra Credit Union

As a not-for-profit financial cooperative, Westerra is owned by all who have accounts at the credit union. There are no stockholders – all proceeds are returned to members through higher dividends on savings, lower rates on loans, lower fees, and enhanced convenience. Each member has equal ownership regardless of how much money they have on deposit.



Helping Women Sponsors

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Luncheon Sponsors

Jill Klancke Klancke and Cooke, Attorneys at Law April 2016
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Interested in becoming a Networking Luncheon Sponsor? Call 303-368-4747

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Ky Agnew Jill Klancke	Sheila Drew Maura Ridge
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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

Thoughts and Tips From Our Members

Contributed by APW Member Kayleigh Hunter, Tax Accountant at Bauerle and Company, P.C.

Identity Theft and the IRS

You may have heard about the recent IRS data breach where almost 2.5 million taxpayers had fraudulent returns filed in their name or social security number. Thieves collected enough information to request a transcript online, giving them the resources to create a convincing fake return that would yield them a refund. You may not know that your identity has been stolen until you try to file your return and learn that someone has already filed in your name or social security number.

Identity theft is not always preventable, but there are a few easy steps you can take to protect yourself that will reduce your chances significantly. The most effective prevention tip is to put a security freeze on your credit reports. You must request the freeze with each of the three major credit bureaus (Experian, Transunion, and Equifax). Remember, though, if you're going to purchase a new car, buy a house, or apply for new employment that requires a credit check, you will need to call and have the freeze lifted. Please keep in mind there is a minimum fee for doing this.

Some additional tips to protect from identity theft include:

- Don't carry your social security card with you on a daily basis.
- Limit the number of credit cards you carry with you in your purse or wallet.
- Eliminate your use of physical checks, if possible.
- Elect e-statements so that vital information does not arrive in your home's mailbox.
- Take mail that includes vital information directly to the Post Office to send.

Another scheme thieves will use is to prey on mailboxes to receive pre-approved credit card offers. They simply take the code included in the mailing, apply online, change the address, and BAM they have a new credit card that is associated with your social security number—a recipe for disaster! The appropriate method of defense here is to eliminate the advertising strategies that send you pre-approved credit card offers.

You can do this by contacting the following agencies:

- **www.optoutprescreen.com** (or call 1-888-567-8688)
- **www.dmachoice.org** (to opt out of emails and direct mailings)
- Your credit card and financial institutions—use the number on the back of your cards to contact customer service. When you call, you must use the specific language “I want to opt out of ALL marketing programs, including convenience check mailings.”

Additionally, in response to the 2015 data breach, the IRS held a Security Summit. Over a two-month period, several parties collaborated on “improved validation of the authenticity of taxpayers and information included on tax return submissions” and “increased information sharing to improve refund fraud detection and expand prevention,” resulting in 20 new data components that will help detect possible identity theft. Afterward, the IRS gave thanks to the cooperative efforts between the industry and the governmental agencies and said, “we will have new tools in place this January to protect taxpayers during the 2016 filing season.”

Identity theft can't always be prevented, but these tips will make it a lot harder for thieves to obtain essential information for doing so.

If you have any questions, please reach out to us at **Bauerle and Company, P.C. 303-759-0089** or visit our website **www.bcdenvr.com**.

QUARTERLY
BUSINESS*A Members-Only Event*

Join us in a relaxed and friendly atmosphere to share our views on the current read and how it applies to us and/or our businesses. Participants provide a snack or bottle of wine to share.

It's book club time again and we're taking a look at a little-known aspect of the Civil War.

When: Monday, May 16, 2016 at 7:00 pm

Where: The private home of LESLIE GARSKE, 5232 W Geddes Pl Littleton CO 80128

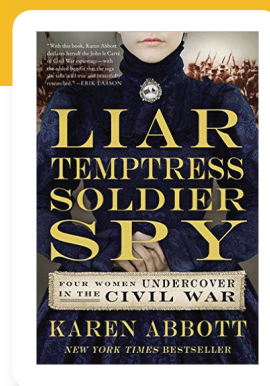
Bring: An appetizer or bottle of wine to share

Book: *Liar Temptress Soldier Spy* by KAREN ABBOTT

RSVP: LEIGH MILLER, MILLERLEIGH13@GMAIL.COM

KAREN ABBOTT tells the spellbinding true story of four women who risked everything to become spies during the Civil War. She illuminates one of the most fascinating yet little-known aspects of the Civil War: the stories of four courageous women—a socialite, a farm girl, an abolitionist, and a widow—who were spies.

