

COTTAGE GROVE AREA

# Women in Business

*connect*

*learn*

*grow*

May 2015

*A program of the Cottage Grove Area Chamber of Commerce*

## Newsletter



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**Join us at our next meeting on  
Friday, May 15th, 2015!**

**Guest Speaker:  
Evon Spangler - Spangler and de  
Stefano, PLLP**

**Topic:  
Women and Money: Protecting Yourself  
Financially Through Strategic Planning**

[Click Here for the Flyer](#)

**Please remember to bring to our meetings:**

\*lots of business cards to pass around and for our  
business card/referral binder

\*Promo materials for our Promotional Table  
(but just remember to pick it up at the end of the meeting)

Refer a New Member

## Upcoming Meetings

**Friday, May 15, 2015**

8:15 am to 9:30 am

Speaker: Evon Spangler, Spangler and de Stefano, PLLP

Topic: "Women and Money: Protecting Yourself Financially Through Strategic Planning"

**Friday, June 18th, 2015**

Speed Networking

**Friday, July 17th, 2015**

Networking

### MEETING LOCATION

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

[CLICK HERE](#) to download the 2015 speaker schedule.

Remember to Bring Your Name Tag!!

# Congratulations!



## THRIVENT FINANCIAL®



**The East Metro Financial Team (EMFT) of Thrivent Financial received the *Team of the Year* award.**

**And to Arlene Myers, she was awarded *1st Place for the RFO Leader in New Membership!***

[Click Here for the Press Release](#)

**Do you have an Estate Strategy?  
*Have you thought about your Legacy?***

Download a  
"FREE PASS"  
and invite a co-  
worker, business  
colleague or friend to  
our next  
WIB Meeting

[Click Here](#)



**Renewed WIB  
Members**

**Becky Fox**  
*Mary Kay Cosmetics*

**Kim Julen**  
*Finding Your Fiji, LLC*

# What you don't know! COULD HURT YOU!

**A FREE FINANCIAL SERIES TO  
HELP YOU AVOID THE PAIN...**

## Seminar Series

- 1 **Thursday, April 9th at 7 p.m.**
  - Economic Update
- 2 **Tuesday, June 9th at 5:45 p.m.**
  - Estate and Legacy Planning
- 3 **Thursday, August 20th at 6:30 p.m.**
  - Identity Theft
  - Internet Security
- 4 **Thursday, October 8th at 5:30 p.m.**
  - Preparing for Long Term Care: A Gift Your Family Deserves
  - Social Security: Strategize to Maximize
- 5 **Thursday, November 5th at 6 p.m.**
  - Heart to Heart - As Your Parents Age
- 6 **Tuesday, December 8th at 6:30 p.m.**
  - Woman, Wine and Wealth

## Event Two Details...

**Do you have an Estate Strategy?**

**Have you thought about your Legacy?**

*Join us for this educational seminar to learn more...*

### Topics Include:

- Estate Strategies
- Legacy Planning

### Tuesday, June 9th

5:45 p.m. Registration  
6:00 p.m. Seminar

### Location:

Guardian Angels Church  
8260 4th St. N.  
Oakdale, MN 55128

*RSVP by June 2nd*

*Dinner will be served*

**RSVP required to attend these FREE seminars**

*To reserve your spot, please contact*

*Arlene Myers at 651-458-5392 or [pamela.eisele@thrivent.com](mailto:pamela.eisele@thrivent.com)*



**WOODBURY  
COMMUNITY FOUNDATION**

*Presenters include: The East Metro Financial Team of Thrivent Financial, and Christopher Burns. No products will be sold.*

*In Partnership with*



10040 City Walk Drive, Woodbury, MN 55129 • 651-788-6586 • [www.WoodburyFoundation.org](http://www.WoodburyFoundation.org) • Tax ID: 72-1592506

To download the flyer, [click here](#).

The Woodbury Community Foundation and the East Metro Financial Team of Thrivent Financial have partnered together to offer you this FREE seminar on Tuesday, June 9<sup>th</sup> at 5:45 p.m. at Guardian Angels Church. Dinner will be served. RSVP is required.

