



# THE LOTUS SEED

*It's Never Too Late to Grow*

JANUARY 2022



## LETTER FROM OUR CO-FOUNDERS

Click [HERE](#) to read it.

## WE WANT YOU to join our crew!

Click [HERE](#) to learn more.



## IN CASE YOU MISSED IT: TIMELY TOPIC

**It's Never Too Late  
to Go Green**

*how small changes have  
a big impact*

Listen in as Sara discusses environmental protection and how to improve our lives and our world.

Click [HERE](#) to access the presentation.

## SAVE THE DATES



Spend an evening with  
**Elizabeth Gilbert**  
and Lotus Network

**Wednesday, May 4, 2022**

Tickets will go on sale February 27, 2022

Click [HERE](#) for more details

## LOTUS NETWORK'S 1ST ANNUAL



Tuesday, June 21, 2022  
Golf Club at Bear Dance

Click [HERE](#) for details

## CONNECTION CHALLENGE

This activity is a unique and creative way to connect with the Lotus community.

Click [HERE](#) to take the challenge.



## LOTUS LADIES

**PERSONAL PROFILE:** *Judith Alexander*

Both sets of my great grandparents were born into slavery, which makes me just the third generation born free. That's not that far back.

Click [HERE](#) to read more about Judith.



## TIMELY TOPICS

**February 10, 2022 at Noon MST**

**It's Never Too Late to Be a Force for Change**

*With featured guest:*

**Colorado Representative Leslie Herod**

Representative Herod was elected in 2016 as the first LGBTQ African American in the Colorado General Assembly. Since then, she has passed over 100 bills, addressing criminal justice reform, mental health, addiction, youth homelessness, and civil rights protections. In addition to winning reelection in 2018, Herod championed a ballot initiative - Caring for Denver - that raises \$35 million annually for mental health and substance abuse treatment and services for children and adults.

Click [HERE](#) to register for this event.



## TIMELY TOPICS

**March 2nd, 2022 at Noon MST**

**It's Never Too Late to Press Pause**

*With featured guest: Jane Baldwin*

Calm. Clarity. Collaboration. "The Unwinding as You Age™" expert, Jane Baldwin helps self-care enthusiasts clear mental clutter using a system that came to her while healing from cancer. As a life coach and speaker, she draws on over 20 years of experience teaching yoga, breathwork, meditation, and Ayurvedic cooking.

Click [HERE](#) to learn about this event.



## CONNECTOR EVENT RESCHEDULED!

Keeping in mind the safety and the health of all of our guests, Lotus Network's Connector Event has been rescheduled.

*With featured guest Marilyn Sherman*

Marilyn Sherman is the author of "Why Settle for the Balcony? How to Get a Front Row Seat in Life."

**Friday, June 3, 2022 at 6:30 p.m. MST**  
**Lakewood Cultural Center**

Click [HERE](#) to learn more.

Can't be there in person? This will also be streamed virtually! More information to follow!



# CO-FOUNDERS

## LISA AND LESLIE

### *January Is All About Opportunity*

There is something energizing about opening a calendar at the start of a new year and thinking about the *opportunities* waiting to unfold in the upcoming 12 months. It brings a sense of renewal, optimism, and a chance to reset.

Lotus Network's 2022 mission-driven budget is set, our support team of nine dedicated professional contractors is in place, and many committees are in formation; all are ready to make an impact! In fact, our Engagement Committee, chaired by Janis Pluss, is welcoming new faces who want to get involved, have fun, and become a part of the creation of our new program offerings. The welcome mat is out, please let us know you are interested by clicking [here](#).

Yes...Lotus Network has already hit the ground running, and we are excited to see how 2022 unfolds. This coming year, the focus is on meaningful engagements: providing more value in each program, building stronger bonds, and creating avenues for expanding relationships outside our own personal circles. The 2022 program offering shows our commitment to learning and sharing insight on subject matter that has the potential to create personal growth and social change through educational and connection/volunteer opportunities. We are hopeful (like the rest of the world) that COVID presents us with an opening to connect on a deeper level *in person*.

