

COTTAGE GROVE AREA

women's business development

GROUP

January 2013

A program of the
Cottage Grove Area Chamber of Commerce

Newsletter

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Friday, Jan 18 Meeting Agenda

7:45-8:00 a.m.

**Informal Networking &
Check-in**

8:00 - 8:05 a.m.

**Briefing from the City of
Cottage Grove**

8:05 a.m.

Speaker:

Anja White, Albaviso

**Topic: "All Roads Lead to
Rome"**

8:45 a.m.

Announcements

Welcome New Members

Cheryl Robideaux

Recognition Worx Inc.

In the Nov Newsletter the email address for Recognition Worx was incorrect. The correct email is:

crobideaux@recognitionworx.com

Open House



SPANGLER AND DE STEFANO
COUNSELORS OF LAW PLLP

Spangler and de Stefano, PLLP is having an Open House at their new location 962 St. Clair Avenue, St. Paul, MN 55105 on Thursday, January 17, 2013 from 5:00 - 7:00 p.m. Everyone is welcome to attend. RSVP's are not required, but are appreciated. Please RSVP to (651) 776-2900 or evon_spangler@qwestoffice.net.

Yo-Joe's Lunch n' Learns

9:00 a.m. Informal
Networking

**Greeter: Need a
volunteer, please
contact Chamber
Office if you are
available!
Sign-in: Dr. Megan
Eckdahl**

Meeting Schedule

Feb 15, 2013, 7:45 a.m.
Norris Square
Speaker: Teresa Thomas,
WIN
Topic: "Confident
Networking"

Upcoming Chamber Events:

**Chamber Connection
After Hours Networking**
Thursday, Jan 31st
5:00 - 7:00 p.m.
River Oaks
Appetizers - Cash Bar
Welcome the 2012 New
Members
2013 Membership Directory
Distribution

**Chamber Business
Luncheon**
Wed, Feb 13th, 11:30 a.m.
River Oaks
Speaker: Jack Reed,
Edward Jones
Topic: The Entrepreneurial
Equation-The Ins and Outs
of Financial Planning for
Businesses
\$15 Chamber Members
\$18 Non-members
[CLICK HERE](#) to register
on-line or call or email the
Chamber Office



Yo-Joe's Lunch n' Learns!
3rd Thursday of the Every Month; 12-1
pm

Presented by Dr. Megan Eckdahl, D.C. of
Oasis Chiropractic P.A.

Dr. Megan Eckdahl will be providing a
complimentary health talk on various
topics every third Thursday of the month
at Yo-Joe's Frozen Yogurt & Coffee
Shoppe, 8711 E. Point Douglas Rd. So, in
Cottage Grove. The first session entitled
"Balancing Hormones Naturally," will be held on Thursday
January 17th from 12:00 to 1:00 p.m.. Call 651-458-5565 to
pre-register and lunch will be provided.



Dr. Megan Eckdahl

WBDG Awards its 2012 Grant to the Youth Service Bureau Girl Talk Program

The Cottage Grove Area Women's Business Development Group is pleased to announce the recipient of its 2012 \$500 Grant to an Organization that Benefits Women is the Youth Service Bureau-Girl Talk Program. Girl Talk is an afterschool mentorship program that helps girls break down barriers, build self-confidence and self-esteem, and enhance communication skills. High school girls mentor middle school girls on topics they are often not comfortable talking to their parents or siblings about. The goal of Girl Talk is to help break down barriers between teenage girls and provide them with the skills and confidence they need to communicate more effectively with each other and other adults. By breaking down these barriers, we can help teenage girls feel more hopeful and increase their sense of belonging in their school and community. Youth Service Bureau has been running the Girl Talk program since 2008 and with this grant will be able to extend the program. You may learn more by visiting www.yzb.net.

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



Laura Devine, Real-Fit Workout Studios and Chair of the Cottage Grove Area Women's Business Development Group presents Mary Planten-Krell, Executive Director and Vanessa Schulte, Program Coordinator, Youth Service Bureau a \$500 Grant. Also pictured Women's Business Development Group members: [Back Row] Rhonda Mann, Anchor Bank; Alison Young, Anchor Bank; Evon Spangler, Spangler and de Stefano, PLLP; Mary Slusser, Spartan Promotional Group; Jean Brown, SWC Bulletin; Arlene Myers, Thrivent Financial for Lutherans; Colleen Stelmach, Cottage Grove Area Chamber of Commerce; [Front Row] Becky Fox, MaryKay Cosmetics; Laurie Levine, Yo-Joe's Frozen Yogurt & Coffee Shoppe.

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!!**