# Netro North your regional business powerhouse Chamber of Commerce

The Messenger • March 2010





2921 W. 120th Ave., #210 Westminster, CO 80234 303.288.1000 www.metronorthchamber.com

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# Metro North Chamber 2010 Annual Gala

## Making a Difference in Your Community!

The Metro North Chamber hosted the Annual Gala and Silent Auction event on Friday, January 29th at the Westin Westminster. The event was a celebration of a new year of opportunity and hope, recognizing the achievements of outstanding businesses, and honoring individuals for their unyielding service and leadership.

The Metro North Chamber membership and community makes events and programs such as the Annual Gala so successful and further promotes the strong partnerships and regional goals we share.

We were honored to have Governor Bill Ritter, Jr. provide welcoming remarks for the evening and joining us were U.S. Senator Mark Udall and U.S. Congressmen Ed Perlmutter and Jared Polis.

The Metro North Chamber is made a stronger organization through individuals and businesses that serve the community with humility, leadership, and service. At the Gala, the Chamber was able to recognize these extraordinary people and businesses that have made a difference in our community and in our lives. These individuals are selflessly committed to bringing a level of service that lies far beyond the call of duty. Their impact is represented through an intangible factor that they bring to a product, a service, or even a business that would otherwise be

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dismissed as nothing more than ordinary. It is this intangible factor that was represented in a national, bestselling book by Mark Sanborn after he experienced firsthand the "Fred Factor." The Chamber was privileged to recognize those in our community that represent the Fred Factor in their business and in their character. The Metro North Chamber Be

Metro North Chamber Board Members each nominated a Fred within the community who has transformed the ordinary into the extraordinary; we were honored to celebrate these individuals that night. Please see page three for a list of these honorees.

The Annual Gala & Silent Auction provides the venue to celebrate and honor several of our members for their time, dedication and service to the Metro North Chamber and our community. These individuals have proven to be outstanding business people, strong leaders and dedicated to the Chamber and the Metro North region.

The Small Business Person of the Year was awarded to Terri Fisher of 5 Star Talent & Entertainment, Inc. Terri best represents entrepreneurial spirit and has shown outstanding sup-





port to the Chamber and its membership. Terri has worked with the Chamber on every event for the last nine years, lining up entertainment and always creating a magical experience. 5 Star Talent and Entertainment was voted #1 Best Entertainment on Channel 7's A-List team in 2008 and third place in 2009. As President of 5 Star, wife, mom and grandma to eleven grandchildren, her days are filled with creating excitement, non-stop events and activities. Terri has exciting plans to take her entertainment company to "the next level" in 2010.

The Leadership Person of the Year was awarded to Andy Ellison of Mountain View Bank of Commerce. Andy has demonstrated exceptional leadership throughout the Metro North *Continued on page 2* 



Remember to shop and buy locally in support of your community and Metro North Chamber Businesses.

Join the Chamber today!

## MAJOR CHAMBER INVESTORS

Benefactors:





## Metro North Chamber 2010 Annual Gala Continued from page 1

region and within the Metro North Chamber. Andy Ellison is the President and CEO of Mountain View Bank of Commerce, a community bank in Westminster. His banking career spans over more than 20 years with various institutions in Colorado. Andy has been an active member of the Metro North Chamber Board of Directors for more than four years. He has also been an active member of the Leadership Advisory Board since graduating from the Leadership program in 2005.

The Business Person of the Year was awarded to John Schenden of Pro Chrysler Jeep Dodge. John has shown an outstanding commitment and service to the Metro North region and the businesses located within it. John is the President and Owner of Pro Chrysler Jeep Dodge and a former board member of the Metro North Chamber of Commerce. John has actively supported the Metro North Chamber Leadership Program and is a strong supporter of all Chamber events. He has led Pro Chrysler Jeep to many honors and accomplishments throughout his ownership. In 1997 his dealership became the first Daimler Chrysler 5 star dealership out of 4,000 dealerships nation-wide. They were also named Colorado's "Quality Dealer" by Time Magazine, and National Automotive Industry Dealer of the Year by Finance and Insurance Magazine.

The Outstanding Chamber Partner of the Year was awarded to Hyland Hills Park & Recreation District. Hyland Hills Park & Recreation District has made an outstanding commitment of time and dedication to the Chamber community and members we serve. Hyland Hills Park and Recreation District has been an integral part of the Metro North community since the mid-1950s. This community gem is overseen by a distinguished 5-member Board of Directors: Don Ciancio II; Sarah Heil; Bob Landgraf, Jr.; Roger Gudenkauf;



From left: Howard Gelt, Attorney of Polsinelli Shughart; Terri Fisher, 5 Star Talent & Entertainment, Inc.; Deborah Obermeyer, CEO of the Metro North Chamber; and Todd Steward, CEO of North Suburban Medical Center, presenting the "Small Business Person of the Year" award to Terri Fisher of 5 Star Talent & Entertainment.



From left: Andy Ellison, President of Mountain View Bank of Commerce is receiving the "Leadership Person of the Year" award from Paul Ludwig of Suncor Energy and Executive Board Member for the Metro North Chamber.



From left: Howard Gelt, Attorney of Polsinelli Shughart; John Schenden, Owner/President of Pro Chrysler Jeep Dodge; Deborah Obermeyer, CEO of the Metro North Chamber; and Todd Steward, CEO of North Suburban Medical Center, presenting the "Business Person of the Year" award to John Schenden of Pro Chrysler Jeep Dodge.



The Metro North Chamber Board of Directors presenting the "Outstanding Chamber Partner of the Year" award to the Hyland Hills Park & Recreation District for their outstanding commitment of time and dedication to the Chamber community.

Mark Whitney; and Executive Director Greg Mastriona.

Providing decades of service, growth and partnership with the Metro North Chamber, Hyland Hills has provided ongoing sponsorship of the annual golf tournament - one of the



From left: Howard Gelt, Attorney of Polsinelli Shughart; Deborah Obermeyer, CEO of the Metro North Chamber; and Craig Carlson, Carlson and Carlson who received the Past Chair Award.