That is why we made the decision to postpone our **Hybrid Connector Event** and reschedule it for **Friday, June 3rd at 6:30 P.M.** The Lotus Network community wants the opportunity to gather together in person and we want to make it happen so that our guests feel safe and comfortable. Don't miss out ...delicious lite desserts, the powerful art of Elaine Asarch and Essie Perlmutter, a fabulous program honoring the Lotus Ladies and featuring the "Hall of Fame" speaker Marilyn Sherman...and mostly, come connect with us! Get your in-person or virtual tickets [here](#).

**Be on the lookout** for an in-person (fingers crossed) opportunity to connect with American journalist and author, [Elizabeth Gilbert on May 4th](#). Tickets go up for sale on our website on February 27th. Space is limited so please plan on signing up at that time. Also, Lotus Network's [Inaugural Golf Tournament](#) informational email blast has garnered much attention and we are thrilled to announce that registration is filling up fast. If you want to swing into action, play a round of golf with your besties, and help Lotus Network raise much-needed funds, please email Sheryl Goodman at [sherylgoodman62@gmail.com](mailto:sherylgoodman62@gmail.com). How exciting does this all sound?

Our Timely Topic 2022 schedule is bursting with "thought leaders" who are making a positive impact in their communities and the world. Our phenomenal lineup includes Colorado House of Representative, Leslie Herod, the first gay African-American elected to Colorado's state legislature. Since February is dedicated to Black History Month, which acknowledges the triumphs and struggles of African-Americans throughout U.S. history, we are proud to present this passionate community lawmaker whose commitment to public service is undeniable. Click [here](#) to register to hear Representative Herod speak about "It's Never Too Late to Be a Force for Change" on February 10th at noon.

In addition, make sure to register for our upcoming virtual [Timely Topic with Jane Baldwin](#) on March 2nd at noon MT. Jane, "The Unwinding As You Age" expert will speak on how "It's Never Too Late to Push Pause" and how to declutter your mind. This session promises to deliver a solution for finding mental clarity. Click [here](#) to register

We are honored to present **Dr. Edith Eva Eger** as our Timely Topics guest on **April 6th at Noon MT.**, a 94-year-old psychologist, and Holocaust survivor will recount her story and share advice on how to heal our souls. Dr. Eger is

## LISA AND LESLIE (continued)

the author of two books: *The Gift: 12 Lessons to Save Your Life* and her internationally acclaimed bestselling memoir, *The Choice: Embrace the Possible*. This courageous woman uses her past as a Holocaust survivor to help others understand trauma, resilience, anger, and how to thrive without fear. Dr. Eger is a sought-after lecturer and has been on *Super Sundays with Oprah* and *Unlocking Us with Brene Brown*.

Sara Gutterman lent us her expertise and created much-needed awareness on the topic “It’s Never Too Late to Go Green” and how small changes can have a big impact. Sara opened our eyes to the reality of climate change and shared a roadmap to decarbonization. Click [here](#) to listen to her presentation on how to create a lighter footprint, live a greener life, and save our planet.

Lotus Network is all about connecting with yourself and others and inspiring alignment in everyday life with moments that are fulfilling and authentic. We want to encourage you to take advantage of our engaging programming that empowers women to embrace new *opportunities*, purposeful living, and much, much more!

Here’s to the start of 2022 and the *opportunity* to grow and thrive. May it be our best year yet.

*Lisa and Leslie*



## LOTUS BLOSSOM GIVING COMMUNITY

We are so grateful for the ongoing support of our founding members of The Lotus Blossom Giving Community! Appreciation and Gratitude go out to the newest founding member of The Lotus Blossom Giving Community, **Ashley Barkhorn**.

As a young non-profit your donations will support our mission to provide women with opportunities for meaningful connections, personal growth, and purposeful living through social and educational resources.

