

# COMMUNIQUÉ



December 2013/January 2014

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## Connecting Women Personally, Professionally and Philanthropically

### Helping Women + Changing Lives Luncheon

The Alliance Foundation's 2nd Annual Helping Women + Changing Lives Luncheon was a **fundraising success**, with over \$30,000 raised **on-site**. Combined with the generous Sponsorships and in-kind offerings from those listed below, the total raised is **more than \$50,000!**



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Tamra Ryan, Betsy Wiersma, Cathy Hawk, and Tammy Abramovitz



Sondra Greene, Maria Delfina Lopez Mendez, and Patricia Foley Hinnen

THE ALLIANCE OF PROFESSIONAL WOMEN

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Pauline Huddleson 303-368-4747  
E-Mail: [execdir@apwcolorado.org](mailto:execdir@apwcolorado.org)  
Website: [www.apwcolorado.org](http://www.apwcolorado.org)  
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## Helping Women + Changing Lives Luncheon

Continued from Page 1

### ...AND IN-KIND SPONSORS:

Boyers Coffee, eDox Document Technologies, Footers Catering, Mares Productions, and JSAV

**Huge thanks** to Co-Chairs **CHELSEY BURNS** and **LAURA SRICH** for their vision and leadership. Thank you to **RUTH GARCIA** for coordinating the event with superior attention to detail that was obvious to all who attended. **KRISTI SULLIVAN** was a highly-entertaining and engaging emcee, and served additionally as both a Table Captain and the Head of the Table Captains. **PATRICIA FOLEY HINNEN** brought us **MARIA DELFINA LOPEZ MENDEZ**, Branch Manager of our Guatemalan Village Bank, who was the featured speaker at the event.

In addition to Delfina from the Village Bank, we appreciate the contribution to the day's program by **CARRIE PACKARD** from The Delores Project and past Alliance Foundation Scholarship recipient, **MARLO ALSTON**.

**ANNE ANGERMAN** and **ANNE MOORE** went above and beyond to help create the new promotional video with **LISA MARES** of **Mares Video Productions**. You can view the video on <http://vimeo.com/75615149>, using the password "Promo." Additional appreciation to the Alliance Foundation Board members who made centerpieces, designed programs, and brought their heart for helping women and girls to each of our meetings.

Finally, we couldn't do this event without our wonderful Table Captains who worked many hours behind the scenes in preparation for the event, and hosted tables of friends, colleagues and guests for the luncheon.

**We look forward to doing it all again in 2014!**



Maria Delfina Lopez Mendez



Patricia Foley Hinnen, Ann Angerman, Laura Srich, Chelsey Burns, and Anne Moore



Kristi Sullivan



Marlo Alston



Laura Srich and Chelsey Burns



Carrie Packard



Alexie Tune and Chris Camper



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and **Charlene Wilson**

## November Networking Luncheon

We get to lunch family-style, at the delicious **Maggianno's Little Italy**, DTC for our second Thursday, **Networking Luncheon**. Join us, **November 14, from 11:30 am – 1:00 pm**.

We have an orientation starting at 11am - 11:30 am for new or prospective APW members. Join us for great food, fun, and great networking with other amazing women.

**OUR MENU**

- ◆ First Course - Freshly baked bread, Caesar Salad and Spinach salad
- ◆ Entrée Second Course -
  - Vegetarian Lasagna with Marinara Sauce and Alfredo Sauce OR
  - Salmon, Lemon and Herbs
- ◆ Dessert Final Course – Chocolate Zuccotto Cake, Vera's Lemon Cookies

**COST:** Members \$30; non-members \$40. **Pre-registration is required by 5:00 pm, Monday, November 11, to attend.**

Free parking is provided in their lot.

Our **Luncheon Sponsor** is **ELIZABETH MOORE CPA, MTX**, of **Ryan, Gunsauls & O'Donnell, P.C.**

Door Prizes being provided by: **ELIZABETH MOORE** of **Ryan, Gunsauls & O'Donnell, P.C.**; **DEB KLAFTER** of **Believe Fitness**; **JOANNA JOHNSON** of **E2 Business Gifts**; and **SAMANTHA DARDANO** of **Dardano Properties - Metro Brokers, Inc.** Bring your business card.

## Remember — Panties! Undies! Bun Covers! We need them all!

The **APW Outreach** is sponsoring a **panty drive to benefit, The Delores Project**, a small, safe, comfortable overnight shelter for adult unaccompanied women. All sizes are welcomed and needed. They tend to run out of the smaller sizes more quickly. There will be a collection box at the check-in table at our luncheons. Thanks in advance for your donations and participation.

For questions, contact **NINA SLOAN** at **303-883-7699** or **nbs@ninabsloan.com**.



