



# BUSINESS AND PROFESSIONAL WOMEN NORTHWEST METRO

**NEWSLETTER**  
**January 27 2016**

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## **Mission Statement**

To promote development, economic self-efficiency, community awareness, and legislative support for all women in the Northwest Metro area.

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**NEXT MEETING: Wednesday, February 3, 2016**

**Corona's Mexican Grill**  
**7617 West 88<sup>th</sup> Ave.**  
**Arvada, CO 80005**

(At the North end of the Mission Commons Shopping Center, NW corner of 88th and Wadsworth)

**6:00 pm – Networking/Dinner**

I just would like to remind everyone that our meetings begin at 6 p.m. We spend the first half hour ordering dinner and networking

**6:30 pm – Meeting Begins**

**PROGRAM:** Discover your style profile

Our presenter for February is Dana Lynch, a small business owner in Arvada who does consulting of style and image. [Discover Your Style Profile with Elements of Image](#). Dana helps professional women develop a fashion and style profile that is versatile, affordable, and fun to explore. As a client, you can expect complete honesty and objectivity from Dana, delivered in a friendly, tactful way. Over the past 10+ years Dana has been in business, she has worked with professional women helping them create wardrobes that help them feel confident and create ease and more success in their lives.

**Service Project:** We will be collecting plastic bags at every meeting to give to the Arvada Food Bank.

**FUTURE PROGRAMS, BPW NW METRO**

March 2, 2016 – we will have a speaker from the Mother's Milk Bank.

April 6, 2016 – the women of the Westminster City Council will join us.

## UPCOMING LOCAL EVENTS – You Need to Know

### January, 2016

By the time this newsletter is distributed in January, the BPW Colorado Mid-Year Conference would have met for the 2016 Legislative Conference and Mid-Year Board Meeting. The purpose of this annual legislative conference meeting according to our bylaws is to plan and further the work of state organization. At the annual mid-year meeting of the board of directors, verbal reports of officers and committee chairs are received. The legislative chair presents to the membership legislation affecting women. Membership at the conference will vote for giving official support by BPW Colorado to particular bills.

### February, 2016

**RESURRECT THE SUFFRAGETTE—February 7, 2016, 1:00-5:00 p.m.**

Jefferson Unitarian Church, 14350 W. 32<sup>nd</sup> Ave., Golden.

(Please note the change of date from the originally planned date of Jan. 17.)

BPW Northwest Metro is one of the sponsors of the **Resurrect the Suffragette High Tea Social and Movie** on **Feb. 7**, 1:00-5:00 p.m., at Jefferson Unitarian Church, 14350 W. 32<sup>nd</sup> Ave., Golden. The movie *Iron-Jawed Angels* will be presented, followed by a High Tea Social. Ladies wearing Suffragette attire (mid-1800s through early 20<sup>th</sup> century) will be entered into a drawing to win a gift certificate to the Briarwood Inn in Golden. Registration information will be available soon.

## OUR NEWS -- BPW NW METRO

### CHAPTER CALENDAR

BPW NW Metro monthly dinner meetings are held on the first Wednesday of the month.

Join us at 6:00p.m. at Corona's Mexican Grill, 7617 West 88<sup>th</sup> Ave, Arvada, CO 80005 (At the north end of the Mission Commons Shopping Center, NW corner of 88<sup>th</sup> and Wadsworth)

- February 3, 2016
- March 2, 2016
- April 6, 2016
- May 4, 2016

Your participation, large or small is welcomed and valuable because it's true, together we are powerful and together we can do amazing things. Join us in growing stronger and intensifying our impact.

### KING SOOPERS grocery certificates for BPW NW Metro fund raiser

To support our ongoing fundraising, purchase King Soopers grocery certificates through Mary Lindsey. Tell her how much money you would like on the card. Contact Mary via email: [marylindsey07@gmail.com](mailto:marylindsey07@gmail.com) or call 303-907-4463

### NEWSLETTER

The BPW NW Metro Newsletter is distributed electronically a week prior to the upcoming business meeting. We welcome your input to the newsletter. Please submit articles to Cathy Futch, [cathy.futch@comcast.net](mailto:cathy.futch@comcast.net), no later than 10 days prior to the next business meeting date to ensure your announcement(s) are shared in the newsletter distribution. (Business meetings are held on the 1<sup>st</sup> Wednesday of the month).

## 60 YEARS IN 2016 – BPW Northwest Metro

Be thinking about ideas for celebrating our local chapter turning 60 in 2016. For sure anyone with articles or archiving material, please share what you have. Looking forward to commemorating!

## BPW COLORADO

For meeting notices and events from the other state chapters, you are encouraged to go to the website: [www.BPWcolorado.org](http://www.BPWcolorado.org)

A lot is happening with BPW. We are more powerful because we are able to think and act locally, nationally, and internationally. You are now connected with some of the most incredible female leaders in the world through Business and Professional Women.

CWEF. The Colorado Women's Education Foundation...empowering Colorado women through education. <http://cwef.org>. Members of the CWEF Board of Trustees: Deb Fischer, Barbara Ford, Nancy Litvak, Karen McGee, and Colleen Miller. CWEF is a 501(c)(3) nonprofit providing scholarships to high-achieving Colorado women of non-traditional student age working for economic self-sufficiency through education.

## EPW. Enterprising and Professional Women – USA

Nine BPW Colorado members attended the conference in Albuquerque. **Join me in celebrating and congratulating Megan Shellman, BPW Boulder, for being elected to the office of EPW-USA 1<sup>st</sup> Vice President!** The BPW Colorado members were recognized for their attendance and their recent reconnection with BPW International and EPW-USA. It was an incredible event that left us with inspiring "to-do" lists.

Held only every 2 years, this conference is an excellent opportunity for new and existing members to be fully updated on our organization's activities and to gain inspiration, collaboration, friendships and great take home value on the "Leaders Summit" topics of business, health and wellness tips, advocacy updates, and more.

Leaning *in* and Leading - Building Bridges to Success was the title for the 4<sup>th</sup> Biennial General Assembly Conference held January 15-16, 2016 in Albuquerque, New Mexico. On Friday attendees had a session about BPW International & EPW-USA history, structure, governance, committees, United Nations, meetings and events, and Congress. On Saturday at the EPW-USA General Assembly election of officers, by-laws amendments, and budget presentation were held. That evening during a candle-lighting ceremony, awards and installation of officers were conducted.

## **Links:**

Business and Profession Woman Colorado: [www.BPWcolorado.org](http://www.BPWcolorado.org)

Enterprising and Professional Women – USA: [www.epw-usa.org](http://www.epw-usa.org) EPW has a Facebook page that people should "like."

BPW-International: [www.bpw-international.org](http://www.bpw-international.org)

BPW Colorado is working to build support for the Healthy Workplace Bill that will help ensure the elimination of workplace bullying and mobbing. To learn more about workplace bullying and this effort at the Workplace Bullying Institute Website located at: [www.workplacebullying.org](http://www.workplacebullying.org)

CEDAW stands for the Convention on the Elimination of all forms of Discrimination against Women. Information can be learned about this effort from the following website located at <http://citiesforcedaw.org>

## Colorado Caucus 2016

March 1, 2016, 7:00 p.m. (for specifics, contact your party's county headquarters)

Attend and vote at your political party caucus on March 1, 2016. Vote is a verb to express your voice, a formal indication of a choice. Caucus is the 1<sup>st</sup> step to nominating candidates and selecting delegates. Have fun and enjoy the process!

Find your Senator, Representative

**US House and Senate**

<http://www.contactingthecongress.org/>

Colorado Legislature

<http://www.leg.state.co.us>