



*The Mission of Business and Professional Women of Colorado shall be to achieve Equity for all women in the workplace through Advocacy, Education and Information.*

## Upcoming Events:

### October 3—BPW Northwest Metro Meeting

Corona's Mexican Grill, 6 pm

### October 4—BPW Aurora Dinner Meeting

Mimi's Café, 5:30 Networking; 6:00 pm dinner

### October 4—BPW Denver Outing to Support Zero Weeks Screening—All Chapters and Guests Welcome!

Sheraton Denver Downtown, 1550 Court Place, Denver, CO 80202

### October 8—Columbus Day

### October 10—BPW Denver Dinner

The Goods Restaurant, 6:00 pm

### October 18—BPW Cherry Creek Luncheon

Elway's Cherry Creek, 11-2

### October 31—Halloween

### November 1—BPW Aurora Dinner Meeting

Mimi's Café, 5:30 Networking; 6:00 pm dinner

### November 4—Daylight Savings Time Ends

### November 6—Election Day

### November 7—BPW Northwest Metro Meeting

Corona's Mexican Grill, 6 pm

### November 11—Veterans Day / Remembrance

## October 2018 Newsletter

## In this Issue:

BPW Upcoming Events	1
BPW Colorado President's Letter	2
Celebration of Women	3
Local Chapter News	4
Membership News	4
Advocacy News	5
Green News	6
Legislative Committee News	7
King Soopers Cards	8
Colorado Women's Education Foundation (CWEF)	9
Making a Difference	10
Annual Sponsors	10
Sponsor Opportunities	11
Advertising Opportunities	11

## BPW Colorado—President's Letter



### “SHE FOR SHE” – BPW COLORADO THEME FOR 2018-2019

Dear Fellow BPW Members:

Where are your happy places? One of mine is at a BPW event. No matter what chapter I'm attending, I see my BPW sisters who are so fun and supportive, I learn something fascinating, and I meet new like-minded people. Membership is the core of our organization. Celebrating our 100<sup>th</sup> anniversary next year reminds me how important BPW has been to me for the last 17 years. I need your help to grow this group of sisters so that other women, and men, can continue to benefit from this wonderful organization.

BPW Colorado sponsored **SHIFT! To Positive Thinking For Powerful Results** on Wednesday, September 26<sup>th</sup>. Thank you to Heidi Halus for coordinating this event and the impactful presentation. The event was only \$10 and included a cocktail reception following the program.

BPW Colorado will be represented Saturday, September 29<sup>th</sup> at the March for Black Women located at the State Capitol. We're hoping for a good turnout and successful event.

The Centennial Jubilee committee is going strong. We are currently narrowing down a venue and working on many ideas. Get involved and ask your chapter representative what you can do to help. The volunteers are: BPW Aurora – Teresa McEldowney, BPW Boulder – Barbara Flood, BPW Cherry Creek – MJ Delgado, BPW Denver – Deb Fischer & Christina Martinsen, BPW NWMetro – Evie Hudak, and BPW Virtual – Sarah Matthews. It is very exciting and we've got great ideas!



BPW has been supporting women since 1919! I believe in us!

Hugs to All,

*Deb Fischer*

President [president@bpwcolorado.org](mailto:president@bpwcolorado.org)  
Business & Professional Women of Colorado (2017-2019)



## Business and Professional Women of Colorado

# Attention: All local Chapters!

During the Business and Professional Women of Colorado State Convention in 2019, there will be a Celebration of Women event. This is a wonderful time to celebrate outstanding women you have recognized during your Women of the Year Celebrations. This is what the Celebration of Women Committee members need to know:

- Are you planning a Woman of the Year event this year?
- If so, please let Mary Ellen know the date. She will plan to attend your event if possible. The Celebration of Women Committee would appreciate it if, after you have held the event, you send us a bio of your Woman (Women) of the Year to Mary Ellen Lewis. Let the committee know what category you used to honor the woman.
- You may honor many women (or men) at your local chapter event. These honorees will be listed in the printed program. In fact, at your event, it would be appropriate to hand them an invitation to the State Convention. If any of your honorees are at the State Convention, they will be asked to say a few words. If they cannot be there, please have them send along quotes to be read at the Celebration.