**CLICK HERE  
To RSVP**



# Shopping Guide for the Holidays



**1 Gift certificates** available for Personal Training, Small Group Classes and Nutrition Coaching for any denomination desired. Member: **Deb Klafter**, Certified Personal Trainer, Nutrition Counselor, at **Believe Fitness**, 303-915-0860, Email: [dsk9363@gmail.com](mailto:dsk9363@gmail.com) Website: [www.BeFitDenver.com](http://www.BeFitDenver.com)



**2** Do you have a friend, mother, sister, daughter or other special female in your life that is tough to shop for or you've just run out of gift ideas for her over the years, an **elements of image Gift Certificate** is the perfect gift! It's easy! Call me and we'll discuss her needs, and I'll put together a special package or gift basket including the elements of image gift certificate, a gift certificate for her favorite store, and other "girly gifts." Other stylish ideas to consider include: a Princess Day, a shopping party with your girlfriends, special event rescue, and my gift shopping service.

When you contact me, please mention you found me through APW, and 10% of the proceeds will go to the Alliance Foundation. Member: **Dana Lynch**, **Elements of Image**, 303-868-8925, Email: [dana@elementsofimage.com](mailto:dana@elementsofimage.com) Website: [www.elementsofimage.com](http://www.elementsofimage.com) **AND**, if YOU would love the gift of style this season, be sure to show this page to your favorite gift givers!



**4** Do you have someone on your gift list this year who: Has been struggling to figure out their life purpose? Has been wondering why they haven't met their soul mate yet? Is unsure of what to do to improve their current relationship? Is struggling to work through painful grief over the loss of a loved one?

Why not give them the **unique gift of a personalized intuitive coach session**? Member: **Kate Hagerty** is a **Certified Intuitive Coach** who specializes in three areas: Career/Life Purpose – Soul Mate/Relationships and Grief/Loss.

Kate will help you (yes, self gifting is allowed!) and/ or your loved one to move from a place of self-doubt, pain and confusion to a very clear understanding of the specific next steps they can take in the new year to begin to align their life with their divine purpose, their path to prosperity and to finding the partner that they made a true love agreement with before this life even began. One time, 30 day and 90 day packages are available. Phone: 303.562.8530, Email: [kate@katehagerty.com](mailto:kate@katehagerty.com) Website: [www.katehagerty.com](http://www.katehagerty.com)



**5** Consider **Teeth whitening gift certificates and or Lip Plumper/teeth whitening pens** for the holidays. Zoom or Brite Smile in office Teeth Whitening Procedure (normally \$600) \$399. Lip Plumper/Teeth whitening pen \$25. Member: **Lee Weisbard DDS**, 303-773-3373, Email: [lweisbard@aol.com](mailto:lweisbard@aol.com) Website: [www.weisbarddental.com](http://www.weisbarddental.com)



**6** 1 hour **Career Action Plan Session** looking at Career Options for Career Change, Transition, or Retirement:

What do I want to do when I grow up? Do I want a job or career? What do I want to do in retirement that is fulfilling? Come up with an action plan of ideas and things to do for one's future career, change, retirement, or a more exciting life. It will also help a person understand themselves more and their needs. It can also be used for college planning or unfocused college graduates. It will also include the use of the Myers Briggs Assessment. Member **Anne Gottlieb Angerman, MS**, well known career coach and strategist in the Denver area. Phone: 720-489-9409, Email: [anne@anneangerman.com](mailto:anne@anneangerman.com)

[www.apwcolorado.org](http://www.apwcolorado.org) | 303-368-4747





## Shopping Guide for the Holidays



**7 E2 Business Gifts** is a vendor of promotional products, event favors, awards, apparel, custom branded retail stock & fine business gifts; all personalized with YOUR LOGO. Additionally, E2 is a reliable source for your organization's Holiday Thank You gifts, including personalized gourmet food gifts, calendars and greeting cards. Member: **Joanna Johnson**, 303-522-3686, Email: [joanna@e2businessgifts.com](mailto:joanna@e2businessgifts.com) Website: [www.e2businessgifts.com](http://www.e2businessgifts.com)



**8 Juice Plus+ products** are the perfect "GIFT of HEALTH" from a pouch of Complete smoothie mix, to fruit, veggie or berry gummies to a case of capsules and even the Tower Garden. Any of the products can be shipped to the recipient's home or Leigh will gift wrap and bring to the APW November or December luncheon. Prices start at \$30. Please call to discuss the best option for the person on your list. Don't know what to give the teacher? This is an ideal gift for everyone on your list! Member: **Leigh Miller**, 720-272-2853, Email: [leighjuiceplus@aol.com](mailto:leighjuiceplus@aol.com) Website: [www.LeighJuicePlus.com](http://www.LeighJuicePlus.com) or [www.Miller.TowerGarden.com](http://www.Miller.TowerGarden.com)