To reserve your spot, contact Arlene Myers at [651-458-5392](tel:651-458-5392) or [pamela.eisele@thrivent.com](mailto:pamela.eisele@thrivent.com) by June 2<sup>nd</sup>

**Reliv International**



Your health = genetics + lifestyle

MAY

### Success!

"I had some blood work done and discovered that my triglycerides were unusually high. The doctors told me that it was probably genetic (my grandmother had the same issue), and I tweaked a few things with my diet to try to help. I knew that Reliv could make a difference. I just added in the LunaRich X capsules when they came out in January 2013. I took between 3-5 capsules per day and my triglycerides were back within the normal range by the next test!"  
- Sherry Schuler of Frankfort, IN

"As a massage therapist, I believe in health solutions. So when I learned about epigenetics and LunaRich, it just made sense. My entire family experienced such great results with LunaRich X, I incorporated it into my practice. And now I can't keep my mouth shut about it. I always viewed network marketing as the ideal business model, but you need the right product and compensation plan to make it work. Reliv has both. The company is extremely generous — I earned a Rookie Bonus in each of my first three months in the business."  
- Jane Pinkley of West Salem, OH

### DID YOU KNOW?

#### Mythbusting

Soy foods are also an excellent source of protein, and many are also good sources of fiber, potassium, magnesium, copper and manganese. But despite the studies proving its benefits and the positive reaction of the scientific community, myths about soy persist. Let's take a look at a couple common myths and learn the truth about soy:

**Myth #1:** Men shouldn't take soy because it contains estrogen-like properties.

**Truth:** A study in 2010 at St. Catherine University in St. Paul, Minnesota, investigated whether soy has an effect on reproductive hormones in men. The study found conclusively that neither soy foods nor isoflavones supplements alter measures of bioavailable hormone concentrations in men.

### FEATURED PRODUCT

Exciting new discoveries are revealing soy's mounting health benefits, and much of the excitement centers around lunasin, a naturally occurring soy peptide. Soy's cholesterol-lowering properties, which are supported by an FDA health claim, can now be attributed to lunasin.

In fact, the American Heart Association, which once petitioned the repeal of the FDA's health claim, recently invited Dr. Alfredo Galvez, the scientist who discovered lunasin, to present at its national convention.

Lunasin is now one of the most heavily researched and scientifically supported nutritional compounds available today.



Cari Campion 612.251.7769 | [cari.relivinglife.com](http://cari.relivinglife.com)

[Click Here To Download the May Newsletter](#)

## 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:

### **Estate Planning Seminar**

**May 19th, 2015, 5:30-6:30pm**

*"Wills, Trusts and Planning for Incapacity: The Good, The Bad and the Ugly."*

A FREE box dinner is provided with a RSVP to [651-776-2900](tel:651-776-2900) or [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net)

Space is Limited | Guests are Welcome

### **Business Owner Seminar**

**May 21st, 2015, 12pm - 1pm**

*"Understanding the Fundamentals: Drug and Alcohol Testing of Employees."*

A FREE box dinner is provided with a RSVP to [651-776-2900](tel:651-776-2900) or [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net)

Space is Limited | Guests are Welcome

### **"Wine, Chocolate and Art"**

**May 15th, 2015, 7pm - 9pm**

a fundraiser sponsored by Spangler and de Stefano, PLLP, including framed photographs by Evon M. Spangler from different locations all over the world to benefit the Women and Money Exhibition at the Katherine E. Nash Gallery. The Women and Money Exhibition is a forum whereby female artists, through a variety of mediums, empower the public to explore, investigate and examine the relationship between women and money. *The funds raised at this event will be used to provide a stipend to the artists exhibiting in the Art Exhibition in September 2016. RSVP's are not required. For more information visit <https://art.umn.edu/nash/press/women-money> or contact Evon M. Spangler at [evon\\_spangler@qwestoffice.net](mailto:evon_spangler@qwestoffice.net) or (651) 776-2900.*

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

**Real Fit Workout Studio -  
Yoga in the Park**



### **Yoga in the Park presented by Real Fit Workout Studio!**

Come enjoy the beautiful summer weather while getting a workout that will focus on increasing your strength, balance, and flexibility. There is no better way to spend your lunch hour than getting some sun, working your body, and getting a little stress relief all at the same time! Accommodations can be made for all levels, but participants should be able to get up and down off the ground easily.

**WHEN:** Thursdays, 11:15-12pm

**WHERE:** Oakwood Park, 7851 Harkness Ave. South (behind Ruby Tuesday overlooking the city - beautiful!)

**2 FREE classes: 5/28 and 6/4, then series runs 6/25-8/27 = 10 classes total**

**Cost:** All 10 classes: \$60, or \$8/class

Pre-registration is required. You can come to both FREE classes! Sign-up online: [www.r-fit.com](http://www.r-fit.com) or email: [Laura@r-fit.com](mailto:Laura@r-fit.com).

## **Community Guides**



## ANNUAL COMMUNITY GUIDES

Woodbury/Afton 2015-16

Cottage Grove/Newport & Saint Paul Park 2015-16

Produced annually by the Bulletin Newspapers/RiverTown Multimedia, our local Community Guides are packed full of everything current residents or visitors to our communities need to know. Stories ranging from the area's founders to new business development, contact information for local government, schools, libraries, Chambers of Commerce, senior services, health and wellness, and recreation – including detailed park and trail maps!