**Contact the Celebration of Women Committee**

**as soon as you have a date for your event:**

**c/o Mary Ellen Lewis**

**melephant17@aol.com**

The Business and Professional Women of Colorado organization is honored to recognize those who serve our communities by supporting and inspiring others to promote BPW CO's mission to achieve equity for all women through advocacy, education and information. The honorees chosen by each local chapter capture the level of participation, equity and economic self-sufficiency for women that we hope to advocate for all women in the future. These individuals and businesses are the heroes of our time!

## Local Chapter News

### **Business & Professional Women of Aurora**

Our Thursday, October 4 dinner meeting will feature Gayla Wick speaking on "The Art of Attracting Authentic Love." The 5:30 pm Networking, 6:00 pm meeting will be at Mimi's Café, 205 S Abilene St., Aurora.

### **Business & Professional Women of Boulder**

For upcoming events visit our Chapter Page at: BPW Boulder.

### **Business & Professional Women of Cherry Creek**

For upcoming events visit our Chapter Page at: BPW Cherry Creek.

### **Business & Professional Women of Denver**

BPW Denver was happy to help represent BPW Colorado in the March for Black Women Denver on September 29<sup>th</sup>. Thanks to everyone who contributed!

We are looking forward to our next outing on October 4th, where we will be supporting the Regional Public Health in Early Childhood Partnership's "Zero Weeks" Screening and Paid Family Leave discussion – more info here: <https://www.facebook.com/events/327394734673086/>

BPW Denver dinner/speaker meetings will continue to be held the 2<sup>nd</sup> Wednesday of every month at The Goods restaurant. All members and guests are welcome! Our next meeting is on October 10<sup>th</sup>, where our speaker will be Angela Gaffney, CHC, speaking on "Simple. Stress-Free.

Power.: The Easiest Way to Let Go, Say No, and Have It All!"

Our chapter meetings are held over Zoom on the 4th Thursday of every month from 7-8pm [<https://zoom.us/j/847248508> or phone: +1 646 558 8656 or +1 669 900 6833, Meeting ID: 847 248 508]. All members welcome to attend.



BPW Denver has a major goal for 2018-19 to improve representation for minority women in our chapter events and membership. Our group is actively seeking women of color, LGBTQ women, and

women of other diverse backgrounds who would like to enrich our group by sharing their unique experiences and perspectives as speakers. Introductions are also appreciated – please send suggestions to Chanel at [bpwdenver@gmail.com](mailto:bpwdenver@gmail.com) if you have some ladies you'd like to recommend!

*Chanel Heermann, President, BPW Denver*

### **Business & Professional Women of Northwest Metro**

BPW Northwest Metro resumed its monthly meetings in September with a presentation about the Community Table, formerly the Arvada Community Food Bank, by Sandy Martin, Executive Director, and Jill Fellman, Board member – both former recipients of our Woman of the Year award.

Our program on October 3 will be a presentation by Kathryn Skulley, newly elected to the Westminster City Council last fall. She will talk about what is going on in the city – including the new development of the City Center on the grounds of what had been the Westminster Mall – and tell us about opportunities for us to help with community projects and events.

Our meetings are on the first Wednesday of each month at Corona's Mexican Grill, 7617 W. 88th Ave., Westminster, in the party room in the back. We meet monthly from September through May, with a planning meeting in June.

## Membership News

### **New Members:**

Mary Harlow, BPW NWMetro  
Melissa Hirst, BPW Denver

### **Renewed Members:**

Heidi Halus, BPW Denver  
Margaret Esler, BPW NW Metro  
Michele Guarino, BPW Virtual  
Catherine Johnson, BPW Cherry Creek

**Thank you, Ladies,  
for your Commitment  
to Yourselfs and  
to Empowering Women in BPW!!**



## Advocacy News



By: Sharon Simmons  
VP of Advocacy Chair, BPW Colorado  
Human Relations Commission of Boulder

Monthly Roll Up Advocacy Report sent to Ambrosia Parade-Lee of United Nations Association for distribution to our list of non-profits and CEDAW members. It reports our joint work on CEDAW Advocacy in Colorado and any work that fits within the articles of CEDAW. I met with Melissa Schwass of BPW Denver on ZOOM last week to work on CEDAW going forward and she has some amazing ideas to help me on the BPW end of this group. She also said she would help with any interns we hope to get. She is helping Laurie Dameron with Climate Change/Environmental with organization as well. I have to thank her a ton. She is a gem. We are getting her a BPW email to use to help us market more professionally.