**9** Surprise someone you love with **a gift they'll adore**. **Arbonne** holiday gifts nurture the body, delight the mind, bring joy to the soul and are good for the earth. Sky for Men products and Ginger Citrus for women are two favorite seasonal scents. Gift certificates, holiday gift wrapping and specials are available to save you time and money. **Pauline Huddleson**, 720-935-5060, Email: [phuddleson@msn.com](mailto:phuddleson@msn.com) Website: [www.swissconnect.myarbonne.com](http://www.swissconnect.myarbonne.com)



**10** Want to give you clients, friends or relatives **a unique gift** this year? We have "Colorado Grown" Poinsettias, Amaryllis & Narcissus Plant Kits, Yankee Candles® and Accessories, Freshly Baked David's® Cookies in Tins. Call me about quantity discounts. Member: **Helene Schmid** at **The Promotion Source**, 303-655-1122, Email: [helene@thepromotionsource.com](mailto:helene@thepromotionsource.com) Website: [www.thepromotionsource.com](http://www.thepromotionsource.com)



**11** Looking for **a unique gift** for your daughter or son, niece or nephew, or your grandchild? What kind of gift lasts a lifetime? Give the unforgettable **gift of education** this holiday season! Stop by **FirstBank** and open an FDIC insured, tax deductible CollegeInvest 529 Savings Account. Anyone interested in furthering their education can use the funds at eligible schools nationwide for a variety of qualified expenses including tuition, room and board, and books. Set up automatic transfers **into the College Savings Account** and receive a **\$50.00 bonus** toward the balance- a great way to jumpstart the savings! Member contact: **Leah Dirks**, 303-347-5901, Email: [leah.dirks@efirstbank.com](mailto:leah.dirks@efirstbank.com)





## Shopping Guide for the Holidays



**12 MANAGE THE DAMAGE** - Whether its helping you minimize the damage to your waistline, providing aromatherapy to get you through the stress, or helping your pocketbook by offering amazing and affordable gifts and stocking stuffers to the ones you love (like teachers!), I am here to help. Arbonne has many solutions for your holiday needs. Consider me as your "thoughtfulness coordinator". Member: **Nina Sloan, Arbonne International**. Phone: 303-883-7699, Email: [nbs@ninabsloan.com](mailto:nbs@ninabsloan.com)



### **13 Boxed set of 12 Greeting Cards & Envelopes**

- Each card measures a generous 5" x 7" (folded size)
- Boxed Set of 12 cards plus envelopes includes three each of four original paintings by member, **Shere Chamness**
- Insides are blank so you can add your own personal message.
- Professionally printed on heavy-weight glossy card stock
- Matching white envelopes included
- Two Editions available (2008 and 2012)
- Price: \$19.95 (plus tax and shipping)

Order Online:

[http://www.planet-realart.com/greeting\\_cards\\_2012.php](http://www.planet-realart.com/greeting_cards_2012.php)

[http://www.planet-realart.com/greeting\\_cards\\_2008.php](http://www.planet-realart.com/greeting_cards_2008.php)

**RODAN+FIELDS**  
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**14** With **Rodan + Fields**, looking good and feeling confident has never been easier, and it's all possible without a trip to the dermatologist's office. Our products are clinically proven to deliver on their promises. Please contact Lauren Kaplan to help your **skin look glowing** into the holiday season. All new preferred customers in November and December will receive a free REDEFINE Eye Cloths as my gift to you.

Member: **Lauren Kaplan**, 303-912-2576, Email: [Lauren@thekaplans.com](mailto:Lauren@thekaplans.com)



**15** Is there a better gift then gaining peace of mind or learning how to eliminate a bad habit or addiction? Is there any gift as valuable as finding your authentic self? Of course not, so think of yourself or someone you know who needs professional support around living their best life. This offer includes **half off a professional evaluation** regularly priced at \$120 per hour. The evaluation session includes learning about your goals, how to begin the process around overcoming obstacles, and treatment planning. The session is facilitated by a Licensed Clinical Social Worker, Certified Addictions Counselor with 18 years of experience helping women. Member: **Belina Fruitman** of **A Woman's Way to Recovery**, please call **303-523-0621** to schedule your session. You or someone you love will be pleased with their first step towards change. Email: [belinan@aol.com](mailto:belinan@aol.com)  
Website: [www.a-womans-way-to-recovery.com](http://www.a-womans-way-to-recovery.com)





**Luncheon Sponsors**

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

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Susan Borgos  
Kate Hagerty

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

## From Our November Luncheon Sponsor

Providing interesting, topical, fun, TAX articles is a challenge to say the least! However, I thought since we were celebrating our recent success with the Helping Women + Changing Lives Luncheon that a **refresher on charitable donations** might be appropriate. I often tell my clients that it is one of the last great "loopholes" out there. Why you ask? For one thing, if you are subject to Alternative Minimum Tax (a/k/a AMT) charitable donations (unlike income taxes, real estate taxes, miscellaneous itemized deductions and certain interest expense) are not an AMT preference item. Plus, isn't it just plain old nice to give back? I think so, and I hope you share that belief.



