



ATL Foundation News

Issue 10 , November 2010

LUCK.....

...good luck, luck of the draw, push one's luck, out of luck.. Webster says that luck is a force that brings good fortune or adversity, the causal events or circumstances that operate for or against an individual.

When we learn of a friend's illness or poor health, it is often hard to wrap our mind around why it happened to her. In many instances, good or bad health seems to be out of our control, a matter of luck.

Another kind of luck may be having resources to deal with whatever circumstances befall us: the luck of having insurance coverage or the luck of having personal financial reserves to cover all our health care expenses. Realistically though, many, many in our community do not have this kind of luck. Many do not have jobs that offer insurance benefits. Many do not have high paying jobs with the potential for saving enough money for catastrophic illnesses.

And that is why you and the ATL Foundation are lucky! Together we are able to provide short-term financial assistance to those in our community who are dealing with a debilitating health crisis. With dedication and generosity, we are able to gather funds that can help women such as these:

"Donna" has had four heart surgeries because of an inherited cardiovascular condition. Though she is on disability, she has not had enough money to get through the rehabilitation process following each surgery. She does not have money for food. She needed money for public transportation to a rehab pool and enough money to buy a swimsuit so she can do her pool exercises.

"Jan" has had complications of diabetes. She eventually was able to return to work and loves her job, but when her knee became too painful to stand at work for two weeks, she had to stay home with no sick leave or pay. She got behind on her rent.

"Gina" is self-employed in financial services. Although her thyroid cancer was very treatable, the surgery and recovery time left her short of income to pay her rent.

"Linda" was young and always healthy. The diagnosis of a brain tumor was devastating. She had quite a lot of support from her family and friends, but she needed to move to an apartment closer to the hospital so she could undergo daily treatments.

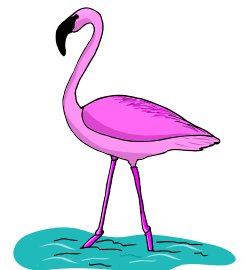
"Cheryl's" partner died quite unexpectedly, leaving Cheryl with only one income, and her work was intermittent. She struggled for about a year to make ends meet. Then she, too, passed away prematurely. Her son had no way to pay for her cremation.

"Sally", a 59 year old Home Depot worker, noticed she was having trouble reading the labels on the supplies she stocked at the store. (She worked as many hours as they would allow, but still too few to have insurance benefits.) She figured she just needed her eye glass prescription updated. She was surprised when she was told she had cataracts on both eyes. The eye doctor said she could not drive or work because she would be a danger to herself or others. She would lose her job and her apartment shortly without cataract surgery, but she had no means of paying for that.

"Terri" is a private in-home care-giver for an elderly couple. She became seriously ill and was treated for a bowel obstruction. While in the hospital, it was discovered she also had lymphoma. Unable to work, she could not pay her rent or the co-pays needed for her medications.

Without immediate help, many of these women would lose the roof over their heads, incur large penalties on their past due rent, lose their jobs, or be unable to get medical treatment. There are few resources for help that don't have long administrative processes or restrictions on the type of conditions they will consider for help.

Luckily, because of donors like you, each of these women was able to apply for and receive immediate assistance from the ATL Foundation.



The ATL Board Members: **Holly Sahud** -President, **Becky Moore** -Vice- President , **Sue Boynton** - Treasurer, **Karen Jessey**- Secretary, **Becky Brinkman** - Grant Coordinator, **Margaret Burd**, **Nancy Fritsch**, and **Mary Fischer** .

Friends of the Flock

Friends of the Flock is the ATL Foundation's sustained giving program, the cornerstone of our fundraising. It is a way to support the organization without going to an event. For as little as \$25/month you can become a part of Friends of the Flock. These donations all add up and can make a big difference in a woman's life.

For more information as to how you can make a difference please visit our website at www.atlffoundation.org or contact Karen Jessey at 303-741-6181.

And many thanks to our current "Flock"!

Sue Davidson & Barbara Liedloff
Kevin Peterson & Thom Hanson
Jean Berg & Kim Kaiser
Nancy Fritsch & Sue Boynton
Paula Walker & Gayle Dumonceaux
Margaret Burd & Becky Brinkman
Ken Jensen
Jan Autrey & Marianne McCollum
Holly Sahud & Vali Kennelly
Rex O'Neal
Sandra North
Melody Jones
Cindy Joos & Judy Armbruster
Barbara Shirley
Karen Jessey & Jules Armstrong
Bonnie Olson & Carol Lord
Wendy Greenberg
Terry Teeter & John Barker
Al Segal



You make a difference and we appreciate it!!!



