

From the President Adam Otteson

Dear Chamber members,



**Community
Showcase
is canceled.
Refunds are
on the way!**

MN Stay At Home Executive Order

The Stay At Home order is in effect now, so not only is our April meeting canceled, our Community Showcase is canceled also. Discussions will be held to determine if we will have a Showcase in the Fall season.

For more information on the Governor's OE, below is the order and related links:

[Executive Order 20-20 Directing Minnesotans to Stay at Home](#)

[Frequently Asked Questions](#)

[Guidance on Stay At Home Order](#)

MN COVID- 19 Aid Bill Passed on March 26

The State Legislature passed emergency legislation with \$10 million for small business loan guarantee program. 80% guarantee for businesses up to \$200,000. Can be used for working capital. We will share links and details as they become available. [MN House Research Summary](#)

Small Business Administration Disaster Loan Program

The SBA is providing up to \$2 million in Disaster Assistance loans for small businesses which can be used to pay fixed debts, payroll, accounts payable and other bills that cannot be paid due to COVID-19 impacts. These low-interest loans can have a term up to 30-years, determined on a case-by-case basis. Businesses can apply by clicking [here](#).

Small Business Emergency Loan Program

The MN Department of Employment and Economic Development (DEE) has established a loan program to assist small businesses directly and adversely affected by the COVID-19 pandemic. For more information, visit MN DEED [COVID- 19 hub](#) for businesses.

Offers of Assistance

If you are a business that can provide assistance, resources, or equipment towards the fight against COVID- 19, please email hsem.ppp@state.mn.us.

Adam Otteson, President
St. Joseph Area Chamber of Commerce



Small Business Owners

How to Harness the Power of Social Media



President:
Adam Otteson,
Central MN Credit Union

Vice President:
Joe Prodinsky,
Bank Vista

Treasurer:
Brad Eckhoff,
Sentry Bank

Member at Large:
Sarah Wischnefski,
Brenny Transportation, Inc.

Past President:
Kerry Peterson,
Premier Real Estate Services

CONNECT WITH US:
stjosephchamber@gmail.com
320-433-1043

St Joseph Area Chamber of
Commerce

Check this out!

BUSINESS AFTER HOURS EVENT

Are you looking for a brand new way to promote our business?

Business After Hours is not only a great networking opportunity, it is a perfect way to bring business to your door! When you host one of the quarterly events you have a unique opportunity to introduce your organization to business professionals who may not be familiar with who you are and what you do.

If you would like to host a Business After Hours, contact Jude by email at

stjosephchamber@gmail.com

Create a relaxing, informative evening to network! Traditionally held from about 4:30-6:30, Business After Hours is one of St. Joseph Chamber's sought after events.

St. Joseph 
AREA CHAMBER of COMMERCE

It's Easy! Really!

BE A MEETING HOST!

We are looking for member businesses to host a monthly Chamber meeting. This is a wonderful opportunity to showcase your business and tell others why they should do business with you. Any member is welcome to host a meeting. As host you will have an opportunity to greet our members and time at the beginning of the meeting to highlight your company. You will also have the opportunity to display any brochures, business cards, or giveaways. If you would like to be a Chamber lunch host please contact Jude for available months.

stjosephchamber@gmail.com

320-433-1043

Medical Treatment Versus Chiropractic Care

Chiropractic is different. Always has been. Chiropractors and medical practitioners share a few things in common. Both receive many years of education and training. Both have practices. And both care deeply about their patients.

But that's pretty much where the similarity ends. Medicine and chiropractic have different operating philosophies. They have different ways of assessing a patient's problem. And they have different types of interventions.



If you visit our practice with medical expectations you might be pleasantly surprised. If you saw a medical doctor but expected a chiropractic experience, there could be disappointment. Here are some of the most common distinctions. It doesn't make one better than the other. Just different.

Blood Versus Nerves: Medicine relies heavily on the results of blood tests. Blood chemistry can detect a variety of metabolic diseases. Chiropractic is based on the condition of the nervous system. Chiropractors focus on nervous system integrity because nerve interference is the underlying cause of many types of health problems.

Treatment Versus Care: A medical doctor has three treatment options. The most common are drugs to change blood chemistry. Then, there's surgery to remove or modify tissues. And more recently, radiation to burn tissues. These treatment options are primarily designed to treat symptoms while largely ignoring the underlying cause. The primary form of chiropractic care is the adjustment.

There are dozens of chiropractic techniques. Adjustments don't treat disease. Instead, their intent is to permit more normal brain-to-body nerve communications. As nerve interference is reduced, the body functions as designed. Then, symptoms usually subside.

