

# Chamber News

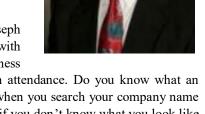
NOVEMBER 2019

### From the Chamber President:

Is it really almost Halloween?

I want to remind everyone that when you invite your visitors to our November 13 monthly meeting, make sure to direct them to Resurrection Lutheran Church in St. Joseph (610 County Road 2). The location is just a few blocks North of the main intersection in St. Joseph and on the right. Pastor Jennie will be hosting.

We have received very positive feedback from the last St Joseph Chamber of Commerce meeting! Jude DuHoux was our presenter with the topic being social marketing and how to utilized it both in business



and personally. Rave reviews have been coming in from those in attendance. Do you know what an "organic search is"? Do you know what you look like on the web when you search your company name or your name? Most of us look in the mirror at least once a day but if you don't know what you look like "on the web", you absolutely should do a search and find out! So, if you missed Jude's presentation don't worry, we will be doing another session.

Jude is our main point of contact at the St Joseph Chamber of Commerce. Most of us, until now, really did not have a solid idea of what she does when she is not responding to inquiries or questions about the St Joseph Chamber or the newsletter.

At the last meeting I asked people to start giving testimonials again about their positive experiences in doing business with other St. Joseph Chamber Businesses. There was a backlog of testimonials that were long overdue. We would encourage testimonial and limit them to just two per member and 60 seconds. My goal is to have so many testimonials that we have to draw names in the future. We are not there yet!

Please remember to bring visitors...invite visitors and identify someone who you would luv to have at our meetings to ad energy. We will buy your guest lunch but you have to let us know you are bringing a guest and that you both intend to have lunch. Lunch is only \$10 dollars for members and be sure to let us know that you will dine as we carefully order so as to spend the Chamber funds wisely and do not anyone to go away hungry.

There are no completely original ideas so I am stealing this idea from member Donna Roerick a nutritionist and homeopathic expert that originated this idea a couple of weeks ago at another meeting.

When we stand up and give out tag line commercials that are only 30 seconds long...tell us what you actually do. For example, as a professional REALTOR, I could say that I help people buy and sell homes to live in or invest in. Or, one of our current member could say, "I help employers find that employee that is going to be "the right fit for the job" and that will stay with the company for a very long time"! Robert Ringstrom of Strata Performance already makes it very clear what Strata is during each meeting's 30 second commercial.

Come join me at our St. Joseph MN Chamber!

Kerry Peterson -St Joseph Chamber of Commerce Chamber Volunteer President

Office: 320- 258-0460 Cell: 320 -260-0972

www.KerryPetersonProperties.com Kerry@PremierHomeSearch.com

ST. JOSEPH CHAMBER OF COMMERCE: THE VOICE OF **BUSINESS IN THE** ST. JOSEPH AREA!

#### President: Kerry Peterson, Premier Real Estate Services

Vice President: Adam Otteson, Central MN Credit Union

Treasurer: Brad Eckhoff, Sentry Bank

Member at Large: Sarah Wischnefski, <u>Brenny Transportation, Inc.</u>

Past President: Leslie Lane, Central MN Credit Union

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!



#### November 13

#### Chamber Lunch & Learn

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

#### Resurrection Lutheran Church

Catering: Short Stop Host: Resurrection Lutheran Church

#### **Outreach: Connecting to Your Community**

Pastor Jennie Thul invites you to her "office" -Resurrection Lutheran Church to discover the many ways RLC reaches out to St. Joseph and the surrounding area.

Note: Chamber luncheons are held the second Wednesday of each month from 11:30am -1:00pm. Please bring a non-chamber member to come and hear the presenter, enjoy a delicious lunch and experience our enthusiastic welcoming group.

# 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

#### **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.

**<u>Deadline:</u>** 20<sup>th</sup> 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:** 20<sup>th</sup> 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



# 2019 Chamber Board Vice President—Joe Prodinsky

Joe is the Vice President Retail Banking Officer at Bank Vista in Sartell.

