

COTTAGE GROVE AREA

# Women in Business

connect

learn

grow

October 2016

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



## **October Speaker: Louise Griffith**

### **Topic: "You are Worth It: 52 Weeks to Honoring, Loving and Nurturing Your Soul"**

Louise Griffith of One Shining Light, an internationally recognized speaker, success coach, author and psychologist of 25 years, empowers her clients get clear about what they want and then achieve it. She works with people who want to understand what makes them tick and motivates them to take action in a positive and productive way. Her training deals with the core issues that stand in the way of performance and how people can be their best on a daily basis.

**Do you know...our coffee sponsors**



Our coffee sponsors are also our "Do you Know" members! Thank you to The Hedgehog Worx April Gard-Durrow and Nighthawk Security April Alme.

## Do you know...



### **April Alme**

Nighthawk Security/CSR/Sales

**Years in Business:** 1.5 years

**Describe what you do in 3 sentences or less:**

I customize security systems per customer needs.

**What do you like best about your company/position?**

Meeting new clients

**My perfect referral is....**

a franchise, like McDonalds, insurance agents, real estate contractors and builders, etc.

**Why I love Women in Business...**

The relationships that develop

**On a day off you'll find me**

hiking, enjoying time with family and friends.

**Promotion for WiB members:**

3 months free monitoring with the purchase of a security system from Nighthawk Security and a 36 month signed contract.

**Contact:** April at [april@mynighthawk.com](mailto:april@mynighthawk.com)



# Do you know...



## **April Gard-Durow**

### **Experiential Designer**

14 years of design experience, and only 2 months as an entrepreneur

#### **Describe what you do in 3 sentences:**

I am a designer of experiences with a passion for amazing brands, modern technology and a crazy positive outlook on life. I love working with small business owners to find their unique look in their niche, and brainstorm on their next project. Whether it is working with their current logo and creating an identity and brand guide, or starting from the ground and working our way up, let me be part of your growing business.

#### **A perfect referral for me is:**

A unique business looking to talk about how they make their business stand out by using their current brand to create an experience for their clients.

#### **Why I love WIB:**

I absolutely love every woman I have met, and one thing I love even more is watching each one succeed in their businesses, as well as learn from them as we all do this together.

#### **On a day off you'll find me:**

On the rare occasion I don't fill up my day (usually in the winter months), you can find me chilling on the sofa under a blanket watching the Walking Dead or any superhero flick.

#### **People are surprised to know:**

I love lifting weights, the really heavy ones, which is something I have been doing for a few years now. And my most recent passion is boxing, ring style. Both are amazing workouts, but even more amazing to see how much it changes you mentally and physically.

**Contact:** April at [TheHedgehogWorx@gmail.com](mailto:TheHedgehogWorx@gmail.com) or 906-280-6359



## Free Seminars

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

Estate Planning Seminar: November 15, 2016 from 5:30 - 6:30 p.m.: Estate Planning: Trusts, Wills and Planning for Incapacity.

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

Business Owner Seminar: December 15, 2016: The Top Ten Legal Mistakes Businesses Make from Commencement to Selling/Dissolution of a Business: from starting your business to selling or dissolving your business 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.

## Exclusive WiB Advertising Opportunity!

Advertise your business on the exclusive Women In Business flyer in November.

This flyer will be inserted into the South Washington County Bulletin on November 16 and distributed at the Women in Business Meeting on November 18. It is a great way to brand yourself, promote a special even or advertise a savings with a coupon offer.

Each ad space is just \$89 and will be created for you at no additional cost. There are only 2 spaces available for November so please contact

Becky Fox at [bfox@rivertowns.net](mailto:bfox@rivertowns.net)

or

Laurie Levine at [llevine@rivertowns.net](mailto:llevine@rivertowns.net)

if you have questions or are interested in the exclusive opportunity.

# The Energetic Feng Shui Challenge of Ashes

Many people keep the ashes of their loved ones in their homes and often they are placing them in a location within the home that is energetically harming them. The energy of non-living things (not only ashes, but also dried flowers and other "dead" items) can create many difficulties - everything from lost opportunities and income to health and relationship challenges.

Dead things and ashes, whether human or pet remains, represent stuck or stagnant energy and it is best to remove them from your home. If you have dead trees in your yard, remove them. If you have plants that are dead or dying and cannot be revived, remove them.

Note: If the plant was placed as a Feng Shui adjustment and died, it has likely taken the energetic "hit" for you. Thank it for its service to you and replace the plant with a bigger or more expensive one.

Remove dried flowers unless they have special significance to you, such as a wedding bouquet. Consider whether you can remember the event through pictures with the living flowers instead. If you wish to keep the dried flowers, preserve and honor them by placing them in a shadow box or other container.