I attended Pride Fest in Boulder on September 9. Nikhil Mankekar and I spoke to the gathering from the Human Relations Commission and also the BPW Boulder point of view. I missed the parade as it started earlier and I did not have the schedule. I spoke about BPW with many people and handed my card out. I also spoke to legislators and Mayors of several cities. It was a great networking opportunity even though we did not do a booth this year. Good news is I met with Christine Berg, Mayor of Lafayette, and she says to bring on the ordinance for CEDAW! So we are doing that when Veronica returns.

Laurie Dameron and I attended a panel at the University of Colorado to see if we could get some interns for BPW and for CEDAW on September 10 with INVST-a nation-wide university group that is a Leadership Training for students who are passionate about social and environmental justice! A group that works with our young people to help them learn about our community, advocacy and working with non-profits and mentors. I personally interviewed later after the panel with 5 amazing young ladies. I am sure we will get at least three. Laurie and I really built up the need for collaboration with the university for young people joining BPW-she helped on two ladies of the five. We hope they contact us to choose as their mentors. Crossing our fingers. It would benefit all of us in Colorado. One intern indicated she will go with UNA BC to do her work with CEDAW because she has a lifelong dream of being in the United Nations. I told all the girls about CSW and how BPW has delegate seats at the UN.

I wrote to Nederland again regarding the signing of a resolution for CEDAW and touched base on email again. No word. I communicated with Westminster City Council woman Shannon Bird on LinkedIn and she wants a letter on CEDAW again. This is a great opportunity as the ball has been dropped on Westminster numerous times by well-meaning helpers. Veronica Hrutkay is still in PA and we communicate via email mostly. I am doing the ground work here on our 13 cities in process, including the ordinance for Boulder.

United Nations BC is having their annual celebration of the birthday of the United Nations and we were asked again to participate. I am not sure if the current board will want to jump in or not. Emails were sent today inviting BPW Boulder to do a table-no cost. Its good networking.

Building Bridges – I attended 3 community meetings for Boulder that brings together all groups of people to better communicate and change our community. This means women, low income, LGBTQ+, and I am making sure to get them all to the table. Currently we have seniors and mostly white-2 more women than men. I am there to make sure women are represented.

Attended Women's Collaborative of Boulder County on behalf of BPW Boulder. We also had a training meeting Sept 24 at VIA 11:30 learning how to use GOOGLE Docs. We do a steering committee meeting every other month and then training every other month. I did the notes for the group. We have events until the end of this year and another International Women's Day Event in March 2019.

Women's Collaborative of Boulder County submitted a letter to Senators Bennet and Gardner regarding the investigation around the nomination for Judge Kavanaugh. As a non partisan group repenting mostly non partisan groups we asked that they do a fair investigation to find the truth and involve the FBI. That way it is the correct decision on nomination and we know the truth.

My monthly meeting with the Human Relations Commission was Monday September 17 at 6 p.m. and we are currently hearing about homeless issues for men AND women. I am working on that diligently for BPW. Also, the emergency signing of the addition to the Human Relations Ordinance passed in early September, which makes it mandatory to accept low income-rent not based on source of income and also citizenship status. It is now in the law that they cannot discriminate against low income women! I believe Denver has something similar.

## Green News: GO CU BUFFS ZW!!!

By: Laurie Dameron, BPW Boulder Member  
 Chair, BPW Colorado Environment and Sustainable development Committee  
 Chair NFBPW Environmental and Sustainable Development Committee  
 USA Representative for the International Environmental and Sustainable Development Committee

I am so glad I've been on the mailing list for the University of Colorado Environmental Center newsletter for several years. Sarah Dawn and the folks working there do so many AMAZING things. I feel inspiration every time I see what they are up to. Last fall, I read about the CU Buffs being the first university in the country to go zero waste! I was so excited that I wrote to Sarah Dawn to say we need to have this spread to all the other colleges and to the NFL! She wrote back to let me know that it's already happening and sent two links to prove it.