**First of all, ALL charitable donations you make have to be adequately substantiated.** In fact, if the contribution is \$250 or more, a written receipt is required from the charity.

For a contribution of cash, check, or other monetary gift, regardless of amount, you must maintain a bank record or a written communication from the donee organization showing its name, plus the date and amount of the contribution. Any other type of written record, such as a log of contributions, is insufficient.

For a contribution of property other than money, you generally must maintain a receipt from the donee organization that shows the organization's name, the date and location of the contribution, and a detailed description (but not the value) of the property.

If the contribution is worth \$250 or more, stricter substantiation requirements apply. No charitable deduction is allowed for any contribution of \$250 or more unless you substantiate the contribution with a written receipt from the donee organization. You must have the receipt in hand when you file your return (or by the due date, if earlier) or you won't be able to claim the deduction.

The receipt must set forth the amount of cash and a description (but not the value) of any property other than cash contributed. It must also state whether the donee provided any goods or services in return for the contribution, and if so, must give a good faith estimate of the value of the goods or services.

Continued on Page 8

**Communiqué Committee**

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Sandy Smith, Co-Chair  
Cindy Rold

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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 Pauline Huddleson at [execdir@apwcolorado.org](mailto:execdir@apwcolorado.org)

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## From Our November Luncheon Sponsor

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You are required to obtain a qualified appraisal for donated property with a value of more than \$5,000, and to attach an appraisal summary to the tax return. However, a qualified appraisal isn't required for publicly-traded securities for which market quotations are readily available.

If you receive goods or services, such as a dinner or concert tickets, in return for your contribution, your deduction is limited to the excess of what you gave over the value of what you received. For example, if you gave \$150 and in return received a dinner worth \$50, you can deduct \$100.

Your contribution is fully deductible if:

- you received free, unordered items from the charity that cost no more than \$10.20 in 2013 (\$9.90 in 2012) in total;
- you gave at least \$51 in 2013 (\$49 in 2012) and received only token items (bookmarks, key chains, calendars, etc.) that bear the charity's name or logo and cost no more than \$10.20 in 2013 (\$9.90 in 2012) in total; or
- the benefits that you received are worth no more than 2% of your contribution and no more than \$102 in 2013 (\$99 in 2012).

If you made a contribution of more than \$75 for which you received goods or services, the charity must give you a written statement, either when it asks for the donation or when it receives it, which tells you the value of those goods or services. Be sure to keep these statements.

Although you can't deduct the value of services you perform for a charitable organization, some deductions are permitted for out-of-pocket costs you incur while performing the services. You should keep track of your expenses, the services you performed and when you performed them, and the organization for which you performed the services. Keep receipts, canceled checks, and other reliable written records relating to the services and expenses.

As discussed above, a written receipt from the done organization is required for contributions of \$250 or more, even for these out-of-pocket costs.

This might seem complicated, as with any tax law. However, if you need help wading through the complexities, feel free to contact me.

APW Member, **Elizabeth Moore CPA**, MTX of Ryan, Gunsauls & O'Donnell, LLC. 303.758.5558, [emoore@rgo-cpa.com](mailto:emoore@rgo-cpa.com)

Thomson Reuters/RIA. (2013). Client Letters (RIA). Substantiating charitable contributions by individuals. Retrieved from Thomson Reuters/RIA Checkpoint database.



## APW & CWEE Literacy Day

We have another **fabulous volunteer opportunity for you**. Please join us for “**Literacy Day**” at **CWEE on November 11**, from 10:00 am – 1:00 pm. We will work directly with kiddos who have moms participating in the CWEE program, and we will join the group for lunch. CWEE fosters personal and professional transformation for low income single-parent families through confidence building, customized skills training, and career advancement. CWEE believes that when an appropriate level of education and support is provided, individuals can and will succeed, regardless of personal situations and other barriers to employment.

Many of the kids do not have school that day and we are expecting a good turnout. We hope to model how important and FUN reading can be. We will break the kids into groups by age and they will participate in two great activities, including one interactive activity and one reading activity. Each kiddo participating will receive a book to take home and will be able to sign up for his/her first library card.

We are **looking for volunteers** to help out during the day with the interactive project and to read out loud to the kids. We also need to provide desserts and drinks for lunch. If you are **interested in volunteering**, please contact **KAREN ROSEN** at [jnkrosen1@comcast.net](mailto:jnkrosen1@comcast.net), **JAIMEE REED** at [inbox@cairninsurance.com](mailto:inbox@cairninsurance.com), or **ELIZABETH MOORE** at [emoore@rgo-cpa.com](mailto:emoore@rgo-cpa.com).