If you received this newsletter via the US Postal Service then you are already on our mailing list. However, we are starting to use more e-mail messages as a way to cut costs and keep everyone informed. So, send us your e-mail address at: ATL_Events@earthlink.net And we will add you to our e-mail mailing list (not to worry - we won't share your address with anyone).



**Mark your
Calendar**

Plan to join us for

Bowling

**Saturday
November 13th, 2010**

Details and
Registration at
www.ATLFoundation.org



Golf event at Arrowhead -
(from left to right) Judy, Laura, Sara, and Sally

A very special Thank you

The ATL Foundation wants to extend a very special thank you to the organizations who have supported ATL in 2009-2010. DeDe Frain and Babe's Around Denver Cere Foundation
Open Door Fund through the Community Foundation in Boulder.
THANK YOU!

Bon Appétit! **ATL Cookbook In the Works**

Calling all cooks, ("closet" & otherwise)! It is time to feed the flock.

Over the next few months, the ATL Board is going to put together our family cookbook and of course we need your help. Please send us your favorite "family" recipes. We plan to have categories including some of the following:

- Hors d'oeuvres/Finger Foods
- Snack Time
- On the Side
- Soups
- Gluten-Free Goodies
- On the Grill
- Breakfast & Brunch
- Holiday Favorites
- Low Fat/Low Calorie
- Quick 'n Easy
- International Flavors
- Vegetarian Favorites
- Pasta, Beans, & Rice
- Oven Delights
- Crock Pot Favorites

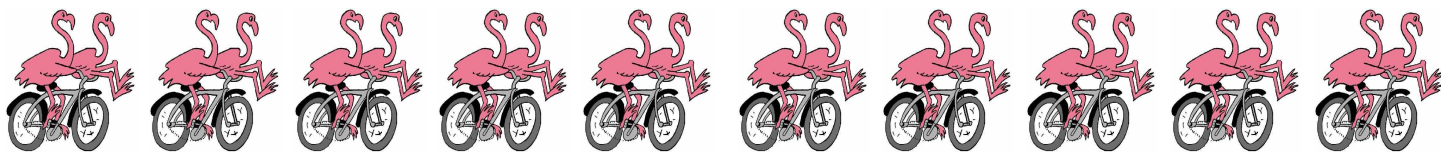
And more depending on what you send us!



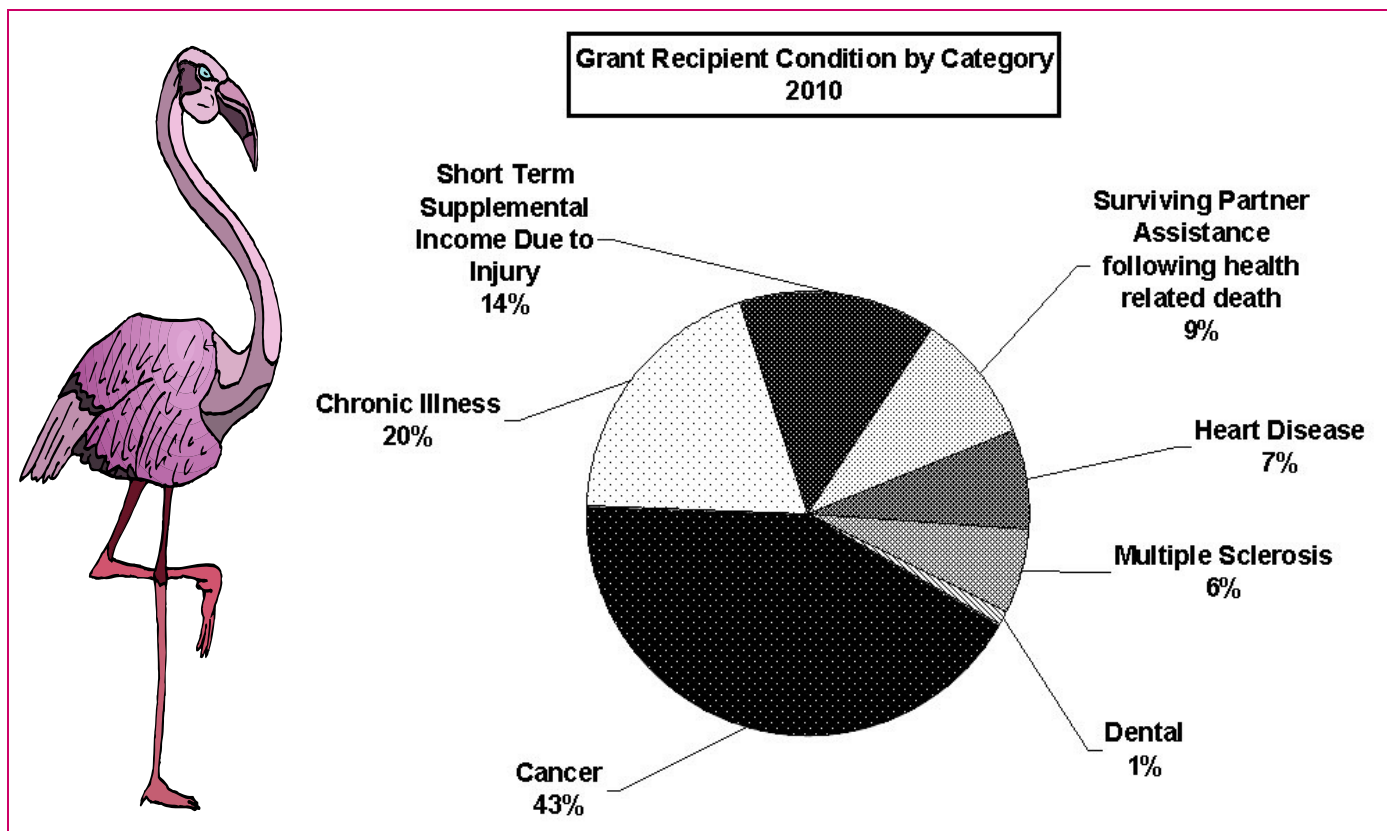
Have fun and be creative with your entries. In general, we plan to print what we get from you all, but a cookbook with 10 recipes for potato salad would not be very interesting, so we reserve the right to pick one.