The Green Sports Alliance, <http://greensportsalliance.org>, has been around since 2010. According to its website, "...Since February of 2010, the Alliance has brought together venue operators, sports team executives and environmental scientists to exchange information about better practices and develop solutions to their environmental challenges that are cost-competitive and innovative." The Alliance has not yet achieved zero waste, but it's on the way. Meanwhile, the Alliance focuses on sustainability and recycling.

In 2011, the Pac-12 Conference, <https://pac-12.com>, joined the Green Sports Alliance and then organized a competition. I have always said in my "Spaceship Earth: What Can I Do?" presentation that Americans love competition, and why not have competitions between schools, cities, or states as to who can most reduce their amount of trash the most!? Well, the Pac-12 is doing it!

I am so excited about this because so many Americans go to sport events. This will educate and raise awareness in people who otherwise have not been exposed to terms such as "zero waste" and "single-use plastics." Please remember that Eco-Cycle states that 42% of our greenhouse gases come from the way products are extracted, produced, transported, and gotten rid of—and that striving for zero waste is the quickest and easiest way to fight climate change!

So, back to more of the beautiful words in Pope Francis's encyclical. It's interesting that he talks about atmospheric pollutants here, since I wrote a letter to the editor of the *Daily Camera* a few weeks ago about how climate change is affecting us locally with our health being adversely affected for months now from the smoke from all the wildfires. Also the irrigation ditch that Diaz Farm uses (at 28<sup>th</sup> Street and Jay Road here in Boulder) was turned off the first week of August, which is much earlier than I have ever remembered. I was trying to see if anyone had any great ideas on how to get some water to Diaz Farm, as their crops are now dying; this means I won't be picking up much more produce now. (I had a community-supported agriculture agreement with them for the last two years which I have just loved being able to pick up fresh, organic produce every week.) I also wrote to our local Eldorado Springs Water Company to see if they might donate a truck load of water. They wrote back saying they are unable to do that but I sure appreciated them writing back.

I hate to break it to you, but our situation is only going to get worse. It's never been clearer to me—what if eventually we can't even grow food? Sorry, I started on a positive note and ended on one not so happy. I guess I'm just being realistic.

From Pope Francis's *Praise Be to You Laudato Si': On Care for Our Common Home*:

### I. POLLUTION AND CLIMATE CHANGE

*Pollution, waste and the throwaway culture*

20. Some forms of pollution are part of people's daily experience. Exposure to atmospheric pollutants produces a broad spectrum of health hazards, especially for the poor, and causes millions of premature deaths. People take sick, for example, from breathing high levels of smoke from fuels used in cooking or heating. There is also pollution that affects everyone, caused by transport, industrial fumes, substances which contribute to the acidification of soil and water, fertilizers, insecticides, fungicides, herbicides and agrotoxins in general. Technology, which, linked to business interests, is presented as the only way of solving these problems, in fact proves incapable of seeing the mysterious network of relations between things and so sometimes solves one problem only to create others.

21. Account must also be taken of the pollution produced by residue, including dangerous waste present in different areas. Each year hundreds of millions of tons of waste are generated, much of it non-biodegradable, highly toxic and radioactive, from homes and businesses, from construction and demolition sites, from clinical, electronic and industrial sources. The earth, our home, is beginning to look more and more like an immense pile of filth. In many parts of the planet, the elderly lament that once beautiful landscapes are now covered with rubbish. Industrial waste and chemical products utilized in cities and agricultural areas can lead to bioaccumulation in the organisms of the local population, even when levels of toxins in those places are low. Frequently no measures are taken until after people's health has been irreversibly affected.

Read the entire Encyclical: [POPE FRANCIS](https://www.vatican.va/holy_father/francis/encyclicals/laudato-si/20150618_la-enciclica-20150618.html)  
<https://laudatosi.com/watch>

## YOU ARE A PART OF THE SOLUTION!!!

To sign up for Laurie's monthly music and "Green News," write to [WindchimeL@aoL.com](mailto:WindchimeL@aoL.com)  
 Or visit [www.LaurieDameron.com](http://www.LaurieDameron.com)

Please visit and LIKE <https://www.facebook.com/WhatCanIDoSpaceshipEarth>

## Legislative Committee News

By: Evie Hudak, BPW Legislative Committee Chair

The Legislative Committee will meet during the next few months to plan the Legislative Conference at Midyear Board. We will be proposing that BPW Colorado update our Advocacy Platform to conform with the one approved by NFBPWC at the biennial convention in July.