He was nominated by Chamber President, Kerry Peterson. Joe accepted the nomination.

Chamber members will vote Prodinsky into office during the meeting in November at Resurrection Lutheran Church after any nominations are accepted from the floor.



### Lunch & Learn Certificate: FREE Lunch

Be Our Guestl Be Our Guestl Be Our Guestl

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

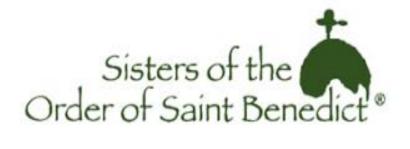
The St. Joseph Area Chamber of Commerce invites you to one of our informational meetings held the second Wednesday of every month at the St. Joseph Government Center (City Hall).

### What's Coming Up? Speakers — Hosts — Luncheon Caterers

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<u>Date</u> :	Presenter:	Host:	<u>Caterer</u> :	63% more
November	Resurrection Lutheran Tour	Community Outreach	Custom Catering	consumers are likely to want to
December	Gift Exchange/Food Shelf Donations	Laurie Oppel	College of CSB	purchase goods or
January	Aging Population & Housing Options	Woodcrest (at Woodcrest)	Woodcrest	services from a small business that
February	State of St. Joseph with Chris Ambuehl	City of St. Joseph	Kay's Kitchen	is a Chamber
				member.

#### 2019 Sunday Saturday Tuesday Friday Monday Wednesday Thursday 5 6 8 9 3 7 4 Chamber City Council Board Meeting 6-6:30 10 13 14 16 11 15 St. Joseph Planning Chamber Commission Meeting 19 20 Newsletter 21 22 23 18 17 City Council St. Joseph Deadline 6-6:30 EDA 24 29 30 26 28 25 27

Calendar Opportunity!
Send your events to:
StJosephChamber@gmail.com



#### Upcoming Events at Saint Benedict's Monastery

Celebrating the Season of Advent Monday, December 2, 9 a.m. to 1 p.m. It is easy to get wrapped up in shopping, writing cards, cooking, baking, decorating and gathering with family and friends during the busy days before Christmas. In her wisdom, Holy Mother Church provides us with the opportunity during the season of Advent to prepare our minds and hearts for celebrating with joy and renewed understanding the wondrous event we celebrate, the incarnation of our God as a member of our human family. On this first Monday of Advent, participants will reflect on the Gospels of Matthew and Luke as we prepare for the Nativity of Christ in our lives. Participants may wish to bring their personal Bibles to this session. Facilitator: Margaret Michaud, OSB Fee: \$65 (includes noon meal) https://sbm.osb.org/event/celebrating-the-season-of-advent/

Prayerful Pause: Advent Tending Gather to share common prayer of lectio Divina (prayerful reading) using the Gospels of the Sundays of Advent, followed by a shared meal and fellowship. Meet with a sister spiritual companion for 30 minutes during each week of Advent. Facilitators: Mary Catherine Holicky, OSB, and Eunice Antony, OSB Dates: Thursdays, December 5, 12, 19 Times: 11:30 a.m. to 12:45 p.m. Limit: 10 participants Fee: \$90 for all three sessions https://sbm.osb.org/event/prayerful-pause-advent-tending/

Sacred Circle Gathering Thursday, December 12, 2 – 3:30 p.m. Using the Sacred Circle principles, we engage in deep listening within small circles of six to eight people and share the stories of our lives to gain insight and to give meaning to our lives. An intentional circle of caring and confidentiality provides us with new perspectives for our own personal journeys. Leadership is shared among all circle members. Free will offering accepted. Facilitators: Mary Kay Carle and Susan Clarke https://sbm.osb.org/event/sacred-circle-gathering-4/

Spiritual R & R Day Friday, December 13, 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. Midday prayer with the sisters at the Oratory and noon meal with the sisters at the monastery are also options. Free will offering accepted. Noon meal at the monastery is \$8.50. Facilitators: Spirituality Center Team https://sbm.osb.org/event/spiritual-r-r-day-3/

