

Congratulations to Our New President Adam Otteson

Hello Chamber Members,

Welcome to my first letter in the St. Joseph Area Chamber of Commerce monthly newsletter. I am excited to be leading the Chamber for the year 2020.

Our goal for this newsletter is to have a channel for our members to communicate to all members and prospective members. We also realized that a large portion of our members don't attend the monthly meetings for a variety of good reasons and we wanted to include them in the loop of what is happening at the Chamber and with our members. It is our hope that you will find reasons to use the newsletter to communicate sales, chamber deals and other information pertinent to your business.

Chamber works!

Adam Otteson, President
St. Joseph Area Chamber of Commerce



2020 Chamber Board President Adam Otteson

Adam is Branch Manager of the St. Joseph Central Minnesota Credit Union. He was nominated by Past Chamber President, Leslie Lane.

Community

Showcase

Saturday, April 18

10am-1pm

ST. JOSEPH
CHAMBER OF
COMMERCE:
THE VOICE OF

The St. Joseph Area Chamber of Commerce is a group of local businesses and individuals interested in the general welfare and prosperity of the St. Joseph, MN area.

The main interests of the organization are to promote and support commercial, industrial, civic, economic and educational concerns of the area.

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

Chamber Administrator:
Jude DuHoux

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



St Joseph Area Chamber of
Commerce



@StJosephChamber

StJosephChamber.com

Visit our website for a great list
of local chamber member
businesses!

Woodcrest

OF COUNTRY MANOR

Invites you to “our home” for the Chamber Lunch & Learn

11:30am (social) 12-1:00pm

Caterer, Host and Location: **Woodcrest of Country Manor**

The chef at Woodcrest is preparing something special for all of us!

Bring Your Questions!

Senior Linkage Line connects you with the answers you need this month you'll have two experts all to yourself to find out how Senior LinkAge Line can help us. Keep informed about options available to you and your loved ones with information from two social workers, Wendy Galanius and Ashley Herget will have the answers to all your questions.



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.



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



St. Joseph 
AREA CHAMBER of COMMERCE

Community Showcase

Don't miss out on this opportunity!

Saturday, April 18, 2020

10am to 1pm

This event invites our Chamber members, area businesses and community organizations to set up booths and show our community what St. Joseph is all about.

Local restaurants give away their signature dishes; home improvement vendors demonstrate their products and answer consumer questions, and local community organizations educate families about local projects and causes. Plus activities for kids!

Sponsorship and Booth Registration Forms will be sent soon!

Save the Date!

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

Good day Chamber Members!

Thank you for your membership...it makes a big difference for St. Joseph and businesses in St. Joe. Because members have asked for this option, businesses can also prepay for Chamber meals for the year and pay for Showcase Registration or sponsorship along with your membership payment.

Please find below your membership invoice for 2020. Please pay by December 15 to save on postage expense for the Chamber. You can send your payment to the St. Joseph Area Chamber of Commerce at PO Box 696, St. Joseph, MN 56374 or pay via PayPal by clicking on the PayPal logo at the bottom of the home page.

If you would like this invoice to be sent to a different individual, please let me know and provide me with their contact information. I will add them to the Chamber record. Thank you!



INVOICE

DATE: DECEMBER 31, 2019

PO Box 696, St. Joseph, MN 56374
 Phone 320-363-7721 (Brad Eckhoff - Treasurer)
 Brad.Eckhoff@mysentrybank.com

Be sure to visit your Chamber's website at
<http://www.stjosephchamber.com>

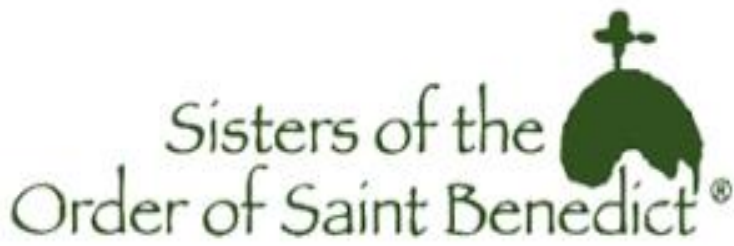
TO St. Joseph Area Chamber of Commerce Member
 2020 Membership Dues Invoice

PLEASE verify your contact information on the left and send Jude an email or make corrections on your invoice when you send your 2020 membership fee.

THANK YOU FOR YOUR MEMBERSHIP!!!