The NFBPWC sent out an Action Alert on Sept. 18. In case you didn't see it, it said that September has had "many things happening that affect women. It is now time for us to use our voices and contact [our U.S. Senators and Representatives]...and let them know how you feel about two important issues that are facing us":

The **Violence Against Women Act (VAWA)**. This Act will expire on September 30, 2018. VAWA created a vital network of services for female victims of violence and established specialized training for prosecutors and law enforcement officers investigating this type of violence. It also made transitional services available to victims of violence so they could rebuild their lives. When it was renewed and updated in 2013, it improved services for victims of domestic violence, sexual assault, dating violence, and stalking and became more inclusive of Native American women, immigrants, LGBT victims, college students, and public housing residents. The proposed 2018 bill includes increased youth education and prevention programs, stronger housing policies for victims, and expanded gun control laws to keep convicted domestic abusers and stalkers from possessing a firearm.

Confirmation of **Brett Kavanaugh** for the Supreme Court. Nancy Werner, NFBPWC, 2nd Vice President of Advocacy, says that we should not support Brett Kavanaugh for Supreme Court Justice. She points out that he has contradicted his position about whether a sitting President should be legally investigated when there is proof of wrongdoing. Several women have accused him of sexual assaults. His record indicates that his positions on women's issues differ greatly from BPW's.

At the NFBPWC's biennial convention in July, Dr. Amany Asfour, BPW International President, has selected a theme for the next BPW International Triennium in 2020 – empowering women to achieve the sustainable development goals (SDGs) by 2030. She encouraged all BPW federations and chapters to do things that relate to the SDGs – then send photos to BPWI office of us doing them. Here are the SDGs with suggestions for how to accomplish each one:

1. **No poverty** – donate what you don't use.
2. **Zero hunger** – avoid throwing away food.
3. **Good health and well-being** – vaccinate your family.
4. **Quality education** – help children in your community read.
5. **Gender equality** – call out sexist language and behavior.
6. **Clear water and sanitation** – avoid wasting water.
7. **Affordable and clean energy** – use energy-efficient appliances and light bulbs.
8. **Decent work and economic growth** – buy from green companies that are equal-opportunity employers.
9. **Industry, innovation, and infrastructure** – repurpose old materials.
10. **Reduced inequalities** – raise your voice against discrimination.
11. **Sustainable cities and communities** – bike, walk, or use public transportation.
12. **Responsible production and consumption** – recycle paper, plastic, glass, aluminum.
13. **Climate action** – educate young people about climate change.
14. **Life below water** – avoid plastic bags.
15. **Life on land** – plant a tree and help protect the environment.
16. **Peace, justice, and strong institutions** – use your right to vote.
17. **Partnerships for the goals** – get the SDGs in Action app from SDGinaction.com.

By Deb Fischer

### **HAVE YOU FORGOTTEN ABOUT YOUR KING SOOPERS CARD?**

Our King Soopers cards are one of the best ways for our organization to make money! Without spending any extra money you can help BPW Colorado make money. All it requires is that you first buy a Card for \$20 which is actually worth \$20 on any purchases you make at King Soopers. Use it, the same way you would use a prepaid credit card. Add more money on it as needed. But **refill it before the checker begins to ring up your purchases.**

Each time our members have purchased \$5,000 or more we receive a check for 5% of the amount.

Please bear in mind that this program doesn't actually cost you any more money than you would normally spend. Happily, our organization is reaping the benefit for money you would normally spend.

When you make a purchase with your Gift Card, you are still able to use your loyalty card to get gasoline discounts and any other benefits that card gives you. If you have not purchased one for BPW, Deb Fischer has ordered more and will bring them to your local chapter soon. If you already have one, please remember to use it.



## Business and Professional Women of Boulder's Celebration of Women Event Benefits Colorado Women's Education Foundation

For the second year in a row, Business and Professional Women (BPW) of Boulder committed to providing Colorado Women's Education Foundation (CWEF) with 34% of the proceeds of their sold-out Annual Celebration of Women Event. Every year this event honors individuals and organizations that serve the community to create equity, economic self-sufficiency, personal and professional development, as well as being advocates for women.