Guidelines:

- You can include recipes from books, magazines, newspapers, websites, other books unless the recipe is trademarked, such as Flamingo®Brownies.
- Send your recipes via email, U.S. Postal, or fax.
 - atl_events@earthlink.net
 - Fax: (303) 429-4171
 - US Mail: ATL Foundation
PO Box 740985
Arvada, CO 80006-0985
- You can send a paper copy, a pdf, a copy handwritten in ink, an email with the recipe copied into the text, or fax a copy.
- You will be recognized as the contributor of the recipe – so include how you would like to see your name in print.



In loving memory of Linda D'Orio



Artemis Adventures

Artemis Adventures is the brain child of Missy Caldwell, which provides outdoor activities for lesbians throughout Colorado. Artemis was the goddess of the wilderness and animals.

In August 30 women joined them in the Pikes Peak National forest for a weekend camping trip. First a "meet and greet" followed by games, and they finished with a feast on Sunday morning. Multiple activities were enjoyed throughout the weekend.

At their last outing a percentage of the proceeds went to the ATL Foundation.

Check the webpage for upcoming events.

This winter's skiing dates will be announced later.

Please support those who support the ATL Foundation.



ATL supporters after the Golf Event
(L to R Back row): Dee, Cyndi, Debbie, and Thelma.
Front row: Nancy, Joni, Sue, Martha and Kathi.

Make a donation to the ATL Foundation today.

Simply cut along the dotted line and mail this slip, and your payment preference to:

ATL Foundation
P.O. Box 740985
Arvada CO 80006-0985

(note: all donations are tax deductible)

Method of Payment ☐ Check enclosed
\$ _____ ☐ Visa
Amount _____ ☐ MasterCard

Name _____
Address _____

Phone _____

Credit Card # _____ V-code (3 or 4 Digit on back of card) _____ Exp. date _____
Signature _____



2010 GOLF TOURNAMENT A HUGE SUCCESS FOR ATL!

It was a glorious day for golf on Friday afternoon, August 27th, at Arrowhead Golf Course. The generosity of our sponsors and 111 golfers made this the largest fundraiser for ATL in 2010 (complete list of sponsors on page 6 of the newsletter).

Golfers were greeted with a box lunch and a goody bag. After 18 holes of golf and free snacks and beverages from the beverage cart, there was a reception with heavy appetizers, cash bar, and announcements of winners.

Arrowhead G.C. was named “#1 Most Scenic Golf Course, Public or Resort” by Avid Golfer magazine in 2008. Their course motto is “All Inclusive. All the Time. All Arrowhead.” The course provided a great experience for all of the golfers that day, and most of us witnessed a variety of wildlife on the course. ATL is truly grateful to our sponsors, volunteers, and golfers for making this a memorable event. We can promise that the money raised will go to women who truly need it.



Thank You !!!! Thank You !!!!

