

# COMMUNIQUE



May 2009

## What's Inside

CLICK on any page or article below to GO directly to that page.

Tickets Are Still Available For Our 7th Annual Alliance Foundation Fundraiser - Passport To The Untied States.....1

Alliance Foundation Receives \$5 For Every Ticket Sold To The 2009 Festival Of Women & Colorado Rapids Game On Saturday, June 20, 2009.....1-2

Join The APW Heartbeat Hotties At The 2009 Denver Start! Heart & Stroke Walk .....3

Board Of Directors Nominations.....4

Just Tips: Tips On Microsoft & More.....4

The Alliance Member Benefits.....4

Events:  
Passport To The United States .....5

2009 Festival Of Women Benefits The Alliance Foundation .....6

Alliance Networking Events, Member News & Information..7-12

Business Source .....13-14

Calendar .....15

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

Tickets are still available  
get yours today and & enjoy the fun!

7TH ANNUAL  
The Alliance Foundation Fundraiser

Passport  
to the United States

Red, White & Blue (jeans)

May 8, 2009

This fabulous fundraising event benefits our Alliance Foundation whose mission is to help women achieve economic self-sufficiency and create better lives for themselves and their families. As you travel through the United States, this tantalizing event will include edible delights, tempting tastes of wine, live line dancing, jitterbug and swing dancing demonstrations (and lessons if you are brave enough), a grilling demonstration and our own drive-in movie theater.

CLICK HERE to take a look at some of the fabulous silent and live auction items we have for the event.

We need your help with the *Music* at the event! Submit your five favorite American songs, artists or composers. We will be playing the five-song sets at our Passport to the United States Fundraiser on May 8. Your five-song set, your name and company will be listed at the event and in the Communiqué. PLUS everyone who submits a song set will be entered to win a fabulous prize at the event. We will compile the lists into one play list to play that night. Send your playlists to Karen Rosen at [execdir@apwfoundation.org](mailto:execdir@apwfoundation.org).



Even during these difficult times, we need to get out and continue to build our networks AND have a little fun. This event is a great opportunity to experience a little bit of the United States, do a little networking, have some fun, enjoy a date night, and score some great deals at our silent auction and live auction all while helping women in our community and around the world.

## Alliance Foundation Receives \$5 For Every Ticket Sold To The 2009 Festival Of Women & Colorado Rapids Game On Saturday, June 20, 2009

The Alliance Foundation is thrilled to be the charity recipient at the 2009 Festival of Women at Dick's Sporting Goods Park on Saturday, June 20, 2009. The Festival promotes Colorado companies, non-profits, women business owners, authors, speakers, designers, artisans and local bands for a day of fun, education, workshops, pampering and shopping.

Continued on Page 2

## Leadership

### EXECUTIVE COMMITTEE

President — Peggy J. Anderson  
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 At Large — Elizabeth Mitchell  
 At Large — Elizabeth B. Moore  
 At Large — Stephanie Brooks

### BOARD MEMBERS

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 Elizabeth B. Moore  
 Shirley Potenza  
 Emily Rae  
 Shelly Reno  
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 Alexandra M. Tune

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 McKenna, Long & Aldridge  
 McKesson  
 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*

## Alliance Foundation Receives \$5 For Every Ticket Sold To The 2009 Festival Of Women & Colorado Rapids Game

Continued from Page 1

*"The Festival of Women will be a great place to hear inspiring stories, listen to workshops that will assist in your personal and professional growth, find unique and special one-of-a-kind gifts and learn more about many products and services available to women," said ERIN SEABOLD, founder of Boutique for the Soul, LLC. "This festival will have it ALL, culture, music, education, and is a true celebration of the spirit and inspiration of women.... followed by some awesome soccer!"*

Headlining the event as keynote speakers are former first lady of Colorado, **DOTTIE LAMM**, Channel 9's Colorado & Company co-host, **MARK MCINTOSH** and the "marketing Ninja" **ALECIA HUCK** of Maverick & Company.

**The Festival gets underway at 3:00 pm.** Bring your girlfriends and mingle with women exhibitors displaying their work, including that of artisans, importers, designers and distributors of products such as jewelry, clothing, fine art, pottery and wood/metal/leather/glassware, children's items, culturally diverse crafts, gift baskets, household accessories, paper products as well as financial, health and wellness services. After spending the afternoon being inspired enjoy the **Colorado Rapids** game which starts at 7:30 pm. The Rapids are playing DC United. You get to enjoy these two great events for only \$15 and \$5 from each ticket will go to the **Alliance Foundation**. **CLICK HERE** to purchase tickets.



For more information go to

[www.boutique4thesoul.com/festivalofwomen](http://www.boutique4thesoul.com/festivalofwomen).

