



APPLEWOOD

DECEMBER 2009

NEWSLETTER

www.applewoodbusiness.com

2009-2010 OFFICERS & DIRECTORS

Board meetings are the first Thursday of each month. All board meetings are open to ABA members.

PRESIDENT

Rick Bender, Denver Tux
303-238-3332

1ST VICE PRESIDENT

Jennifer Williams
Buzz 4 Help, 303-828-7917

2ND VICE PRESIDENT

Ryan Stachelski
City of Wheat Ridge
303-235-2806

SECRETARY

Lori Bush-Engel, 303-880-4084

TREASURER

Lee Knoll, Jr.
Knoll & Company, P.C.
303-238-9673

PAST PRESIDENT

Lil Phillips
Great Western Bank
303-223-7704

DIRECTORS

Preston Loos
E.D.S. Waste Solutions, Inc.,
303-278-8600

Van Wedgwood, Re/Max
Alliance, 303-420-5352

Brian DeLaet, EduCyber, Inc.
303-268-2245

Mike Larkin, Larkin &
Associates, LLC, 303-202-0202

Cooper Swenson, Edward Jones
Investments, 303-278-0733

Dr. Erin Kruse, D.C.- Mountain
Lifestyles Chiropractic &
Acupuncture Center, P.C.
303-271-1701

Anne Linze, Marriott Denver
West, 303-273-4030

Gretchen Thomas, Bank Of The
West, 303-526-1023

Lisa Kish-Pittman,
Abrakadoodle, 303-997-9061

Marla Swanson, WilLiv Center
303-232-2143

ANNOUNCEMENT

Dear ABA Members,

The ABA is very proud to announce that the ABA monthly meetings are moving to a new, terrific location.

Starting on Thursday, January 14, 2010 the ABA will hold all of their general regular monthly meetings at the MARRIOTT DENVER WEST, 1717 Denver West Boulevard.

The ABA will also make the change to having EVERY meeting on the 2nd THURSDAY of the month, but will still alternate breakfast and lunch meeting times from month to month. Prices for the meetings will be \$18 for breakfast and \$20 for lunch meetings.

We are so grateful to the Marriott Denver West for hosting us in their beautiful location. Celebrating the ABA's 30th year in 2010 is going to be a banner year for ABA members. We have a great list of speakers that will bring you informative, relevant, and profound insights that will help your businesses grow.

With all of these great changes, we know that the ABA is positioned better now than ever to help your business thrive in Applewood.

Sincerely, ABA Board of Directors

**PLEASE MAKE NOTE OF
MEETING DATES &
MEETING VENUE CHANGES**

HOLIDAY LUNCH PARTY

The ABA's annual Holiday Party will kick off at 11:15 a.m., Wednesday, December 9th at the Marriott Denver West.



We will hold a White Elephant Gift Exchange, so bring a wrapped gift to exchange. Re-gifting of last year's gifts is encouraged.

This year the ABA is collecting donations with all proceeds being donated to Jeffco Action Center Food Bank.

The ABA is teaming with EDS Waste Solutions Food Drive. Please bring a non-perishable food item.

If you would like to participate, donations will be accepted at the luncheon. Please make your reservation no later than December 7th with Edna Miklos at 303-233-4764. The cost to attend is only \$25 and includes a salad, your choice of entrée along with a festive dessert.

Thanks to New and Renewing Members

Thanks to all our new and renewing members! Because of your continuing support, the ABA just keeps on growing, which means more networking opportunities for you! For detailed information on each member, please visit the website at www.applewoodbusiness.com.

New Members

Elizabeth Beuhler – Beuhler Insurance Agency, Inc. 1600 Jackson St., Ste 204, Golden, Co 80401, 303-421-4500, ebeuhler@agent.shelterinsurance.com

Ken Sugiura – Cartridge Exchange, 5920 Field St., Arvada, Co 80004, 303-358-6513, ksugiu@msn.com

Rita Smith – BC Spa/BeautiControl, 303-677-1996, rita@ritasmith.com, ritasmith.com

Renewed Members

Gary Wink – Golden Chamber of Commerce

CURB FOR HUNGER

The Hair Place, in conjunction with EDS Waste Solutions and Mile High Newspapers is collecting non-glass, non-perishable food items to replenish the food banks in Jefferson, Gilpin and Clear Creek Counties. Everyone is welcome to drop off the food items in the food bin at The Hair Place until Wednesday, December 16th. The Hair Place is located at 2001 Youngfield Street, 303-233-4764.

ABA GENERAL MEMBERSHIP MEETINGS

Make meeting reservations and pay online at
www.applewoodbusiness.com/meetingsignup.shtml,
or call 303-233-4764 at least 48 hours in advance, please.

LUNCH 11:15 AM, WEDNESDAY, December, 9th

Location: Marriott Denver West
1775 Denver Marriott West Blvd.

Cost: \$25.00 includes salad, choice of entrée & dessert

About the Program: Christmas Luncheon, White Elephant Exchange

BREAKFAST 7:15 AM, THURSDAY, January 14th

Location: Marriott Denver West, 1775 Denver Marriott West Blvd.

Cost: \$18.00

Speaker: Michelle Bishop, St. Anthony's Hospital

About The Program: Update-St. Anthony's Hospital New Location

5-Minute Spotlight & Door Prize: Cooper Swenson, Edward Jones
Investments



Worksite Wellness Tip of the Month

6 Ways to Increase Physical Activity at Work

1. When planning a meeting agenda that is mostly talking and not writing, and there are only a few attendees, consider a "walk-and-talk" meeting. Pick a location to meet and then "walk-and-talk".
2. Take the stairs instead of the elevator.
3. If you take the bus or train, get off one stop earlier and walk.
4. Park as far away as possible from the office to get some extra walking in.
5. Take a brief break from the computer every two hours. Stand up and do some simple stretches to relax the muscles in your arms, back and neck.
6. Starting an employee activity club (e.g., walking, bicycling)

For more information on tips for Worksite Wellness, please contact: Kerry Ewald, 303-358-4096 or ewaldk31@yahoo.com.

For more information about LiveWell Colorado Community Initiatives, visit www.livewellcolorado.org.

LiveWell Wheat Ridge is funded by LiveWell Colorado, a non-profit committed to reducing obesity in Colorado by inspiring healthy eating and active living.

You can sign up for Applewood Business Association meetings, get the latest membership directory information and other important information on the ABA Web site? Go to www.applewoodbusiness.com

If you sign up to be the 5-minute spotlight speaker for an upcoming meeting, ABA will feature your business in the Newsletter for FREE.

A sign up sheet will be available at the monthly meeting;

OR for more info or to sign up, email Lillian.Phillips@greatwesternbank.com.

MISSION STATEMENT

The ABA is dedicated to the promotion, expansion and development of its members by providing services that directly aid, support and promote their business and by expressing and supporting common goals of protection, identity and growth of Applewood businesses and the community.

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*The ABA is a partnership of community-minded business persons
working together to improve the quality of life in our community.*

Applewood Business Association
P.O. Box 5177
Wheat Ridge, CO 80034



