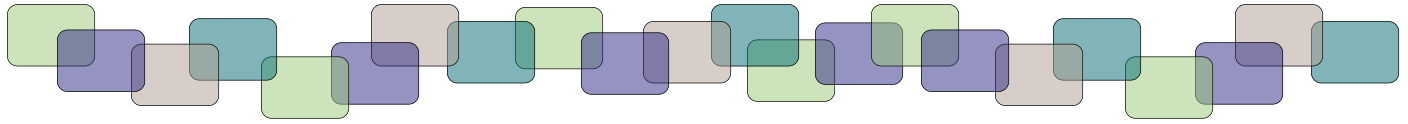


The PERIODIC PONDERANCE

VOLUME 16, NUMBER 1 :: 1525 SPRUCE STREET, SUITE 300, BOULDER, COLORADO 80302 :: 1ST QUARTER 2015



TWC Volunteer Day with Bicycle Longmont

By: Michael Malpiedi

In December, the TWC crew had the wonderful opportunity to volunteer this holiday season by contributing to Bicycle Longmont's 2014 Annual Holiday Bike Program. Every year we take a day to work for a local non-profit while having the most fun possible! This year, for the second time, TWC repaired and cleaned donated bikes to be given primarily to children in the Longmont community. Each of us worker-elves got to try our hands at removing rust, polishing frames, changing tires, replacing tire tubes and pedals, and generally turning trash into treasure.



Everyone restored and cleaned at least four to five bikes throughout the day while at Bicycle Longmont's garage.



Steve, Brandon, and I took time to organize the trailer that would transport the bikes over to the local YMCA, so that the organization's staff could fit as many bikes as possible. During the day, Steve became the unofficial bike repair teacher as he showed Brandon and me how to change out tubing. He also took some time to demonstrate to me how to properly change a bike chain.

While the boys were outside organizing the trailer, Karen repaired several flat tires and filled air into plenty others. Dianna, Myra, and Katie put the bike polish and cleaner to good use as they restored the shine of each and every bike they touched. All four worked their hardest to make sure this year would be truly special for whomever received a bike. No speck of dirt or rust was missed!

The TWC staff even had a little surprise in the form of a journalist from the *Longmont Time-Call*, who came to get notes and photos for an article on the Holiday Bike Program. The team continued to have lots of fun as our volunteer day turned into a little bit of a photo shoot. You can check out the Longmont Time-Call article on Bicycle Longmont [here](http://twcinc.link/2014BikeProgram) (<http://twcinc.link/2014BikeProgram>).

Bicycle Longmont has teamed up with the local YMCA for the past five years to distribute bicycles to the underprivileged in Longmont and is still going strong. The newest selection of roughly two hundred donated bikes was handed out on December 13, 2014. The Holiday Bike Program has become a major staple of the Longmont community and will continue for years to come. If you are local and interested in helping a good cause, consider donating an older bike to the program for next year or volunteering to help. If not, your community is likely to have a similar program. You definitely won't regret all of the fun you will have!



The Wealth Conservancy Blog

Have you visited TWC's Blog lately?

Posts on everything from book reviews, highlighted apps, human interest pieces, and more can be found there!

Check out some of our more recent posts:

- [Be Happier In 2015!](#)
- [Winter Wonderland: A Relief for Cold Lovers](#)
- [Time to Get Away: SabbaticalHomes](#)
- [Benefits Up In the Air—Change Comes to Airline Rewards Programs](#)
- [Unlocking the Future: How a Smartphone Could Replace the House Key](#)
- [Trading Spaces: A New to Vacation](#)
- [The Inheritance Conversation](#)
- [The Prevalence of Trust Funds](#)