**Check out the tentative schedule of events for the 2009 Festival of Women.**

3:00 . . . . Festival Gates Open	
Main Festival Stage: The Culhanes	5:40 . . . . Main Festival Stage: b.sous
3:30 . . . . Alecia Huck-Speaker Tent	6:00 . . . . Dottie Lamm-Speaker Tent
Stadium Concourse: Charlene Johnson	6:30 . . . . Pre-game Co. Rapids Activities Begin
4:00 . . . . Fashion Denver~Designer Fashion Show	7:00 . . . . Main Festival Stage:
Stadium Concourse	Reverb & the Verse
4:20 . . . . Main Festival Stage: Fina Dupa	7:30 . . . . Co Rapids vs. DC United
4:45 . . . . Mark McIntosh-Speaker Tent	8:20 . . . . Main Festival Stage: Social Fuse
5:30 . . . . Stadium Concourse: Charlene Johnson	10:00 . . . . Festival Closes
Leadville or Bust!~Stadium Concourse	

## Help Us Sell Tickets & Raise More Money for the Foundation!

The Alliance Foundation has been offered additional tickets to sell to the game on June 20, 2009. These special reserved seats are normally \$20 and are available for \$15 with \$5 STILL going to the Alliance Foundation. Grab a group of your friends, bring your kids soccer team (or baseball, lacrosse, volleyball teams) to the game or gather your family for a fun summer night. If you would like to order tickets for the game OR get a stack of tickets to sell, please contact **KAREN ROSEN** at [exccdir@apwfoundation.org](mailto:exccdir@apwfoundation.org) or call **303-618-0427**.

This is an incredible opportunity for the Alliance Foundation and will help us help even more women and girls in our community and around the world create better lives for themselves and their families. We want to make it as successful as possible and we need your help. Please think about opportunities you have to get a group of family, friends, colleagues, and co-workers together to be inspired at the Festival of Women or just attend the Colorado Rapids game on a beautiful summer evening.

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

## Join The APW Heartbeat Hotties At The 2009 Denver Start! Heart & Stroke Walk

The **Outreach Committee** has added the **Start! Denver Heart & Stroke Walk** to our 2009 event and project calendar. Come on out and join us, the **APW Heartbeat Hotties**, on **Saturday, June 6, 2009** for another important (and fun) community outreach event!

Our motivation to step up our support is based on the statistics! Heart disease is the leading cause of death in women over 40 years old, especially after menopause. Every year, more than 500,000 U.S. women die of heart disease. This translates to approximately one death every minute. (Read entire article at Heart Disease: Women and Heart Disease at Web MD.com). Visit [GoRedForWomen.org](http://GoRedForWomen.org) today to learn more about heart disease affecting women.

The **2009 Start! Denver Heart & Stroke Walk** is an annual fundraising event featuring 3.2 mile and 1 mile non-competitive routes. This event is designed to bring public awareness to physical activity and a heart-healthy lifestyle, while at the same time raising critical dollars to fund the life-saving mission of the American Heart Association. Walkers from all over Denver and beyond step out to support the fight against our nation's #1 and #3 killers -- heart disease and stroke. Event Sponsor, the **American Heart Association** has helped protect people of all ages and ethnicities since 1924 from the ravages of heart disease and stroke. The association invested more than \$543 million in fiscal year 2005-06 for research, professional and public education, and advocacy so people across America can live stronger, longer lives.

To participate in this wonderful event, [click HERE](#) and then click on Join Our Team. Follow the instructions on the website to become an APW Heartbeat Hottie! You may also contact **PAM FISCHER**, Team Captain at [designalacarte@msn.com](mailto:designalacarte@msn.com) or by phone at **303-863-7207** if you have any questions. Once you join the team, you will receive all the details about the event. Volunteer and help make this event fun and successful!

### Do women need to worry about heart disease?

**Yes.** Among all U.S. women who die each year, one in four dies of heart disease. In 2004, nearly 60 percent more women died of cardiovascular disease (both heart disease and stroke) than from all cancers combined. The older a woman gets, the more likely she is to get heart disease. But women of all ages should be concerned about heart disease. All women should take steps to prevent heart disease.

Both men and women have heart attacks, but more women who have heart attacks die from them. Treatments can limit heart damage but they must be given as soon as possible after a heart attack starts. Ideally, treatment should start within one hour of the first symptoms.

**If you think you're having a heart attack, call 911 right away. Tell the operator your symptoms and that you think you're having a heart attack.**

Get more life saving information at [WomensHealth.gov](http://WomensHealth.gov) and [GoRedForWomen.org](http://GoRedForWomen.org)

### What can I do to prevent heart disease?

Reduce your chances of getting heart disease by:

- **Know your blood pressure.** Years of high blood pressure can lead to heart disease. People with high blood pressure often have no symptoms, so have your blood pressure checked every 1 to 2 years and get treatment if you need it.
- **Don't smoke.** If you smoke, try to quit. If you're having trouble quitting, there are products and programs that can help: > Nicotine patches and gums > Support groups > Programs to help you stop smoking  
Ask your doctor or nurse for help. For more information on quitting, visit [Quitting Smoking](#).
- **Get tested for diabetes.** People with diabetes have high blood glucose (often called blood sugar). People with high blood glucose often have no symptoms, so have your blood glucose checked regularly. Having diabetes raises your chances of getting heart disease. If you have diabetes, your doctor will decide if you need diabetes pills or insulin shots. Your doctor can also help you make a healthy eating and exercise plan.
- **Get your cholesterol and triglyceride levels tested.** High blood cholesterol can clog your arteries and keep your heart from getting the blood it needs. This can cause a heart attack. Triglycerides are a form of fat in your blood stream. High levels of triglycerides are linked to heart disease in some people. People with high blood cholesterol or high blood triglycerides often have no symptoms, so have both levels checked regularly. If your levels are high, talk to your doctor about what you can do to lower them. You may be able to lower your both levels by eating better and exercising more. Your doctor may prescribe medication to help lower your cholesterol.
- **Maintain a healthy weight.** Being overweight raises your risk for heart disease. Calculate your Body Mass Index (BMI) to see if you are at a healthy weight. Healthy food choices and physical activity are important to staying at a healthy weight: > Start by adding more fruits, vegetables, and whole grains to your diet. > Each week, aim to get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of moderate and vigorous activity.
- **If you drink alcohol,** limit it to no more than one drink (one 12 ounce beer, one 5 ounce glass of wine, or one 1.5 ounce shot of hard liquor) a day.
- **Find healthy ways to cope with stress.** Lower your stress level by talking to your friends, exercising, or writing in a journal.

### Take action to reduce heart disease risk:

1. Be physically active
2. Don't smoke
3. Eat healthy
4. Maintain a normal weight
5. Know your numbers (blood pressure, cholesterol, and triglycerides)

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

**Luncheon Sponsors**

Ireland, Stapleton,  
Pryor & Pascoe, P.C.  
May 2008 Networking  
Luncheon Sponsor

Your Dazzling Life  
October 2008 Networking  
Luncheon Sponsor

Four Seasons  
Private Residences  
November 2008 Networking  
Luncheon Sponsor

CampExperience  
March 2009 Networking  
Luncheon Sponsor

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

**Sustaining Alliance Members**

Peggy Anderson  
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Anne Vitek  
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**Communiqué Committee**

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

**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)



## Board Of Directors Nominations

The Alliance of Professional Women will hold its annual election for Board of Director positions on July 31, 2009. Stay tuned for complete details and responsibilities of Alliance Board members, and for the posting of the Alliance Directorship Application form mid-May.

**JUST TIPS:**

Tips on Microsoft & More

### Quick Tips and Tricks For Microsoft

**Excel: Mortgage Payments**

Learn to figure Mortgage payments and use advanced functions in Excel.  
<http://blog.mcstech.net/index.php/training/microsoft/excel-microsoft-training/microsoft-excel-for-mortgage-payments/>

**PowerPoint: Linking Excel**

How do I link my presentations with live Excel spreadsheets?  
<http://blog.mcstech.net/index.php/training/microsoft/powerpoint-microsoft-training/linking-excel-in-powerpoint/>

**Excel: Fractions**

Use Excel to display and calculate in fractions.  
<http://blog.mcstech.net/index.php/training/microsoft/excel-microsoft-training/fractions-in-microsoft-excel/>

For More Free Tips from **Mission Critical Systems**, your training partner visit [www.mcstech.net/news/](http://www.mcstech.net/news/)

## The Alliance Member Benefits

- Community Activism
- Committee Involvement
- Connecting Women Personally & Professionally
- Discounts on Professional & Business Services
- Educational Programs
- Friendships & FUN
- International Alliance for Women (TIAW) member
- Leadership Development
- Online Membership Directory
- Member Support
- Monthly Newsletter
- Monthly Networking Luncheons
- Networking Opportunities
- Personal Growth/Development
- Political Activism
- Social Events
- Support Networks



Tickets are still available  
get yours today and & enjoy the fun!

7TH ANNUAL  
The Alliance Foundation Fundraiser

*Passport*  
to the United States  
Red, White & Blue (jeans)

May 8, 2009



Please **SEND** us your five favorite American songs, artists or composers. **PLUS** everyone who submits a song set will be entered to **win a fabulous prize** at the event.

This year's passport fundraiser takes you through the United States. Think California wines, TexMex, Kentucky bourbon, BBQ, New England clam chowder, Philly Cheese Steaks and...Apple Pie. Enjoy line dancing, square dancing and jitterbug demonstrations with lessons, and a fabulous silent and live auction featuring items from around the country. Oregon wine baskets, Omaha steak gift certificates, beach baskets and rocky mountain getaways and more.

*Entertainment*

We are leaving the entertainment for our upcoming Passport to the United States in **YOUR** hands.

*Passport Event Information*

**Time and Location:**

6:00-10:00 pm, School of Hotel Restaurant & Tourism Management University of Denver, 2044 E. Evans Avenue.

**Dress:**

Come dressed in your favorite Red, White & Blue (jeans)!

**Cost:**

\$50 per ticket or purchase our Economic Stimulus package of 10 tickets for \$450.

**Registration Options:**

Register online at [www.blacktiecolorado.com/rsvp](http://www.blacktiecolorado.com/rsvp) and enter the event code passport09.