**We hope you can join us for this great activity!**

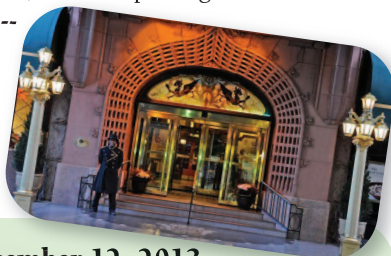
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## December Holiday Networking Luncheon

We will again be enjoying the beautifully dressed **Brown Palace Hotel & Spa** for our **annual holiday luncheon**. We will be in the Club room, on the second floor of the main hotel for this special two-hour luncheon.

Because this is one of our most favorite events of the year, and we sold out very early last year; registration will open to APW members first. Then, we will open registration to other APW friends. **Members-- watch for your invitation to register** being emailed, soon.



When: Thursday, **December 12, 2013**  
11:00 am – 1:00 pm

Where: **Brown Palace**, 321 17th Street in Denver

Cost: Members \$45; non-members \$55

RSVP: Registration will close on Friday, December 6

We will enjoy great networking, a fabulous meal, door prizes and an APW gift for all. We have a special \$10 valet parking rate, but it can feel up early. Please consider parking at any of the nearby parking lots.

### MENU:

#### First course:

Butternut Squash Bisque, Mascarpone with Sun Dried Cherries, En Croute

#### Entrée course:

- Roasted Pork Loin, Sun Dried Cherry Demi Glace **OR**
- Pan Seared West Coast Salmon, Lemon Chive Beurre Blanc **OR**
- Portobello Ravioli, Roasted Zucchini Oven Dried Tomato & Truffle Béchamel

#### Dessert course:

Mocha Cappuccino Tart, Kahlua Chocolate Sauce



Grab a cup of coffee, tea, or breakfast and join other APW members, or if you are considering becoming a member--join us. **Coffee Connections** is an opportunity to **meet and share** about our business and discuss business-related topics. Leave when you need to, the start and end times are approximates. There are two locations to choose from, they rotate each month. The **third Friday of the month** is typically when the Coffee Connections gatherings are held.

### UPCOMING DATES:

**Denver Tech Center** – Friday, **November 15**, 8:30 – 10 am  
Meets at Woody Creek Bakery, 5073 S. Syracuse Street, Denver 80237. RSVP attendance to **LAUREN KAPLAN**, [lauren@thekaplans.com](mailto:lauren@thekaplans.com) or **303-912-2576**.

There will be no meetings in the Downtown Coffee Connections location until February.

## Your Communiqué

### Meditation: A Resistant Adopter's Confession

Six years ago, when given the opportunity to move from Chicago to Denver (a place that boasts over 300 days a year of sunshine) I jumped at it. Goodbye Windy City, hello Mile-High!

As I met new people, I noticed that the topic of meditation kept coming up. It was recommended to me by acquaintances, I continually noticed it in articles, and sometimes it would arise when someone was sharing their story of significant growth and life changes with me, emphasizing how intrinsic meditation had been to the process.

I began to ask myself such questions as: "Why am I being nudged by the universe to start meditating?", "What's so great about meditating?" and "What will it do for me?" And, as a card-carrying member of the Virgo Perfectionists Club, I'll admit that the question that nagged at me most was, "How do I do it right?"

Over the years I have discovered the following **key points about the benefits of meditation**:

- We are all intuitive and able to access our right brains which embody our intuition, creativity and connection to the divine. We talk ourselves out of listening to this inner guidance by focusing on our left brain chatter—or our practical, linear thinking, realistic side—also known as the monkey mind.
  - Daily meditation quiets the monkey mind so we can better tune into our intuition or higher self. We are able to access our higher consciousness as we become aware of something bigger than ourselves.
  - Meditation allows us to shift from living in our head to living from our heart. Opening our heart to the divine allows our guides and angels to reach us and enables us to have a broader focus and vision.
  - A minimum of 20 minutes a day is optimal but starting out at 10 minutes and adding on a minute each week to work up to the desired 20 minutes is also immediately beneficial.
  - It is important to trust the information that you get.
4. **Attach your meditation to a daily activity.** Integrate it an established routine that already exists, e.g., "coffee and then meditation", "meditation then shower."
  5. **Avoid judging your meditation.** While it can be tempting to tell yourself you are "bad" at meditation, saying this can cause you to lose all motivation. Focus on the purpose and this will override the distraction.
  6. **Keep an excuse and mind wanderer pad close.** If your mind starts to make up excuses not to meditate or presents you with reasons to avoid it, write them down. Once you see the excuse or distraction on paper, you will realize that you really do have the time and that meditating really does matter.
  7. **Focus on the benefits at the end of each session.** Notice how you feel physically, mentally and emotionally. The more you establish a connection between training the mind and feeling better, the easier your daily practice becomes.
  8. **Be realistic about your expectations.** Take one day at a time. Training/focusing the mind is a skill that continually develops over a lifetime.

