

COTTAGE GROVE AREA

women's business development

GROUP

March 2012

A program of the
Cottage Grove Area Chamber of Commerce

Newsletter

In This Issue

[Membership Renewals](#)

[Free Seminar - Technology](#)

[Free Seminar](#)

[Tastefully Simple](#)

[Discover a Lifestyle](#)

[Refer a New Member](#)

[WBDG Summer Informal Networking](#)

*Friday, March 16th
Meeting Agenda*

Greeter:
Katie Olafson
Sign-in Table:
Briget Fields

7:45-8:00 a.m.
Informal Networking & Check-in

8:00 a.m.
Dawn Stebbing
Image Evolution
**"First Impressions can be a Deal
Breaker-Don't Break Yours!"**

Membership Renewals

- Jean Brown, South Washington County Bulletin
- Colette Jurek, Xcel Energy
- Rebecca Kropelnicki, Community Education

Free Seminar

Use of Technology As It Relates to Employees-Is Your Business Protected?



SPANGLER AND DE STEFANO
COUNSELORS OF LAW PLLP

Technology changes quickly and businesses need to make certain that they are protecting themselves regarding the use of technology as it relates to its employees. For example, the employee's use of an employer issued laptop and other technology devices can have wide ranging and long-term financial consequences to an employer. Protect your business - a valuable asset - from claims such as harassment, discrimination, and negligence. On April 13, 2012, from 12:00 noon to 1:00 p.m., at Spangler and de Stefano, PLLP, 779 East 7th Street, St. Paul, MN 55106 will be presenting a FREE seminar (with complimentary box lunch and beverage) on "**The Use of Technology As It Relates to Employees: Is Your Business Protected.**" Come and join us and our special guest co-speaker: Paul Schmitz, Owner, Data Doctor Computer Services. Space is limited, so please RSVP immediately to evon_spangler@qwestoffice.net or (651) 776-2900.

8:45 a.m.
Announcements

9:00 a.m. Informal Networking

Meeting Schedule

Apr 20, 2012
Topic: Office Organizing: When Good Files Go Bad
Speaker: Kathy Franzen, Project Organizing, LLC

May 18, 2012
Topic: Everyone Sales
Speaker: Betsy Buckley

Chamber Events

Ribbon Cutting
Canvas Health
Friday, March 30, 2012
8:00 a.m.
8451 E. Point Douglas Rd So Cottage Grove

"Coffee's On!"
Networking Event
Tuesday, Apr 17, 2012
7:30 to 9:00 a.m.
Yo-Joe's Frozen Yogurt & Coffee Shoppe,
8711 E. Point Douglas Rd So Cottage Grove

Ribbon Cutting
Wednesday, Apr 18, 2012
12:00 p.m.
Yo-Joe's Frozen Yogurt & Coffee Shoppe
8711 E. Point Douglas Rd So Cottage Grove

Annual Business Showcase
Thursday, April 26, 2012
5:00 - 8:00 p.m.
Cottage Grove Ice Arena
8020 - 80th St. So.

Free Seminar

"Living With an Autistic Child: the Practical, Financial and Legal Aspects"



SPANGLER AND DE STEFANO
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Estate planning should be a top priority for all families. It is a priority that needs immediate attention if your child has special needs or is disabled and is receiving any type of public benefit, such as SSI, Medical Assistance or Medicare. On April 2, 2012 at 5:30 p.m. at Anchor Bank, 1570 Concordia Avenue, St. Paul, MN 55104, Spangler and de Stefano, PLLP and MH Consultants is sponsoring a FREE seminar on "Living With an Autistic Child: the Practical, Financial and Legal Aspects." In this seminar, Susie McGregor-Huyer, a nurse and a mother of two autistic boys, will discuss the practical aspects of raising an autistic child. In addition, Stacey Bartelson, CFP® and attorney Evon M. Spangler will discuss the financial and legal aspects in raising an autistic child, including the need to limit the child's assets, supplemental needs trust and special needs trust.

Tastefully Simple

Good-bye, Fall-Winter - Hello - Spring-Summer

Say good-bye to Fall-Winter and welcome Spring-Summer with a party, March 1 - 19, you get the best of both catalogs! Plus, you and your guests can get ready for summer with a FREE Recipes for Best-Dressed Burgers book - your gift with any purchase over \$40! Contact me today to book a party, or order online.

Briget Fields, Team Leader
waynbirgfields@centurylink.net
651-458-9374
[Click Here](#) to Visit my Website

[Download](#) additional information

Discover a Lifestyle

Group Health Coaching Program



If you're interested in deepening your relationship with food, creating dialogue with your body, ditching the diet and discovering a lifestyle, this interactive group-coaching program is for you. This 3-month program will include:

- Two 60-minute sessions per month.
- Simple and informative handouts that will increase your nutritional knowledge.

- One 20-minute individual coaching call.
- Recipes that are healthy and simple to prepare.
- Recommendations for books, DVDs, blogs, websites, etc.
- One-week sample meal plan.
- Access to an online group community.
- My personal commitment to your health and success.

The first session will be **Thursday, April 5 at 6:30 PM** and will be held at the City Walk Clubhouse, 10215 City Walk Drive, Woodbury, MN 55129. After the first meeting, the group will determine if all meetings will be in person or done as a teleclass.

Originally \$225 - **Enroll NOW for \$195**

Register by going to

<http://whatsyourhealthy.com/events/2012/04/group-health-coaching-program>

Sue Manning, Holistic Health Coach
10075 City Walk Drive, Unit 104
Woodbury, MN 55129
651-308-6393 *

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.wbdgg.com. Already have a "sassy" holder? For each additional referral you receive a \$5.00 voucher towards your dues or a members only event.

Summer Informal Networking

We are looking for volunteers to take charge of the Women's Business Development Group summer informal networking meetings (June 15th and July 20th). Includes committing to being in attendance at the meeting and leading the group through an icebreaker or informal networking of some kind. If you're interested, please contact Judy Graves.

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