**For more information:**

Karen Rosen • 303-618-0427  
[execdir@apwfoundation.org](mailto:execdir@apwfoundation.org)

**Sponsored by:**



This event benefits our Alliance Foundation. The mission of the Foundation is to support programs that improve the status and quality of life for women and girls in our community and around the world by helping them achieve economic self-sufficiency. Locally we offer scholarships to women to help them achieve their educational goals and internationally we support microcredit to help women start or expand a business.

Designed by: Alexander Smith Design

# 2009 festival of women

june 20th, 2009  
3:00pm - 9:30pm

Dick's Sporting Goods Park  
North Stapleton

Please join Boutique for the Soul, the Colorado Rapids, and various women owned businesses and organizations in celebrating the spirit and inspiration of women. The 2009 Festival of Women will include:

- Live music • Well-known local speakers • Workshops • Demos
- Local women-owned business • The Colorado Rapids game vs. DC United
- And much more will be on hand throughout the day to inspire, educate and motivate the women of Colorado.

**All day admission (which includes all 3 events) is \$15**

\$5 from each ticket will go to the Alliance Foundation.

The Alliance Foundation was founded by members of the Alliance of Professional Women in 1994. It's mission is to help women achieve self-sufficiency and economic independence. Locally, the Foundation awards scholarships to women to attend college and internationally the Foundation provides small microcredit loans through their Village Bank program. [www.apwfoundation.org](http://www.apwfoundation.org).



To purchase your tickets online, please go to [www.blacktie-colorado.com/rsvp](http://www.blacktie-colorado.com/rsvp) and enter event code: **AF09** (All one word, not case sensitive).



For more information, go to  
[www.boutique4thesoul.com/festivalofwomen](http://www.boutique4thesoul.com/festivalofwomen)

Produced by: **A Boutique for the Soul**

natural  
awakenings

MAVERICK & COMPANY  
MAKING THE DIFFERENCE

MP Minuteman  
Press  
The Power of Your Words



5280  
Denver's Magazine

ColoradoTOWN.com  
Our Community Online

## Member News &amp; Information



## Alliance Networking Opportunities, Events, Activities & More

**WHEN:** TUESDAY, MAY 5, 2009 FROM 5:30 – 7:30 PM  
**What:** CampConnections Networking Event  
**Where:** Staples, 870 S. Colorado Blvd., Glendale  
**Cost:** FREE  
**RSVP:** [tracy@CampExperience.com](mailto:tracy@CampExperience.com) or call 303-949-0437

CameExperience speaker COLLEEN STANLEY will share strategies and tactics for "Selling Yourself In Any Market". Register to win a digital camera, bring your laptop for a free PC tune-up and recycle ink cartridges for \$3 credit. Expect snacks, great networking and real world business advice.

**WHEN:** MAY 7, 2009 FROM 11:30 AM – 1:00 AM  
**What:** Networking Events Committee Meeting  
**Where:** Whole Foods on Colorado Blvd.  
**RSVP:** DANA LYNCH at 303-463-4839  
[dana@elementsofimage.com](mailto:dana@elementsofimage.com)

**WHEN:** MAY 8, 2009 FROM 6:00 – 10:00 PM  
**What:** 7th Annual Alliance Foundation Fundraiser-Passport to the United States-Red, White and Blue (jeans)  
**Where:** School of Hotel Restaurant & Tourism Management at the University of Denver, 2044 E. Evans Avenue.  
**Cost:** \$50 per person or 10 tickets for \$450  
**RSVP:** **RSVP now!**

Contact KAREN ROSEN at 303-618-0427 or E-mail at [execdir@apwfoundation.org](mailto:execdir@apwfoundation.org) for more information. This year's passport fundraiser takes you through the United States. Think California wines, TexMex, Kentucky bourbon, BBQ, New England clam chowder, Philly Cheese Steaks and...Apple Pie. Enjoy line dancing, square dancing and jitterbug demonstrations (and lessons if you are brave enough) and a fabulous silent and live auction featuring items from every region around the country. Oregon wine baskets, Omaha steak gift certificates, beach baskets and rocky mountain getaways and more.

**WHEN:** MAY 12, 2009 AT 5:30 PM  
**What:** Outreach Committee Meeting  
**Where:** Pam Fischer's home, 2218 Franklin St, Denver 80205  
**RSVP:** JESSICA LYNCH at 303-870-8395 or [JessicasHomes@msn.com](mailto:JessicasHomes@msn.com)

**WHEN:** MAY 14, 2009 AT 11:30 AM – 1:00 PM  
**What:** Alliance Networking Luncheon, Sponsored by MICHELLE FERGUSON with Ireland, Stapleton, Pryor, & Pascoe, P.C.  
**Where:** Baur's Ristorante, 1512 Curtis Street, Denver, CO 80202  
**Cost:** \$25 for Alliance members; \$35 for guests RSVP by 5:00 pm Monday, May 11th for early registration pricing, thereafter, \$30 members; \$40 guests.  
**RSVP:** [CLICK HERE](#) to RSVP now!