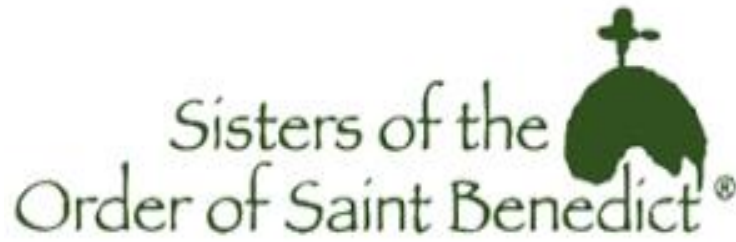
Side Effects Versus Positive Effects: Drug intervention always produces side effects. Or more accurately, unwanted effects. It gets even dicier when you contemplate the interactions caused when two or more drugs are prescribed at the same time. The side effects of chiropractic care are almost always positive effects. In other words, a patient often begins chiropractic care for Problem A. And later reports that Problem B, which they didn't even mention, is improving too.

The Body Part Versus The Whole Person: Because of the complexity of the human body, it has spawned dozens of medical specialties. These are experts who know a lot about a small aspect of the body. Thank goodness for specialists. Chiropractors see the body as a whole. We're generalists. Our focus on the spine is because it is the most common source of nerve interference.

Problems along the spinal column can produce obvious spinal problems. But, organs and tissues controlled at that segmental level can be affected too.

Broadly speaking, medical doctors are experts at lifesaving. If you're bleeding, have broken bones or your heart has stopped, see a medical doctor. Immediately! But if you want a partner to help you with natural methods to be your best, see a chiropractor.





As the coronavirus pandemic continues to evolve, we are evaluating the situation on a day-by-day basis to help do our part in keeping Central Minnesota healthy. Saint Benedict's Monastery is closed to visitors until further notice, but we continue to think about and pray for you, our friends. We pray this blessing over you:

*May God bless you and keep you,
May God's loving face shine upon you,
And be gracious to you,
May God look upon you kindly,
And give you peace.*

The Sisters of Saint Benedict's Monastery

Big Banks
making you feel
SMALL?

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Share Your News

This newsletter is your **FREE** opportunity to share information about exciting things happening in your organization with the rest of the St. Joseph Chamber!

Send us newsworthy updates about your:

- Celebrations
- Recognitions, Awards and Accomplishments
- Advancements
- New Employees
- Job Listings
- New Projects and New Locations
- Construction and Renovations
- Or anything journalism-related you'd like to share!

Newsworthy submissions to inform and enlighten will be accepted for our newsletter.

Deadline: 20th of every month!

Email your business name and a paragraph of 300 words or less, exactly as you'd like it published, to: Jude DuHoux at: stjosephchamber@gmail.com with the subject line "**NEWSLETTER**".

FREE Advertising Opportunity

Send us advertising to promote your business:

- Sales
- Exclusive Offers
- Coupons
- Promotions
- Special Events
- Grand Openings
- New Products

Your Chamber Board of Directors has made the decision to offer free advertising in this newsletter. You must submit a camera-ready 8.5x11 or 8.5x5.5 jpg or pdf by the 20th of the month to advertise. You must submit each month and you must include an offer or benefit to our members within your advertising.

DON'T MISS THIS!

Deadline: 20th of every month!

Plan ahead for your Advertising!

10 Bonuses of Advertising in Chamber News

Your target audience is welcoming newsletters in their email box every day. The Chamber News is the right e-newsletter for placing your ads. You are speaking directly to your best potential customers. Advertising in emailed newsletters is one of the most effective and least expensive forms of advertising.

#1: Precise Targeting

#2: FREE

#3: Monthly top-of-mind visibility

#4: Links to your home page

#5: Credibility

#6: Anytime, anywhere the newsletter reaches your audience.

#7: Lead generation

#8: Pass-Along Exposure

#9: No SPAM worries

#10 Positive SEO for your website



Graphic Design Services

Business Cards
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and more...



Digital Marketing Set Up Fee

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Responsive Website Projects

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Cohlab Digital Marketing

We are excited to offer a 10% discount on all Website Projects, Design Services, and any Digital Marketing set up fees (including Reputation/Review Management and Google My Business) to Chamber members.

Get In Touch Today:

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(320) 282-5828



Lunch & Learn Certificate: **FREE Lunch**

Be Our Guest!

Be Our Guest!

Be Our Guest!

Attend your first Chamber **Lunch & Learn** and lunch is on us!

