

COTTAGE GROVE AREA

# Women in Business

connect

learn

grow

**May 2016**

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*Please  
remember to  
bring your  
name-tag!*

**New WIB**

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



**May 20<sup>th</sup> SPEAKER:**  
**Josie Robinson**  
**Speaker | Author | Counselor**

**TOPIC:**  
**"How To Find Contentment  
(No Matter What Life Is  
Throwing At You)"**

Josie Robinson suffered from depression and alcoholism for several years before she found serenity by using a simple gratitude practice with her son. Now, Josie's mission is to teach others the power of Giving THANKS and to quietly start a gratitude movement across the world.

Josie is the author of *The Gratitude Jar: A Simple Guide to Creating Miracles*, a licensed counselor and professional speaker.

Josie is also offering a special discount price of \$10.99 per book (retail price \$17.99) on her book - signed with a personal note from the author - to anyone interested in purchasing it at the presentation on [Friday, May 20th](#).

Order forms will be available **this Friday ONLY at the Women in Business meeting.**

**Meeting will be held at:**  
*Training Room of BEC Building  
7516 80th Street S, Cottage Grove, MN  
55016*

**Start time: 7:45am**

**We will have coffee sponsored by:**

  
**WERNER ELECTRIC**  
SOLUTION · SUPPLY · SUPPORT

## Members

# WiB Member Spotlight

Courtney Myers  
*Thrivent Financial -  
East Metro Financial  
Team*

Sue Krebsbach  
*K & S Conservatory  
of Music*

Christie L.  
Thompson  
*ChristieLegal*



**Name:** Cari Liemandt

**Business:** Reliv International

**Years in Business:** 3

**Describe what you do in 3 sentences or less:** I am a distributor for an optimal nutrition company. Our product works at the cellular level to help people find relief with issues from acid reflux, arthritis, weight loss and more. It also is in a powder form so that it is bioavailable for your body to feel healthier with all the vitamins, minerals, proteins, and amino acids you need in one effective formula.

**One thing on your bucket List:** travel to France

**Describe yourself in two words:** trustworthy and tenacious problem solver

**Describe your business/profession in two words:** health and wellness

**I am happiest when I am:** with my dog and riding horses

**Awesome deal or promotion you'd like to share with the group:**

**25% off your 1st order with a 30 day money back guarantee.**



## Soup-er Bowl Team

A big THANK YOU to our Women in Business bowlers that participated in the Stone Soup-er Bowl.



## RE/MAX Ribbon Cutting

RE/MAX Professionals Ribbon Cutting was held Tuesday, May 10th, 2016 celebrating their expansion in Cottage Grove.

Following the Ribbon Cutting, RE/MAX hosted the monthly Cottage Grove Area Chamber Happy Hour. Congratulations to our own Sonya Fox on a great event!

**You can watch video of the event on our Facebook Page!**

**RE/MAX<sup>®</sup>**  
*Professionals*  
[homeprofessionals.com](http://homeprofessionals.com)

## Summer Yoga

### **\*\*Yoga in the Park\*\***

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.

DAYS/TIMES: Thursdays, 11:15am-12pm  
DATES: 6/16-8/25 (no class 6/30) = 10 classes total.  
LOCATION: Oakwood Park  
7851 Harkness Ave. S, CG, MN 55016  
(behind Ruby Tuesday overlooking the city - beautiful!)

COST: \$8 for a drop in, or \$60 for all 10 classes!

QUESTIONS? Email [Laura@r-fit.com](mailto:Laura@r-fit.com) or check out our website, [www.r-fit.com](http://www.r-fit.com).

Space limited to 20 participants so save your spot [HERE](#).

## Business Owner Seminar

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

### **Business Owner Seminar: June 16, 2016**

*The Top Ten Legal Mistakes Businesses Make Regarding Hiring, Discipline and Firing of Workers*  
From the misuse of independent contractors, to drug and alcohol testing of employees to employees use of social media and everything in between.

**A FREE box lunch is provided with a RSVP to (651) 776-2900 or [evon@spangleranddestefano.com](mailto:evon@spangleranddestefano.com).  
Space is limited.**

**To receive legal tips and event information, please like our Facebook page, Spangler and de Stefano, PLLP.**

## Next Month's WiB Meeting

**Next Women in Business Meeting  
June 17th @ 7:45am**

### **Summer Speed Networking**

Get to know the members of Women in Business.  
Bring extra business cards to increase your business  
and referral sources this summer!  
connect | learn | grow

## Strawberry Festival Ambassador

Once again, the Cottage Grove Women in Business group will be sponsoring a Strawberry Festival Ambassador. The event is June 16th-19th, 2017. More details to come!

## Upcoming Chamber Events:

### **Ribbon Cutting**

*THURSDAY - MAY 19TH, 2017 - 10:00 a.m.  
RIVERTOWN CAKES | 7750 HARKNESS AVE. S. #112 | COTTAGE GROVE, MN*

Help us welcome our newest Cottage Grove Area Chamber Member to their new location.

### **Golf Classic: Swing for Scholarships**

*MONDAY - JUNE 27TH, 2017 -  
RIVER OAKS GOLF COURSE | 11099 S. HWY 61 | COTTAGE GROVE, MN*

A FUNdraiser for the Chamber Scholarship fund, supporting local High School Graduates.

11am: Registration & Lunch

12pm: Shotgun Start

5pm: Dinner with Scholarship Recipients

### **Cottage Grove Area Chamber Happy Hour**

We are partnering with the City of Cottage Grove for a Happy Hour in June.

More details to follow!

**For more Chamber Events or to register to any events above,  
visit:**

**[www.cottagegrovechamber.org/event-calendar](http://www.cottagegrovechamber.org/event-calendar)**

## Become the Coffee Sponsor

Each month we have speaker, a WIB member has a chance to be a coffee sponsor. They will have their logo on meeting promotional materials and a 3-minute spotlight at the meeting. The cost is coffee! Please bring coffee for around 25 people (an early morning snack is optional).

## 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!!**