After shooting a Union soldier in her front hall with a pocket pistol, Belle Boyd became a courier and spy for the Confederate army, using her charms to seduce men on both sides. Emma Edmonds cut off her hair and assumed the identity of a man to enlist as a Union private, witnessing the bloodiest battles of the Civil War. The beautiful widow, Rose O'Neale Greenhow, engaged in affairs with powerful Northern politicians to gather intelligence for the Confederacy and used her young daughter to send information to Southern generals. Elizabeth Van Lew, a wealthy Richmond abolitionist, hid behind her proper Southern manners as she orchestrated a far-reaching espionage ring, right under the noses of suspicious rebel detectives.



RSVP REQUIRED, Email LEIGH MILLER: millerleigh13@gmail.com to let us know you're coming.

Using a wealth of primary source material and interviews with the spies' descendants, Abbott seamlessly weaves the adventures of these four heroines throughout the tumultuous years of the war. With a cast of real-life characters including Walt Whitman, Nathaniel Hawthorne, General Stonewall Jackson, detective Allan Pinkerton, Abraham and Mary Todd Lincoln, and Emperor Napoleon III, *Liar, Temptress, Soldier, Spy* draws you into the war as these daring women lived it.

Public Affairs Meetings

The next **Public Affairs Committee meeting** will be on **Tuesday, May 10, 2016**. We will hear from **LINDA C. RINEHART**, who is a mental health advocate and speaker. Linda will talk about the obstacles confronting persons with mental illness, from lack of insurance coverage to stigmatization and discrimination. She herself has struggled with mental illness and will describe the issues from a “boots on the ground” perspective.

On **June 14, 2016**, our speaker will be **THERESA CONLEY**, a water advocate with Conservation Colorado. Theresa will speak about the issue of water and its scarcity in Colorado. She will tell us about the Colorado Water Plan, the long-term outlook for water quality and quantity in Colorado, and possible solutions for making the water we have last.

Meetings are held at **Zaidy's Restaurant** at First Avenue and Adams Street in Cherry Creek, starting at 7:00 am for networking, 7:30 am for the speaker. Meetings usually wrap up at 8:30 am. Committee members eat while listening to the speaker, and the format is casual; you buy your own breakfast. If you're interested in attending or if you have any questions, please contact **NORA KELLY** at nvkesq@gmail.com or 303-377-5518.

May Day Facts

May Day marks the halfway point between the first day of spring and the summer solstice. May Day dates back to the days of the Romans and involved many pagan rituals and ancient customs which were slowly phased out with the arrival of Christianity. Festivals, dances, and rituals related to agriculture and fertility were practiced by many Germanic and European countries. May Day also commemorates the struggle for fair labor practices and the Haymarket Affair of 1886. It is observed on May 1st each year.

Thoughts and Tips From Our Members

Contributed by APW Member Leigh Miller, Wellness Coach/Educator with Juice Plus +

As Spring finally arrives, it is a perfect time to revisit health goals. It's so empowering to take control of your vitality by making a few changes. I like to think of 4 simple “rules” that will guide you to being your most active, vibrant and glowing self this summer. And just what are these simple “rules” you may ask?

1. **EAT REAL FOOD** - eat fruits, veggies, wild/organic protein, nuts & seeds (secret weapon: avoid gluten & sugar).
2. **DRINK WATER** - staying well hydrated especially when it's hot, will keep you cooler and functioning better on the court, course, trail...well, you get the idea. Ideally, drink 1/2 to 1 gallon per day.
3. **MOVE** - moving your body not only makes you stronger, but it keeps you looking and feeling younger by slowing down the aging process. 30 to 90 minutes is recommended most days.
4. **SLEEP** - sleep a minimum of 7 hours each night (8 hours is ideal).

Yes, these things are really simple, but not always easy. So, I encourage you to be a part of a community that will make you feel stronger, healthier and better. With these 4 “rules,” the right nutritional support, and the support of our encouraging community, you and your family's health can truly be transformed. Whether it's losing weight, having more energy or simply looking and feeling better, I have the tools that can help you effectively achieve your goals. I welcome a call to chat about your particular needs!

To your summer where you look and feel your best!