Visit <http://www.thewealthconservancy.com/Blog/>

Holding Out For the Best By: Brandon Mendez

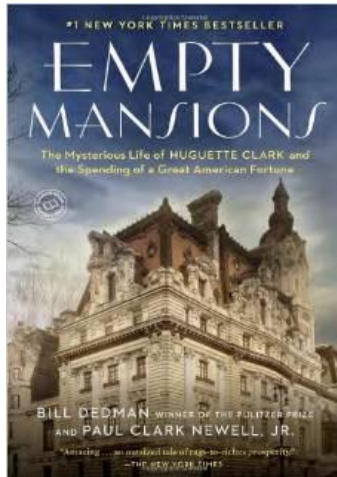
Over the past couple of years, health and fitness trackers have been gaining popularity. As a fitness and tech enthusiast, it has been hard for me to hold out, but I think 2015 might be the year I finally bite the bullet and get a fitness tracker. Finally, trackers have evolved to a level where they are capable of much more than just monitoring steps taken. The advances are so great that trackers now monitor a variety of health and fitness aspects. A few of features that stand out to me are: a tracker's ability to monitor the amount of deep sleep the wearer has on any given night, to count reps while lifting weights, and to measure the intensity of workouts. These features, along with many more, are now monitored through the tracker that can sync to cell phones to give you real-time graphs and charts of your progress.



With the arrival of smart-watches, I think this may finally be the year I invest in a tracker since smart-watches are pushing the evolution of trackers to a whole other level. Companies like Apple and Microsoft are entering into the industry combining smart-watches and fitness trackers in order to make the possibility of health monitoring seemingly endless. Fitness, smart-watch hybrids are the future, and I feel this is the year I will see the arrival of a one that meets all of my requirements. Finding the right one is difficult, and for help with reviewing the current models available I turned to <http://www.wsj.com/articles/review-best-fitness-trackers-to-get-you-up-off-the-couch-1418760813> to help me decide.

Books of Interest - At Least Myra is Interested!

By: Myra Salzer



#1 - *Empty Mansions - The Mysterious Life of Huguette Clark and the Spending of a Great American Fortune* by Bill Dedman and Paul Clark Newell, Jr.

Huguette Clark's father was W. A. Clark (I had never heard of him either). As it happens, W. A. was one of the wealthiest industrialists of the 20th century. He had copper mines, railroads, and real estate. He worked his way West, and Las Vegas wouldn't exist without the railroad he built. He was born in 1839 and died in 1925. After his first wife died, he married a much younger French woman, Anna, when he was in his early 60s. Together they had two girls, Huguette (at W. A.'s age 67) and her older sister, Louise, who died in her teens. Huguette was born in 1906 and lived 105 years, until 2011. She interviewed with one of the authors, Paul Clark Newell Jr., a cousin of hers, and he agreed to wait until after her death before publishing her story. So, amazingly, there was a 170 year span between the time of W.A.'s birth and his daughter, Huguette's, death. This is a book about both their lives.

The story follows W.A.'s emergence as a driven entrepreneur as well as his apparent need to display his wealth. He built houses all over the country. The Clark mansion at Fifth Avenue and 77th Street, near Central Park was finished in 1911. Were it to be built today, it would cost \$180 million. It was the most expensive home in America with 121 rooms, including five galleries to hold his artwork. The summer estate, Bellosguardo, in Santa Barbara, sits on a Mesa by the Pacific Ocean. Additionally, there were apartments on Park Avenue and more homes in the West. Anna inherited most of these properties when W.A. died. In turn, Huguette, as the only child, inherited them when Anna died. Each of these properties required several full-time caretakers, gardeners, workmen, and servants to maintain the properties and prepare them for family visits.

Huguette was a pleasant, unassuming individual who

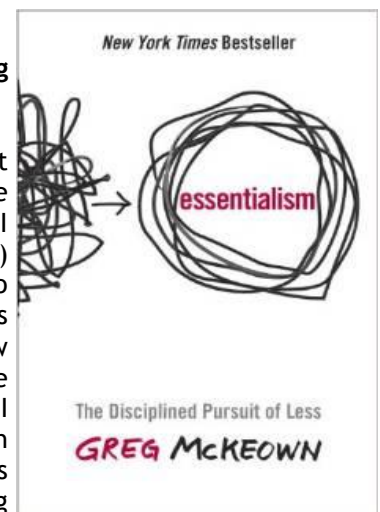
had her share of eccentricities. While she maintained her houses and all their associated expenses, she lived the last 20 years of her life in a hospital room in New York. She saw little sun, had no views, and didn't feel the need to venture out. She spent her time designing dollhouses that she had built specifically for her. Some of these dollhouses were so elaborate they cost more than a house. She also had attendants and nurses to whom she gave generously.