**DONATE**

### LOTUS BLOSSOM GIVING COMMUNITY MEMBERS

Karin Barkhorn	Diane Levine
Ashley Barkhorn	Jani Majewski
Lisa Cook	Julie Morse
Deborah Daly	Vicki Pepper
Cathy Fleischman	Essie Perlmutter
Sandy Fried	Lynn Robinson
Emeri Handler	Jane E Rosenbaum
Leslie Heins	Terry Rubin
Andrea Hyatt	Louanne Saraga-Walters
Florrie Katchen	Joey Wasko
	Tricia Youssi

## CONNECTION CHALLENGE

### *Look for an Opportunity!:*

The beautiful places and things in this world are maintained and cared for by so many people; librarians, museum guards, gardeners, janitors, mechanics. The next time you’re around someone who does this kind of work, ask them for information they’d like to share: a piece of history, a favorite fact, something most visitors don’t know. What do you learn? How does it change this place for you?

### **Better Together.**

Click [HERE](#) to see past challenges.

**We would love to hear about your experience around this challenge.  
Please send us an email at: [connectnow@lotusnetwork.org](mailto:connectnow@lotusnetwork.org)**

Source: Compendium™ “Live Inspired”



# LOTUS LADIES

## PERSONAL PROFILE

*Judith Alexander, who bravely volunteered to share her story as our eleventh Lotus Ladies Personal Profile, is the embodiment of one of the core values of Lotus Network: It is never too late to become the person you always wanted to be. We hope that her story will inspire you to share your own story or nominate someone else whose story deserves to be heard...we believe they all do!*

## Judith Alexander

### It's Never Too Late to Build on Your Past to Shape the Present

Written for Lotus Network by Jessica Redmond of *Storyteller*

Both sets of my great grandparents were born into slavery, which makes me just the third generation born free. That's not that far back.

I come from a lineage of strong, independent men and women. I am the great-granddaughter of the first black homesteader in Aurora, Nebraska. My great grandfather, David Patrick, was "spirited away" from slavery by a sympathetic colonel and brought to Nebraska in 1873, where he went on to distinguish himself by serving as a school board member, served on the district jury, was a respected member of the populist party, and communed regularly with the president on matters of state.

I am the granddaughter of a woman who was not only the first member of her family born into freedom but was also the first to go to college. My grandmother became a teacher, one of the few occupations available to her, and was so devoted to teaching that she delayed marriage until the age of 34, an age then viewed as old maid status.

I am the daughter of a woman who, in addition to helping my father run a family funeral home, sought to improve access to education for all by serving as a school board vice president and also fought for social justice as a community activist. As a child, my mother took me with her to NAACP meetings and sit-ins, sometimes leading to arguments between my parents. My father worried she might get us kids killed by bringing us to those protests, but my mother, insisting that we needed to know what was going on in the world, held firm.

Each generation did its part to clear the path for me to live a life of my choosing, the course of which was clear to me from an early age.

When I was in the first grade, I came home from school one day and announced to my mother and grandmother that I was going to be a teacher. My grandmother was delighted to hear that her young granddaughter wanted to follow in her footsteps.

"Why do you want to be a teacher, Judy?" my grandmother asked me.

I had my answer ready. "Because teachers get deviled eggs," I stated matter-of-factly. The teachers always seemed to get better food than the students, and that seemed like reason enough for me at the time.

It was clearly not the answer my grandmother was expecting, nor was it the firmest foundation upon which to build a career path, but I stuck to it, going on to major in education in college with the intention of teaching special education. Of course, by that time my commitment to a career in education

had much less to do with the food in the teacher's lounge and far more to do with the vital role of the educator in the community, the importance of which I had grown up witnessing up close through my mother's activism.