Being, Belonging, Becoming in Our Benedictine Community Saturday, December 14, 10 a.m. to 3 p.m. Would you like to learn about what life is like at Saint Benedict's Monastery? If you are a single, Catholic woman under the age of 45, you are invited to come and spend a day with us. The day will begin at 10 a.m. and end at 3 p.m. We will begin with a tour, followed by celebrating the Eucharist and experiencing a meal in our dining room. You will also have the opportunity to ask questions. To register, contact Sister Lisa Rose, director of vocations, at lrose@csbsju.edu or (320) 363-7180. https://sbm.osb.org/event/being-belonging-becoming-in-our-benedictine-community-2/

#### News at Saint Benedict's Monastery

Sister Dominica Freund entered eternal life on October 5, 2019. Read more about her life.

Sister Roberta Werner entered eternal life on October 9, 2019. Read more about her life.

Sister Delores Dufner, a nationally renowned hymn writer, was the first lyricist featured in an online series by Lyricality, a "Minnesota-based collective of poets, lyricists and patrons" whose mission is "to support diversity and foster community; to offer celebratory and educational events for poets, lyricist/songwriters, and audiences; to connect Minnesota-based poets and lyricist/songwriters of all skill levels to one another and to new audiences." Each Tuesday, Lyricality will publish an online article about a variety of Minnesota poets and lyricist-songwriters, starting with people living in the central part of the state. In this article, S. Delores explores knowledge, the mystery of truth and "words that want to be said." Read the full article.

Save the date! We will be participating in GiveMN's annual Give to the Max Day on Thursday, November 14. We will release details as the date gets closer.

We are hiring for a variety of positions. If you know someone who is looking for a career in health care, food services or therapeutic recreation, send them our way! You can view current openings on our website.

Have you had a chance to check out "It's All God's Work," the current exhibit at the Haehn Museum? If not, place a visit on your calendars quickly—this exhibit runs until December 21, 2019. While you're there, make sure to browse through many items for sale in Whitby Gift Shop and Gallery to remember your visit to the Art and Heritage Place! You can find regular hours, schedule a visit, read more testimonials and learn more on our website.

Browse, Buy and Blessings Christmas Sale Saint Benedict's Monastery, Art and Heritage Place Saturdays, November 2 and 9 8 a.m. to 4:30 p.m.

Spend a peaceful day experiencing Whitby Gift Shop and Gallery and enjoy a cup of coffee, munch on a muffin and shop for holiday gifts handmade by sister artisans and others. Nourish your spirit by visiting the museum and relishing in beautiful handiwork in "It's All God's Work." The exhibit runs until December 21, so don't miss out!

https://sbm.osb.org/event/browse-buy-and-blessings-christmas-sale/

## Benefits of the St. Joseph Area Chamber of Commerce

- ◆ Be a part of a community of professionals We are a small Chamber,
   so we build close relationships
- ◆ Share information about your organization with an audience of area business leaders
- ♦ FREE advertising in the Chamber News
- ◆ FREE coupon placement on stjosephchamber.com
- ◆ FREE link from the business directory in the *Chamber Newsletter*
- ♦ FREE website link from our website
- ◆ Place announcements for free in our newsletter delivered directly to 250 inboxes
- ♦ Enjoy our monthly luncheon to stay current on news affecting your business
- ◆ Support and be supported by other local business owners
- ◆ Gain new referral sources and resources for your business
- ♦ Learn valuable information from monthly presenters to use within your organization
- ◆ Participate in community events and charitable community projects
- ◆ Showcase your company with a 10-foot booth at St. Joseph's Community Showcase
- ◆ Have your business listed on our website's Business Directory
- ◆ FREE advertising and free email listing in the *Chamber News* newsletter
- ♦ Access to Chamber members' email addresses
- ♦ Company recognition through social media
- ♦ Chamber Membership is for every employee of your company!



# Survivor Day is November 23

afsp.org/SurvivorDay



## St. Cloud Hospital 1406 Sixth Avenue North St. Cloud, MN 56303

Saturday November 23, 2019 1 p.m. to 3 p.m.