Many of my clients do not wish to remove the ashes of their loved ones from their home. In these cases, I make recommendations on where the ashes can be placed to do the least harm. **Let's first be clear about where ashes should *not* be placed within the home:**

- 1. In the Bedroom or outside the bedroom door.** The bedroom is your place of rest, rejuvenation and romance. Keeping ashes here can negatively affect your health as well as your romantic relationships, where the deceased loved one is literally coming between you and a vibrant life with those who are still living and with your own body that is still alive.
- 2. In the Dining Room.** The dining room is where you take in food to nourish your body. We want living things in this space to signify life-giving energy to your body.
- 3. In the Kitchen.** The kitchen is where your food is cooked, which also nourishes your body and the stove is located here, which symbolizes your wealth so keeping ashes in this location can affect both your health and your finances.
- 4. Near the Front Door.** As you've read in my previous blogs, the front door is considered the "Mouth of Chi" where all the energy and opportunities come into your home. Keeping ashes, or other non-living things in this area can push opportunities away and prevent abundance from flowing to you.

Ashes you wish to keep should be placed in a common area, like a family room or living room and away from the front door, kitchen, dining room or bedrooms.

**There is a special Feng Shui adjustment called the *Sealing the Doors Ceremony* that is beneficial and recommended to be performed:**

- You are keeping ashes in the home
  - You've had bad luck in a house
    - You've been robbed
  - Occupants are feeling unsafe
- Your home is located across from a church, cemetery or funeral home
  - You suspect other living spirits are present within your home

To obtain a copy of the Sealing the Doors adjustment, please email me at [Kim@FindingYourFiji.com](mailto:Kim@FindingYourFiji.com). I will request that you honor the Red Envelope tradition in exchange for receiving the adjustment.

Feng Shui can be confusing. Do you need help figuring out your Bagua? Do you want help determining what to do within your home to boost the power of your intentions for Health, Career, Finances and Relationships?

**Let's chat! I offer a FREE 20 minute Virtual Coffee Chat. I'd love to get to know you better and give you 2-4 ideas to help you shift the energy in your space and in your life.** Click here to book it:

<http://bitly.com/2ChatwithKim>

**Kim Julen**

Feng Shui Intuitive Coach

[www.FindingYourFiji.com](http://www.FindingYourFiji.com)

651-230-7361

## November Speaker



**Jennifer Collins -**

**What *The Secret* Didn't Tell You...3  
Things You Need to Know About  
the Law of Attraction to Get What  
You Really Want**

# Victorian Tea



## HISTORY

Attorneys Evon M. Spangler and Rachel T. Schromen have been involved throughout their lives, in different capacities, in helping women safely exit violent environments. Being passionate about helping others and providing a voice to the often voiceless, they saw an unmet need in their state for pro bono legal services to women and their children who are staying at shelters. As a result, on January 4, 2016, they formed Domestic Abuse Legal Advocacy Center, PSC.

Domestic Abuse Legal Advocacy Center, PSC is a 501(c)(3) nonprofit. The founders of the organization have a strong belief that legal advocacy plays a vital and critical role in stopping the cycle of abuse. In a recent study by the Institute for Policy Integrity, "Supporting Survivors" July 2015, the authors of the study, while acknowledging that additional studies

need to be completed, determined that legal advocacy decreases the cycle of domestic abuse. As a result, Evon and Rachel have worked on creating a means of delivering legal advocacy in a way that would be best attainable by those in need, and most effective in helping women safely exit abusive relationships and situations. As a result, the organization has collaborated with Women's Advocates, Inc., a battered women's shelter in St. Paul, Minnesota and Headwaters Intervention Center, Inc., in Park Rapids, Minnesota, to provide pro bono legal advocacy to the shelter's clients through monthly advice only clinics and emergency cases.

## ORGANIZATION GOALS

Domestic Abuse Legal Advocacy Center, PSC is funded solely at this time through donations from individuals and businesses. In addition, at this time, all attorneys involved with the clinic are volunteers.

**Our goals in 2017 are to:** 1) expand our services to another shelter in the Twin Cities area; 2) expand our clinics to provide in court representation to shelter clients in Order for Protection (OFPs) and eviction expungement matters; and 3) hire a part-time executive director who will also be a supervising attorney representing clients in court.

## LONG-TERM GOALS

The organization will own a building and have a full-time executive director and staff providing full representation to shelter clients, and also have a mental health clinic, medical clinic, and other clinics that will help victims of domestic abuse exit violent relationships and situations.

## TO MAKE A DONATION

Send your check to:  
**Domestic Abuse Legal Advocacy Center, PSC**  
962 Saint Clair Avenue, St. Paul, MN 55105

For additional information contact:  
Evon M. Spangler at (651) 776-2900 or  
Rachel T. Schromen at (651) 571-2515.



## Upcoming Chamber Events:

**November 3rd - Join us at our new office space! Open house will be from 4pm-7pm with a ribbon cutting at 5pm. New address:**

**8617 West Point Douglas Rd. in Cottage Grove.**

**November 8th - Chamber Happy Hour hosted by Merchants Bank at their new location! 5pm-7pm**

**November 16th - 7:30a.m.-9:00a.m. - Business Breakfast - Are you too small to be a target? Cybersecurity Strategies for Small Business Owners**

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

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