Chamber's largest annual fundraisers, and has hosted several Business After Hours events at facilities such as Water World, the Ice Centre, and Adventure Golf & Raceway. They have participated in the Chamber Leadership program on several levels and continually provide ongo-



Metro North Chamber staff (from left): Shiley Johnson, Deborah Obermeyer, Joni Broadfoot, Dan Noreen and Amber Kirchmer are celebrating at the Annual Gala.

ing sponsorship of the Annual Gala.

The Past Chair Award went to Craig Carlson of Carlson and Carlson. Craig Carlson served as Chairman of the Metro North Chamber for 2<sup>1</sup>/<sub>2</sub> years. Through these chal-*Continued on page 3* 

## Thank You to All Who Supported the 2010 Annual Gala and Silent Auction



## 4 STAR SPONSORS:

Adams County School District 50; Adams County Workforce & Business Services; Associated Agents; Briahton Economic Development Corporation; Brown & Brown Insurance of Colorado; Carver & Associates; City of Brighton; City of Commerce City; City of Federal Heights; City of Northglenn; City of Westminster; Colorado Technical University; Community Reach Center; Denver Merchandise Mart; Donelson Ciancio & Goodwin, P.C.; Everest College; Exempla Good Samaritan Medical Center; Front Range Community College; Hi Country Wire & Telephone Ltd.; Horizons North Credit Union; Hyland Hills Park & Recreation District; MetroNorth Newspapers; Polsinelli Shughart; Pro Chrysler Jeep; Regional Transportation District; Saunders Construction, Inc.; St. Anthony North Hospital; Taggart Insurance: The Children's Hospital; Vectra Bank Colorado; Wells Fargo; Westin Westminster; and Xcel Energy.

## 3 STAR SPONSORS:

Adams 12 Five Star Schools; Adams County Coroner's Office; Adams County Sheriff's Office; Atomic Idea; Bates Law Firm, P.C.; Bellco Credit Union; Citywide Banks – Metro North; Dodge Sign Company; FirstBank of Adams County; Jordon Perlmutter & Co. / Larkridge Shopping Center; Mountain View Bank of Commerce; North Metro

Fire Rescue District; The Orchard Town Center; Total Beverage, LLC; We Work for Health Colorado; and Wiens Capital.

#### SPECIAL THANKS:

5 Star Talent & Entertainment, Inc.; Artistic Flowers & Gifts; Atomic Idea; Dodge Sign Company; Pam Wagner; Snarf's; Swank Audio Visuals; The Gold Hunter; and Westin Westminster.

#### **VOLUNTEERS:**

Chris Ardueser, Blue River Catering & Personal Chef; Chris Broadfoot, Servtech, Inc.; Steve Chevalier, Tri-County Health Department; Ben Clasquin, Quality Connections; Deb Condo, Gift Basket Junction; Chris DelCampo, H2O Doctors, Inc.; Vernon Garding, Garding Home Inspection Services, LLC; Troy Geiser, Carpet Direct; Sharon Gibson, Make It Fly® NW Denver & Foothills; Jim Johnson, Insphere Insurance Solutions; Kristen Judd, LocalEdge Marketing Solutions; Brenda Kerr, J&B Image Promotions; Valorie Ladwig, The Link; Laura Larkin, Benchmark Mortgage; Kristie Leathers, Aflac; Trisha Lindeman, Your Neighbor Magazine; Beau Martin, R.E. Martin Insurance; Stephanie Martin, Carbon Valley Chamber of Commerce; *Continued on page 3* 

## Metro North Chamber *Fred* Award Winners

**Greg Braden, LODO'S Bar & Grill** Nominated by Todd Steward, North Suburban Medical Center

Steve Bobrick, Northwest Parkway Public Highway Authority Nominated by Craig Carlson, Carlson & Carlson

Elizabeth Fuselier, AXA Advisor Nominated by Brad Harvey, Horizons North Credit Union

John Collar, Colorado Bio Science Association Nominated by Dan Goodwin, Donelson Ciancio & Goodwin, P.C.

Ben Martinez, El Jardin Mexican Restaurant Nominated by Paul Ludwig, Suncor Energy

**Bob Loew, Fairfield & Woods** Nominated by Bill Becker, ACED

Brad Taylor, RMB Services, Inc. Nominated by Keith Durbin, Atomic Idea

Gary & Pam Plock, Pinocchio's Italian Eatery Nominated by Raymond Gonzales, Brighton Economic Development Corporation **Robin Sawyer, Re/Max** Nominated by Jerry Flannery and Brittany Morris, City of Commerce City

James & Wendell Phifer, Mission Trace Ace Hardware Nominated by Jack Ethredge, City of Thornton

Dwaine Schmidt, Mapleton Public Schools

Nominated by Andy Dorsey, Front Range Community College

Lauren Bowser, Mountain View Bank of Commerce Nominated by Bob Whitfield, Sr., Hi Country Wire & Telephone

Dana TePoel, Lake Arbor Automotive & Truck Nominated by Andy Ellison, Mountain View Bank of Commerce

Jessica Erickson, Broomfield Economic Development Corporation Nominated by Don Dunshee, Broomfield Economic Development Corporation Hilarie Portell, Portell Works Nominated by Susan Stanton, CLC Associates

Rod Blunck, Adams County School District 27J Nominated by Brian Cohen, Saunders Construction

Tim Matlick, Woodrow Wilson Academy Nominated by Doug Bollman, Taggart Insurance

Karen Smith, Broomfield Community Foundation Nominated by Jena Hausmann, The Children's Hospital

Meline Knago, United Power Nominated by Bob Broderick, United Power

Bob Hughes, Hughes Consulting Services Nominated by Troy Whitmore, United Power

Ben Martinez, Bonefish Grill Nominated by Rob Osborn, Xcel Energy





## **Annual Gala**

Continued from page 2

lenging times his tenure as Chair of the Metro North Chamber helped maintained financial viability and enhance programs. With Craig's leadership we have become an even stronger voice for business at the local, state and national levels. He remains constant in his dedication of representing the region with a unified voice and being a policy-driven organization. Craig was a constant and steady sounding board for Debb and the Board, and was never too busy to jump in and help. It is with deep gratitude that we thank a truly outstanding leader.