The St. Joseph Area Chamber of Commerce invites you to one of our informational meetings held the second Wednesday of every month at the St. Joseph Government Center (City Hall).

Don't Miss Out of a Great Opportunity to:

*Network with other businesses. *Increase recognition. *Generate new contacts. *Inform others about your business.

Name: _____

Company: _____

Phone Number: (____) _____ Email: _____

Business Directory

Turn to
St. Joseph
Chamber
of
Commerce
Businesses
First!

<u>Advantage Chiropractic</u>	32 32nd Ave. S, SC	320-251-1080	Mark D. Roerick D.C.	drmark@advantagechiro.net
<u>American Door Works</u>	2150 Frontage Road, WP	320-257-9108	Gary Bechtold	GaryB@americadoorworks.com
<u>Anfinson Thompson, P.A.</u>	710 County Rd 75E, #102	320-363-4589	John Walsh	JWalsh@anfinsonthompson.com
<u>St Joseph Veterinary Clinic</u>	111 South Red River,CS	320-363-7756		
<u>Arlington Place Assisted Living</u>	21 16th Avenue SE	320-363-1313	Karen Hennessey	karen@arlingtonplacemn.com
<u>Auto Body 2000, Inc</u>	611 19th Avenue NE	320-363-1116	Craig Zahara	zaharacraig@gmail.com
<u>BankVista</u>	125 Twin Rivers Court	320-257-1600	Karen Baas	joe.prodinsky@bankvista.com
<u>Bello Cucina</u>	PO Box 300	320-363-4534	Jason Mueller	bellocucinastjoe@gmail.com
<u>Borgert Products Inc</u>	8646 Ridgewood Road	320-363-4671	Ramona Jonas	ramonaj@borgertproducts.com
<u>Brenny Transportation Inc.</u>	8505 Ridgewood Road	320-363-6999	Joyce Brenny	joyce@brennytransportation.com
<u>Central Minnesota Ceilings Inc</u>	31294 115 Ave. PO Box 328	320-363-7303	Dave Mehr	dave@cmceilings.com
<u>Central Minnesota Credit Union</u>	1300 Elm Street East	320-271-0274	Leslie Lane	adamo@mycmcu.org
<u>Christine R Panek CPA</u>	PO Box 347	320-260-6491	Chris Panek	chris@panekcpa.com
<u>Church of St Joseph</u>	12 Minnesota Street West	320-363-7505	Amber Walling	sscholz@churchstjoseph.org
<u>City of St Joseph</u>	75 Callaway Street East	320-363-7201	Kris Ambuehl	kambuehl@cityofstjoseph.com
<u>Coborns</u>	1500 Elm Street East	320-363-0011	Clair Rodgers	stordir.2039@cobornsinc.com
<u>Cohlab</u>	PO Box 309, Becker	320-290-3663	Kelsey Meyer	heather@cohlab.com
<u>College of Saint Benedict</u>	37 College Avenue South	320-251-1817	Kim Poganski	kpoganski@csbsju.edu
<u>Collegeville Communities</u>	15 Minnesota St E #104	320-363-7656	Colleen Hollinger- Petters	colleen@collegeville.biz
<u>Computer Repair Unlimited</u>	24 Birch Street West	320-492-2814	Blake Thoennes	Blake@computerrepairunlimited.com
<u>Daniel Funeral Home</u>	1010 N 2nd Street	320-363-7783	Paul Daniel	paul@danielfuneralhome.com
