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New Voices At NWCCOG



Victoria Swain

As with all organizations, people come and people go. After nearly 5 years with the NWCCOG as the voice of the Weatherization team, Victorian Swain has moved to Idaho to pursue new opportunities. We are grateful for her more than 5 years of service and wish her the best! Shown here in her "farewell tiara", with an Idaho-shaped bownie, we will miss her ready smile.

Sherry Rogstad, who had been the voice at the other end of the phone whenever anyone called the NWCCOG as Office Administrator, was selected to take over for Victoria. We're very excited Sherry agreed to take on this very important role. Before leaving, Victoria had some time to train Sherry and she's been able to immediately provide assistance to the many callers requesting information about weatherization. The transition for Sherry was fairly easy because she really enjoys talking to folks on the phone and learning new things. She gets to do both in her new role.

With Sherry moving from the Office Administrator's position to Weatherization, she left a big hole that needed to be filled with someone who could step in behind her to provide the office with much needed support. Alissa Hack has joined NWCCOG to fill that role. Alissa, originally from Leadville, has spent the past 16 years living in Alaska. She's got a Human Resources background along with other skills that enabled her to become the Executive Director of the Alaska Association of Health Underwriters before returning to Colorado.



Sherry Rogstad



Alissa Hack

For Alissa, her goal is to "make people's day by doing whatever she can to help and support them in their jobs." She loves learning new things and has found the collaboration and camaraderie at NWCCOG to be a good fit for her current career objectives.

So when you find yourself calling the NWCCOG you might be surprised to hear a different voice on the other end of the line.

It's all good!

Clean Water Act is worth bolstering with new rule

By Karn Stiegelmeier

Guest Commentary

Posted: 08/03/2014 05:01:00 Denver Post

We all want to protect Colorado's iconic mountain streams that provide clean water to drink and clean water to fish, without unnecessary overregulation. A recent proposal from the Environmental Protection Agency and Army Corps strikes that balance. The new rule would restore important protections for waterways and reduce administrative burdens in permitting processes. While admittedly technical, this is an important step forward.

The Clean Water Act is all about restoring and maintaining healthy waterways throughout the United States. But it protects only those waters that meet the definition of "waters of the United States." Two Supreme Court rulings over the last 15 years muddled the distinction between waters that were covered under the Clean Water Act and those that weren't. Those rulings resulted in significant additional red tape, time and expense to the permitting processes.



"The Clean Water Act is all about restoring and maintaining healthy waterways throughout the United States," writes Karn Stiegelmeier.

[To read the rest of the article - click here!](#)

[For more information
CLICK HERE!](#)

5th Annual Northwest Colorado Women's Small Business Conference

Join the Colorado Small Business Development Center Network for the 5th Annual Northwest Colorado Women's Small Business Conference at Copper Mountain on Friday, October 10! This event sells out every year - don't wait to buy your tickets! Join other like-minded female entrepreneurs for an exciting, interactive day packed with hands-on business training seminars, free one-on-one consulting, exhibitor tables featuring area resources, plenty of networking opportunities, and more! Leave the conference feeling refreshed and rejuvenated, with plenty of action items, connections and inspiration to take your business to the next level of success!

Friday, October 10, 2014 | 7:30 am-6 pm
Copper Mountain Resort Conference Center, Colorado

\$50/Attendee | \$200/Exhibitor

- 7:30 am Registration
- 8:00 am Breakfast
- 9:00 am Breakout sessions
- 12:00 pm Lunch
- 1:45 pm Breakout sessions
- 4:30 pm Networking reception

Sylvia Theisen



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Northwest Loan Fund Update!

Anita Cameron, Director of Business Lending

Anita@NorthwestLoanFund.org

What could your business achieve with additional funding?

As business owners plan strategies to improve their business, they often wonder, "What if I had additional money? How could I use it to make my business grow?"



It's a question at least 85 businesses have been pondering as they called Anita Cameron at the Northwest Loan Fund to get additional information.

Of those 85, only 16 were not a good fit for the Loan Fund. So what of the rest? Only 8 businesses submitted applications and they are solid applicants with good prospects. That leaves 61 businesses who have a dream about what they could accomplish with more money, but for whatever reason they have chosen not to submit an application-- at least not yet.

That got us to thinking about what we could do better and in our collaboration with the Small Business Development Center (SBDC), we came up with a couple of ideas to help businesses take the next step:

- The SBDC has hired a consultant with banking and micro-lending experience who can work with businesses to create solid loan application packages.
- We're hosting a workshop to help businesses learn more about how to de-mystify the process. Anita Cameron will lead the workshop entitled "Insider Tips for Bullet Proof Loan Applications" on September 17 at the Dillon location of Colorado Mountain College.