The hard work and commitment of the BGA was reflected in the strong attendance of elected officials, which included U.S. Senator Mark Udall; U.S. Congressman Ed Perlmutter; U.S. Congressman Jared Polis; Evie Hudak, SD 19; as well as Scott Prestidge representing U.S. Senator Mark Udall's office and Gina Salazar representing U.S. Congressman Jared Polis' office. From Adams County Government were Commissioners Alice Nichol, Larry Pace and Skip Fischer; Sheriff Doug Darr; Coroner Jim Hibbard; and Treasurer Diane Christner. In attendance from Weld County was Commissioner Barbara Kirkmeyer. Local elected officials in attendance included Arvada Council Member Bob Dyer; Broomfield Mayor Patrick Quinn and Council Members Linda Reynolds and Greg Stokes; Brighton Mayor Dick McLean and Council Members Cynthia Martinez, Chris Maslanik, Daryl Meyers and Wilma Rose; Commerce City Mayor Paul Natale and Council Members Jim Benson,

Rene Bullock, Dominick Moreno and Tracey Snyder; Denver Mayor John Hickenlooper; Federal Heights Mayor Joyce Thomas and Council Members Dick Hutchinson, Sharon Richardson and Pat Willett; Northglenn Mayor Joyce Downing and Council Members Leslie Carrico, Susan Clyne, Carol Dodge and Kim Snetzinger; Thornton Mayor Erik Hansen and Council Members Randy Drennen, Lynne Fox, Mack Goodman, Eva Henry and Val Vigil; Westminster Mayor Nancy McNally and Council Members Bob Briggs, Chris Dittman, Mark Kaiser, Scott Major and Faith Winter. RTD Board Members Noel Busck, Bill Christopher, Lee Kemp and Wally Pulliam; Hyland Hills Park & Recreation District Board Members Donald Ciancio, Sarah Heil, Robert Landgraf, Jr. and Executive Director Greg Mastriona. Adams 12 Five Star School Board Members Mark Clark and Fred Schaefer; and Adams County School District 50 Board Members Vicky Marshall and Kevin Massey.

The Metro North Chamber would like to thank all of the Sponsors, Volunteers and Donators who made this Annual Gala and Silent Auction so successful.

Be sure to mark your calendars for the 7th Annual Mayors' Roundtable which will be held on Monday, March 1st at the Westin Westminster. This event has limited seating so make your reservations today. For more information, please call 303.288.1000 or visit our Web site at www.metronorthchamber.com. Sponsorships are available.

# **Thank You to Sponsors**

Continued from page 2

Michelle Martinez, The Bagel Bakery & Cupcake Shop; Keelan McCamey, Keller Williams Realty Professionals; Franklin Mera, Artistic Flowers & Gifts, Inc.; Renu Poduval, Abilities Massage & Bodywork; Steve Rydin, True Summit Promotions; Jennifer Smolinski, The Bagel Bakery & Cupcake Shop; Kathryn Stewart, Standley Lake Massage Therapy, Inc.; Carmel Tommins, Send Out Cards; Brad Turpin, Tri-County Health Department; Katie Wallace, First Financial Security of CO; Carol Wiltse; and AB&T Body Shop.

## THANK YOU TO COMPANIES THAT DONATED TO THE SILENT AUCTION:

Aar River Gallery, LLC; Abilities Massage & Bodywork; Adams County Sheriffs Office; Aloft Broomfield Denver Hotel; American Furniture Warehouse; Anthony's Splash-N-Dash Car Wash; Arvada Center for the Arts & Humanities; Atlanta Bread Company; Baker St. Pub & Grill; Bates Law Firm, P.C.; BBVA Compass Bank; Benefits & Incentives Group, Inc.; Big City Burrito; Blue River Catering Personal Chef, LLC; Buca di Beppo; Butterfly Pavilion; City of Commerce City; City of Thornton; City of Westminster; CLC Associates; College Nannies & Tutors; Colorado Rockies Baseball Club; Colorado Signworks, Inc.; Comfort Inn Central; Community Reach Center; Creations by Angela, LLC; CU Book Store; Dave & Busters; DB Enterprises; Denver Marriott West; Devereux Cleo Wallace; Dodge Sign Company; Don Ciancio; Donelson Ciancio & Goodwin, P.C.; DoubleTree Hotel Denver; DoubleTree Hotel Denver North; Eldon Passard; Eldorado Natural Spring Water;

Elevations Credit Union; Essential Bodyworks, Inc.; Fit Soldiers, LLC; FlatIron Crossing; Front Range Community College; Gift Basket Junction; Great Scotts Eatery; Hana Matsuri Sushi; Heritage at Todd Creek Golf Course: Hiwan Golf Club: Holiday Inn Express; Home Video Studio; Hyland Hills Parks & Recreation District; Information Systems Integrators, Inc.; Jason's Deli; Jay's Bar & Grille; Kerwin Plumbing, Inc.; La Fogata Mexican Restaurant; Lake Arbor Automotive & Truck; LODO's Bar and Grill; Max Muscle Sports Nutrition; MediSpa; MetroNorth Newspapers; Mile High Fitness; Mobile Memorabilia; Mountainside Fitness; North Suburban Medical Center; Omni Interlocken Resort; Outback Steakhouse -Westminster; P.F. Chang's; Perfecta Salon & Day Spa; Personalized Lazer Designs; Pinnacol Assurance; Polsinelli Shughart; Pro Chrysler Jeep; Odoba Mexican Grill; Red Lion Hotel Denver Central; Renaissance Denver Hotel; Residence Inn by Marriott - Westminster; Rock Bottom Restaurant & Brewery - Westminster Promenade; RTD; Safeway; Scott McInnis - Candidate for Colorado Governor; Senator Mary Hodge's Office; Signs By Tomorrow; Snarf's; Splitz Bowling Center; Standley Lake Massage Therapy; Steve Bobrick; Subway; Suncor Energy; Swingle Lawn, Tree & Landscape Care; TekTrek Computer Services; Texas Roadhouse; The Bagel Bakery & Cupcake Shop; The Gold Hunter; The Inverness Hotel and Conference Center; The Orchard Town Center; The Tradition Kitchen; The Westin Westminster Hotel; Tim Zandee Photography, Inc.; U.S Senator Michael Bennet's Office; United Power, Inc.; Village Tavern; Watersaver Company, Inc.; Yellow Scene Magazine; Younger Brothers Lumber & Construction; and Your Neighbor Magazine