I had to ask myself, would I have described Huguette as being eccentric if she were poor? Might I have labeled her "crazy" instead? I'm not sure I know the answer to that. Huguette was harmless, kind, and yes, eccentric. She didn't have many friends in the end, but when one lives to be 105, who does? She did develop a few friendships when she was younger and she maintained them with consistency and loyalty.

This was a fascinating read!

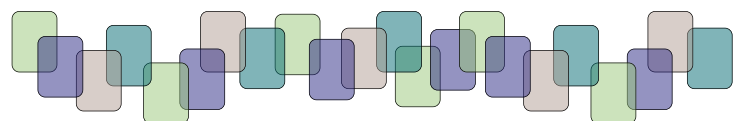
#2 - *Essentialism* by Greg McKeown

This was definitely the most practical, sensible book I've read (well, actually, I listened to the audio version) in a while. It puts into perspective the complexities of our lives and shows how one can simplify to become more effective overall. I love McKeown's analogy with clearing the closet and its similarities with clearing one's schedule. He had a lot of practical steps one could take to free oneself to think, to spend time doing enjoyable things, to relieve stress and pressure; and to live a more enjoyable and rewarding life.



My business coach, Dan Sullivan, said a wonderful line once that stuck with me: "Saying 'yes' got you to where you are, but saying 'no' is going to get you where you want to go." So, all the boards you're asked to serve on, are like the clothes in your closet: you don't ever want to wear them again, but you just can't throw them away. All the time you take answering important emails is keeping you away from writing the book you've always wanted to write, or taking the sabbatical you always wanted to take.

I can't know what is essential for you and your life, but I'm pretty sure adopting some of the techniques in this book will enable you to live an essential life.



Gimme Shelter—Just a Swap Away

By: Dianna Chiow



I first became interested in the concept of house swapping back in 1996. I figured swapping would provide me with an affordable way to travel and see the world. I lived in a beautiful 1921 Greek Revival house that was in a hip and trendy area. Unfortunately, that area was St. Louis, Missouri and sadly, no one was interested in visiting this hot and humid, middling size city with a reputation for crime. After all, as much as I loved living in St. Louis, its only known tourist attraction was an oversized arch that one quickly passed on the way to more exciting cities west of the Mississippi.

My listing in the home swap catalogue continued to languish until I moved to Orlando, Florida, in 2000. Let me just say that I now believe that on every European's bucket list is a dream to go to Disney World in Orlando. I was inundated with offers, including some I regret not taking up, like the beautiful home with a pool overlooking the ocean in Barcelona (I'm truly not over that one). There were more offers than I could possibly handle, given my young children's school schedules, but it felt good to finally be in demand, as daily emails popped up with a cheery title of "Bonjour!" or "Guten Morgen!". Ultimately, I whittled the offers down and settled on a few non-simultaneous offers. The swaps went splendidly and in the process, I met some wonderful people with whom I am still in touch.

Fast forward, and I'm in Boulder, Colorado, and still swapping. Now house swapping is more broadly known within the context of the new "Sharing Economy." Actually, I think it's a good moniker, because all along I've thought of my swaps as a sharing experience. I've recently returned from a swap in San Francisco, and in 2014 swapped with families in Boston and Santa Fe.