We have a **great Networking Luncheon planned** for you this month at **Baur's Ristorante** in downtown Denver. Along with our **great lunch sponsor** this month we will have a short performance by the musician-actors in "*When We Were Fab*" and a set of tickets to the show to give away for our lunch drawing. Other items in our drawing include, breakfast for two at **Highland Haven Creek Side Inn**, and a computer bag from JANE BRUCE of **LW Barrett Co.** Discounted \$5 parking is available for us at the Central Parking Garage; just north of the Curtis Hotel (between 14th and 15th on Curtis) we will have special discounted tickets at the luncheon for those who park here.

So come on out, bring your business cards and meet and greet APW style! Great relationships are forged when you take the time to plug into our events.

### Entree choices:

- Honey Smoked Salmon Salad; Baby spinach tossed in orange sesame vinaigrette, mandarin oranges, shaved fennel, and red onions. **OR**
- Turkey Avocado Club Sandwich; Smoked turkey, avocado, lettuce, tomato and bacon, red pepper mayo on wheat bread with chef salad. **OR**
- Vegetable Panini; Grilled zucchini, squash, bell pepper, basil pesto and brie cheese with chef salad.

Continued on Page 8



## Member News &amp; Information

**Alliance Networking** Opportunities, Events, Activities & More**WHEN:** MAY 19, 2009 FROM 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)**WHEN:** MAY 29, 2009 FROM 9:00 – 10:00 AM**What:** Member Support Committee**Where:** Paradise Bakery, Just east of I-25 & Bellevue**RSVP:** KRISTI SULLIVAN at 720-524-6848 or  
[kristi@sullivanfinancialplanning](mailto:kristi@sullivanfinancialplanning)**WHEN:** JUNE 11, 2009 AT 11:30 AM – 1:00 PM**What:** Alliance Networking Lunch**Where:** JW Marriott Denver at Cherry Creek,  
150 Clayton Lane, Denver, CO 80206**Cost:** \$25 for Alliance members; \$35 for guests. RSVP by  
noon, Monday June 8, 2009 for early registration  
pricing, thereafter, \$30 members; \$40 guests.  
**RSVP:** Menu and RSVP link will soon be posted on Blacktie  
and the APW website.**WHEN:** JULY 9, 2009 FROM 11:30 AM – 1:00 PM**What:** Alliance Networking Lunch, Sponsored by  
TERESA SANDERS with Edward Jones**Where:** Green Gables Country Club, 6800 W. Jewell Ave.  
Denver, CO 80232**Cost:** \$25 for Alliance members; \$35 for guests.  
RSVP by noon, Monday, July 6, 2009 for early  
registration pricing, thereafter, \$30 members;  
\$40 guests.**RSVP:** [CLICK HERE!](#)

Join us for one of the Alliance of Professional Women's  
**favorite summer Networking Luncheons** and kick start  
your summer of fun!

Lunch will start with Fresh Baked Breads, Romaine and Baby  
Lola Rosa Greens with Asiago Ciabatta Crouton, Red Onion,  
Chard and Rosemary Vinaigrette.

**Entrée Choices:**

- Grilled Chicken with Avocado & Provolone, Herbed Sauce  
and Garlic Mashed Potatoes and Chef's Seasonal  
Roasted Vegetables. **OR**
- Parmesan Risotto and Wild Mushrooms with Chef's  
Seasonal Roasted Vegetables (vegetarian option)

**Other Networking Opportunities****WHEN:** JUNE 20, 2009 FROM 3:00 PM – 09:30 PM**What:** 2009 Festival of Women**Where:** Dick's Sporting Goods Park, North Stapleton**Cost:** \$15 (\$5 of each ticket will go to the Alliance  
Foundation)**Buy Your Tickets:**[www.boutique4thsoul.com/festivalofwomen](http://www.boutique4thsoul.com/festivalofwomen)

Please join the **Boutique for the Soul**, the **Colorado Rapids**,  
**Colorado Force** and various women-owned businesses and  
organizations in celebrating the spirit and inspiration of  
women. The 2009 Festival of Women will include: live  
music; well-known speakers; workshops, demonstrations;  
local women-owned businesses; and the Colorado Rapids  
game vs. DC United.

**WHEN:** SEPTEMBER 15 - 17, 2009, 2.5 DAYS**What:** CampExperience™ Amazing Women  
Educational Retreat**Where:** East Village, Copper Mt Resort in Copper Mt.,  
Colorado**More Info:** <http://www.campexperience.com/index.html>

**CampExperience™** is a 2.5 day annual educational retreat  
designed for amazing women to convene, connect and grow  
their network. We believe that when you grow your network,  
you grow your net worth.

Now in its fourth year, Camp draws top speakers and atten-  
dees to share an action-packed conference, dedicated to sup-  
port the participant's personal and professional growth, as  
well as our Charity Partners.

Camp will recharge your life and career with four educational  
tracks, keynote presentations, and a variety of networking op-  
portunities and activities.