## **CONNECT • ADVOCATE • INFLUENCE**

## Participating Mayors

Mayor Bob Frie, Arvada

Mayor Ed Tauer, Aurora

Mayor Dick McLean, Brighton

Mayor Patrick Quinn. Broomfield

Mayor Paul Natale, **Commerce City** 

Mayor Charles Sigman, Dacono

Mayor John Hickenlooper, Denver

Mayor Joyce Thomas, **Federal Heights** 

Mayor Chad Auer, Firestone

Mayor Eric Doering, Frederick

Mayor Joyce Downing, Northglenn

Mayor Erik Hansen, Thornton

Mayor Nancy McNally, Westminster

## Major Chamber Investors:

**Trustee Level PINN/ACOL** ASSURANCE Colorado's choice for workers' compensation

# 7th Annual Mayors' **Roundtable Event**

**Event Details** Monday, March 1, 2010 7:00 - 9:30 a.m. Westin Westminster Hotel (10600 Westminster Blvd., Westminster)

Please complete registration form and return to Amber Kirchmer by fax at 303.227.1050 or register by calling 303.288.1000 ext. 3 Deadline for reservations is Monday, February 22, 2010

PAYMENT MUST BE MADE PRIOR TO THE BREAKFAST

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COMPANY: CITY:

CREDIT CARD TYPE: [] VISA [] MASTERCARD [] AMEX [] OTHER:

**CREDIT CARD #:** EXPIRATION: [] TABLE/LOGO DISPLAYED - \$750 [] TABLE SPONSOR - \$500 [] [] DC MEMBER - \$30 [] NON-DC MEMBER/CHAMBER MEMBER - \$40 [] NON-MEMBERS - \$45

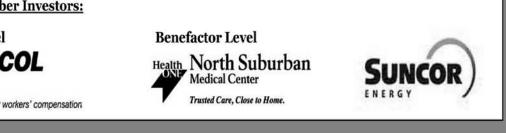
NAME (S) OF ATTENDEES (S): \_\_\_\_\_

NAME:

ADDRESS:

## **SPONSORS TO DATE:**

ACED; Adams County Commissioners; Arvada Economic Development Association; City of Arvada; City of Brighton; City of Thornton; Community Reach Center; Dodge Sign Company; FirstBank of Adams County; Foster Graham Milstein & Calisher, LLP; Horizons North Credit Union; Lake Arbor Automotive & Truck; North Suburban Medical Center; Polsinelli Shughart, PC; Pinnacol Assurance; Pro Chrysler Jeep; Saunders Construction, Inc.; Split Rail Fence Co.; Suncor Energy; Talarico & Associates, Inc.; United Power, Inc.; Wells Fargo



## From The Board

In the face of an international disaster Colorado businesses stepped up to make an immediate difference for Haitian victims of the earthquake. Members of the Metro North Chamber, including The Children's Hospital, leveraged resources to extend their support beyond the borders of our great state.

When communities rally together they can provide an immediate and tremendous impact. While displaced Haitians were working to form new communities to support one another through this tragedy, Metro North businesses came together to provide relief in the form of monetary assistance, medical supplies and



JENA HAUSMANN The Children's Hospital

er volunteer effort that brought these orphans together with their Colorado families.

staff, clothing, water,

temporary shelter, food

Hospital supported a

team of medical staff

who volunteered their time to attend to the

immediate health

needs of orphans being

evacuated from Haiti.

These medical staff not

only provided medical

care but helped a larg-

Children's

and more.

The

It is with pride that I serve on the Metro North Chamber Board and have the deepest respect for the Chamber's on-going work to bring together businesses dedicated to making a difference to our communities.

## **County Spotlight**

The Adams County Workforce & Business Center values its partnership with the Metro North Chamber to foster outreach and collaboration with area business owners and employers. The Workforce & Business Center provides tools that allow employers to maximize efficiency and improve the likelihood of success in

recruiting and hiring new employees. Training offered through the center assists job seekers in becoming well-prepared for the workplace by enhancing their skills and marketability.

Businesses constantly seek a competitive edge and require a workforce with the foundational skills necessary to succeed. The programs offered through the Adams County Workforce & Business Center are designed to focus on job seeker skills and talents to match the right applicant to the right job.

Two new and innovative programs have been introduced to help employers recruit, hire and train the best candidates for their job openings.

Hire Colorado is a program that places eligible individuals in the workplace and pays their salary for up to three months. This allows employers to work with individuals at no cost while determining if they are a good fit and giv-



JIM ROBINSON

County

Administrator.

**Adams County** 

ing the employee the opportunity to learn and hone new skills. At the end of the paid internship, the employer can hire the employee. If that is not possible, the employee can transition back to their job search with new skills, giving them a better chance to obtain employment. For more information about Hire Colorado, call 303.453.8600.

The Career-Ready Colorado Certificate is an exciting new tool that can help employers match applicants to the right job. Whether a job seeker holds a GED, diploma or advanced degree, the certificate can simplify the recruiting and hiring process while saving the employer time and money. The certificate provides written proof of an applicant's employment readiness through a demonstrated and specific level of competency in basic workplace skills. Based on nationally recognized credentialing standards, this certification is concrete proof of an applicant's business-critical skills. Visit Career-ReadyColorado.org for more information on the certificate program.

For information about how to post a job, gain access to training and class information or any of the services provided by the Workforce & Business Center, call 303.453.8642 or ao directly to connectingcolorado.com to post job openings online.

The Metro North Chamber Workers' Compensation Program -Another Benefit of Being an Active Member

## **Proper Techniques to Prevent Back Injuries**

Lifting, reaching, bending, pushing, pulling these simple functions can put employees at risk for back injuries if done improperly. In addition, back injuries can occur when employees are working in the cold, using a computer for extended periods or standing for long periods without a break. Slips and falls are also common causes of back injuries. The good news is that back injuries are very preventable.