Leigh Miller | **Juice Plus+**

Leigh wants to give back to the Alliance Foundation, and for every order between now and the September 8th luncheon, she will gladly make a donation of \$25 to the Alliance Foundation. Thanks Leigh!

Member News & Information

Alliance Networking Opportunities

What: Outreach Committee Meeting**When:** **Wednesday, May 4**, and **June 1**, 5:30 pm**Where:** **PAM FISCHER's** home, 2218 Franklin St.,
Denver, 80205**RSVP:** **BETH JOHNSON**, bethany.johnson@moyewwhite.com**What:** Networking Events Committee Meeting**When:** **Tuesday, May 3** and **June 7**, 11:30 am – 1 pm**Where:** **Natural Grocers**, Colorado Blvd. and Evans**RSVP:** **LYNNE AMERSON**, lynn.amerson@myfw.com**What:** Public Affairs Committee Meeting**When:** **Tuesday, May 10**, 7:00 am Networking,
7:30, Speaker**Where:** **Zaidy's** in Cherry Creek, 1st & Adams**RSVP:** **NORA KELLY**, nvkesq@gmail.com or 303-514-3143**Speaker:** **LINDA C. RINEHART**, mental health advocate
and speaker**What:** APW Golf League**When:** Friday mornings 9:00 am - 11:00 am from
May through September:**May 13; June 10; July 8; August 12; September 9****Where:** **Southglenn Country Club**,
1489 E. Easter Avenue, Centennial**Sessions:** Five Sessions for only \$100**RSVP:** **CLICK HERE to attend.**Registration deadline is Monday, May 2nd,
so DON'T DELAY**What:** May Member Appreciation Networking Luncheon**When:** **Thursday, May 12**, 11:00 am – 1 pm
(2-hour event)**Where:** **Denver ChopHouse**, 1735 19th Street #100,
Denver 80202**Cost:** Members \$35; non-members \$45**RSVP:** **CLICK HERE to attend.** Registration needed by
10:00 am Monday, May 9th, to attend.No walk-ins allowed. **Call Kerry to be a Bag**
Sponsor 303-368-4747.**What:** Members Only Book Club**When:** **Monday, May 16**, 7-8:30 pm**Where:** Private home of **LESLIE GARSKE**,
5232 W Geddes Pl Littleton CO 80128**RSVP:** **LEIGH MILLER**, millerleigh13@gmail.com**Book:** *Liar, Temptress, Soldier, Spy: Four Women*
Undercover in the Civil War by **KAREN ABBOTT****What:** Coffee Connections—Central Denver**When:** **Friday, May 20**, 8:30 – 10:00 am**Where:** **Trompeau Bakery**, 2950 S. Broadway,
Denver, 2 blocks south of Yale**RSVP:** **LEIGH MILLER**, millerleigh13@gmail.com**What:** June Networking Luncheon**When:** **Thursday, June 9**, 11:30 am – 1:00 pm**Where:** **Eddie Merlot's** in Englewood**RSVP:** Registration Link Coming Soon**Sponsor:** The Alliance Foundation**What:** Public Affairs Committee Meeting**When:** **Tuesday, June 14**, 7:00 am Networking,
7:30, Speaker**Where:** **Zaidy's** in Cherry Creek, 1st & Adams**RSVP:** **NORA KELLY**, nvkesq@gmail.com or
303-514-3143**Speaker:** **THERESA CONLEY**, water advocate with
Conservation Colorado**What:** Member Support Committee Meeting**When:** **Wednesday, June 15**, 11:00 am**Where:** **Woody Creek Bakery, DTC****RSVP:** **LAUREN KAPLAN**, lauren@thekaplans.com**What:** Coffee Connections—South**When:** **Friday, June 17**, 8:30 – 10:00 am**Where:** **Espresso Cafe** (Inside The Kitchen Table
Cooking School) 6380 S Fiddlers Green Cir
#108A Greenwood Village CO 80111**RSVP:** **LAUREN KAPLAN**, lauren@thekaplans.com, or
303-912-2576**What:** APW Speed Networking**When:** **Tuesday, June 21**, 5:30 pm**Who:** Open to Members and Non-Members**Where:** A DTC office location**This is still being planned, so stay tuned!**

Updates and News from Our Outreach Committee

The Outreach Committee is the community service arm of The Alliance of Professional Women; it provides volunteer opportunities for members of the APW that promote health, welfare, education, and employment of underserved women in our community.