<u>DeZurik Black Signs</u>	39852 125th Ave	320-293-4118	Sherri DeZurik	justsayittoday@gmail.com
<u>Dijital Majik Computers</u>	553 25th Avenue North	320-230-7525	Don Blonigen	don@dmconline.com
<u>Laser Dentistry LTD</u>	26 Second Avenue NW	320-363-4468	Dr. Michael Contardo, DDS	michael@laserdentistrymn.com
<u>Edina Realty</u>	110 Division Street	320-266-8727	Tara Bayerl	tarabayerl@edinarealty.com
<u>Edward Jones - Beau Hanowski</u>	24 Birch Street West	320-363-0294	Beau Hanowski	beau.hanowski@edwardjones.com
<u>Ehlinger Lawn Service</u>	305 10th Avenue North	320-980-5697	Katy	katy@ehlingerlawn.com
<u>Exponential Chiropractic</u>	103 College Avenue N	320-363-4573	Brian Koltes	exponentialchiropractic@gmail.com
<u>Farmers Insurance</u>	111 College Ave. N, #12	218-343-4702	Laurie Oppel	loppel@farmersagent.com
<u>Filsan Talent Partners</u>	400 1st St. S. #600, SC	612- 987-7323	Hudda Abraham	hudda@filsantalentpartners.com
<u>Finken Water Solutions</u>	PO Box 7190	320-258-2005	Tom Finken	tfinken@finkens.com
<u>Floor-to-Ceiling Store</u>	8075 Sterling Drive	320-271-1632	Paul Heun	paul@waiteparkftc.com
<u>Floral Arts</u>	307 1st Ave NE	320-363-7705	Elaine Kacures-Wruck	office@floralartsonline.com
<u>Forest Mushrooms Inc.</u>	14715 County Road 51	320-363-7956	Kevin Doyle	mail@forestmushrooms.com
<u>Gabriel Media</u>	1926 W Division St., SC	320-251-1780	Deb Huschle	deb@gabrielmedia.info
<u>Gary's Pizza</u>	17 College Avenue N	320-363-7261	Roger Steichen	roger@garyspizza.com
<u>Granite Community Bank</u>	PO Box 416, Cold Spring	320-685-8611	Jim Eiyneck	jime@granitecommunitybank.com
<u>Granite Services, LLC</u>	30736 Pearl Drive	320-249-1172	Jeffrey Burg	jburg@graniteservicesllc.com
<u>Grey Face Rescue</u>	PO Box 7072, SC	952-261-7178	Bethie Gondeck	bethieg@greyfacerescue.org
<u>Heartland Door Sales</u>	30489 Pearl Drive	320-363-4657	John Notch	heartlanddoorsales@gmail.com
<u>Hometown Title</u>	710 County Rd. 75 E, #101	320-260-1492	Tim Nelson	timnelson@email.com
<u>Joe Pfannenstein Signs</u>	1015 14th Avenue South	320-255-1049	Joe Pfannenstein	joesign88@gmail.com
<u>Jan's Barbershop</u>	21 1st Ave NW	320-428-3050	Jan Glandon	iowalibber@hotmail.com
<u>Jovanovich, Kadlec & Athmann</u>	1010 St. Germain St W	320-230-0203	Thomas Jovanovich	Thomas.Jovanovich@jkalawfirm.com
<u>Kay's Kitchen</u>	303 College Ave. North	320-557-0030	Tanya Finken	tanyafinken@gmail.com
<u>Knight Builders</u>	701 Elm Street East	320-363-0783	Kevin Dierkhising & Carol	knightkbi@aol.com