"Thrive Through Social Responsibility" was the theme for the April 26, 2018, event. Though all honorees were very impressive and deserving of recognition for their wonderful work on behalf of women, CWEF was particularly excited to learn that Ida Halaz, a former CWEF Trustee, was receiving the Woman of the Year/Lifetime Achievement Award. You can read about Ida and all the honorees at: [bit.ly/Ida-COW](http://bit.ly/Ida-COW)



There were many others with connections to both CWEF and BPW who attended the event. Theresa Szczurek, former President of the CWEF Board of Trustees and who had nominated Ida for the award, provided a stirring introduction for Ida along with a very special video showcasing her achievements and the impact Ida has had on the lives of so many. Three current CWEF Board Trustees were in attendance: Deb Fischer, CWEF Board Treasurer and also President of BPW Colorado; Karen McGee, CWEF Board President and BPW Board Member; and Jess Dewell, the newest CWEF Trustee and co-chair and Master of Ceremonies for the event.



CWEF's Office Manager, Roxanne Brickell-Reardon, and three former scholarship recipients, Heather—2016 Anita Tamm Named Scholarship Recipient; Monica; and Yolanda—2017 BPW Boulder Scholarship Recipient, were also in attendance. It was a lovely event with almost 100 people in the audience.

As a result of this very successful event, BPW Boulder was able to fund two named scholarships through CWEF for the 2018-2019 school year. In addition to

the two scholarships BPW Boulder was able to provide, there were additional donations to CWEF, totaling \$3600, generated during the event. These two named scholarships and the additional donations make such a difference to the very deserving scholarship recipients who are working hard to advance their education and to CWEF in achieving its mission of investing in women who are transforming their lives through education...for themselves, their families, and their communities.

## Making a Difference at BPW Colorado

Business and Professional Women of Colorado (BPW Colorado) was founded in 1919. This organization has, and continues to be, a leader for women's rights at the local, state, national, and international levels. We are 100% volunteer-run, service and membership organization. We are defined by the hundreds of individuals from communities large and small, who are members of BPW Colorado!

Although we are not a "leads organization," we find that networking and opportunities happen organically at all levels of our organization. We help women achieve professional, personal, and political goals through programs, workshops, networking, and friendships. All is achieved through monthly meetings and other sponsored activities. Each BPW Colorado local organization creates its own unique agenda, but all have the same objectives.

BPW Colorado is affiliated with the International Federation of Business and Professional Women, National Business and Professional Women's Clubs U.S.A., Business and Professional Women's Foundation, and the Colorado Women's Education Foundation. Our affiliation with these organizations provides us with the capacity to impact women and the issues that affect them, both nationally and internationally.

## Thank You to our Annual Sponsors

**Sponsor:**  
**Nancy Litvak**

**Megan Shellman's**



## Sponsor Opportunities

If you are interested in being a Sponsor to Business and Professional Women of Colorado or through any of our Chapters, please contact the Chapter President by visiting our website at: [www.BPWColorado.org](http://www.BPWColorado.org)

Click on the tab for the Chapter nearest you. You will be brought to that Chapter's page where you will find the Chapter President's contact information.

## Advertising Opportunities

Our BPW-Colorado newsletter is published monthly and your targeted audience is women who support women. If you are interested in advertising your business in our monthly newsletter, please send an email to: [KOConnell@gmail.com](mailto:KOConnell@gmail.com). This is also your opportunity to support our great organization.

Here is our pricing per month for **members**:

- Full page 7 ½ x 10 inches \$85
- Half page horizontal 7 ½ x 5 inches \$50
- Half page vertical 3 ½ x 10 inches \$50
- Quarter page 3 ½ x 4 ¾ inches \$25

Here is our pricing per month for **nonmembers**:

- Full page 7 ½ x 10 inches \$100
- Half page horizontal 7 ½ x 5 inches \$65
- Half page vertical 3 ½ x 10 inches \$65
- Quarter page 3 ½ x 4 ¾ inches \$40

Format requirements: Static images only in JPG or PNG format. All copy must be submitted 14 days before the end of the month for the following newsletter issue. BPW Colorado reserves the right to refuse any advertising that does not conform to our mission statement.