The event is free and open to the public for people impacted by suicide loss.

Please note: In the interest of creating a safe space for loss survivors, this event is specific to survivors of suicide loss.

Event takes place in the Spruce Room located in the Conference Center, Level C.

Directions to the room will be provided at the North Entrance information desk.

Please park in the North Visitor's Lot.

International Survivors of Suicide Loss Day (Survivor Day or ISOSLD) is the one day a year when people affected by suicide loss gather in their local communities to find comfort and gain understanding as they share stories of healing and hope.

This event includes a video, discussion, and sharing. This Year's movie is Pathways To Healing: Hope after Suicide Loss follows the family and friends of Chris Taddeo, a young adult who died by suicide. Together, they show the individual experiences a community of people can have after a shared loss: from confusion and denial, to isolation and finding support. Through their various approaches to grief and healing, each journey shares a message of hope, connection and resilience.

#### Local contacts for the event

Kay Campbell, Chaplain Kay.Campbell@centracare.com P: 320-251-2700 ext. 54821

Lisa Bershok
Suicide Prevention Program Manager
Lisa Bershok@centracare.com
P: 320-251-2700 ext. 23793



# **NOVEMBER HOLIDAY PACK**

A quality meal at a price you can afford.

Available at all Fare for All November sales!



# Holiday Pack Includes\*:

Jennie-O Whole Turkey- 9-10 lbs

Chicken Breasts - 2.4 lbs

Johnsonville Italian Sausage-

19 oz

Rotisserie Turkey Tenderloin-

1.5 lbs

Sage Pork Sausage- 1 lb

(2) Green Beans- 16 oz

Mrs. Smith's Pumpkin Pie- 9 in.

\*Items subject to change

\*\* LIMIT ONE PER HOUSEHOLD



fare for all a program of the food group

# St. Joseph

Resurrection Lutheran Church Monday, November 11th 3:30-5:30 pm 610 County Rd. 2 St. Joseph, MN 56374

> www.fareforall.org facebook.com/fareforall/

# This Month at the Chamber...

You are invited to the Chamber!

St. Joseph Area Chamber Lunch & Learns are held on the second Wednesday of each month, 11:30am -1:00pm.

Please bring a non-chamber member as our guest! You'll listen to a great presenter, enjoy a delicious lunch and experience our always enthusiastic and welcoming group.

Please watch for an email and RSVP for the meeting.

Please join us for our Lunch & Learn!

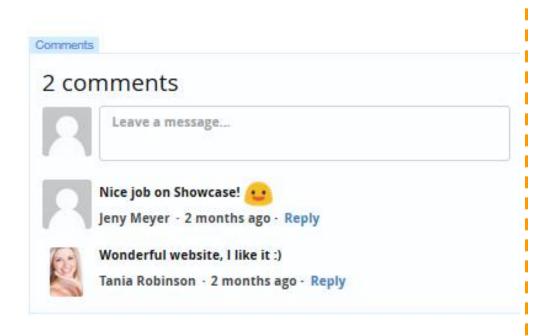
November 13
Chamber Lunch & Learn
11:30am -1pm
Resurrection Lutheran Church

Catering: Short Stop
Host: Resurrection Lutheran Church

Please plan to RSVP \$10

Do you have a comment or suggestion...leave it at our website.





#### Happy Thanksgiving from SPOT Rehabilitation & Home Care

With the crispness of Fall in the air. We look to what we appreciate and are THANKFUL for. SPOT Rehabilitation and Home Health Care is taking 2019 to celebrate our 30<sup>th</sup> Anniversary in business. We started with a single Occupational Therapist providing help in a few Nursing Home Care Center to now a Dual Medicare Certified Provider for Outpatient and Home Health Care services. Providing Speech, Physical and Occupational Therapy as well as Skilled Nursing, Home Health Aide and Medical Social Work visits in Central Minnesota.

Providing "THERAPY FOR ALL AGES". While envisioning, enriching and engaging a client centered therapy approach. If that is a recent decline in health or ADL's related to a recent injury or surgery, sensory stimuli therapy, low vision therapy, swallow difficulty or communication concerns we are here for you. Caring Beyond Expectation.