All industries, from agriculture to administration, have employees who are at risk. Here are some ways employees can avoid back injuries:

## Workstations

- Provide adjustable workstations and fit the workspace to the employee.
- Design computer workstations and accompanying keyboards that encourage a natural posture.

## Lifting

- Do not carry loads that are too heavy.
- Keep heavy materials close to the work area.
- Ensure that items to be lifted are stored at a level that is between hand and shoulder height.
- Avoid twisting your body when lifting materials.
- Lift with your legs, not your back.

#### Standing

- Encourage employees to wear shoe insoles that cushion the foot.
- Provide cushioned floor mats at workstations.
  Offer sit/stand stools and foot rests so employees can shift their posture.

## Reaching/awkward posture

- Place tools or other items in front of employees, below shoulder height and as close to the employee as possible.
- Position items for the shortest arm reach to avoid over-stretching while reaching up or down.
- Position shared items to accommodate both taller and shorter employees.

#### Pushing/pulling

- Do not push or pull loads that are too heavy.
  Ensure carts, dollies and hampers are in proper working order with wheels that run straight and smoothly.
- Push/pull items along a straight path. Avoid turne, stairs, doors and inclines (if possible)
- turns, stairs, doors and inclines (if possible).
  Clear all pathways of debris and ensure they have dry, even surfaces.

## e General

- Provide regular break periods and encourage employees to stretch.
- Rotate employees to tasks that require different body movements.
- Regularly remind employees of safe working procedures.
   Conduct now bire training, so well as regularly
- Conduct new hire training, as well as regularly scheduled safety training.

#### Resources

Pinnacol offers policyholders a free "Proper Lifting Techniques" poster to help prevent back injuries. This poster is available in English and Spanish. You can also order a free copy of the "Office Ergonomics" DVD to help you establish an effective office ergonomics program. To order these and other free materials, go to the Resources section of our Web site at www. pinnacol.com.

The Workers' Compensation Program is available only to Metro North Chamber members in good standing. This program is designed to reduce Workers' Compensation costs by promoting risk management and accident prevention plans in the workplace. "Safety Pays" as members of the Metro North Chamber's Workers' Compensation Program recently found out! In addition to their reduced premiums and safety training, Metro North Chamber members enjoyed a dividend refund of more than \$1 Million in 2010.

For questions regarding the Metro North Chamber Workers' Compensation Program, contact a broker: Greg Spaight, Brown & Brown Insurance, 720.963.4244; Doug Bollman, Taggart Insurance, 303.442.1484; Josh Drazin, Carver & Associates, 303.420.1637; or Jim Prince, Associated Agents, 303.238.7341.

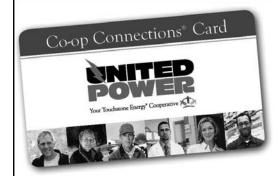
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## Business Building Opportunities Don't Wait, Start Today!

Business Building Opportunities - The Metro North Chamber measures its success by the success of its members. As a Chamber partner you have the ability to:

- 1. Get Involved with Over 1000 Chamber
- **Businesses to Network**
- 2. Create Power Partners
- 3. Advertise
- 4. Build Resources
- 5. Have a Voice on Issues Impacting Your Business

To be a part of this *POWERHOUSE* call the Chamber at 303.288.1000 or check out our Web site at www.metronorthchamber.com. **Get involved and success will follow!** 

## **Business After Hours**

Get Involved and Grow Your Business Through NETWORKING!

If you are searching for a way to gain more exposure for your business, make connections and have a great time, Business After Hours is for you. Experience the hospitality of Chamber partners as they take turns hosting Business After Hours and spotlighting their establishments. The Business After Hours are a moveable feast full of opportunities to grow your business and don't forget your business cards!

#### Thanks to Anythink Library and the Armory at the Brighton Cultural Center for hosting the February Business After Hours.

Thank you to Anythink Library, Outback Steakhouse, TD Window Fashions, The Bagel Bakery and Cupcake Shop, True Summit Promotions, and Your Neighbor Magazine for donating door prizes to the February Business After Hours.



From left: Kelly Haralson, Adams County Coroner's Office; Rick McNair, Adams County Sheriff's Office; Bryant Robbins, United Power, Inc.; and Brad Turpin, Tri-County Health Department at the February Business After Hours hosted by Anythink Library and The Armory at the Brighton Cultural Center.



Businesses throughout the Metro North region were mingling and networking throughout the night.

A GREAT WAY TO GET INVOLVED and to get noticed is to donate door prizes at Business After Hours events. Your company is highlighted at the event and listed in the monthly newsletter. If you or your company would like to donate a door prize for the Business After Hours please contact Amber Kirchmer at 303.288.1000 ext. 3.

## Business After Hours Upcoming Dates

Thu, Mar 4 • FirsTier Bank 2921 W. 120th Ave., Westminster

**Wed, Apr 7** • Heritage Todd Creek Golf Course 8455 Heritage Dr., Thornton

**Thu, May 6** • Rock Bottom Restaurant & Brewery • 14694 Orchard Pkwy., Westminster

Wed, Jun 9 • Hi Country Wire & Telephone Ltd. 11645 W. 62nd Pl., Arvada

**Thu, Jul 29** • Chamber Challenge 5K Event (Thornton Rec Center) Multipurpose Fields Trail, Thornton

Wed, Aug 11 • Water World 1800 W. 89th Ave., Federal Heights

**Thu, Sep 9** • Village Tavern 1 West Flatiron Cr., Broomfield

Wed, Oct 6 • Taste of the Chamber at Denver Merchandise Mart, 451 E. 58th Ave., Denver

**Thu, Nov 4** • American Furniture Warehouse 8501 Grant St., Thornton

Wed, Dec 1 • Horizons North Credit Union 11455 Pearl St., Northglenn

## BUSINESS AFTER HOURS are 4:30 p.m. - 6:30 p.m. Note: July will be 5-9 p.m. and Oct. will be 6-8 p.m.

To RSVP for an Event, contact Amber Kirchmer at 303.288.1000 ext. 3, <u>amber@metronorthchamber.com</u>.