#### Here are some steps to get you started with establishing your own daily meditation practice:

1. **Meditate first thing in the morning.** It will help you to focus before your monkey mind is fully awake and starts throwing distraction bananas at you.
2. **Make it a priority.** Again, 20 minutes is optimal but as long as you start meditating on a daily basis, you will begin to notice positive changes and what could be more important than the health of your mind?
3. **Make it part of your daily routine.** Try to meditate at the same time in the same place every day so it becomes a habit.

I now begin each day with meditation. I pad out to my microwave and punch in 20 minutes on the timer. I sit down on my sofa, feet grounded, spine straight and breathe in and out deeply. I open my heart, invite my guides and angels in and ask for their help. This daily practice has provided me with realizations, reassurance, clarity, humor and peace. It is my hope that by sharing a bit of my own journey, you will be encouraged to establish a daily practice so that you, too, can gain access to the divine guidance that already resides within you just waiting to be heard.

About APW member, **Kate Hagerty**—Kate is a Certified Intuitive Coach who specializes in three areas: Career/Life Purpose, Soul Mate/Relationships and Grief/Loss. She combines numerology, astrology and her intuitive gift in her work. Find more information at [www.katehagerty.com](http://www.katehagerty.com).



## Networking Luncheon Sponsor — Update

A **Networking Luncheon Sponsors** receive the following benefits:

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

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

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### Understand Yourself and Your Audience to Connect While Public Speaking

**Register for our Public Speaking Class.** Public speaking is best-received when the speaker connects with the audience in the same way that two people connect in a private conversation. To do this effectively, the speaker must understand herself and her audience.

Great public speakers are authentic and genuine. Audiences react to authenticity by connecting with the speaker and seeing the subject matter from the speaker's point of view.

### Thunderhead Hosting

**Learn** about Thunderhead Hosting with Mission Critical Systems.



## Alliance Networking Opportunities

What: **Networking Events Committee Meeting**  
When: **Tuesday's, November 5, and December 3,**  
11:30 am – 1:00 pm

Where: Vitamin Cottage, Colorado Blvd and Evans

RSVP: **ANNE MOORE**  
[avatar.anne@gmail.com](mailto:avatar.anne@gmail.com) or 773-551-2810

What: **Outreach Committee Meeting**  
When: **Wednesday's, November 6, and December 4,**  
at 5:30 pm

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

RSVP: **SAMANTHA DARDANO**  
[Sam@DardanoProperties.com](mailto:Sam@DardanoProperties.com) or 303-331-6700

What: **November Networking Luncheon**  
When: **Thursday, November 14,** 11:30 am – 1:00 pm  
Where: Maggiano's DTC, 7401 S. Clinton,  
Englewood, 80112  
Cost: \$30 for Alliance members and \$40 for guests  
**RSVP by 5:00 pm, Monday, November 11,** to attend!  
RSVP: **CLICK HERE** to be there!  
Parking: Free parking lot

What: **Public Affairs Committee Meeting**  
When: **Tuesday, November 19,** 7:00 am – Networking,  
7:30 – Speaker

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

RSVP: **NORA KELLY**  
[nvkesq@qwestoffice.net](mailto:nvkesq@qwestoffice.net) or 303-866-9868

Topic: Our meetings are informal. We buy our own meal and chip in to cover the breakfast of our speaker. Although, we're called a "committee," there is no work involved—just show up, network, and learn.

We start at 7:00 am to allow a half hour of networking and the speaker to order breakfast before the formal meeting begins at 7:30 am. The meeting is generally over by 9:00 am. Please join us!! **There WILL NOT be a December Public Affairs meeting.**

What: **Member Support Committee Meeting**  
When: **Wednesday, November 20,** 11:30 am  
Where: Woody Creek Bakery, DTC  
RSVP: **LEAH DIRKS** [leah.dirks@efirstbank.com](mailto:leah.dirks@efirstbank.com)

What: **December Holiday Networking Luncheon**  
When: **Thursday, December 12,** 11:00 am – 1:00 pm  
Where: Brown Palace Hotel & Spa, 321 17th Street in Denver

## New Members & Profiles

**GLORIA PADILLA DE GARCIA** — Tax Litigation Services, **Harper Hofer & Associates, LLC**, 303-486-0006  
[padilladegarcia@harperhofer.com](mailto:padilladegarcia@harperhofer.com)

**BARBARA LAPOLLA** — Senior Accountant, **Bauerle and Company**, 303-759-0089, [blapolla@bcdenver.com](mailto:blapolla@bcdenver.com)

**JULIE IZARD** — Business Valuation and Litigation Support, **Lutz Zuber & Associates, LLC**, 720-261-3346, [ulie.a.izard@gmail.com](mailto:ulie.a.izard@gmail.com)