CampExperience recognizes and responds to the needs of  
other women. All on-site activities and matching grants ben-  
efit, the **Alliance of Professional Women Foundation** and  
the **Denver Rescue Mission** our Charity Partners this year!



## Member News &amp; Information

## New Members

**ALISA SPIRIT of the Wind**, Owner of **Sacred Space Designs, LLC**, 303-463-1890, [alisaspiritofthewind@gmail.com](mailto:alisaspiritofthewind@gmail.com)  
Interior Designer, creating sacred space for businesses and individuals. Services include interior design consultations, with a focus on increasing flow and balance; educational workshops; and sacred space development strategies and implementation.

**RUTH GARCIA**, Co-Owner of **RG2 Consulting, LLC**  
303-898-8091, [ruth@rg2consulting.com](mailto:ruth@rg2consulting.com)  
Franchise Consultant, as a franchise consultant I help individuals achieve success through franchising.

Join The Alliance of Professional Women  
in **MAY** and receive 14 months of membership  
for the price of 12!  
Contact **PAULINE HUDDLESON 303-368-4747**

## Thanks!

The Alliance sends a big thanks to **ROBIN (PEGLOW) BERG** for hosting our April Luncheon at **Root Down**; we all enjoyed this networking luncheon

## New Member Profile

**ALISA SPIRIT of the Wind - Owner, Sacred Space Designs, LLC**, [alisaspiritofthewind@gmail.com](mailto:alisaspiritofthewind@gmail.com)

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

I joined the Alliance of Professional Women because I would like to network with women who are growing, both professionally and personally. I love connecting and offering mutual support, and thought this would be a great venue for this.

### 2. What are your hobbies?

I have several. I love painting and drawing, jewelry making, cooking and hiking. I also love to read and I enjoy off-beat movies.

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

My business is called Sacred Space Designs, LLC, and we offer Interior Design consulting services for businesses and individuals who are looking to create their environments in order to be in alignment with their inner being. Some intentions that people are looking for are places for peace, for meditation, or simply to create more flow in their environments. There is a power of place in which, when our environments feel supportive and nurturing for us, we can more deeply relax into our authentic selves. For businesses, this service is useful, for example, in creating spaces for silence where employees can take a few moments for rejuvenation during the business day, and return to their jobs refreshed and revitalized.

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

I love to laugh. I wonder if I come across as more serious than I actually am, because one of the greatest things I enjoy is laughing- at jokes, with friends, at situations, during movies, etc.

**RUTH GARCIA**, Co-Owner of **RG2 Consulting, LLC**  
[ruth@rg2consulting.com](mailto:ruth@rg2consulting.com)

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

I joined the APW to meet other successful professional women to share knowledge, create leads for my own business, and be inspired.

### 2. What are your hobbies?

Cycling, volleyball, cross country skiing, spending time with friends.

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

I am the Co-owner and managing partner of RG2 Consulting, a franchise consulting business. We work with clients who are interested in owning a franchise and help them identify the best business opportunity for their particular situation.

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

Something that not a lot of people know about me is that I am working towards creating a foundation for unwanted and abused animals.

## Member News &amp; Articles

## Anniversaries

The Alliance would also like to recognize and thank the following members who have membership anniversaries this month.

### Joining the APW in the month of May:

- 3 year MARYANN RUCK, JP Morgan Chase Bank, N.A.  
ROBIN VISSER, Creative Touch Video Productions
- 2 year KRISTI SULLIVAN, Sullivan Financial Planning, LLC  
DENI CATES, Fidelity Reverse Mortgage  
JESSICA BLANK, Brown & Brown Insurance  
STEPHANIE BOYLES, Wealth Concepts, LLC  
MAKI DELAET, EduCyber, Inc.
- 1 year WHITENY MACKINTOSH, Decor & you  
SUZANNE TRANTOW, Charmed By Suzanne  
CONNIE ROBISON, Corporate Office Concepts, Ltd.  
LINDA RAMIREZ-EAVES, Ramirez Law Firm, P.C.  
MAUREEN ROBINSON, Comfort Keepers  
AMY BERK, Ameriprise Financial  
RONI LEE REYNOLDS, Kelli's Kitchen  
ALEXANDRA ERLICH, CoreFirst Bank & Trust  
JILL MORAN, Hein & Associates, LLP  
LINDA ERICKSON, Four Seasons Private Residences  
RENEE HOPKINS, Business Services  
CARMEN PROCTOR, Decor & You of Denver  
SARA YELTON, Arckey & Reha, LLC.  
LORRI MOLINARI, Your Dazzling Life  
PAM FISCHER, Design A La Carte  
SHERRI SULLIVAN, Account Manager-Finance  
REBECCA BLACKWELL,  
 Regional Facilitator-Denver / Boulder  
PAULETTE DITTEMORE, Smith Barney  
DONNA PLUTSCHUCK, Corporate Office Images, Ltd.  
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MARCY GLISSON, Marcy Glisson CPA, LLC.  
BARBARA DAVIDMAN, Morgan Stanley

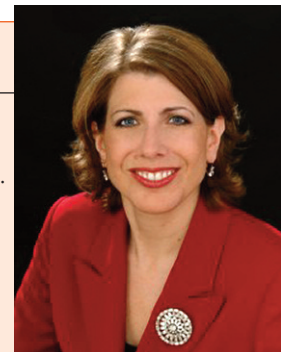
## Member Articles

Following are two great articles authored by APW members that provide helpful tips for our budgets as we shop for clothes and food! If you have expertise that you feel our members could benefit from, please consider submitting an article for a future Communiqué; the Communiqué committee could use your help. Please contact **PAULINE HUDDLESON** at 303-368-4747 for more information. Thanks!