If you think your business could benefit from additional capital and have questions if this program might be right for you to get additional information about the workshop call the SBDC at 970-968-5802 or

[Check out our website for additional information.](#)

REGIONAL BROADBAND WORKSHOP: "Northwest Colorado is Open for Business"

Nate Walowitz

Regional Broadband Coordinator



More than 50 people from Northwest Colorado attended the Broadband Workshop held August 18, in Eagle. Attendees ranged from government representatives, Broadband service providers, and other interested individuals who all came together with the common goal of improving service throughout the region. This meeting was a great first step in introducing the players to each other and providing a forum for open dialog.

Discussions during the day centered around ways that governmental groups and Broadband service providers could work more closely together to provide Broadband services more quickly, and more cost-effectively.

Some of the action items developed by the group are as follows:

- Develop a common Zoning and Siting Application that would be used by each entity in the region to streamline the application process.
- Distribute the list of Broadband Priorities and Projects that were approved by the NWCCOG Broadband Steering Committee in June 2014, to ensure everyone is on the same page -- the idea being this is a living document that will receive updates as needed.

- Each local government will create an infrastructure asset list, which will be invaluable when speaking to Broadband and Wireless service providers to create public-private partnerships.
- NWCCOG Broadband will work with the NW Colorado Economic Development District to create regional broadband and wireless marketing information for NW Colorado deployments.
- Local governments will share long-term community and business development plans with service providers to enable the providers in planning future expansion and deployment.

All in all, this meeting made excellent initial progress toward implementation of the Regional Broadband Strategy. For questions about this meeting, please call Nate at 970.406.0252.

Four Fool-Proof Ways to Start a Wellness Program in Your Organization

As we all know, the cost of insurance -- especially for small businesses can get pretty pricey. With that in mind, many businesses are focusing on creating an environment of wellness to keep costs down for themselves and their employees -- with the added benefit that a healthy work place is just better for everyone!

The question then becomes -- how does one go about starting a wellness program? We're starting our own program here at NWCCOG and between the lessons we're learning, and what we read in various places, we've got four tips to get you started.

1. Top-down support energizes the program and sets the stage



The senior team at NWCCOG is serious about spending time on workplace wellness. Time is set aside at each staff meeting to talk about ways to make it part of the culture. We've established a committee to work on ideas to implement in support of a healthy workplace. A common folder has been established that everyone has access to containing articles and useful tips. People use the folder for reference and add ideas to it as they find something interesting.

When the commitment is obvious, the entire team can get on board.

2. Involve the entire organization



Once the senior team was on board, it was a pretty easy next step to spread the word to the rest of the workplace. When people take the tips to heart and bring in fresh fruits and healthy snacks, their friends notice and encourage them. Additionally, when folks actually do the stretches and chair exercises as we've shown in the last few newsletters, others join in.

It's a great way to create teamwork, while cheering on healthy behaviors.

3. Seek Participation for Education



"Lunch and Learn" sessions are a great way to let people get involved in leading a learning opportunity. Ask for volunteers to put together a short session on healthy living -- topics can range from healthy eating, to a group exercise that encourages movement. These sessions can be fun and informative. They are also a wonderful opportunity for people to be creative while learning new information.

Additionally, leading these lessons can be used as career development opportunities.

4. Encourage folks to "take their work home"

Normally, we like people to work hard when they are at work, and spend time with family and friends when they're home. But in this case, we like people to take the lessons learned from a wellness environment at work, home with them. Having a 360 degree wellness program just makes sense -- eating well, moving more, celebrating small improvements, encouraging each other -- we think these lessons can be instituted and reinforced in all aspects of life.

Living where we do is such a blessing and we're encouraged more than most to live a healthy life-style. We just think it's good business to create a culture that helps us all to THRIVE!

If you've got wellness tips in your workplace -- we'd like to hear about them. You can send an email to Judi@NWCCOG.org

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2014 NWCCOG Meeting Schedule

Thursday, September 25, 2014

Full Council & EDD Board Annual Planning Meeting

Location: Frisco Adventure Park Day Lodge

Time: 9:00 a.m.-3:00p.m.

Thursday, October 23, 2014

Conference Call to review draft 2015 budget

Thursday, December 4, 2014

Full Council & NWCCOG Foundation Board Meeting

Location: NWCCOG Office / Conference Call

Time: 10:00a.m.-noon

Northwest Colorado Council of Governments

www.nwccog.org

970.468.0295

THANK YOU FOR YOUR MEMBERSHIP IN NWCCOG!

STAY CONNECTED