The **next event is the New Legacy Charter School Volunteer Day.** The Alliance of Professional Women is supporting New Legacy Charter School through a volunteer work day on **Saturday, May 14th from 8:30 am - noon.**

New Legacy is a school that opened this past fall for pregnant and parenting teens in northwest Aurora at 2091 N. Dayton Street. The school currently serves 85 high school students and 60 children in its on-site early learning center. The school is tailored to the unique and multifaceted needs of teen parents, empowering them to create a legacy of education, quality parenting, and personal success for themselves and their children. At the volunteer work day, you'll get to support the school by sorting clothes for a student store, cleaning up the property, and doing some light gardening (weeding and pruning roses).

Please come out and support this great organization. To **RSVP**, contact **BETH JOHNSON** at bethany.johnson@moyewhite.com. For more information about New Legacy, please see newlegacycharter.org.

Delores Project was a Great Success *Contributed by APW Member Beth Johnson, Outreach Committee Chair and Attorney at Moye White LLP*

Thank you to everyone who participated in our Delores Project dinners on March 29 and April 11.

The Delores Project provides safe, comfortable overnight shelter for adult unaccompanied women in a welcoming and peaceful environment. Women in this program receive support from transitional advocates or case managers at another agency to identify resources for securing and maintaining long-term housing. What the APW does regarding outreach is to provide the women at the Delores Project not only with a meal, but to also uplift them in ways that they might not be able to do for themselves, simply by lending a hand, sharing a story, or offering a smile. In the long run, it proves to be so much more rewarding for us than for them.

On March 29, seven APW members provided and served a spaghetti dinner with ice cream bar to the guests of the Delores Project as part of our regular commitment to quarterly dinners. But interest was so great this time around that we couldn't accommodate all of our volunteers. So, on April 11, another group of five APW members went to the shelter and served a meal for a non-profit that was able to provide food, but not volunteers to serve that evening. Thank you to everyone who supported these two great evenings. Be on the lookout for the next opportunity to be a part of this fabulous outreach event as we are committed to hosting one every quarter. You don't have to be on the Outreach Committee to play a role, and in fact, we encourage help from outside so come join us and bring your enthusiasm. Stay tuned for more wonderful outreach events in the future!

Thoughts and Tips From Our Members

Contributed by APW Member Kristi Sullivan, Sullivan Financial Planning, LLC

Learning to Love Stock Market Drops

What investors and financial advisers don't typically love is when the stock market goes down. No one likes seeing their balances drop. Financial advisers don't like for their clients to be unhappy. So, what's to love about stock markets going down?

Here are three things:

1. It's all on sale, baby! When is the last time you ran to Nordstrom for a 50% higher price sale? Never, right? Ninety-nine percent of the time, we like to buy stuff when it costs less than normal. The other 1% is when stocks are cheap.
2. When the stock market goes down, that is our cue to buy, even though most people want to sell and keep their money in a Folger's can. Remember Warren Buffet's fabulous quote: "Be fearful when others are greedy and be greedy when others are fearful." In other words, when the stock market is down, if you have extra cash, buy some stocks!
3. It's not unusual and it won't last long. First, a little vocabulary lesson. A bear market is when stocks decline 20% off their previous highs. A correction is when stocks are 10% lower than their previous highs. Corrections typically happen once per year and bear markets once every 3.5 years. The average correction recovers its value after 10 months and a bear market on average bounces back after 15 months.

Celebrate your diversified portfolio. You weren't 100% in the stock market anyway, were you? Your bonds are helping offset your (temporary) stock market losses. Your financial adviser had you positioned with anywhere from 15% to 40% in bonds, depending on your risk tolerance and time horizon, right? Oh, you don't have a financial adviser helping you with those decisions? Time to contact **KRISTI** at kristi@sullivanfinancialplanning.com for a 15-minute phone consultation!

Save The Date

The **First APW Speed Networking Event** was such a hit that our two hosts are planning a second event. That's right, **LESLIE GARSKE** of **AXA Advisors, LLC** and **DANA LYNCH** of **Elements of Image** have analyzed the feedback provided by attendees and have planned an event that will be even better. The date will be here before you know it, so make sure to mark your calendar.