**MELISSA SOVA** — Attorney, Seeking Employment, 919-389-2793, [Paige.Sova@gmail.com](mailto:Paige.Sova@gmail.com)

**ZARA SARFARAZ** — Marketing Director/Half Owner- Restaurant, **La Piccola Venezia**, 720-708-5657, [zara@lpvdenver.com](mailto:zara@lpvdenver.com)

**LAURA FULLER** — Attorney, **White and Steele, P.C.**, 303-296-2828, [lfuller@wsteele.com](mailto:lfuller@wsteele.com)

1. **Why did you join the Alliance of Professional Women?** I joined to meet other professional women and to provide and receive support.
2. **What are your hobbies?** My hobbies are acting, writing, family activities.
3. **What is your position/business?** I am a civil litigation attorney with an emphasis on workers compensation defense.
4. **What is something that few people know about you?** I am can carry a tune, but I can't whistle.

**MELISSA SOVA** — Attorney, Seeking Employment, 919-389-2793, [Paige.Sova@gmail.com](mailto:Paige.Sova@gmail.com)

1. **Why did you join the Alliance of Professional Women?** I joined to meet other professional women in the area and to become more involved in Denver.
2. **What are your hobbies?** My hobbies are hiking, reading, traveling, wine tasting
3. **What is your position/business?** I am an attorney.
4. **What is something that few people know about you?** I studied in Poland.

## Alliance Thanks!

### September Networking Luncheon

We enjoyed going back to the **Cherry Creek Country Club** in September for our luncheon. The luncheon was hosted by **DEB KLAFTER** of Believe Fitness, and **LISA CASTRO** of Advanced Skincare. The two did a fabulous job of planning and hosting this event, despite the rain that was occurring this week. We thank our luncheon sponsor, **LEIGH MILLER** of NSA, makers of Juice Plus+, [LeighJuicePlus@aol.com](mailto:LeighJuicePlus@aol.com) for her support. We thank our door prize donors, **LEIGH MILLER**, the **Cherry Creek Country Club** and **ROBIN BERG** for the door prizes donated.

## Spotlight on Our September Luncheon Sponsor Leigh Miller



1. **What sets you apart from your competitors?** One of the MANY things I love about Juice Plus+ is the way it makes me look and feel! I rarely get sick and I have loads of energy. It's also helping my skin a great deal in the aging process as I nourish my body from the inside out. The power of WHOLE food nutrition is amazing and I share this message with passion and confidence.
2. **What is a good referral for you?** An ideal referral is anyone that wants to feel and look better, too. Our health is a priceless gift and prevention is better than cure! Have you ever thought of a "Plan B"? An extra income stream so you could stay home with the kids, take an extra vacation or just buy those special shoes? I love talking with people to explore whether the flexible and fun Juice plus+ business might be a fit for them or someone they know.
3. **Name one thing that you miss about being a kid.** During this busy time of year, what I most miss about being a kid was being so carefree spending my days riding my bike and reading in the hammock....guess that's why the flexibility component fits so well for me!

## Anniversaries

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

### 28 years

ARLENE ABADY

### 13 years

ELIZABETH MOORE . . . . Ryan, Gunsauls & O'Donnell, P.C.

### 10 years

LISA AUSTIN . . . . .The Service Factor Training Company

### 9 years

KATHERINE MOLLER . . . Ryan, Gunsauls & O'Donnell, P.C.

UYEN PAVELIS . . . . .Ryan, Gunsauls & O'Donnell, P.C.

### 6 years

SHERE CHAMNESS . . . . REALART

SANDRA ABEYTA . . . . .MountainStorm Insurance Company

BETSY WIERSMA . . . . .CampExperience

DEBRA NEELEY . . . . .Citywide Banks

### 5 years

LORNI SHARROW . . . . .Moye White, LLP

SUSAN HARMON . . . . .Harmon Law Firm, LLC

HELENE SCHMID . . . . .The Promotion Source

### 4 years

JEANE DOLE . . . . .Nora V. Kelly, P.C.

### 3 years

SHAE THURMAN . . . . .eDox Document Technologies

MARLO ALSTON . . . . .Pinnacol Assurance

### 2 years

NINA SLOAN . . . . .Arbonne International

### 1 year

SARAH GUTIERREZ . . . . Gutierrez & Associates, PC

LESLIE GARSKE . . . . .AXA Advisors, LLC

DEBORAH O'NEIL . . . . Assured Equity Management Corporation

KELLY KILGOR . . . . .Kutak Rock, LLP

KATE STARICK . . . . .Kutak Rock, LLP

KRISTEN HARRIS . . . . .8Z Real Estate

CELESTE GAMACHE . . . Law Office of Celeste R. Gamache

## Member News &amp; Information

## September Beer Burger Blast

We had a wonderful outdoor **APW Indian Summer After Hour's** event at **World of Beer** and enjoyed amazing gourmet burgers from **Big Smoke Burger**, which is just across the parking lot from WOB, and owned by **CAMERON TUNE**, husband of APW member **ALEXIE TUNE**. We thank all of you that joined us and brought your significant other's—it was big fun!