We wish to THANK YOU for your help and support in the past 30 years and we look forward to growing with you in many years to come. To learn more. <a href="https://www.spot-rehab.com"><u>WWW.spot-rehab.com</u></a> 320.259.4151. SPOT wants to keep you in your SPOT of wellness.

# Mark Your Calendars for the Holiday Chamber Luncheon

DECEMBER ANNUAL MEETING~HOLIDAY LUNCHEON
Wednesday, December 11, 2019 from 11:30-1pm
College of St. Benedict, Gorecki Center

HOST: Laurie Oppel, Farmers Insurance

**DELICIOUS HOLIDAY MEAL:** Catered by College of St. Benedict

**TRADITIONAL GIFT EXCHANGE:** Please bring a gift to participate

in this fun exchange!

#### SUPPORT THE ST. JOSEPH FOOD SHELF:

Please bring non-perishable food or cash donation! Chamber will match cash donations up to \$500!



Occupational Therap

We look forward to celebrating with you! Please plan to RSVP!

# **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 retinol 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/

Advantage Chiropractic	32 32nd Ave. S, SC	320-251-1080	Mark D. Roerick D.C.	drmark@advantagechiro.net
AMG Promotions & Apparel	2229 26th St South		April Mae Good	amgpromotions@charter.net
American Door Works	2150 Frontage Road, WP		1	GaryB@americandoorworks.com
Anfinson Thompson, P.A.	710 County Rd 75E, #102		•	JWalsh@anfinsonthompson.com
St Joseph Veterinary Clinic	111 South Red River,CS		John Warsh	3 Walshagammsonthompson.com
Arlington Place Assisted Living	· ·		Karen Hennessey	karen@arlingtonplacemn.com
Auto Body 2000, Inc	611 19th Avenue NE	320-363-1313	•	zaharacraig@gmail.com
	125 Twin Rivers Court	320-363-1116	6	joe.prodinsky@bankvista.com
BankVista  Pollo Cucino	PO Box 300		Jason Mueller	bellocucinastjoe@gmail.com
Bello Cucina  Borgert Products Inc			Ramona Jonas	
	8646 Ridgewood Road			ramonaj@borgertproducts.com
Brenny Transportation Inc.	8505 Ridgewood Road	320-363-6999	•	joyce@brennytransportation.com
Central Minnesota Ceilings Inc	31294 115 Ave. PO Box 328			dave@cmceilings.com
Central Minnesota Credit Union		320-271-0274		adamo@mycmcu.org
Christine R Panek CPA	PO Box 347	320-260-6491	Chris Panek	chris@panekcpa.com
Church of St Joseph	12 Minnesota Street West	320-363-7505	Amber Walling	sscholz@churchstjoseph.org
City of St Joseph	75 Callaway Street East	320-363-7201	Judy Weyrens	jweyrens@cityofstjoseph.com
Coborns	1500 Elm Street East	320-363-0011	Clair Rodgers	stordir.2039@cobornsinc.com