What: APW Speed Networking

When: Tuesday, June 21, 5:30 pm

Who: Open to Members and Non-Members

Where: A DTC office location (this is still being planned, so stay tuned)

Here's what DANA LYNCH wants you to know about the June event:

This APW after hours event is your opportunity to connect professionally in a fun, "Super-sized" way! The only thing on the agenda for this event is networking. It's open to members and non-members so feel free to invite your friends and colleagues—they'll see how fabulous our APW members are! During this structured, timed format, you'll have the opportunity to meet as many women as possible to both highlight your business/professional aspirations as well as develop friendships and business relationships.

Along with the formal activity, there will also be time for informal networking and refreshments.

Come prepared with:

- Plenty of business cards
- Your 30-second "elevator pitch" or description of your business that will leave others wanting to know more
- A mental list of referrals that you would like
- Your calendar...to set up one-on-one meetings to get to know each other better and solidify referral building opportunities.

Member News & Information

New Members

CHRYSTA BAIRRE, Career Coach, **Live Love Work**, chrysta@liveandlovework.com, 970-310-8218

HEIDI ELKINS, heidi.elkins@comcast.net

ALEXANDRA ERLICH, **Continental Credit**, alexandra@continentalcreditllc.com

MARY ANN LITTLER, CEO, **Peak to Peak Business Strategies**, mlittler16@gmail.com, 303-663-2722

NICOAL WOLFE-SPERRAZZA, Attorney, **3i Law**, nwolfe@3ilaw.com, 303-481-6360

New Member Profiles

When we get new members at The Alliance, we want to know all about them. **KERRY HAMMOND** did a little investigative reporting and interviewed some new members to see what makes them tick. Here is what she learned.

CHRYSTA BAIRRE, Live Love Work, chrysta@liveandlovework.com

1. **Why did you join the Alliance of Professional Women?** I joined the APW to connect with career and professional women in the Denver area. I love living in Fort Collins but the one thing it's missing is active professional networking groups.
2. **What are your hobbies?** I enjoy riding my Buddy 125 scooter (at speeds up to 70 miles per hour), biking around Fort Collins, creating art, writing, and car singing. (Ed. Note: she probably has plenty of time for singing on those drives down to Denver for Networking Luncheons).
3. **What is your position/business?** I am a career and business coach, speaker, and founder of Live Love Work. I work with women who are in a career rut, helping them uncover their skills and talents, communicate their value, and get selected for new opportunities so they can love their work and get paid what they're worth.
4. **What is something that few people know about you?** When I was 8 years old I won a writing contest for my story about a car who was allergic to gas and who was saved by a kind old man who gave him a solar panel so the car could run on solar energy.

MONIKA PLAUT

1. **Why did you join the Alliance of Professional Women?** I joined the APW because I am new in Denver and it offers an opportunity to meet other women, share experiences, and do some networking.
2. **What are your hobbies?** My hobbies are diverse, but I enjoy playing cards and reading.
3. **What is your position/business?** I am a Broker Associate with KW DTC.
4. **What is something that few people know about you?** I am a simultaneous interpreter and a lawyer and had my own headhunting office in Venezuela.

NICOAL WOLFE SPERRAZZA, 3i Law, nwolfe@3ilaw.com

1. **Why did you join the Alliance of Professional Women?** I like to be inspired! As an attorney, I'm constantly surrounded by boys' clubs. It's refreshing to be surrounded by, and refer business to, other female business professionals who excel at what they do.
2. **What are your hobbies?** Cooking, playing tennis, and wine. LOTS OF WINE. :)
3. **What is your position/business?** I practice family law (including divorce, protection orders, and post-decree matters) and civil litigation.
4. **What is something that few people know about you?** People always comment on the interesting spelling of my first name, "Nicoal." Truth be told, my sister and I chose to change our full names when our stepfather adopted us. This is what happens when you let a 10-year-old girl select her own name.

Member News & Information

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.

9 years

KRISTI SULLIVAN Sullivan Financial Planning, LLC

8 years

PAM FISCHER Design A La Carte

7 years

CHELSEY BURNS

6 years

JULIE IZARD Lutz Zuber & Associates, LLC

5 years

GINNY TAYLOR A Better View Décor

LAUREN KAPLAN Rodan + Fields Dermatologists

LEAH DIRKS FirstBank

KRYSTA GERSTNER FirstBank

4 years

JOANNA JOHNSON E2 Business Gifts

PAMELA WILSON The Care Navigator

3 years

ABBE PENSACK Abbe Pensack Insurance, Ltd

KIRSTAN BORNE Location Innovators LLC

TERESA GRAY Principal Financial Group

LEIGH MILLER NSA, makers of Juice Plus+

2 years

RACHEL CLARK

ANGELIA MCGILL Bauerle and Company, P.C.