We thank the Evening Networking Planning Committee for putting on the great event—**NORA KELLY**, **NANCY THAUETTE** and **PAULINE HUDDLESON**. And we owe a big thanks to both **Big Smoke Burger** and **World of Beer** for giving us great pricing so that everyone enjoyed a great burger, yummy side and two GOOD beers!



## New Member Referrals

**Thank you** to all the following members who have referred a brand new Alliance member since our last Communiqué. We are grateful to **BELINA FRUITMAN** for referring **ZARA SARFARAZ**, and to **CHELSEY BURNS** for referring **MELISSA SOVA**. We appreciate you sharing our fabulous organization and are pleased to run complimentary business card ads in the Communiqué for members, as a small token of our appreciation.

## Member News

### The Promotion Source, LLC Awarded for the 2013 Best of Business Award in Brighton, CO



**October 2014** – The Promotion Source, LLC is proud to announce that they have been awarded the 2013 Best of Business Award for Brighton in the Small Business category. The Small Business Community Association is dedicated to empowering and recognizing small business owners who make a difference in their respective communities. They are part of an elite community of small business owners that make up less than 1% of total business owners in the United States.

The Promotion Source, LLC is an independent fundraising company located in Brighton, CO that helps schools, sports teams, music groups, churches, non-profits and more raise the money they need for different projects. They have worked with Ronald McDonald House Charities, the Children's Hospital Foundation of Denver, the Junior League of Denver and other large organizations.

For more information about The Promotion Source and EZfundraisers4U, go to: [www.EZfundraisers4U.com](http://www.EZfundraisers4U.com). Call 1-800-955-1793 or 303-655-1122.



# Business Sources

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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 12** for event information and event codes or call the contact for the event.

november 2013

S	M	T	W	T	F	S
					1	2
3	4	5 <b>NTWK Events Committee MTG</b> 11:30 am - 1:00 pm, Vitamin Cottage, CO Blvd and Evans, <b>ANNE MOORE</b> 773-551-2810 <a href="mailto:avatar.anne@gmail.com">avatar.anne@gmail.com</a>	6 <b>Outreach Committee Meeting</b> 5:30 pm. Home of <b>PAM FISCHER</b> , 2218 Franklin Street, Denver 80205 <b>SAMANTHA DARDANO</b> 303-331-6700 <a href="mailto:Sam@DardanoProperties.com">Sam@DardanoProperties.com</a>	7	8	9
10	11 <b>VETERANS DAY</b>	12	13	14 <b>Networking Luncheon</b> 11:30 am - 1:00 pm, Maggiano's DTC, 7401 S. Clinton, Englewood, 80112 <a href="#">CLICK HERE</a> to register	15	16
17	18	19 <b>Public Affairs Committee Meeting</b> Networking from 7:00-7:30 am, Speaker at 7:30-9:00 am Zaidy's of Cherry Creek <b>NORA KELLY</b> 303-866-9868 <a href="mailto:nvkesq@qwestoffice.net">nvkesq@qwestoffice.net</a>	20 <b>Member Support Committee Meeting</b> 11:30 am Woody Creek Bakery, DTC <b>LEAH DIRKS</b> <a href="mailto:leah.dirks@efirstbank.com">leah.dirks@efirstbank.com</a>	21	22	23
24	25	26	27	28 <b>THANKSGIVING DAY</b>	29 <b>PRESIDENT'S DAY</b>	30

december 2013

S	M	T	W	T	F	S
1	2	3 <b>NTWK Events Committee MTG</b> 11:30 am - 1:00 pm, Vitamin Cottage, CO Blvd and Evans, <b>ANNE MOORE</b> 773-551-2810 <a href="mailto:avatar.anne@gmail.com">avatar.anne@gmail.com</a>	4 <b>Outreach Committee Meeting</b> 5:30 PM, Home of <b>PAM FISCHER</b> , 2218 Franklin Street, Denver 80205 <b>SAMANTHA DARDANO</b> 303-331-6700 <a href="mailto:Sam@DardanoProperties.com">Sam@DardanoProperties.com</a>	5	6	7
8	9	10	11	12 <b>Networking Luncheon</b> 11:00 am - 1:00 pm Brown Palace Hotel & Spa Downtown Denver	13	14
15	16	17	18	19	20	21 <b>DECEMBER SOLSTICE</b>
22	23	24 <b>CHRISTMAS EVE</b>	25 <b>CHRISTMAS DAY</b>	26	27	28
29	30	31 <b>NEW YEAR'S EVE</b>				