

COTTAGE GROVE AREA

# Women in Business

connect

learn

grow

October 2015

A program of the Cottage Grove Area Chamber of Commerce

## Newsletter

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### MEETING LOCATION

Cottage Grove City Hall  
12800 Ravine Parkway  
Cottage Grove, MN 55016

### Next Meeting

November 20th, 2015

Guest Speaker  
Therese Samudio

*Please  
remember to  
bring your name-  
tag!*



**Join us at our next meeting on  
Friday, October 16th, 2015 @ 8:15am**

**Speaker:**

Dr. Debra Lindh | Mindful Effect, LLC

**Topic:**

*Practical Mindfulness: Transforming  
Stress into Success!*

In times of stress, a single factor exists which can make the difference between damaging a relationship or deepening it; that factor is awareness. Through practical mindfulness, individuals learn new ways of thinking and doing that defuses stress and increases collaboration, engagement, team building, and personal success - all in real-time! Attendees will leave this session energized, confident, and equipped with tools and techniques to use anyplace, anywhere, and anytime!

# Feng Shui Wealth Wisdom:

Download a  
"FREE PASS"

and invite a co-worker,  
business colleague or  
friend to our next

WIB Meeting

[Click Here](#)



## New WIB Members

Liz Ann Smythe  
*Norwex*

Nycole Schneider  
*Werner Electric*

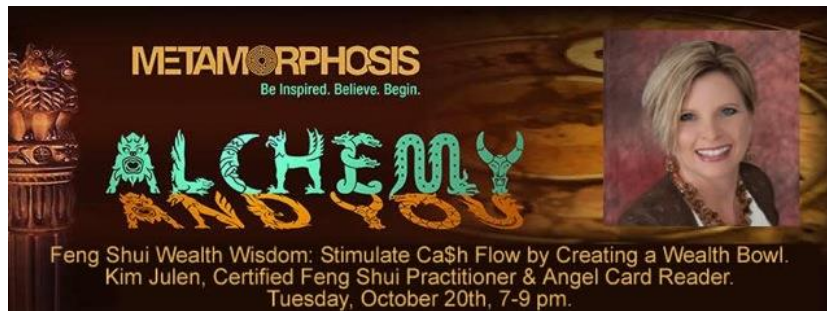
## Renewed WIB Members

Barbara DuFrane  
*Mississippi Dunes*

Ramona  
Westerberg  
*The Healing Place of  
Cottage Grove*

Gretchen Carlson  
*SWC School District*

Rebecca  
Kropelnicki  
*SWC School District*



## Feng Shui Wealth Wisdom: Stimulate CASH Flow by Creating A Wealth Bowl Kim Julen, Certified Feng Shui Practitioner & Angel Card Reader

**Tuesday, October 20th from 7:00pm to 9:00 pm**

Are you feeling financially stressed? Is your flow blocked or money not coming in as fast as you'd like? Stimulate more income and opportunities by creating your very own wealth bowl. In this fun and interactive session you will:

- \* Uncover your wealth dreams and set an intention to manifest them
- \* Discover several ways to attract more abundance into your home & life
- \* Identify the money spots and wealth corners in your space
- \* Receive tips for honoring the money that's coming in & for keeping it safe
- \* Create a wealth bowl with all kinds of juicy auspicious items!

By setting an intention for attracting abundance and wealth and taking action to create a physical symbol or talisman of this wealth within your home, you will speed up the Law of Attraction and be well on your way to "Finding Your Fiji".

**Only \$27! | [Register here](#)**

## Reliv International



### What is LunaRich?

LunaRich from Reliv is a breakthrough nutritional ingredient that optimizes bioactive lunasin more than any other source available today. LunaRich is made from non-GMO soybean varieties with the highest concentration of lunasin and manufactured using proprietary technologies that help maintain the lunasin's bioactivity - even after digestion. The result: You get maximum lunasin for maximum benefits.

### What is lunasin?

Lunasin is a peptide found naturally in soy that is responsible for many of soy's documented health benefits, including: heart health, cholesterol management, inflammation reductions, antioxidant benefits, improved immunity and overall cellular health.

**Contact me today or join me at Pure Chiropractic on October 22<sup>nd</sup> from 6pm - 8pm to learn more about Reliv and what it can do for you!**

**Cari Liemandt, Reliv distributor, 612-251-7769,  
cari.relivinglife.com**

## **WIB \$500 Grant Application**

This application may be submitted by a charity organization that benefits women or by a member of the WIB (Women In Business) nominating a charity organization that benefits women.

Please submit your application by e-mail to Heather Melstrom at the Cottage Grove Chamber at [office@cottagegrovechamber.org](mailto:office@cottagegrovechamber.org) or by US Mail to Cottage Grove Area Women in Business, PO Box 16, Cottage Grove, MN 55016-0016

***The deadline for applications  
is November 20<sup>th</sup>, 2015.***

The WIB Planning Committee will be making a decision by December 15<sup>th</sup> and the grant recipient will be announced to all WIB members and the public.

## **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:

### ***Upcoming Seminars***

**October 15, 2015, 12:00 - 1:00 p.m.,**

"Understanding the Fundamentals: Business Succession Planning." A FREE box lunch is provided with a RSVP to (651) 776-2900 or [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net). Space is limited. Guests are welcome.

**November 17, 2015**

"The Basics of Estate Planning: Wills, Trusts and Planning for Incapacity." A FREE box lunch is provided with a RSVP to (651) 776-2900 or [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net). Space is limited. Guests are welcome.

**November 19, 2015**

"Understanding the Fundamentals: The Intersection of Family Law and Estate Planning." A FREE box lunch is provided with a RSVP to (651) 776-2900 or [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net). Space is limited. Guests are welcome.

To receive weekly tips and seminar information, like "Spangler and de Stefano, PLLP" on Facebook.

## Congratulations WIB Members

Congratulations to two of our WIB Members for recently winning awards from the Cottage Grove Area Chamber!

**Ramona Westerberg of *The Healing Place of Cottage Grove* won "Business Person of the Year"**



**and Mary Slusser of *Spartan Promotional Group* won "Public Service Award"!**



## Refer a New Member

Refer a new member to the WIB and receive a gift of a "sassy" green CG Area 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).

[Find Us On:](#)



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