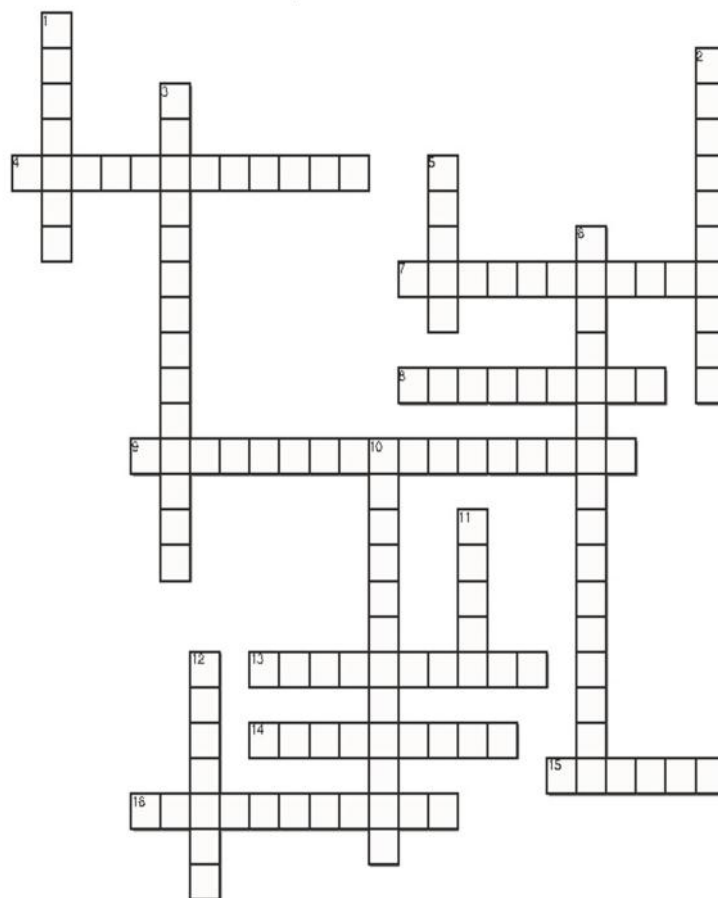
I've noticed that since I started house swapping 19

years ago, my internal motives have changed. In other words, I still want to travel but I don't feel that saving money is why I do it. Instead, I've found it's the experience of living like a local, connecting with others, and making friends along the way that keeps me going.

To get started or simply to get information on how house swapping works, check out websites such as lovehomeswap.com, intervac.com and homeexchange.com. Au revoir and donne chaire!

Film/TV Award Season Crossword

Complete the crossword below



Across

4. American billionaire portrayed by Steve Carrell in the Film 'Foxcatcher'
7. Parks and Rec star and recent Golden Globes host
8. Based on a Novel of the same name by Gillian Flynn
9. Played Detective Rust Cohle in the premiere season of True Detective
13. Played Michael Keaton's daughter, Sam, in 'Birdman'
14. A Russian film about a man struggling to keep his land from a corrupt mayor
15. The Nazi code Alan Turing is famous for breaking
16. Show about a transgendered father

Down

1. A film that took 12 years to shoot
2. The director of 'Big Eyes'
3. Portrays Stephen Hawking in 'The Theory of Everything'
5. Martin Luther King Jr. biopic
6. The actress gained weight for her role in the indie drama 'Cake'
10. Plays Carrie Mathison on the Showtime series 'Homeland'
11. 2014 TV series adapted from a Coen Brothers' film
12. Ralph Fiennes character in 'The Grand Budapest Hotel'

Profile of an Entrepreneur



By: Karen Winkler

Entrepreneur - a person who organizes and operates an enterprise, usually with considerable initiative and risk.

The 20-something entrepreneurs often dominate the limelight, but analysis suggests that 65% of entrepreneurs are 30 years old or older. Who are these risk takers? Are they born entrepreneurs, or are they cultivated through either their relationships or education?

While entrepreneurs may share some defining traits (see sidebar), one thing seems to be clear - mentors and relationships matter. The relationships they build in their careers help launch them into their entrepreneurial orbit, and their connections help them find the resources and talent they need to succeed.

TWC is proud to foster an environment where their members can grow professionally and personally. We champion the entrepreneurial spirit and support those of us who find themselves drawn to the entrepreneurial path. It is in this spirit that we wish Raquel Hinman the very best of luck as she sets out upon this path. After seven years with TWC as a senior planner and vital member of the team, Raquel has decided it is time to grow into a new role as an entrepreneur. In January, Raquel launched Hinman Financial Planning. Her departure is bittersweet as we know that our loss is the fulfillment of a dream TWC both helped to foster and that we support 100%. Raquel has been working with Myra Salzer, Dianna Chiow, Katie Wolf, and Brandon Mendez on the transition of her clients, and we've had generous time to prepare for a smooth transition. We are excited about the opportunities for our continued growth. Please join us in wishing Raquel the very best in her new endeavor!