<u>Kwik Trip, Inc</u>	408 Great Oak Dr	320-253-5732	Justin Pope	jpoppe@kwiktrip.com
<u>LaPlayette</u>	19 College Avenue North	320-363-7747	Ann Reiser	sjrproductions@gmail.com
<u>Little Saints Academy</u>	124 First Avenue SE	320-557-0123	Amy Bonfig	littlesaintsacademy@gmail.com
<u>Local Blend</u>	19 Minnesota Street W	320-363-1011	Stacie Engholm	thirdstonecoffee@gmail.com
<u>Mary Kay Beauty Consultant</u>		320-247-0210	Pat Schreiber	<u>pjsmk2@gmail.com</u>
<u>McDonald's-Jova Mgmt LLC</u>	1180 Elm Street East	320-260-0071	Joseph & Valerie Silva	valerie.silva@partners.mcd.com
<u>Michelich Granite</u>	7808 CR 75, S.C. 56301	320-363-7779	Jane Kalthoff	janek@michelichmemorials.com
<u>Midcontinent Communications</u>	3901 Louise Avenue N	605-357-5783	Tammy Haase	tammyhaase@mmi.net
<u>MN Assoc. of Farm Mutual Ins.</u>	601 Elm Street East	320-271-0909	Dani Hennen	dani@mafmic.org
<u>MN Home Improvement</u>	8850 Ridgewood Court	320-363-4435	Tom Borresch	mnhomeimprovements@gmail.com
<u>MN Street Market</u>	27 W Minnesota Street	320-363-7733	Pia Lopez	generalmanager@mnstreetmarket.com
<u>Newsleaders</u>	32 First Avenue NW	320-363-7741	Janelle Von Pinnon	janellev@thenewsleaders.com
<u>Omann Insurance Agency, LLC</u>	305 Cedar Street East	320-363-7233	Peter Omann	pro@omannins.com
<u>Pam's Auto Inc</u>	7505 Ridgewood Road	320-363-9220	Mike Meyer	mike@pamsauto.com
<u>Premier Real Estate Services</u>	550 25th Avenue N	320-260-0972	Kerry Peterson	kerry@premierhomesearch.com
<u>Quill & Disc Inc</u>	30844 First Avenue NE	320-363-7296	Julie Watkins	watline@gmail.com
<u>Resurrection Lutheran Church</u>	610 North CR2	320-363-4232	Tracey Birr	rlc@rlcstjoe.com
<u>Retro Green Energy</u>	315 Franklin Avenue NE	320-252-8888	Lisa Taylor	lisa@retrogreenenergy.com
<u>Rockhouse Productions LLC</u>	PO Box 757	320-363-1000	Jeff Vee	jeffvee@rockhousepro.com
<u>Russell Eyecare & Associates</u>	15 Minnesota St E #107	320-433-4326	Chris Russell-Villnow	info@russelleyecare.com
<u>Rolling Ridge Event Center</u>	31101 County Road 133	320-257-7755	Randy Schmitz	info@rollingridgeevents.com
<u>Scherer & Sons Trucking</u>	1007 1/2 Minnesota St E	320-363-8646	Bill Scherer	bscherer@scherertrucking.com
<u>Sentry Bank</u>	400 Fourth Avenue NE	320-363-7721	Brad Eckhoff	Brad.Eckhoff@mysentrybank.com
<u>Serenity Place on 7th</u>	329 Seventh Avenue SE	320-406-7650	Matt Imdieke	matt.imdieke@serenityon7.com
<u>Sharing (Shaklee)</u>	5011 Hidden Acres Circle	320-654-1175	Dave & Heidi Carlstedt	sharing@cloudnet.com
<u>Short Elliott Hendrickson Inc</u>	1200 25th Ave S	320-229-4300	Randy Sabart	rsabart@sehinc.com
<u>Short Stop Custom Catering</u>	3701 Third Street North	320-251-0716	Byron Bjorklund	byron@shortstopcustomcatering.com
<u>Sisters of Order of St. Benedict</u>	104 Chapel Lane	320-363-7142	Sister Karen Rose	krose@csbsju.edu
<u>Snap Fitness</u>	708 Elm Street	320-363-7757	Deb Seifert	<u>stjoseph@snapfitness.com</u>
<u>SPOT Rehab & Home Health</u>	2835 W St. Germain Street	320-259-4151	Tamara Huesers	tezers@pamsauto.com
<u>St Joe Mini-Storage</u>	24 Birch Street West	320-363-4953	Mike Deutz	mdeutz@live.com
<u>St John's Prep</u>	2280 Water Tower Road	320-363-3320	Zoe Davis	lzdavis002@sjprep.net
<u>St Joseph Meat Market Inc</u>	26 First Avenue NW	320-363-4913	Harvey Pfannenstein	stjoemeat@stjoemeat.com
<u>St Joseph Mutual Insurance</u>	13 Minnesota Street W	320-363-4144	Jenny Eiyneck	jenny@stjoemutual.com
<u>Stearns County Abstract</u>	21 Courthouse Square	320-251-5920	Chris Steffes	chriss@stearnscountyabstract.com
<u>Stearns Electric Association</u>	29643 Frontage Road	320-363-4630	Michelle Christiansen	mchristiansen@stearnselectric.org
<u>Strata Performance</u>	PO Box 803	320-557-0701	Bob Ringstrom	rjr@strata-ps.com
<u>The Estates Bed & Breakfast</u>	29 E Minnesota Street	320-557-0300	Julie Ehlert	info@estatesbedandbreakfast.com
<u>Thomsen's Greenhouse</u>	29754 156th Avenue	320-363-7375	Arno Shermock	arno@tgreenhouses.com
<u>Tiremaxx/Mid-State Wholesale</u>	11415 County Road 75	320-363-7246	Bethany Strom	bo@tiremaxx.com
<u>Tri-County Abstract & Title</u>	122 Twelfth Ave N	800-892-2399	Melanie Walz	melaniew@tricountyabstract.com
<u>Voigt-Johnson Realty</u>	1101 2nd St. S, Sartell	320-774-2400	Tara Schommer	taraschommer@voigtjohnson.com
<u>W Gohman Construction Co.</u>	815 County Road 75 E	612-859-0382	Tim Elness	telness@wgohman.com
<u>WACOSA</u>	PO Box 757, Waite Park	320-251-008	Roxanne Ryan	rryan@wacosa.org
<u>Woodcrest of Country Manor</u>	1200 Lanigan Way SW	320-271-1200	Gail Rucks	grucks@countrymanor.org