

COTTAGE GROVE AREA

# women's business development

GROUP

January 2012

A program of the  
Cottage Grove Area Chamber of Commerce

## Newsletter

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### *Friday, Jan 20th Meeting Agenda*

**7:45-8:00 a.m.**

**Informal Networking & Check-in**

**8:00 a.m.**

**Regina Barr**

**Red Ladder**

**Negotiating Successfully - What Women  
Need to Know"**

**8:45 a.m.**

**Announcements**

**9:00 a.m. Informal Networking**

### *Meeting Schedule*

## Membership Renewals

- Majel Carroll, Stone Soup Thrift Shop

## WBDG 2011 Grant Presentation to Well Within

The Women's Business Development Group Planning Committee is pleased to announce the recipient of the WBDG \$500 Grant to an Organization that Benefits Women is:

2011 Recipient - Well Within

Please join us on Tuesday January 31st from 11:30 a.m. to 1:30 p.m. for a check presentation and tour. Well Within is located at: 1811 Weir Drive, #230, Woodbury MN 55125

Well Within is a wellness resource center, that assists supports and encourages women in the midst of a health challenge or for those seeking wellness and balance within their lives. Using the Circle of Life model of wellness, Well Within empowers and supports women in their quest for greater health, vitality, productivity, purpose and joy. Integrating body, mind, emotions and spirit is essential to healing. Well Within offers a variety of workshops, creative art processes and other integrative healing experiences that support the body's innate ability to heal.

This wellness resource center is unique to this community. Their philosophy is that all people, even those with financial barriers, should have access to complementary health care services and services provided by professionals at affordable prices. It is through donations from the community, that they are able to provide their services, regardless of ability to pay. All services offered at Well Within are free or

Jan 31, 2012 - 11:30 a.m.  
Grant presentation to Well Within

Feb 1, 2012 - 3:00 p.m.  
Members Only Event  
Park Grove Bowl

Feb 17, 2012  
Topic: Business Storytelling  
Speaker: Diane Windingland, Small  
Talk, Big Results

Mar 16, 2012  
Topic: How to Make a Good First  
Impression  
Speaker: Dawn Stebbing,  
Image Evolution

*Chamber Events*  
Thursday-Jan 26, 2012  
5:00 - 7:00 p.m.  
The Chamber Connection  
After-Hours Networking  
River Oaks

Wednesday-Feb 15th, 2012  
Chamber Business Luncheon  
11:30 a.m.  
River Oaks  
Speakers: Evon Spangler and Perry de  
Stefano, Spanger and de Stefano  
Topic: The Pitfalls of a Good Deed: Does  
a Good Deed Really Go Unpunished?  
\$15.00 chamber members  
\$18.00 non-members  
To register contact the Chamber Office  
or register on-line at  
[www.cottagegrovechamber.org](http://www.cottagegrovechamber.org)

at low cost.

Well Within helps women who are facing life-changing and/or life-threatening challenges come to a place of inner acceptance and balance. From this inner space, participants can choose to live life fully.

If you will be able to attend please R.S.V.P. to the Chamber Office by Thursday, Jan 26 or register on-line at [www.cottagegrovechamber.org](http://www.cottagegrovechamber.org) under the Calendar of Events tab.

## Free Seminar - "Choosing the Correct Legal Entity & Other Financial Issues"

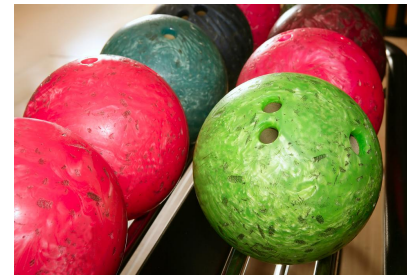
As professionals, we work hard every day to ensure the success of our businesses. Unfortunately, if we are not well prepared and protected, our business, our reputation, and even our personal assets can all be lost, due to a single mistake or oversight. On Friday, February 10, 2012, from 12:00 noon to 1:00 p.m., Spangler and de Stefano, PLLP will be presenting a FREE seminar (with complimentary box lunch and beverage) on "**Choosing the correct legal entity and other financial issues.**" Come and join us and our special guest co-speaker: James P. Leary, Jr., Certified Public Accountant, James P. Leary, Jr., Ltd.. Space is limited, so please RSVP immediately to [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net) or (651) 776-2900.

## WBDG's Member's Only Event

Wednesday, Feb 1st  
3:00 - 5:30 p.m.  
Park Grove Bowl  
St. Paul Park

[CLICK HERE](#) for additional information.

Please R.S.V.P. by Friday, Jan 27th to the Chamber Office at [office@cottagegrovechamber.org](mailto:office@cottagegrovechamber.org) or 651-458-8334 or register on-line at [www.cottagegrovechamber.org](http://www.cottagegrovechamber.org) under the Calendar of Events tab.



## 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 - [www.wbdgcg.com](http://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.

## Submit your Headshot for the WBDG Website

As part of your WBDG membership package - your headshot may be included on the WBDG Website directory [[www.wbdgcg.com](http://www.wbdgcg.com)]. If you have a headshot you would like to have posted please email it to Sue Manning [[sue@smanningdesign.com](mailto:sue@smanningdesign.com)]. If you do not have a current headshot, our November Speaker - Colleen McKenzie, Colleen McKenzie Photography offers headshots for

\$50.00. Phone 651/459-4394 or [www.colleenmckenziephotography.com](http://www.colleenmckenziephotography.com)

## Looking to get more connected & expand your network in 2012? - Join us at the next Chamber Connection

Join us in celebrating the New Year and Welcoming our 2011 New Chamber Members at The Chamber Connection - After Hours Networking Event

Thursday, Jan 26, 2012; 5:00 - 7:00 p.m.

River Oaks Golf Course, 11099 South Hwy 61  
Appetziers - Cash Bar  
Pick up your 2012 Chamber Membership Directory

## Cottage Grove Beyond the Yellow Ribbon Network

Meet and Greet  
Thursday, January 26, 7:00 - 9:00 a.m.  
Merchants Bank, Cottage Grove  
There will be a photo at 8:00 a.m.

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