## Want to Grow Your Business? Become an Ambassador!

The Ambassadors are a dynamic group of Chamber partners who volunteer their time and energy acting as representatives to the community and new Chamber members. The program is open to all members. When you become an Ambassador, you:

- Interact with local municipalities, new businesses and Chamber partners through events such as ribbon cuttings, touring local businesses, Business After Hours and Annual Events which keep the Ambassadors active on many levels.
- Network with 50 other Ambassadors.

For more information contact Joni Broadfoot at 303.288.1000 ext. 2 or joni@metronorthchamber.com. Join us for our next Ambassador meeting on <u>TUESDAY, MARCH 9, 2010 at 8:00 AM</u> at the Chamber Office located At 2921 WEST 120TH AVENUE, #210 WESTMINSTER, CO 80234.

## Join a Leads Group & Build Business Relationships for a Lifetime!

Metro North Chamber Leads Groups are structured, weekly meetings. The purpose of the Leads Group is to exchange leads and build a referral network while learning how to promote your business. **Check to see if there is an opening for your business category**. Guests are welcome to observe Leads Groups as a silent visitor. Please contact the Chamber at 303.288.1000 or joni@metronorthchamber.com if you are interested in visiting.

## MONDAY LEADS GROUP

8:00 a.m. at Legacy Ridge Golf Course; 10801 Legacy Ridge Pkwy., Westminster (303.438.8524). Contact Laura Larkin: 303.920.1052

Check for availability!

## TUESDAY LEADS GROUP

11:30 a.m. at The Egg & I; 885 Thornton Pkwy., Thornton (303.451.1655). Contact Jamie Kramer: 303.941.8607 *Check for availability!* 

## WEDNESDAY LEADS GROUP

7:30 a.m. at DoubleTree Hotel Denver North, 8773 Yates Drive, Westminster (303.427.4000). Contact Steve Caulk: 720.839.3194 *Check for availability!* 

## THURSDAY LEADS GROUP

8:00 a.m. at Egg & I; 885 Thornton Pkwy., Thornton (303.451.1655). Contact Dr. Michael Cartwright: 303.255.6980 *Check for availability!* 

## FRIDAY LEADS GROUP

7:30 a.m. Front Range Community College; 3645 W. 112th Ave., Westminster (303.404.5481.) Contact Sharon Gibson: 303.816.1502

*Call 720.259.2433 to see if there is an opening for your business category.* 



## **Metro North Chamber Welcomes 23 New Members**

## Abundant Inventory

Laurie Mitchell 10522 Parfet Ct. Westminster, CO 80021 P: 303.404.9777 balance@q.com www.abundantinventory.com INSURANCE Sponsored by: Life Force International

#### Academy Mortgage LLC

Lisa Plessinger 4502 E. 115th Ave. Thornton, CO 80233 P: 303.920.1660 F: 303.954.4707 lisa@academyloans.com www.academyloans.online.com MORTGAGE BROKER/MORTGAGE BANKING Sponsored by: Metro North Chamber

#### America's Business Benefit Association

Kerry Ryan 2429 Uinta St. Denver, CO 80238 P: 303.956.5430 kryan@abbaplans.com www.kerryryan.abbaplans.com INSURANCE Sponsored by: Metro North Chamber

#### Assurance Business Solutions

Terri Peterson 12001 Tejon St. Westminster, CO 80234 P: 303.726.8447 F: 720.318.0023 terri\_peterson@comcast.net www.assuranceforbusiness.com ACCOUNTING, CPA, BOOKKEEPING & TAXES Sponsored by: Metro North Chamber

## Broomfield Modern Dentistry and Orthodontics

Linda Ryan 4490 W. 121st Ave., #7 Broomfield, CO 80020 P: 303.469.2061 F: 303.362.5615 ryanl@pacden.com www.broomfieldentalpractice.com DENTISTS/DENTAL CARE Sponsored by: Orchard Dental Group & Orthodontics

#### CB Richard Ellis

Laura Fenton 10155 Westmoor Dr., #105 Westminster, CO 80021 P: 303.243.3023 F: 303.466.6114 Laura.fenton@cbre.com www.tenwestatwestmoor.com CONVENTION, MEETING, EVENT CENTER Sponsored by: Metro North Chamber

#### Covenant Care at Home

Breanna Gaetzi 9101 Harlan St., #135 Westminster, CO 80031 P: 303.487.1009 F: 303.487.1104 blgaetzi@covenantcareathome.org www.covenantcareathome.org NON-PROFIT ORGANIZATION Sponsored by: City of Westminster

## Epilepsy Foundation of Colorado -Donation Center

Anita Baudraitis 10350 N. Federal Blvd., #700 Federal Heights, CO 80260 P: 303.428.5600 F: 303.428.5665 anita@epilepsycolorado.org www.donatecolorado.org NON-PROFIT ORGANIZATION Sponsored by: City of Federal Heights Go Green Renovation Services, LLC Jessica Whitehall PO Box 6331 Broomfield, CO 80021 P: 303.548.9421 info@gogreenrs.com www.gogreenrs.com RESTORATION Sponsored by: Metro North Chamber

Huntington Learning Center Melissa Alpert 4243 E. 136th Ave. Thornton, CO 80602 P: 303.280.5331 F: 303.280.5336 Melissa.alpert@gmail.com www.huntingonlearning.com EDUCATIONAL SUPPORT SERVICES Sponsored by: Your Neighbor Magazine

#### La Bella Vita Health & Wellness

Nedra Cox 8418 Federal Blvd. Westminster, CO 80031 P: 303.429.9000 F: 303.429.9191 neddieaz@gmail.com www.mynewbestlife.com HEALTH & FITNESS Sponsored by: City of Westminster

#### NorthRock Church Doris Ratsch 10100 Grant St. Thornton, CO 80229 P: 303.450.2809 F: 303.450.0986 doris@northrockchurch.com www.northrockchurch.com

www.northrockchurch.com CHURCHES Sponsored by: City of Thornton

## Premier Mortgage Group

Elsa Wohlford 1844 Folsom St. Boulder, CO 80302 P: 303.667.0554 F: 303.449.4455 ewohlford@pmglending.com www.pmglending.com/ewohlford MORTGAGE BROKER/MORTGAGE BANKING Sponsored by: Coldwell Banker

