

COTTAGE GROVE AREA

Women in Business

connect

learn

grow

June 2013

A program of the
Cottage Grove Area Chamber of Commerce

Newsletter

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Meeting Schedule:

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!!**

Membership Renewals

- Laura Devine, Real Fit Workout Studio
- Briget Fields, Tastefully Simple

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 "Stand Taller, Live Longer," will be on Thursday June 20th. Come learn how posture affects your life expectancy and quality of life.

Next month, July 18th Dr. Megan will discuss how to eat right for the summer by looking at the "5 Most Common Mistakes Made in the Grocery Store." Call 651-458-5565 to pre-register and lunch will be provided. Any questions please email Dr. Megan at



drmegan@cottagegrovechiro.com.



Upcoming Event hosted by:



SPANGLER AND DE STEFANO
COUNSELORS OF LAW PLLP

Spangler and de Stefano, PLLP are hosting the following upcoming event at their office located at 962 Saint Clair Avenue, St. Paul, MN 55105:

Business Owner Seminar: July 12, 2013, "The Top Five Legal Mistakes Businesses Make Regarding Local Ordinances." 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.

WIB Member's Only Event

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 & Friday, September 27

You may choose to volunteer for one or both days.

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.wbdgcg.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 under the Calendar of Events tab, for the dates Thursday Sep 26th or Friday Sep 27th.

* If you would like to volunteer on both days, please register for each day separately.

Congratulations Kathy!

CG Area Women in Business
Sponsored Candidate Kathy Melton
Selected as a 2013-2014
Cottage Grove Strawberry Fest
Princess



Kathleen Melton just completed her junior year at Park High School. She is involved in traveling and varsity softball, link crew, circle of friends, homecoming committee, prom committee, student council, honors mentor connection, and leaders of the pack. While maintaining a GPA of 3.76, she also works at Yo-Joes and enjoys spending time outdoors, shopping, going to the beach, and attending sporting events.

Congratulations Kathy!

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.

Thank you Judy Graves, Judy's Gems

Judy has been a member of the WIB Planning Committee since the group's inception. Thank you for all you have done in organizing and keeping us on track! We look forward to seeing you at the monthly meetings.

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.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 WIB member & post your upcoming
business events, promotions and announcements
here!!**