DO YOU HAVE WHAT IT TAKES TO BE AN ENTREPRENEUR?

Self Direction - They strive for maximum accountability and thrive on setting and achieving their goals. They need the freedom to create business strategies and act on their own perceptions of what actions will result in success.

Self Confidence - Most are at their best when faced with adversity, and are persistent in tackling their objectives. They like being in control and self-reliant.

Comprehensive Awareness - They are in tune with their business objectives and can decipher complex situations and the important details that will make it possible to achieve those objectives.

Realism - They accept things as they are and deal with them accordingly, even if it means changing direction (provided the change will improve the likelihood of achieving their goals).

Conceptual Ability - Entrepreneurs identify connections quickly, even amidst complexities, and tend to identify problems and implement solutions faster than others. This usually makes them natural leaders.

Emotional Stability - Many entrepreneurs are comfortable in stressful situations, and see the challenge rather than the frustration. They are not easily discouraged by business pressures.

Shakin' and Bakin' With Katie Wolf

2014 was full of trying new things for me, learning how to cook with tofu was one of them. The following recipe has quickly become my favorite as it is healthy, flavorful and quick to prepare, about 30 minutes. The original recipe was printed in the Dec. 2013 issue of *Eating Well*. I have included modifications that I use in the recipe with parenthesis.

Tofu Tikka Masala

Ingredients

- 3 tablespoons garam masala
- 1 teaspoon ground turmeric (I use just a dash extra)
- 3/4 teaspoon salt
- 1/4 teaspoon crushed red pepper (I omit, too spicy, I'm from the Midwest!)
- 2 14-ounce packages extra-firm or firm tofu

- 1 tablespoon canola oil plus 2 teaspoons, divided
- 1 large onion, halved and sliced (I use a medium onion)
- 1 large red bell pepper, sliced (I use an extra 1/2 red pepper)
- 1 tablespoon minced fresh ginger
- 2 cloves garlic, minced
- 1 tablespoon flour
- 1 28-ounce can diced tomatoes
- 1/3 cup half-and-half
- Cilantro to garnish (my addition, I use cilantro on everything!)



1. Combine garam masala, turmeric, salt, and crushed red pepper (if using) in a small bowl. Cut tofu into 1-inch cubes and blot dry with paper towels (very important, will become soggy if you don't). Toss the tofu in a medium bowl with 1 tablespoon of the spice mixture.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring every 2 minutes, until browned, 8 to 10 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons oil, onion, bell pepper, ginger, and garlic and cook, stirring often, until starting to brown, 5 to 7 minutes. Add flour and the remaining spice mix; stir until fragrant and coated, about 1 minute. Add tomatoes, bring to a simmer and cook, stirring often, until the vegetables are tender, 3 to 5 minutes more.
4. Return the tofu to the pan; cook, stirring, until heated through, about 2 minutes. Remove from heat and stir in half-and-half.

Announcing Fun, Funds, and Freedom!



Kristin Keffeler Courtney Pullen Myra Salzer

Fun, Funds & Freedom Workshop

April 29 - May 1, 2015

Hotel Teatro
1100 14th Street
Denver, CO 80202

More details will become available
at www.FFFworkshop.com
for more details!

Contact Us

Phone: 303-444-1919
Fax: 303-444-1479
Email: twc@twcinc.org
www.twcinc.org

Regular Hours

Monday–Friday
8:00am–4:30pm

Closures

NO CLOSURES THIS
QUARTER!

Published by
THE WEALTH CONSERVANCY, INC.
© 2015 The Wealth Conservancy, Inc.

 KineticEnterprise

 The Pullen Consulting Group LLC

 TWC THE WEALTH CONSERVANCY, INC.