

COTTAGE GROVE AREA

# Women in Business

*connect*

*learn*

*grow*

July 2013

A program of the  
Cottage Grove Area Chamber of Commerce

## Newsletter



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### *Networking this Week*

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

### *Fall Schedule*

Friday, Sep 20th, 7:45 a.m.  
Topic: The Power of Laughter  
Speaker: Jenny West,

## Welcome New Members

Barbara Lacher, Central Bank  
2104 Hastings, Ave., Newport  
651-256-7242

[blacker@centralbnk.com](mailto:blacker@centralbnk.com)

Branch Manager of Newport Branch of Central Bank

Barbara DuFrane, Mississippi Dunes Golf Links  
10351 Grey Cloud Trail, Cottage Grove  
651-768-7611

[www.mississippidunes.com](http://www.mississippidunes.com)

[rdufrane@aol.com](mailto:rdufrane@aol.com)

Nancy Alfveby, ReMax Professionals  
7420 80th St. So. Ste #201, Cottage Grove  
651-208-5444

[nalfveby@remax.net](mailto:nalfveby@remax.net)

Realtor

## Membership Renewals

- Rebecca Kropelnicki, Community Education

## Lunch n' Learns

August Lunch n' Learn:

## FamilyMeans, Stillwater

**Friday, Oct 18, 7:45 a.m.**  
**Topic: Confessions of a Bitchy Housewife-Relationship Lessons for Life**

**Friday, Nov 15, 7:45 a.m.**  
**Topic: Eating for Energy-Maintaining during the Holidays**  
**Speaker: Sue Manning**

**Monthly Meeting Schedule**  
**7:45 Check-In & Informal Networking**

**8:00 Welcome & Rapid Introductions**

**8:05 City Council Briefing**

**8:10 Group Networking Game**

**8:15 Speaker Presentation**

**8:55 Announcements**

**9:00 Structured Optional Networking Time**

**9:15 Meeting Adjourns & Informal Networking**

**continues for those that wish to stay**

*Sep - Oct - Nov meetings will return to:*

**Norris Square, Presbyterian Homes, 8200 Hadley Ave., Cottage Grove**

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

**Volunteers Needed for Monthly Meetings**

WIB is looking for volunteers for the Fall Meeting Schedule to be a

3rd Thursday of the Month 12-1 pm - Yo-Joe's FREE 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 "How To Improve Your Child's Health, Intelligence, and Athletic

Performance will be on Thursday August 15th. Come learn how to start school ready and healthy! Call 651-458-5565 to pre-register and lunch will be provided. Any questions please email Dr. Megan at [drmegane@cottagegrovechiro.com](mailto:drmegane@cottagegrovechiro.com).



## Upcoming Event hosted by:



**SPANGLER AND DE STEFANO**  
COUNSELORS OF LAW 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:

**Business Owner Seminar:** August 16, 2013 (note third Friday of the month), "The Top Five Legal Mistakes Business Owners Make In the First Two Years of Starting Their Business." A FREE box lunch is provided with a RSVP.

**Estate Planning Seminar:** August 20, 2013, from 5:30-6:30 p.m. The topic is "The Importance of Updating Your Estate Plan and Planning for Incapacity." A FREE box dinner is provided with a RSVP.

Space is limited. Please RSVP to (651) 776-2900 or [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net). Guests are welcome.

**Strength Training for Beginners from Real Fit Workout Studio**

Greeter or Sign-In or Organize and Run the Networking portions of the meetings. There will be a sign-up sheet at the July informal networking or please email the Chamber Office at [office@cottagegrovechamber.org](mailto:office@cottagegrovechamber.org) if you wish to volunteer.

Strength Training for Beginners from Real Fit Workout Studio!

This quick 20 minute Strength Training for Beginners workout can benefit anyone, but it's designed specifically for people with no previous lifting experience! You'll strength train every major muscle in the body and the only equipment you need is one pair of free weights! Do this video 3 times per week to see a difference in your strength and your body or supplement it to your existing workout routine.

Cost: \$19.95 + tax

Pick yours up at the studio or have one shipped to you! (\$2.92 for shipping)

Order on-line at [r-fit.com](http://r-fit.com) or email [Laura@r-fit.com](mailto:Laura@r-fit.com).

Laura Devine

Owner, Fitness Instructor, Personal Trainer, Yoga Teacher  
Real Fit Workout Studio



Laura Devine

## WIB Member's Only Event

### STILL TIME TO REGISTER!

Dinner and a Wine Tour at Northern Vineyard Winery

Thursday August 8, 2013

5:30-7:30 pm

Pizza and pasta buffet dinner, wine tour, one glass of wine included (any additional wine purchased is 15% off). Enjoy great conversation & networking with amazing women for just \$20. After, those who wish may enjoy a night of dancing to the Tom Petty cover band "Free Fallin" at PD Pappy's.

[CLICK HERE](#) for details and registration information.

## CG Area WIB is excited to lend a hand to Habitat for Humanity!



We are now putting together ALL WOMEN volunteer teams that will help construct the new Mississippi Dunes Multi-Unit Townhome Complex in Cottage Grove.

**Dates:** Thursday, September 26.

**Time:** 8:30 am - 4:00 pm (volunteers are encouraged to arrive by 8:20 am). All volunteers must be on-site for the full day, as shifts are not split.

**Number of volunteers needed:** Space is limited to 10-13 participants each day so be sure to sign-up and save your spot now!

**Lunch** is not provided; volunteers are encouraged to bring their own snacks/lunch.

**For more information:** Visit our website at [www.wibcg.com](http://www.wibcg.com) and follow the links to the following information:

Guidelines for Volunteers  
Online Volunteer Liability Waiver Instructions  
Directions to Site

**How to Register:** You may register on-line at the Chamber website at [www.cottagegrovechamber.org](http://www.cottagegrovechamber.org) under the Calendar of Events tab.

**FRIDAY TEAM IS FULL - NEED VOLUNTEERS ON THURSDAY - SIGN UP NOW!!**

## WIB Planning Committee Seeking Members

The Women in Business Planning Committee is looking for a new member to join us in planning the WIB Speaker and Event Schedule. The Planning Committee meets the Thursday after the WIB Friday meetings, 11:00 a.m. at Yo-Joe's. Please join us - Committee Chair Laura Devine, Real Fit Workout Studio; Laurie Levine, Yo-Joe's Frozen Yogurt; Jean Brown, SWC Bulletin; Alison Young, Anchor Bank and Donna Mathiowetz, SendOut Cards.

## Refer a New Member

Refer a new member to the WIB and receive a gift of a "sassy" green Women In Business business card holder. Membership applications are available at every meeting or can be downloaded at our website at [www.wibcg.com](http://www.wibcg.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 WIB member & post your upcoming  
business events, promotions and announcements here!!**