College of Saint Benedict	37 College Avenue South	320-251-1817	Kim Poganski	kpoganski@csbsju.edu
Collegeville Communities	15 Minnesota St E #104	320-363-7656	Colleen Hollinger- Petters	colleen@collegeville.biz
Computer Repair Unlimited	24 Birch Street West	320-492-2814	Blake Thoennes	Blake@computerrepairun limited.com
<u>Daniel Funeral Home</u>	1010 N 2nd Street	320-363-7783	Paul Daniel	paul@danielfuneralhome.com
DeZurik Black Signs	39852 125th Ave	320-293-4118	Sherri DeZurik	justsayittoday@gmail.com
Dijital Majik Computers	553 25th Avenue North	320-230-7525	Don Blonigen	don@dmcconline.com
Laser Dentistry LTD	26 Second Avenue NW	320-363-4468	Dr. Michael Contardo, DDS	michael@laserdentistrymn.com
Edina Realty	110 Division Street	320-266-8727	Tara Bayerl	tarabayerl@edinarealty.com
Edward Jones - Beau Hanowski	24 Birch Street West	320-363-0294	Beau Hanowski	beau.hanowski@edwardjones.com
Ehlinger Lawn Service	305 10th Avenue North	320-980-5697	Katy	katy@ehlingerlawn.com
Exponential Chiropractic	103 College Avenue N	320-363-4573	Brian Koltes	exponentialchiropractic@gmail.com
Farmers Insurance	111 College Ave. N, #12	218-343-4702	Laurie Oppel	loppel@farmersagent.com
Filsan Talent Partners	400 1st St. S. #600, SC	612- 987-7323	Hudda Abrahim	hudda@filsantalentpartners.com
Finken Water Solutions	PO Box 7190	320-258-2005	Tom Finken	tfinken@finkens.com
Floor-to-Ceiling Store	8075 Sterling Drive	320-271-1632	Paul Heun	paul@waiteparkftc.com
Floral Arts	307 1st Ave NE	320-363-7705	Elaine Kacures-Wruck	office@floralartsonline.com
Forest Mushrooms Inc.	14715 County Road 51	320-363-7956	Kevin Dovle	mail@forestmushrooms.com
Gabriel Media	1926 W Division St., SC		•	deb@gabrielmedia.info
Gary's Pizza	17 College Avenue N		Roger Steichen	roger@garyspizza.com
Granite Community Bank	PO Box 416, Cold Spring			jime@granitecommunitybank.com
Granite Services, LLC	30736 Pearl Drive	320-249-1172	•	jburg@graniteservicesllc.com
Grey Face Rescue	PO Box 7072, SC		Bethie Gondeck	bethieg@greyfacerescue.org
Heartland Door Sales	30489 Pearl Drive	320-363-4657		heartlanddoorsales@gmail.com
Hometown Title				timnelson@email.com
	710 County Rd. 75 E, #101			_
Joe Pfannenstein Signs	1015 14th Avenue South			joesign88@gmailcom
Jovanovich, Kadlec & Athmann				Thomas.Jovanovich@jkalawfirm.com
Kay's Kitchen	303 College Ave. North	320-557-0030	•	tanyafinken@gmail.com
Knight Builders	701 Elm Street East	320-363-0783	Kevin Dierkhising & Carol	knightkbi@aol.com