This year's ALL-NEW SIGNATURE SIZE, will be more easily distributed inside the Bulletins, plus a wide variety of locations throughout the community, including local Chambers of Commerce, City Halls and area rest stops. An online flipbook version of each guide will be available 24/7 on MAGAZINE RACK – found on [swcbulletin.com](http://swcbulletin.com) and [woodburybulletin.com](http://woodburybulletin.com).

**ADVERTISING OPTIONS:** All ad prices include FULL COLOR, a listing in the Index of Advertisers, and a 30-day shared digital ad campaign introducing newly published guides in print and on Magazine Rack.

Produced annually by the Bulletin Newspapers/RiverTown Multimedia, our local Community Guides are packed full of everything current residents or visitors to our communities need to know. Stories ranging from the area's founders to new business development, contact information for local government, churches, schools, libraries, Chambers of Commerce, senior services, health and wellness, and recreation - including detailed park and trail maps!

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[Click Here for the Flyer](#)

## SHIFT Your Life

**Change your environment to SHIFT  
your mindset and your life**

Changing your external environment helps you shift your

mindset and your life. When you are in a new environment, like when you are traveling , your focus shifts to experiencing and noticing all of the new things around you. While I was in San Diego recently, I was captivated by the ocean, the birds, the seals and even the squirrels. Looking at these things I felt tremendous gratitude and joy. I could not look away. I was so engrossed in the scenery that I could not think of anything else. Being in this environment completely cleared my head.

Here's the thing...you don't need to get on a plane or travel to some distant or exotic place (although that's fun to do) to clear your head.

[Read more & watch video...](#)

**Kim Julen, Shift Master**

**651-230-7361**

**FindingYourFiji.com**

**[Kim@FindingYourFiji.com](mailto:Kim@FindingYourFiji.com)**



## Do You Know?

**Name:** Cari Liemandt Campion

**Business:** Reliv International -a epigenetic nutrition company

**Years in Business:** 2

**Describe what you do in 3 sentences or less:** I help people earn extra income and achieve optimal health with one shake a day

**One thing on your bucket List:** tour out of the country



**Describe yourself in two words:** trustworthy and driven

**Describe your business/profession in two words:** optimal health

**I am happiest when I am:** at the horse rescue ranch

***Awesome deal or promotion you'd like to share with the group:*** Free bottle of Lunasin capsules when you successfully send a referral to me.

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**Name:** Michele Ilc

**Business:** Lennar Homes

**Years in Business:** The company was founded in 1954, and the name was changed to LENNAR in 1971. We have been building homes in Cottage Grove for almost that long!



**Describe what you do in 3 sentences or less:** I am a new home consultant, working with homebuyers to find the perfect home and homesite to build their new home. I turn dreams into reality.

**One thing on your bucket List:** Travel through Italy doing a food and wine tour.

**Describe yourself in two words:** Sincere and motivated

**Describe your business/profession in two words:** New home construction

**I am happiest when I am:** With my husband and 2 kids

***Awesome deal or promotion you'd like to share with the group:*** We are currently offering 1/2 off options in our new Cayden Glen community. Add all the extra touches to your dream home at 1/2 the cost!!

***If you missed last night's Chamber Happy Hour, I am extended my promotion to you!***

Come see Lennar's Newest Cottage Grove  
Neighborhood at Cayden Glen.  
We are located at 6883 Jensen Ave So. (Between  
Jamaica and Woodbury Drive on 70th St.)  
Tour any day Thursday-Monday, 11am-6pm  
Leave this card behind for a chance to win a gift card for  
\$200. Valid until May 31st, 2015. [Click here](#) for the card,  
pass along to family and friends!

## OPEN HOUSE

*We Personally Invite You To Join Us At*

*The* **Pallais** *Agency*

**MAY 28<sup>th</sup> 2015**  
**3:00pm to 4:30pm**

*For Our Ribbon Cutting & Open House At Our New Location!*

 1200 Centre Pointe Curve Suite 100  
Mendota Heights, MN 55120  
651-696-9096 

*Come enjoy drinks, appetizers, and leave with a new connection!*

## Chamber Happy Networking Hour

**Join us for Business Networking & Fun!**  
**Tuesday, June 9th, 2015**  
**5 to 7 pm**  
Location: River Oaks Golf Course  
Free Appetizers | Cash Bar

Sponsored by: Cottage Grove Area Chamber



## 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!!**

[Forward email](#)



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