I moved to Denver as a newlywed and found work with OIC, a training program working in poor communities, teaching participants job skills and interview techniques. Later, I joined NE Denver Youth Services, working with at-risk youth. I enjoyed the work, but still hoped to get into a classroom. Following a series of demoralizing, dead-end interviews, one serendipitous meeting got my foot in the right door. I was hired to teach in the elementary school on the spot.

I loved teaching and wanted to expand my opportunities in the classroom but my plans to pursue a master's degree got put on the back burner with the birth of my son and subsequent divorce. Instead of returning to school, I took on extra work during the summers to provide for myself and my young son.

Years passed. I remarried, something I never thought I would do, and I suddenly found the time was right to revisit my dreams. At the age of 44, I began working towards a master's in counseling, a degree which eventually led to a position as counselor at Emily Griffith, an alternative school for kids who have fallen out of the traditional educational system. It was a role that merged my background in education with my work with at-risk youth, bringing together the disparate segments of my professional life into a single, mission-driven focus.

Along the way, I had to take detours when life altered what I had planned. I encountered and had to overcome racism with disappointing frequency. Through it all, I realized that it is never too late to build on your past to shape the present you want, which in my case was to make a difference through education. At age 52, I became a licensed Educational Administrator.

The kids I taught as second graders are now in their 50s. Two own their own hair salons. Another, from Emily Griffith, is completing her medical residency. Many have had to overcome tremendous hardship to get to where they are today. Not so long ago, I sat with a former student as she graduated from her substance abuse program. She is now a college graduate, entrepreneur, and published author. I am proud of them all.

When I was a counselor, I used to talk to my students about The Dash Poem by poet Linda Ellis. In the poem, Ellis describes life as what happens in between the years of birth and death: the dash. How, I would ask my students, did they want to spend their dash? Did they want to waste it, to let it drift by, or did they want to find something to do that really mattered?

I know how I would answer that question. I have built on the foundation of my forebears - their independence, their thirst for knowledge, their activism - to lift up others in my community through education and service. That is my dash.

***It is never too late to build on your past to shape the present.***

Click [here](#) to read more about our previous Lotus Ladies.

To nominate a Lotus Lady, email at:  
[connectnow@lotusnetwork.org](mailto:connectnow@lotusnetwork.org)







LOTUS NETWORK®

## *Our Mission*

Lotus Network  
provides opportunities  
for women to create  
meaningful connections,  
personal growth,  
and purposeful living  
through social and  
educational resources.



*to join our crew!*

**VOLUNTEER**  
all that is missing is U!

### **Your Voice Matters!**

Join a Lotus Network committee and help create engaging opportunities for meaningful connections, while meeting new friends, having fun, and sharing a laugh. No experience required!

Click [HERE](#) to contact us.



**If you are interested in becoming a sponsor and  
supporting Lotus Network, please contact**

**Leslie Heins at (303) 912-2230**

**or email her at:**

**[connectnow@lotusnetwork.org](mailto:connectnow@lotusnetwork.org)**

PLEASE JOIN US IN *welcoming* THE FOLLOWING  
MEMBERS TO LOTUS NETWORK'S TEAM!



**JESSICA REDMOND**  
Your Story Together  
Lotus Ladies Profile Writer



**HELEN FROATS**  
My Virtual Assistant  
Executive Assistant



**KAYLA BENSON**  
Appit Ventures  
Web Development



**AMANDA MORIUCHI**  
Appit Ventures  
Web Development



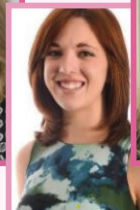
**SUE ADAMS**  
Lotus Network Contractor  
Administrative Assistant



**TORI RIESSLMAN**  
My Virtual Assistant  
Graphic Designer



**CARRIE WERDINE**  
My Paper Pusher  
Bookkeeping Expert



**SAMANTHA ABRAHAM**  
My Paper Pusher  
Bookkeeping Expert



**DONNA JEAN**  
Happy Dog Creations  
Independent Design



**JEFF GREENSTEIN**  
JeffG Productions  
Technical Producer