MEGAN HENSON The Traveling Vineyard

JAYNE SANDERS PRECISION WISDOM, INC

ANDRA BLANARIU Bauerle and Company, P.C.

CARI HARRIS XCESSORIZE LLC

ANN WOLTA BLACKSTONE LPGA

1 year

EDITH SAMOUILLET DE GOMEZ . Turning Points LLC

Alliance Thanks!

We returned to **Ivy on the Glenn** in **March** and had a great luncheon. Our hosts were **ELIZABETH HARMS** of **External Partners**, elizabeth@externalpartners.us, and **GINNY TAYLOR** of **A Better View Décor**, ginny@ABetterViewDecor.com. Our **Luncheon sponsor** was our own Networking Committee Co-Chair **PAM FOLEY** of **Wellness and Company**, pamelapfoley@comcast.net. Pam spoke to us about the 5 Pillars of Wellness and Company: Meditation, Movement, Nutrition, Gratitude, and Optimism. It was a motivating and inspiring introduction to the company.

We also **thank** **BETSY WIERSMAN** of **CampExperience** for the fun presentation and door prize. **See page 16** for Betsy's not one, but TWO camps this year. Sign up now, they're getting close.

We also **thank** the following for providing door prizes for our guests: **MICHELLE KU** who procured a certificate for a free business workshop and **ELIZABETH HARMS** who procured a one-on-one coaching session with **NIGEL CLAYTON**. **Ivy at the Glenn** was also kind enough to provide us with a gift certificate to give away.

In April, we enjoyed a beautiful day and a wonderful luncheon at the **Cherry Creek Country Club**, one of our favorite spots for the Spring. Our hosts were **PAM FOLEY** of **Wellness and Company**, pamelapfoley@comcast.net, and **KRYSTA GERSTNER** of **FirstBank**, Krysta.Gerstner@efirstbank.com. Our sponsor was **JILL KLANCKE**, Attorney at **Klancke and Cooke**. Jill gave a very interesting talk about how important it is to make plans to help guide your loved ones when you're gone. She gave us some insight into her "Mom loves You Best" seminar and provided some laughter surrounding a not-so-humorous topic.

We also **thank** the following for providing door prizes for our guests: **LESLIE GARSKE** provided jewelry from her trip to Guatemala, **SIGRID SWERDLIN** provided a set of photo postcards (from photographs she took herself) in a hand sewn pouch, and **ELIZABETH HARMS** procured a certificate for a free Pilates Session.

We had a special treat in April; WILLY WILSON of **LIFE UNSTILL PHOTOGRAPHY** brought all of her photography equipment and took headshots for attendees. This was a big hit and we plan to do this again in the future, so if you missed this one stay tuned, there will be more.

Thoughts and Tips From Our Members

Contributed by APW Member Anne Angerman, President of Career Matters

7 Ways to be Happier at Work in 2016

Think about 2015. What actions did not serve you well? What people or situations were toxic for you? What held you back from being successful?

Here are 7 simple life changes that will make you happier at work this year:

1. Become a mentor or take on an intern.
2. Keep learning; think of where you might take classes, either online or in person. Make a list of Ted Talks you would like to experience and keep it with you.
3. Change your mindset; surround yourself with positive and growing people.
4. Practice perpetual career management; keep your success documents up to date, conduct research, and be aware of the competition.
5. Network; set aside time each week for networking. Stay active in a professional association with colleagues in your field and take a leadership position. Visit a new Meetup group.
6. Develop a sense of structure. I have a friend who writes each morning for an hour before she does anything else, with the hope of publishing a screenplay, book, or article.
7. Keep setting up goals that you want to accomplish. When goals are written, there is a higher chance they will be achieved.

Recommended reading: *The Practicing Mind: Developing Focus and Discipline in Your Life* by **THOMAS STERNER**. This is a great book for anyone interested in self-improvement. It emphasizes the focus on the process of pursuing our goals.

New Member Referral Thanks

Sending out huge thanks to our members for all the great new referrals to The Alliance of Professional Women!

Thank you to the following APW members who have referred a brand new member since our last Communiqué. We are grateful to **ELIZABETH HARMS** for referring **CHRYSTA BAIRRE**, **PAM FOLEY** for referring **HEIDI ELKINS**, and to **LESLIE GARSKE** and **LAUREN KAPLAN** who both played a huge role in Nicoal's decision to join.

