

COTTAGE GROVE AREA

women's business development

GROUP

April 2013

A program of the
Cottage Grove Area Chamber of Commerce

Newsletter

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Friday, April 19 Meeting Agenda

7:45 Check-In &
Informal networking

8:00 Welcome & Rapid
Introductions

8:05 City Council
Briefing

Welcome New Members

Jessica Aubel, American Family Insurance

Phone: 651-696-9096

jaubel@amfam.com

We make it our priority to offer the right coverage at any time of need and provide the best customer service.

Barbara Frick, American Cancer Society

Phone: 651-255-8116

barbara.frick@cancer.org

Director of Estate and Gift Planning, Nationwide Planned Giving Business Unit

Membership Renewals

- Becky Fox, Mary Kay Cosmetics, Inc
- Colette Jurek, Xcel Energy
- Alison Young, Anchor Bank

Congratulations

Congratulations to Laura Devine of Real Fit Workout Studios for being recognized as the Chamber Small Business of the Year!

8:10 Group Networking Game

8:15 Speaker: Joy Pecchia, Beyond the Boardroom Doors
Topic: "Pink Leadership"

8:55 Announcements

9:00 Structured Optional Networking Time

9:15 Meeting Adjourns & Informal Networking continues

Greeter: Arlene Myers
Sign-in: Maria Guion

Meeting Schedule

May 17, 2013, 7:45 a.m.
Speaker: Becky Fox,
MaryKay Cosmetics
Topic: Customer Service/Sales

June 21, 2013, 7:45 a.m.
Informal Netowrking
at Yo-Joe's

July 19, 2013, 7:45 a.m.
Informal Netowrking
at Yo-Joe's

**Remember to
Bring Your
Name Tag!!**

Chamber Business Showcase

10th Annual Spring Business Showcase
Thursday, April 25, 2013
4:30 - 7:30 p.m.
Cottage Grove Ice Arena

ONLY TWO BOOTHS LEFT!!
\$100 for Chamber Members
\$150 for Non-Chamber Members

Rental Includes:
10' x 10' Booth
Table & Chairs

Call the Chamber office to register.

NOT HAVING A BOOTH?
Volunteers are needed to greet attendees 5:30-7:30, call the Chamber office if you're available.

Lunch n' Learns

3rd Thursday of the Month 12-1 pm - Yo-Joe's Lunch n' Learns! Presented by Dr. Megan Eckdahl, D.C. of Oasis Chiropractic P.A.

Dr. Megan Eckdahl will be providing a complimentary health talk ranging in various topics every third Thursday of the month at Yo-Joe's Frozen Yogurt & Coffee Shoppe, 8711 East Point Douglas Rd S, Cottage Grove, Mn 55016, from 12 -1 pm.

Next talk, entitled "Natural Solutions to Improve Fertility & Hormonal Imbalances," will be on Thursday April 18th. Call 651-458-5565 to pre-register and lunch will be provided. Any questions please email Dr. Megan at drmegan@cottagegrovechiro.com.

Upcoming Events-Spangler and de Stefano, PLLP

Spangler and de Stefano, PLLP are hosting the following

upcoming events at their office located at 962 Saint Clair Avenue, St. Paul, MN 55105:

Fundraiser: April 19, 2013, from 7:00 - 9:00 p.m., "Wine, Chocolate and Fundraiser" benefiting The Advocates for Human Rights' work to combat sex trafficking. Are you aware that sex trafficking in Minnesota is a large and growing problem and that the average age of entry for youth, primarily girls, who are trafficked is 12-14?

Business Owner Seminar: May 10, 2013, "The Top Five Legal Mistakes Businesses Make in Owning a Franchise." A FREE box lunch is provided with a RSVP.

Estate Planning Seminar: May 21, 2013, from 5:30-6:30 p.m. The topic is "Protecting Your Family in Death and Incapacity Through Estate Planning." A FREE box dinner is provided with a RSVP.

Business Owner Seminar: June 14, 2013, "The Top Five Legal Mistakes Business Owners Make In Alcohol and Drug Testing of Employees." A FREE box lunch is provided with a RSVP.

Space is limited. Please RSVP to (651) 776-2900 or evon_spangler@qwestoffice.net. Guests are welcome.

NEW Intro to Yoga Series

NEW Intro to Yoga Series at Real Fit Workout Studio!

WHEN: Saturdays @ 10:45-11:45am, May 4th - May 25th. (4 classes)

WHAT: This is a great place to start your yoga journey. You'll learn basic yoga philosophies and breakdown beginner poses at a slow and relaxed pace. No previous yoga experience is required or expected.

COST: \$72 for all 4 classes or \$20 for a single drop-in.

Class size limited to only 5 people so save your spot today: Laura@r-fit.com or 612.670.8670.



Get into the Swing for Scholarships

Tuesday June 11th, 2013
Cottage Grove Area Chamber of Commerce
Annual Golf Classic - River Oaks

Benefiting the Chamber Scholarship Fund for graduating seniors who reside in Cottage Grove, Newport, St. Paul Park or attend Park High School.

Last year WBDG had three teams! Let's move the number up!
Contact Laura Devine if you are interested.

11:00 a.m. Registration & Lunch
NOON Shot Gun Start
5:00 p.m. Dinner

March Meeting Follow-up:

Dear WBDG of Cottage Grove:

Thank you so much for the opportunity to speak at your Women's Business Development Group meeting last month. It is always great to meet such dedicated women who are building businesses, working in the community, and making a difference with the work they do.

As promised, I wanted to forward a link to the video I wanted to show during my presentation. Because of the business I have built that helps women design value-based, mission driven businesses, I have been honored to be an Ambassador for a program called Women Reaching Women which provides community development and outreach programs to women in Asia.

This past February I was invited to go on a vision tour of India and be part of filming a documentary that highlights the tragic status of women and girls there, along with the hope that this program is bringing to help them get out of a life of poverty and crisis. The video I referenced is not part of our current documentary, but it does a good job of explaining the issues they face regarding gendercide. It's called "It's a Girl" and here is the link <http://youtu.be/ISme5-9orR0>

If you would like more information on how you can help these women, or learn more about Women Reaching Women, please visit my website at www.TheSparkleEffect.com. I also offer a variety of coaching/mentoring programs and special events for women in business and would love to connect with you on social media and through my bi-monthly eNewsletter. You will find all that information, plus my free gift of an email coaching series "7 Mindset & Marketing Secrets for ReDefining the Business of YOU!" at www.TheSparkleEffect.com.

It was great to meet all of you, and I look forward to connecting with you and those of you who could not attend this event.

To your wild success,

Kristi Lynn Olson

Refer a New Member

Refer a new member to the WBDG and receive a gift of a "sassy" green Women's Business Development Group business card holder. Membership applications are available at every meeting or can be downloaded at our website at www.wbdgcg.com. Already have a "sassy" holder? For each additional referral you receive a \$5.00 voucher towards your dues or a members only event.

Become a WBDG member & post your upcoming business events, promotions and announcements here!!

[Forward email](#)



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