SALESPERSON	JOB	SHIPPING METHOD	SHIPPING TERMS	DELIVERY DATE	PAYMENT TERMS	DUE DATE
						12/15/2019
QTY	ITEM #	DESCRIPTION		UNIT PRICE	DISCOUNT	LINE TOTAL
1		2020 Membership Dues		\$125.00		\$125.00
		2020 St. Joseph Community Showcase Early Bird Booth Registration		\$175.00		
		2020 St. Joseph Community Showcase Sponsor Registration		\$500.00		
		Prepay Monthly Meeting Lunches for 2020		\$10.00 per person per month		
		HELP YOUR BUSINESS GROW BY JOINING TODAY				
					TOTAL DISCOUNT	
						TOTAL

THANK YOU FOR YOUR COMMITMENT



Upcoming Events at Saint Benedict's Monastery

Spiritual R & R Day Tuesday, February 4, 9 a.m. to 3:30 p.m. "Come away and rest awhile" (Mark 6:31). Throughout the Gospels, Jesus encourages his disciples to take time away to let their souls catch up with their bodies. The Spiritual R & R Day offers time for quiet prayer, reflection, reading, walking, resting and meeting with a spiritual director, if desired. Group prayer begins and ends the day. Noon Prayer with the sisters at the Oratory and noon meal with the sisters at the monastery are also options. <https://sbm.osb.org/event/spiritual-r-r-day-2/>

"Running With Expanding Heart: Meeting God in Everyday Life" Thursdays, February 6 and 13 6:30–8:30 p.m. Run: But often we plod, walk, skip, shuffle through our days. With expanding heart: Are we in an exercise program? Meeting God: How does God meet us? How does God catch our attention? How might we respond? Everyday life: It's so daily, routine, at times trite and boring. There are issues that are much more in need of our attention and action. We will explore answers to these questions and ways we can give more attention that is receptive and responsive to God's interruptions in our daily lives. We might leave more convinced and open to daily events as sacred—where we meet God and God meets us. During the day, we will explore some ideas and reflect on them individually and with others in light of the gospel. <https://sbm.osb.org/event/running-with-expanding-heart-meeting-god-in-everyday-life/>

Introductory Workshop to Centering Prayer Saturday, February 15, 9 a.m. to 3:30 p.m. Four sessions presenting the method of Centering Prayer and its relationship to other forms of Christian prayer. Each session includes time for questions and discussion. Three 20-minute periods of the prayer itself are included during the workshop. <https://sbm.osb.org/event/introductory-workshop-to-centering-prayer/>

Sophia Program Sunday, February 16, 7 p.m., through Tuesday, February 18, 4:30 p.m. Women bring unique and special gifts to their churches and make significant contributions to ecclesial ministry.

The Sophia Program creates a life-giving network for women in church ministry. It is an opportunity to partner with women who serve in various church-related ministries, including pastoral care, administration, education, faith formation, chaplaincy or liturgy. Participants commit to meet three sessions a year for two years from Sunday evening to Tuesday evening. Applications are due February 6, 2020. <https://sbm.osb.org/event/sophia-program/>

Doing Ritual: Bringing Our Bodies Along Wednesday, February 19, 9 a.m. to 1 p.m. We are Christians because we believe that the Holy One, who is pure Spirit, took on human flesh in Jesus. God created and loves the material world, including human bodies. Like every Lover, God wants the gift of our entire being. Because we are body/spirit creatures, we need to involve our visible bodies as well as our invisible spirits—minds and hearts—in our worship. We will reflect on the meaning(s) and value of specific liturgical rituals, such as the Sign of the Cross and the Sign of Peace. Noon Prayer with the monastic community at 11:30 a.m. is optional. <https://sbm.osb.org/event/doing-ritual-bringing-our-bodies-along/>

Listening Our Way Through Lent Wednesday, February 26, 9 a.m. to 4 p.m. Lent can seem so demanding, the road to Easter so long. Where do we even begin? "Listen," Saint Benedict would advise, "Listen with the ear of your heart." Weaving together Scripture, story and Benedictine wisdom, Mary Stommes will lead us to reflect on listening as a rich and fruitful Lenten practice. If we become better listeners—to God and to everyday life—we will more easily recognize the hope and joy of Easter that awaits us at journey's end. <https://sbm.osb.org/event/listening-our-way-through-lent/>

Sacred Pause Lenten Prayer Thursdays, February 27, March 5, 12, 19, 26, April 2 6:30–8:30 p.m. Gather to share common prayer of lectio divina (prayerful reading) using the Gospels of the Sundays of Lent, followed by a shared meal and fellowship. Meet with a sister spiritual companion for 30 minutes during each week of Lent. <https://sbm.osb.org/event/sacred-pause-lenten-prayer/>
News at Saint Benedict's Monastery

• We are hiring for a variety of positions in health care and food services at Saint Benedict's Monastery and Saint Scholastica Convent. If you know someone who is looking for a career in a positive work environment, send them our way! You can view current openings on our website.