## PuroClean

Mark Wilson 2090 E. 104th Ave., #200 Thornton, CO 80233 P: 303.566.9600 F: 303.566.9601 purocleanthornton@gmail.com www.purocleandisasterrecovery.com RESTORATION Sponsored by: Mitch Wimer Agency

#### Reed Mill & Lumber Jan Legard 4510 Wynkoop St. Denver, CO 80216 P: 303.292.2922 F: 303.292.3627 jan.l@ReedMill.com www.ReedMill.com HARDWARE & LUMBER Sponsored by: Carver & Associates

Savage Elite SportsPlex

Crystal Savage 700 W. 84th Ave., #272 Thornton, CO 80260 P: 303.487.6551 F: 303.255.1556 savage.enterprises@yahoo.com www.savagesportsplex.com HEALTH & FITNESS Sponsored by: Keller Williams – The Strange Team

Sign Language Interpreting Services Annie Brobst 11523 Paris St. Henderson, CO 80640 P: 303.929.9875 anniebrobst@comcast.net BUSINESS SERVICES Sponsored by: Health One Occupational Medicine

#### **Silpada Designs** Laura Sharpe

14162 Roaring Fork Cir. Broomfield, CO 80023 P: 303.669.7837 lexus1227@comcast.net www.mysilpada.com/laura.sharpe RETAIL STORE/RETAIL PRODUCTS Sponsored by: BBVA Compass Bank

Terra Care Associates Ashley Stiles 7795 W. 120th Ave. Broomfield, CO 80020 P: 720.987.3384 F: 720.587.2521 astiles@terracareassociates.com www.acclandscape.com UTILITIES Sponsored by: Metro North Chamber

## Timmer's Treats

Tim Withrow 16625 Ivanhoe Brighton, CO 80602 P: 714.393.2821 timandlindawith@msn.com CATERING Sponsored by: Metro North Chamber

Tools 4 Teens Mary Lynne Coleman PO Box 270668 Louisville, CO 80027 P: 303.246.6825 marylynne@tools4teens.com www.tools4teens.com PERSONAL/BUSINESS DEVELOPMENT Sponsored by: Genewize

#### Weinsteiger Consulting, LLC

Joe Weinsteiger 5758 E. 104th Ave., #9 Thornton, CO 80233 P: 303.539.9378 F: 303.482.1772 joe@weinsteiger.com www.weinsteiger.com COMPUTER SERVICE Sponsored by: Lincoln Mortgage US

#### Wet Paint Design Candace Abney 11480 Cherokee St., #N Northglenn, CO 80234 P: 720.872.3189 5abnevs@msn.com

P: 720.872.3189 5abneys@msn.com www.wetpaintdesign.com PROMOTIONAL PRODUCTS-ADVERTISING SPECIALTIES Sponsored by: Dodge Sign Company



## **Renewing Members**

## Members 15-35 Years:

City of Northglenn	26	Voare
Mile High Marketplace	33	Years
South Adams County Water and		
Sanitation District	33	Years
North Valley Bank-Thornton	32	Years
School District #50 Adams County	32	Years
Bennett Dental Group	29	Years
Community Reach Center Systems Inc	.29	Years
Double Tree Hotel Denver North	28	Years
United Power, Inc.	27	Years
Hyland Hills Golf Course	26	Years
Hyland Hills Park & Recreation District	26	Years
Colorado Rockies Baseball Club	18	Years
State Farm Insurance Co Gardner .	16	Years

## Members 5-14 Years:

City of Commerce City	14 Years
Adventure Golf & Raceway	
Sun Microsystems Ice Centre	12 Years
Water World	12 Years
Scudder Press	11 Years
Optimal Chiropractic	8 Years
Karas Auto Body	6 Years

Ted's Montana Grill6 Years	
Bellco Credit Union-Northglenn5 Years	
Bellco Credit Union-Arvada	
Bellco Credit Union-Westminster5 Years	
Bellco Credit Union-Westminster5 Years	
UPS5 Years	

## Members 2-4 Years:

Cherry Creek Mortgage Co

- Arvada	.4 Years
City of Dacono	.4 Years
Essential Bodyworks	.4 Years
FirstBank of Adams County	.4 Years
Northwest Parkway	.4 Years
A&A Quality Fence Construction	.3 Years
Colorado Business Bank	.3 Years
Hi - Performance Wash Systems, Inc	.3 Years
Lincoln Mortgage US, Inc	.3 Years
Lodo's Bar and Grill	.3 Years
North Valley Bank - Federal Heights	.3 Years
US Bank	.3 Years
Buffalo Wild Wings	.2 Years
nformation Systems Integrators, Inc	.2 Years
Pima Medical Institute	.2 Years