We appreciate all of you for sharing our wonderful organization and are pleased to run your business card ad, as a small token of our great appreciation, in this or an upcoming edition of the Communiqué newsletter.

We also **thank SHERE CHAMNESS** for attracting new members to our organization through our APW website.

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

Member News

CampExperience™ is a one-of-a-kind women's group with monthly activities, monthly networking, a spring success summit and an annual retreat designed exclusively for women who are ready for education and inspiration, and who want to connect to a network of amazing women. At Camp, there is time to “just relax and be a girlfriend” as you refine your vision, reflect on your purpose, and enjoy top speakers and creative activities. It's also the perfect place to simply have fun.

CampExperience™ is the place to develop new friendships, connect with like-minded peers, and build alliances that will help you get to where you want to be, personally and professionally. There are **two retreats: June 9-11 in Breckenridge at Beaver Run Resort** called **Success At The Summit**. And **September 16-18 at the Easter Seals Rocky Mt Village Camp** located just outside of Empire, Colorado. **June** is at the resort and meetings and events are in the Conference Center. **September** has the feeling of a summer camp with cabins and a lodge. Both events bring together community volunteers and civic leaders, women entrepreneurs, business leaders and moms. In addition, many of Denver's women's networking groups find a niche as Marketing Partners for Camp.

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

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calendar of events

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

MAY 2016

S	M	T	W	T	F	S
1	2	3 Networking Events Committee Meeting 11:30 am - 1:00 pm, Natural Grocers , Colorado Blvd and Evans, LYNNE AMERSON lynne.amerson@myfw.com	4 Outreach Committee Meeting 5:30 pm, Home of PAM FISCHER , 2218 Franklin Street, Denver 80205, BETH JOHNSON Bethany.johnson@moyewwhite.com	5	6	7
8 MOTHER'S DAY	9	10 Public Affairs CM Networking 7:00 - 7:30 am, Speaker - 7:30 Zaidy's of Cherry Crk NORA KELLY nvkesq@gmail.com	11	12 Membership Networking Luncheon 11:00 am - 1:00 pm Denver Chop House , CLICK HERE to attend	13 APW Golf League 9:00 - 11:00 am Southglenn Country Club 1489 E. Easter Avenue, Centennial CLICK HERE to attend	14
15	16 Members-only Quarterly Book Club 7:00 - 8:30 pm, Leslie Garske, 5232 W. Geddes Pl, Littleton, CO 80128 LEIGH MILLER millerleigh13@gmail.com	17	18	19	20 Coffee Connections 8:30 - 10:00 am, Trompeau Bakery LEIGH MILLER millerleigh13@gmail.com	21
22	23	24	25	26	27	28
29	30 MEMORIAL DAY	31				

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

JUNE 2016

S	M	T	W	T	F	S
			1 Outreach Committee Meeting 5:30 pm, Home of PAM FISCHER , 2218 Franklin Street, Denver 80205, BETH JOHNSON Bethany.johnson@moyewwhite.com	2	3	4
5	6	7 Networking Events Committee Meeting 11:30 am - 1:00 pm, Natural Grocers , Colorado Blvd and Evans, LYNNE AMERSON lynne.amerson@myfw.com	8	9 Networking Luncheon 11:30 am - 1:00 pm, Eddie Merlot's in Englewood Registration link COMING SOON!	10 APW Golf League 9:00 - 11:00 am Southglenn Country Club 1489 E. Easter Avenue, Centennial CLICK HERE to attend	11
12	13	14 Public Affairs CM Networking 7:00 - 7:30 am, Speaker - 7:30 Zaidy's of Cherry Crk NORA KELLY nvkesq@gmail.com	15 Member Support Committee Meeting June 15, 11:00 am Woody Creek DTC LAUREN KAPLAN lauren@thekaplans.com	16	17 Coffee Connections 8:30 - 10:00 am, Espresso Cafe (Inside The Kitchen Table Cooking School), 6380 S Fiddlers Green Cir #108A Greenwood Village CO 80111, LAUREN KAPLAN lauren@thekaplans.com	18
19 FATHER'S DAY	20	21 APW Speed Networking 5:30 pm DTC office location. STAY TUNED for exact Location and registration information	22	23	24	25
26	27	28	29	30		