### Dear Dana,

As spring approaches, I'd like to add a few pieces to my wardrobe. Where do you recommend I shop? Do you have any tips for getting the most for my money?

*Sincerely,  
Anxious for spring*



Dana Lynch, owner of  
Elements of Image

### Dear Anxious,

My top strategy for finding good values is to keep the cost per wear formula in mind. The more you wear something, the better the value it provides. I love the boutique, Garbarini, in Cherry Creek North and have bought a few things there. I made absolutely sure I loved the clothes and find that I reach for them often.

Where to shop? For the very best selection of clothing, you need to visit the Cherry Creek Shopping Center or Park Meadows Mall. Forget about convenience! I live closest to Westminster mall, but neither it nor any of the other smaller malls have the merchandise selection to make it worth your time.

My personal favorite store is Nordstrom! Unless I'm shopping for a client who wants to shop at both Ann Taylor and Nordstrom, I prefer Park Meadows. Park Meadows has a much bigger store, with a larger selection of professional clothing and shoes. Keep in mind, there are often marked down pieces on racks that aren't marked "sale." If you typically head for the sale racks, slow down and look through the whole store. You're missing bargains! While Nordstrom can be expensive, even at full price I find their quality brands to provide good value.

Continued on Page 11

## Healthy Eating On A Budget

It seems like an oxymoron: healthy and budget in the same sentence? Especially when we get sucked in by food packaging and grocery store tricks that have us believing it is cheaper to eat fast food. But you are in control of what you eat; you can enjoy healthy meals without breaking the bank.

**Get rid of the junk.** Junk, prepackaged and processed foods are not only bad for you; they are often not nice to your wallet.

**Read the labels.** Don't be fooled – really read the labels – just because it sounds healthy does not mean it is. For example, a can of “all natural green tea with honey” can be loaded with sugar (don't forget, sugar is “all natural”)!

**Drink water.** Soda, energy drinks, coffee, and similar beverages are expensive. A coffee and two sodas a day can add up to \$150 per month. And if you are thinking about reaching for a bottled water, it also is expensive and typically not worth the cost.

**Set aside time to plan your meals.** Eating out is much more expensive than buying healthy food. We don't balk at spending \$40 at a restaurant, but you can eat for a week on \$40 if you make it yourself. Make time every week to plan meals, make your grocery list, shop and prepare meals. Planning means throwing away less spoiled food. Include healthy snacks, shop the perimeter of the store and only get what's on your list (don't shop hungry!). Check out healthy recipes from the internet or get a new healthy (but easy) cookbook. Buy items on sale and try out a new recipe. Pick one day a week (usually on the weekend) to set aside a couple of hours to cook a big pot of vegetable soup – freeze half and have the rest for lunches.

**Stock up on items that are healthy, cheap, and easy to cook.** Stock your pantry with beans and lentils (dried is cheaper), brown rice and other whole grains, whole wheat pasta, and broth based soups (add your own veggies or left-over meat).

**Meat and fish.** Have canned and frozen meat and fish on hand and buy when they are on sale. Get inexpensive cuts of meat for soups and casseroles. When there's a great sale on fresh fish, buy a bunch and freeze some of it. You also can save money by eating vegetarian meal a couple times a week when you would normally eat meat.

Continued on Page 12

## Dear Dana,

A couple of Nordstrom sales to mark on your calendar are the Half Yearly Sale starting May 20, 2009 and the Anniversary Sale that goes from 7/17-8/2/2009. Try to arrive at the store by mid-afternoon on the first day of the sale for the very best selection.

To stretch your clothing dollar even further, try off-price stores. Of course, Nordstrom Rack is my favorite, but you'll also find quality merchandise at Loehmann's. The trick to shopping these stores is going often. One day, despite the racks appearing packed, you'll find nothing. Two days later, you might hit the mother lode. Be sure to note the return policies which can be pretty strict. A bargain is not a bargain if you can't return an item you've changed your mind on.

My last tactic for getting the most for your money is to check out local consignment shops. My favorite is the Snob Shop on Sixth Avenue. They only accept current, fashionable clothing, and many times you'll find garments with the original tags, (never worn,) at a fraction of the original price.

Have fun checking out my favorite shopping haunts. Always keep in mind; it may take several trips to find the right item at the right price. When you do, you'll find these garments become your favorites and provide you with value for years to come.

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



## Healthy Eating On A Budget

Continued from Page 11

**Portion Control.** For additional savings, eat smaller portions- a true portion is really only the size of the palm of your hand.