January is Glaucoma Awareness Month

Information provided via Glaucoma Research Foundation. WWW.GLAUCOMA.ORG

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the US have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

What to do?

Contact your eye doctor. Review the possibilities of vision therapy. SPOT REHAB and HOME CARE offers Low Vision Therapy services. Contact us to learn more. WWW.SPOT-REHAB.COM or 320-259-4151.



**St. Joseph Area Chamber
of Commerce Will Be
Featured on the
St. Joseph Fire
Department Calendar**



**A big thank you
to the St. Joseph
Area Chamber of
Commerce from
The Millstream
Arts Festival
committee for
our donation.**



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: _____

NSAIDS...Friend or Foe?

Among the most common over-the-counter pain relievers are Non-Steroidal, Anti-Inflammatory Drugs (NSAIDs). You probably recognize them by names such as aspirin, Advil, Motrin, Aleve or simply ibuprofen.

These and similar drugs block the body's production of prostaglandins, reducing inflammation and fever. These drugs are linked with an increase in heart attacks.

Additionally, studies conducted in Britain are concerning. They concluded the use of NSAIDs led to a greater risk for gastroduodenal conditions (i.e., stomach bleeding, lesions, ulcers). One such study found that one in 1200 patients taking NSAIDs for at least two months died from gastroduodenal complications. The researchers conceded that age and overall health may have affected their outcomes. Yet their results strongly suggest that chronic use of NSAIDs can result in severe complications. They advocate usage of only the minimum dosage for the shortest amount of time.

And as if these effects weren't enough, long-term use of NSAIDs can cause damage to the eyes. That includes dry eyes, cataracts, glaucoma, macular degeneration and retinal hemorrhage.

Besides regular chiropractic care, what are some alternatives you can use to relieve inflammation and pain?

- Fish oils, that contain omega-3 fatty acids, have been shown to be effective in reducing neck and low back pain.
- Reducing sugar and grains from your diet helps lessen arthritis pain.
- Increasing the amount of vitamin D your body receives, through sun exposure or cod liver oil.
- Certain herbs, such as willow bark, are natural alternatives to reduce inflammation and pain.

The bottom line? NSAIDs have recently come under scrutiny by governmental watchdogs. In light of the research, chiropractic care is certainly a safer.



Grey Face Rescue & Retirement



Central Minnesota Senior Dog Rescue

Grey Face Rescue & Retirement is a 501(c)3 non-profit, foster-based senior dog rescue providing quality care and love when the norm becomes unfamiliar.

We strive to raise awareness of the joys and challenges of living with aging animals. While never forgetting where these animals have come from, we emphasize the positive aspects of their life in retirement.

We do not concern ourselves with the quantity of time that they have left, rather the quality of the life that we can provide them for that time.

Fostering is FREE! All vet visits and pet supplies are covered by the rescue. All you need to provide is the home these seniors need. Can you help the next dog in need by giving them a safe place to love and trust again?

More info here: <https://www.centralmnanimalcareguide.com/>

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.	dmark@advantagechiro.net
<u>AMG Promotions & Apparel</u>	2229 26th St South	320-654-1502	April Mae Good	amgpromotions@charter.net
<u>American Door Works</u>	2150 Frontage Road, WP	320-257-9108	Gary Bechtold	GaryB@americandoorworks.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@myemcu.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@cobornsin.com
<u>College of Saint Benedict</u>	37 College Avenue South	320-251-1817	Kim Poganski	kpgoganski@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	justsayitoday@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@ehlinglawn.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	timmelson@email.com
<u>Joe Pfannenstein Signs</u>	1015 14th Avenue South	320-255-1049	Joe Pfannenstein	joesign88@gmail.com
<u>Jovanovich, Kadlec & Athmann</u>	1010 St. Germain Street 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
Mary Kay Beauty Consultant		320-247-0210	Pat Schreiber	pjsmk2@gmail.com
<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, PO Box 667	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>Rock On Trucks, Inc.</u>	3100 7th St. S, Waite Park	320-230-2998	Krystal Vierkant	krystal@rockontrucks.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	stjoseph@snapfitness.com
<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	Laura Hartog	lhartog001@sjprep.net
<u>St Joseph Meat Market Inc</u>	26 First Avenue NW	320-363-4913	Harvey Pfannenstien	stjoemeat@stjoemeat.com
St Joseph Mutual Insurance	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	chris@stearnscountyabstract.com
<u>Stearns Electric Association</u>	29643 Frontage Road	320-363-4630	Michelle Christiansen	mchristiansen@stearselectric.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>The Sanctuary at St. Cloud</u>	2410 20th Avenue SE	320-252-6325	Jean Reum	marketing@thesanctuary-stcloud.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@tricityabstract.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