Turn to
St. Joseph
Chamber
of
Commerce
Businesses
First!

	Business Direc	tory			
Kwik Trip, Inc	408 Great Oak Dr	320-253-5732	Justin Pope	jpope@kwiktrip.com	E I
LaPlayette	19 College Avenue North		•	sjrproductions@gmail.com	
Little Saints Academy	124 First Avenue SE	320-557-0123	Amy Bonfig	littlesaintsacademy@gmail.com	
Local Blend	19 Minnesota Street W		Stacie Engholm	thirdstonecoffee@gmail.com	
Mary Kay Beauty Consultant		320-247-0210	Pat Schreiber	pjsmk2@gmail.com	
McDonald's-Jova Mgmt LLC	1180 Elm Street East	320-260-0071	Joseph & Valerie Silva	valerie.silva@partners.mcd.com	
Michelich Granite	7808 CR 75, PO Box 667	320-363-7779	Jane Kalthoff	janek@michelichmemorials.com	
Midcontinent Communications	3901 Louise Avenue N	605-357-5783	Tammy Haase	tammyhaase@mmi.net	
MN Assoc. of Farm Mutual Ins.	601 Elm Street East	320-271-0909	Dani Hennen	dani@mafmic.org	
MN Home Improvement	8850 Ridgewood Court	320-363-4435	Tom Borresch	mnhomeimprovements@gmail.com	
MN Street Market	27 W Minnesota Street	320-363-7733	Pia Lopez	generalmanager@mnstreetmarket.com	
Newsleaders	32 First Avenue NW	320-363-7741	Janelle Von Pinnon	janellev@thenewsleaders.com	
Omann Insurance Agency, LLC	305 Cedar Street East	320-363-7233	Peter Omann	pro@omannins.com	
Pam's Auto Inc	7505 Ridgewood Road	320-363-9220	Mike Meyer	mike@pamsauto.com	
Premier Real Estate Services	550 25th Avenue N	320-260-0972	Kerry Peterson	kerry@premierhomesearch.com	
Quill & Disc Inc	30844 First Avenue NE	320-363-7296	Julie Watkins	watline@gmail.com	
Resurrection Lutheran Church	610 North CR2	320-363-4232	Tracey Birr	rlc@rlcstjoe.com	
Retro Green Energy	315 Franklin Avenue NE	320-252-8888	Lisa Taylor	lisa@retrogreenenergy.com	
Rockhouse Productions LLC	PO Box 757	320-363-1000	Jeff Vee	jeffvee@rockhousepro.com	
Rock On Trucks, Inc.	3100 7th St. S, Waite Park	320-230-2998	Krystal Vierkant	krystal@rockontrucks.com	
Russell Eyecare & Associates	15 Minnesota St E #107	320-433-4326	Chris Russell-Villnow	info@russelleyecare.com	
Rolling Ridge Event Center	31101 County Road 133	320-257-7755	Randy Schmitz	info@rollingridgeevents.com	
Scherer & Sons Trucking	1007 1/2 Minnesota St E	320-363-8646	Bill Scherer	bscherer@scherertrucking.com	
Sentry Bank	400 Fourth Avenue NE	320-363-7721	Brad Eckhoff	Brad.Eckhoff@mysentrybank.com	
Serenity Place on 7th	329 Seventh Avenue SE	320-406-7650	Matt Imdieke	matt.imdieke@serenityon7.com	
Sharing (Shaklee)	5011 Hidden Acres Circle	320-654-1175	Dave & Heidi Carlstedt	sharing@cloudnet.com	
Short Elliott Hendrickson Inc	1200 25th Ave S	320-229-4300	Randy Sabart	rsabart@sehinc.com	
Short Stop Custom Catering	3701 Third Street North	320-251-0716	Byron Bjorklund	byron@shortstopcustomcatering.com	
Sisters of Order of St. Benedict	104 Chapel Lane	320-363-7142	Sister Karen Rose	krose@csbsju.edu	
Snap Fitness	708 Elm Street	320-363-7757	Deb Seifert	stjoseph@snapfitness.com	
SPOT Rehab & Home Health	2835 W St. Germain Street	320-259-4151	Tamara Huesers	tezers@pamsauto.com	
St Joe Mini-Storage	24 Birch Street West	320-363-4953	Mike Deutz	mdeutz@live.com	
St John's Prep	2280 Water Tower Road	320-363-3320	Laura Hartog	lhartog001@sjprep.net	
St Joseph Meat Market Inc	26 First Avenue NW	320-363-4913	Harvey Pfannenstein	stjoemeat@stjoemeat.com	
St Joseph Mutual Insurance	13 Minnesota Street W	320-363-4144		jenny@stjoemutual.com	
Stearns County Abstract	21 Courthouse Square	320-251-5920	Chris Steffes	chriss@stearnscountyabstract.com	
Stearns Electric Association	29643 Frontage Road		Michelle Christiansen	mchristiansen@stearnselectric.org	
Strata Performance	PO Box 803		Bob Ringstrom	rjr@strata-ps.com	
The Estates Bed & Breakfast	29 E Minnesota Street	320-557-0300		info@estatesbedandbreakfast.com	
The Sanctuary at St. Cloud	2410 20th Avenue SE	320-252-6325		marketing@thesanctuary-stcloud.com	
Thomsen's Greenhouse	29754 156th Avenue		Arno Shermock	arno@tgreenhouses.com	
Tiremaxx/Mid-State Wholesale	11415 County Road 75		Bethany Strom	bo@tiremaxx.com	
Tri-County Abstract & Title	122 Twelfth Ave N	800-892-2399	Melanie Walz	melaniew@tricountyabstract.com	

320-774-2400 Tara Schommer

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