# **March 2010**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	17th Annual Mayors' Roundtable EventWestin Westminster, 10600Westminster Blvd 7 a.m.Leads Group The Grill @ Legacy Ridge 8 a.m.Leaders Networking Meeting, Chamber - 11 a.m.	2 Executive Meeting Chamber Office 8 a.m. Leads Group Egg & I 11:30 a.m. Ribbon Cutting: Snarf's, 1975 W. 120th Ave., Westminster - 4:30 p.m.	3 Leads Group DoubleTree Hotel 7:30 a.m. Board of Directors Meeting Chamber Office - 8 a.m.	4 Leads Group Egg & I 8 a.m. Business After Hours FirsTier Bank 2921 W. 120th Ave., #100, Westminster 4:30 - 6:30 p.m.	5 Leads Group Front Range Community College 7:30 a.m.	6
7 m n :	8 Leads Group The Grill @ Legacy Ridge - 8 a.m.	<ul> <li>Ambassador Meeting Chamber - 8 a.m.</li> <li>Leads Group Egg &amp; I - 11:30 a.m.</li> <li>LAB Meeting, Chamber - 3 p.m.</li> <li>Ribbon Cutting: Broomfield Modern Dentistry and Orthodontics, 4490 W. 121st Ave., #7, Broomfield - 5 p.m.</li> </ul>	<b>10</b> Leads Group DoubleTree Hotel 7:30 a.m.	11 Leads Group Egg & I 8 a.m.	12 Leads Group Front Range Community College 7:30 a.m.	13
14	<b>15</b> Leads Group The Grill @ Legacy Ridge - 8 a.m.	<b>16</b> Leads Group Egg & I - 11:30 a.m.	17 Leads Group DoubleTree Hotel 7:30 a.m. BGA Meeting Chamber Office - 8 a.m.	<b>18</b> Leadership Day – Government Day Leads Group Egg & I - 8 a.m. Ribbon Cutting: Brothers Redevelopment, 5500 Logan St., Denver - 4:30 p.m.	<b>19</b> Leads Group Front Range Community College 7:30 a.m.	20
21	22 Leads Group The Grill @ Legacy Ridge - 8 a.m.	23 Leads Group Egg & I - 11:30 a.m. Ribbon Cutting: Buca di Beppo 615 FlatIron Market Place Dr., Broomfield - 5 p.m.	24 Leads Group DoubleTree Hotel 7:30 a.m.	25 Leads Group Egg & I - 8 a.m.	26 Leads Group Front Range Community College 7:30 a.m.	27
28	29 Leads Group The Grill @ Legacy Ridge - 8 a.m.	<b>30</b> Leads Group Egg & I - 11:30 a.m.	31 Leads Group DoubleTree Hotel 7:30 a.m. BGA Meeting Chamber Office - 8 a.m.	Directory and E	letro North Chamber Buyer's Guide for all ng or service needs.	SHOP LOCAL

## **Ribbon Cuttings & Grand Openings**



## AFTEROURS URGENT CARE 2761 W. 120th Ave., Westminster 80234 .303.861.7878 www.afteroursdoc.com

Congratulations to CEO Christopher Rehm, CEO of Front Range Primary Care Lucas Hutchinson, Marketing Director Laura Hamel and staff on their recent Ribbon Cutting. In attendance were Jamie Kramer, Kramer Financial Solutions; Alan Strange, Keller Williams-The Strange Team; Jason Mong, Generations Financial Resources; Carl Womble, Sunset Financial Services; Steve Caulk, ProConnect Public Relations; Tom Nielsen, Zippy Service; Warren Jones, Take-A-Break Travel; Troy Geiser, Carpet Direct; Karen Dodge, Showcase Properties Unlimited; Carol Wiltse, AB&T Body Shop; Liz Green, Stor-n-Lock Self Storage; Katie Wallace, First Financial Security of Colorado; Michael King, Black Swan Image Works; Geneva Torres-Hansen, Professional Court Reporting & Transcription; and Carmel Tommins, Send Out Cards.



NOTHING FANCY LLC 303.250.1128

Congratulations to Vicky Marshall and family on her recent Ribbon Cutting. In attendance were Representative Cherylin Peniston, House District 35; Jodi Ring, PayChoice; Jason Mong, Generations Financial Resources; Sean Forest, Mountain View Garage; Rodrigo Riadi, Front Range Factoring; Brenda Kerr, J&B Image Promotions; Troy Geiser, Carpet Direct; Carol Wiltse, AB&T Body Shop; Peggy Hayden; Tom Nielsen, Zippy Service Inc; Steve Rydin, True Summit Promotions; Carl Womble, Sunset Financial Services; Warren Jones, Take-A-Break Travel; Tom Derengowski, TD Window Fashions; Tiffiany Gardner, Car Connections; Sharon Gibson, Make It Fly® NW Denver & Foothills; Fran Schmitz, Silvertree Business Services; Karen Howe, Embroidery Plus; Geneva Torres-Hansen, Professional Court Reporting & Transcription; Pilar, Life Force International; Laura Larkin, Benchmark Mortgage; Carmel Tommins, Send Out Cards; and Laura Hamel, AfterOurs Urgent Care.



BATES LANPHIER ACCOUNTING SERVICES, P.C. 2861 W. 120th Ave., #240, Westminster 80234 720.961.0310 www.bateslanphier.com

Congratulations to Bates Law Firm, Brittany and Dennis Lanphier, family and staff on their recent Ribbon Cutting. In attendance were Westminster Council Member Bob Briggs; John Bennett, Rocky Mountain Tax & Accounting Services, Inc.; Warren Jones, Take-A-Break Travel; Jason Mong, Generations Financial Resources; Paul Strange, Lincoln Mortgage US, Inc.; Carl Womble, Sunset Financial Services; Alan Strange, Keller Williams-The Strange Team; Stephanie Esmiol, Pre-Paid Legal Services; Steve Rydin, True Summit Promotions; Vern Garding, Garding Home Inspection Services; Carol Wiltse, AB&T Body Shop: Chris Ardueser, Blue River Catering Personal Chef, LLC; Amy Melcher, Residence Inn by Marriott-Westminster; Cynthia C'melo, Vectra Bank Colorado; Tiffiany Gardner, Car Connections; Autumn Souza, Mary Kay; Michael King, Black Swan Image Works; and Mindy Kosak, Silpada Designs.



## HANA MATSURI 2821 W. 120th Ave., #300, Westminster 80234

303.404.9888 www.hanamatsurisushi.com

Congratulations to Eddie Wang, Heather, Jessie and staff on their recent Ribbon Cutting. In attendance were Westminster Mayor Pro-Tem Chris Dittman and Council Member Bob Briggs; Becky Nelson, Westminster Economic Development; Carol Wiltse, AB&T Body Shop; Warren Jones, Take-A-Break Travel; Jason Mong, Generations Financial Resources; Steve Rydin, True Summit Promotions; Doran and Andrea Sears, Max Muscle Sports Nutrition; Tom Derengowski, TD Window Fashions; Stephanie Esmiol, Pre Paid Legal Services; Kristin Judd, LocalEdge Marketing Solutions; Sarah Shropshire, Essential Bodyworks, Inc; Katie Wallace, First Financial Security of Colorado; Sharon Prager-Wortham, Custom Made Fitness LLC; Michael King, Black Swan Image Works; Karen Howe, Embroidery Plus; Carl Womble, Sunset Financial Services; Stefanie Blackburn, SourceOne Technologies; Steve Dalbec, Home Video Studio; and Trisha Lindeman, Your Neighbor Magazine.