Without the generous support of the companies, and special individuals, listed below, our golf event would not have been anywhere near the success we had this year. We had a little "mix-up" at the golf course and many of you did not see the sponsors signs of those listed below. Please let these companies know you saw them in the ATL newsletter and give them your support and your business.



- Magpie Telecom Insiders, Inc. - Margaret Burd - 303.453.8330
- The Law firm of Faegre & Benson LLP-303.447.7700
- Dr. Tamara Herremans DDS - Family and Cosmetic Dentistry - 303.984.1400
- State Farm Insurance Agent - Sue Boynton - 303.948.2905,
- State Farm Insurance Agent - Barb Horst - 303.321.9560
- State Farm Insurance Agent - Helen Wagner - 303.442.7844
- Sheridan Park Chiropractic - Dr. Nhu Trieu & Dr. Becky Brinkman - 303.429.4104
- Centennial Leasing and Sales - Lynn Castelo - 303.231.2121
- Brinker Capital Investments - Glenda Pemble - 877.322.3780
- Allstate Insurance Agent - Rebecca Martens - 303.774.9898
- Ameriprise Financial -Amy Berk & Dave Burch - 303.478.2484
- Alaris Properties, LLC - Carrie Maul - 303.526.7400
- The Law firm of Ambler & Keenan, LLC - Erica Johnson - 303.407.1542
- Pilates Movement for Life - Cindy Freeding - 720.260.7697
- Wealth Strategies Group - Karen Jessey - 303.741.6181

ESTATE PLANNING LAW FIRM

**AMBLER & KEENAN,
LLC**

Call us today!
(303) 407-1542

Kathleen Heiney of Linc Golf & Wellness - 303-380-7175
Thank you Kathleen for hosting the complimentary Chipping & Putting Clinic prior to our annual golf tournament. Everyone had a wonderful time and you helped all of us tighten up our short game! Your continuous support it sincerely appreciated! www.linc2success.com



Brinker Capital



**SHERIDAN PARK
CHIROPRACTIC**



**Wealth
Strategies
Group**

Rebecca Martens, LUTCF
303-774-9898
Longmont
RMartens@allstate.com



Allstate
You're in good hands.

© 2009 Allstate Insurance Company allstate.com





2010 KSL Update

On July 17th the 7th annual **KSL Ride to Pine** started at Her Bar. The new starting point worked

great. Jody B and her staff put out a huge pancake breakfast with all the fixings. Good friends, great time and we hadn't even left for Pine.

Almost 60 supporters were in attendance and 35 bikes; support from the Rocky Mountain Colorado Dykes on Bikes, Low Riders from Fort Collins and Todd (Trail boss) from the Rocky Mountaineers showed up just to give us a check.

The weather in Pine was excellent. The BBQ was served while Kevin Ahr, Lisa's brother sang and picked his guitar. Prizes and the silent auction were very successful. Sorry to say, Shelvis's mother, who was her inspiration, died before our event, so she wasn't able to entertain us this year. KSL would like to express our deepest sympathy, and we hope to see Shelvis back next year.

Even with this year's challenges, we raised almost \$3000. Thanks again to Jody's staff. If you haven't been by Her Bar since the patio and grill opened, stop in and check the menu. We would love to thank everyone who helped make the 7th annual ride another success, up and down the hill. Please commit now to making next years' event bigger than ever. Everyone bring someone new next year.



Thank you

Friends and advocates who have helped women in need find us and fill out the necessary forms for assistance. And to EVERYONE who contributes to, or participates in our fundraising efforts, we do sincerely thank you!

Lets Go Green

ATL now offers electronic delivery of upcoming events and invitations. We would like to reduce our carbon footprint by reducing as much hard copy communication as possible.

Help us in our little way reduce waste and sign up for e-delivery on our website today.

Simply add your email address to the "Go Green" section of the ATL website.

www.atlffoundation.org

Thank you for your support!





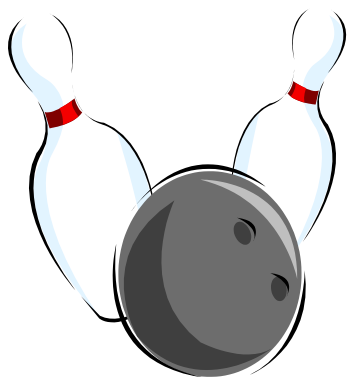
ATL Foundation
P.O. Box 740985
Arvada, CO 80006-0985



*"Giving a Lift
To Women in
Need"*

A Colorado 501(c)3 Non-profit corporation

Don't miss the Annual



ATL BOWLING Event

Saturday Nov. 13, 2010

Details and
Registration at
[www. ATLFoundation .org](http://www.ATLFoundation.org)

