



# APPLEWOOD

## LEAFLET

www.applewoodbusiness.com

OCTOBER 2009

### 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

#### 1<sup>ST</sup> VICE PRESIDENT

Jennifer Williams  
Buzz 4 Help, 303-828-7917

#### 2<sup>ND</sup> 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

Steve Lowers, Lowers  
Hardwoods, 303-205-9663

Marla Swanson, WilLiv Center  
303-232-2143

### 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](http://www.applewoodbusiness.com).

#### New Members

Steve Basler - State Farm Insurance, 3994 Youngfield, Wheat Ridge, CO 80033, 303-421-8300, [steve@helpingprotectyou.com](mailto:steve@helpingprotectyou.com), [helpingprotectyou.com](http://helpingprotectyou.com)

Cheryl Holmberg - Clear Creek Rock House, P.O. Box 1256, Idaho Springs, CO 80452, 303-567-4950, [cheryl@clearcreekrockhouse.com](mailto:cheryl@clearcreekrockhouse.com), [clearcreekrockhouse.com](http://clearcreekrockhouse.com)

Kendrick Jahn - Colorado Housekeeping Services, 7651 W. 41st Ave, Wheat Ridge, CO 80033, 303-423-6406, [kjahn@coloradohousekeeping.net](mailto:kjahn@coloradohousekeeping.net), [coloradohousekeeping.net](http://coloradohousekeeping.net)

Mo Lukens - Mo's Family Portraits, 1518 Washington Ave, Second Story, Golden, CO 80401, 303 273-0477, [mosportraits@hotmail.com](mailto:mosportraits@hotmail.com), [mosportraits.com](http://mosportraits.com)

#### Renewed Members

Rick Bender - Denver Tux

Bill Blandon - Kullerstrand Elementary School

Lori Bush-Engel, Individual Member

Bob Conner - Schulhoff Tree & Lawn Care

Scott Feavel - Ecographics Inc

Connie Nelson - Wheat Ridge Recreation Center

Jennifer Zertuche - First Bank of Wheat Ridge

**Fall into Fitness --** You have no doubt felt the chill in the air indicating fall is here. Fall is a great time to start because you're going to create good habits for the holiday season and the upcoming winter months. Here are some great ideas to "fall into fitness":

**\*Get outside.** Take advantage of the cooler weather and take a walk outside. Fall is the perfect time of year to see the Aspens change.

**\*Try something new.** Check out some new classes like Yogalates, which is a mix of yoga and Pilates or Zumba which is a Latin dance class. These classes and others can be found at your local recreation center. **\*Be an active TV watcher.** If you're going to sit down and watch hours of TV such as a football game or the World Series, while you watch, you can walk or run in place and do standing lunges. During commercials, do push-ups or sit-ups or get outside and take a short walk. For more tips for Worksite Wellness, please contact: Kerry Ewald, 303-358-4096 or [ewaldk31@yahoo.com](mailto:ewaldk31@yahoo.com). For more info about **LiveWell Colorado Community Initiatives**, visit [www.livewellcolorado.org](http://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.

### ABA After Hours Early Trick or Treat

**When:** Wednesday, October 28<sup>th</sup>

**Time:** 4:30 to 7:30 P.M.

**Where:** Denver Tux 2680 Youngfield Street

**Hosted by:** The Food Guy, WilLiv Center and Denver Tux

**RSVP:** October 26<sup>th</sup> to [rick@denvertux.com](mailto:rick@denvertux.com)

Spectacular Food, Sumptuous Libations, and Spontaneous Networking

### Business Education Series Events

**Topic:** Issues in Employment Law

**When:** Tuesday, Oct. 13th 8:30-11:00 a.m.

**Where:** Buck Recreation Center, Littleton

**About:** How to Avoid Liability. Presented by Michelle Magruder; Carns, Nemecheck & Cagruer, LLC

**Register:** [www.regonline.com/getrefreshed](http://www.regonline.com/getrefreshed)

**Cost:** \$25(includes breakfast)

**Information:** 303-271-4601

**Upcoming Events hosted by  
Cooper Swenson, Financial Advisor and  
Edward Jones, member SIPC:**

### Cutting Through the Noise Broadcast: Market Update Step-by-Step Guide

October 20th, 5:30 PM. At Coopers Office, 14142 Denver West Parkway, Bldg 51 Ste 170, Lakewood, CO 80401, 303-278-0733

### Family Matters with Long-Term Care

October 21st, 11:30-12:30 Lunch included. Location TBD.

Please RSVP to Kim at 303-278-0733.

### Open House & Ribbon Cutting

Join us as we welcome Steve Basler, State Farm Insurance Agent into the Applewood Business Association and into his new offices at 3994 Youngfield St. in Wheat Ridge (right at the new light on Youngfield)...come and check out their new offices and welcome them to the Applewood community.

**Date:** October 12<sup>th</sup> **Time:** 3:30 p.m.

## 5-MINUTE SPEAKER

Marla J Swanson has degrees in psychology, sociology, and holistic health. She was employed as a Probation Officer III for the State of Colorado in Golden, CO. She left her career to stay at home and raise her children, Olivia and William, not thinking that several years down the road she would be going through a divorce in Jefferson County. However, she did have that opportunity after 20 years of marriage and what she found is that there is NO help for "middle class" moms who find themselves in difficult situations because of divorce. Marla ended up representing herself in her divorce hearing, which lasted 20 hours. During this process, she decided to start a non-profit, named after her children, The WillLiv Center. Commissioner Kathy Hartman says, "The WillLiv Center is an economic asset for Jefferson County". The main goal is to keep these moms and children from sliding into poverty because of a divorce. Fundraiser on Friday, 12/4/09 at 7pm at the Buffalo Rose in downtown Golden with the Jim Hyatt band.

## PROGRAM SPEAKER

Come hear internationally acclaimed corporate trainer/author, Randy Ferguson, present profound insights & breakthrough tools that have transformed lives around the world. Come prepared to rekindle potential in you & your business in different (not bad) economic time.

- \* discover how to drastically reduce overwhelm & stress, regardless of conditions
- \* discover how eliminating fear dramatically enhances your field of opportunities
- \* discover how to restore a sense of control over even your greatest challenges
- \* discover how to literally dismantle procrastination & restore your enthusiasm.

## **ABA GENERAL**

### **MEMBERSHIP MEETINGS**

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

#### **LUNCH 11:15 AM, WEDNESDAY, October 14th**

Location: Holiday Inn, Denver West, 14704 W. Colfax

Cost: \$18.00

Speaker: Randy Ferguson, LCA Project

About the Program: **Fearless Business, Thriving In Times of Accelerating Change**

5-Minute Spotlight & Door Prize: Marla Swanson, Williv Center

#### **BREAKFAST 7:15 AM, THURSDAY, November 12th**

Location: Holiday Inn, Denver West, 14704 W. Colfax

Cost: \$15.00

Speaker: Carol Frank, "Do As I Say, Not As I Did" Author

About The Program: **Principles For Prolonged Prosperity**

5-Minute Spotlight & Door Prize: Jared Caruso, Caruso Kitchens



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](http://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 Leaflet 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](mailto: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