**Fruit and vegetables.** Fruits and veggies keep us healthy and are cheaper than meat, processed foods and eating out. Buy whatever is on sale – it will be fun to experiment and try a wide variety. Buy local and in season – it's fresher, more nutritious and usually cheaper (check out your farmer's market). Purchase frozen veggies to have on hand, and freeze your own fresh veggies before they go bad. Make a stir fry, make soups or add veggies to your spaghetti. Fruit is a great snack. Freeze berries in the summer when prices are low. Choose a large bag of fruit like apples to save even more. And don't throw away those brown bananas – freeze for smoothies

### More tips for saving \$\$\$ and eating healthy:

Save your vegetable trimmings to make your own vegetable stock, it makes a nutritious base for casseroles, soups, and Crockpot cooking.

Buying in bulk is typically cheaper. It's always a good idea to buy non-perishable items in bulk (canned foods, dried beans and grains, etc.). Many of these items have a long shelf life or can be frozen. Freeze perishable items (such as meat, bread and even milk) in smaller portions to use as needed. Get the less expensive generic or store brands (on the highest and lowest grocery shelves).

Take advantage of specials on staples—broth, soups, pasta, rice, canned veggies, even bread and meat. Many of these items have a long shelf life or can be frozen.

Make soups, stews, casseroles and other large pot meals, and freeze the rest for later. Use cheap cuts of meat or go meatless.

Grow a vegetable garden and can or freeze your harvest. Avoid diet, lite and fad foods – they are usually much more expensive.

If you must dine out, go out to lunch versus dinner. Split meals and eat a healthier dessert at home.

Keep tabs on expiration dates and perishables and use them up. Don't buy more for your cupboard until you've used most of the items up that are there now.

Avoid prepackaged, precut, preportioned and preseasoned fruit, vegetables and meat – they are always more expensive. Assemble snacks at home in small baggies using foods like nuts and seeds, dried fruit, and dried whole grain cereal.

Don't forget coupons and warehouse stores with loads of bulk and bargains (you can split with a friend). You can even get online.

With a little planning and creativity, you can reap the rewards—better health and more money—and it will be worth the effort. You may still feel the steering wheel pull you into the drive-thru now and then, but if you look at cooking as an adventure, you'll also have days when you make fabulous meals and feel great!

Article submitted by, **Susan Kimball**, Founder and Director, **Balanced Health Counseling, LLC**. Call Susan at 303-369-5092, or <http://websites.integrativenutrition.com/SKimball/index.aspx>

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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 7-8** for event information and event codes or call the contact for the event.

## MAY 2009

	M	T	W	T	F	S
					1	2
3	4	5	6	7 <b>NETWORKING EVENTS COMMITTEE MEETING.</b> 11:30 am, Whole Foods, Colorado Blvd. <b>Dana Lynch 303-463-4839</b> <a href="mailto:dana@elementsofimage.com">dana@elementsofimage.com</a>	8 <b>PASSPORT TO THE UNITED STATES - RED, WHITE &amp; BLUE (JEANS).</b> 6:00-10:00 pm School of Hotel Restaurant & Tourism, DU, 2044 E. Evans Avenue <a href="mailto:execdir@apwfoundation.org">execdir@apwfoundation.org</a>	9
10 <b>Mother's Day</b>	11	12 <b>OUTREACH COMMITTEE MEETING,</b> 5:30 pm, Pam Fischer's Home, 2218 Franklin St., Denver 80205 <b>Jessica Lynch 303-870-8395</b> <a href="mailto:JessicasHomes@msn.com">JessicasHomes@msn.com</a>	13	14 <b>NETWORKING Luncheon.</b> 11:30 am, sponsored by Michelle Ferguson with Ireland, Stapleton, Pryor, & Pascoe, P.C. Baur's Ristorante, 1512 Curtis Street, Denver, CO 80202	15	16
17	18	19 <b>PUBLIC AFFAIRS COMMITTEE MEETING</b> 7:30-9:00 am, Zaidy's in Chy Crk, 1st & Adams <b>Barbara Crawford</b> 303-228-1622 <a href="mailto:bcrawford@cchealthlaw.com">bcrawford@cchealthlaw.com</a>	20	21	22	23
24 31	25	26	27	28	29 <b>MEMBER SUPPORT</b> 9:00-10:00 am, Paradise Bakery, DTC <b>Kristi Sullivan</b> 720-524.6848 <a href="mailto:kristi@sullivanfinancialplanning">kristi@sullivanfinancialplanning</a>	30

## JUNE 2009

	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11 <b>NETWORKING Luncheon.</b> 11:30 am, JW Marriott Denver at Cherry Creek	12	13
14	15	16	17	18	19	20 <b>2009 Festival of Women.</b> 3:00-9:00 pm, Dick's Sporting Goods Park <a href="http://www.boutique4thsoul.com/festivalofwomen">www.boutique4thsoul.com/festivalofwomen</a>
21	22	23	24	25	26	27
28	29	30				