

MINNESOTA  
CHAMBER OF  
COMMERCE

GROWING MINNESOTA

## USEFUL LINKS AND INFORMATION FROM THE MINNESOTA CHAMBER OF

### UPCOMING EVENTS

VIRTUAL CHAMBER 101

November 1, 2021 | 12:00 PM

STATEWIDE POLICY TOUR – FALL 2021

November 2-15, 2021

WEBINAR: REDUCING RISK IN THE WORKPLACE SERIES: WORKFORCE + EMPLOYEE  
BENEFITS

November 8, 2021 | 12:00 PM

2021 ECONOMIC SUMMIT

November 18, 2021 | 9:00 AM

WOMEN IN BUSINESS: ANNUAL LEGISLATOR LUNCHEON

December 1, 2021 | 10:30 AM

[VIEW ALL EVENTS](#)

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

**CONNECT WITH US:**  
[stjosephchamber@gmail.com](mailto:stjosephchamber@gmail.com)  
320-433-1043

**St Joseph Area Chamber of  
Commerce**

**@StJosephChamber**

**[StJosephChamber.com](http://StJosephChamber.com)**

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



## FOR YOUR HEALTH!

**Julia Kregel**  
**Personal Trainer, MAT Full Body Specialist**

**November 10**  
**Chamber Lunch and Learn**  
**12 Noon—1 p.m.**

**For your health...discover the revolutionary approach to the assessment and correction of muscular imbalances, joint instability and limitations in range of motion within your body. Muscle Activation Technique is a non-invasive, systematic format to jump-start muscles in order for them to function at maximum efficiency.**



## 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](mailto: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](mailto:stjosephchamber@gmail.com)**

**320-433-1043**

# Tri-Chamber Networking Event



What an extraordinary Business After Hours at the Third Street Brewhouse in Cold Spring. If you didn't make it...you missed great music, delicious pizza, locally brewed beverages, socializing and, of course, NETWORKING!

Thank you to the sponsors Dustin Upgren State Farm and Lake Friendly Lawn Care and Landscaping.



## CHAMBER NEWS

### ELECTRONIC ADVERTISING OPPORTUNITIES

You can submit a camera-ready, full-page, half-page or quarter-page advertisement in Chamber News.

Sizes:

Full-page 8"x10"

\$50

1/2-page is 8"x5"

\$25

1/4-page 3.75"x5"

\$15

All advertisements have an active link to your website... bringing them to your doorstep! Or, you can link directly to your email address. We are sorry, but the option of an insert is no longer

# 10 Benefits 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.**

Your message won't get lost in the mass chatter. The people of St. Joseph are your target market, you have a much greater prospect of generating business leads with The Chamber News specifically marketing to your audience. The more specifically you can define your target market, the better your chances of success.

## #2: **Inexpensive.**

E-newsletter ads are a cost-effective way to reach your niche market. You'll build a list by using ours – a direct connection to businesses in St. Joseph. The return on investment (ROI) for e-mail marketing continues to far surpass other channels. According to a report from the Direct Marketing Association, newsletter's ROI returned \$48.06 in revenue for every dollar spent.

## #3: **Top of mind visibility.**

Each month you can remind readers of your business-generate continuous income, give your business a successful image, keep you competitive and in-

vest in your success. Your ad is among only a few, so you'll receive maximum visibility.

## #4: **Linkability.**

Your advertising in The Chamber News will be linked directly to your home page or direct customers to your social media page.

#5: **Credibility.** In addition, advertising in the St. Joseph Area Chamber of Commerce newsletter adds to the established credibility of your business.

Readers trust information from our newsletter and individuals don't have to worry about viruses or spam because the links are coming from a trusted source.

## #6: **Anytime, anywhere.**

The Chamber News reaches your target audience on a laptop, on their phones, at their desks in the office or at home.

## #7: **Lead generation.**

Quality lead results from The Chamber News are trackable. You will know if your investment in the Chamber's newsletter is worthwhile by watching the metrics on your website.

*"St. Joseph Area Chamber of Commerce gets results for you and your business!"*

## Mark Your Calendar for the Next Chamber Luncheon

December Meeting

Wednesday, December 8, 2021 from Noon-1pm

College of St. Benedict

**Presenter:** *There is no presenter in December, we celebrate the season with our friends and colleagues.*

**Host:** *The jolliest of elves...Jude*

**Caterer:** *CSB Catering*

Please plan to RSVP!

63% more consumers are likely to want to purchase goods or services from a small business that is a Chamber member.

Do you want to be our next featured member? Contact Jude for the easy-to-fill out questionnaire.



## Member Minute

A brief beginning to better know a Chamber comrade you can read in a few short minutes.

St. Joseph  
AREA CHAMBER of COMMERCE

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

Comments

2 comments

Leave a message...

Nice job on Showcase! 😊  
Jeny Meyer · 2 months ago · Reply

Wonderful website, I like it :)  
Tania Robinson · 2 months ago · Reply



## Brenny Transportation, Inc. Named Top Company for Women to Work For in Transportation

As women rise through the ranks in the transportation industry, we are excited to feature the companies that make the extra effort to attract and retain a more gender-diverse workforce.

PLOVER, WIS. OCTOBER 25, 2021

Redefining the Road magazine, the official magazine of the Women In Trucking Association (WIT), announced today the recipients of the 2021 “Top Companies for Women to Work For in Transportation.” According to Ellen Voie, president and CEO of WIT, the magazine created the award in 2018 to support an element of WIT’s mission: to promote the accomplishments of companies that are focused on the employment of women in the trucking industry.

“As women rise through the ranks in the transportation industry, we are excited to feature the companies that make the extra effort to attract and retain a more gender-diverse workforce,” said Voie. “We applaud their efforts and this distinction is our way of giving them the recognition they deserve.”

There are a number of characteristics that distinguish companies recognized on this list, according to Brian Everett, publisher of Redefining the Road. These characteristics include corporate cultures that foster gender diversity; competitive compensation and benefits; flexible hours and work requirements; professional development opportunities; and career advancement opportunities.

“Identifying the companies on this list involves a two-step process,” said Everett. “First, nominations of the companies are received and carefully reviewed to ensure they qualify by meeting a minimum threshold of qualifications. Then the final ballot of companies is voted on by individuals in the industry. This is the fourth year of this prestigious recognition program and it garnered more than 14,000 votes to identify the final companies named to the list.”

The list is comprised of a diverse range of business sectors in the commercial freight transportation marketplace, including motor carriers, third-party logistics companies, and original equipment manufacturers. These companies will be recognized at the upcoming WIT Accelerate! Conference & Expo Nov. 7-9 in Dallas.

Brenny is extremely honored to win this award for the third year in a row. What distinguishes Brenny as a Top Workplace for women is: women at Brenny are recognized more than normal of others in the trucking industry. Women are encouraged to be strong and confident. The family-friendly culture at Brenny is one of respect. Women are pushed to be the absolute best for the trucking industry. Everyone’s voice at Brenny is heard and no one is judged. We go above and beyond to treat women drivers and team members with utmost respect. The Brenny team is about lifting each other up and helping each other grow and succeed.





# November 2021 HOLIDAY PACK



Back INDOORS with safety measures to serve you  
for the holidays!



**\*\*PLEASE WEAR A MASK indoors \*\***

**\$30**

## ST. JOSEPH

Mon. 11/15, 3:30- 5:30 pm

Resurrection Lutheran- 610 Cty Rd. 2

### November Holiday Pack Contents:

Jennie-O Turkey- 8-10 lbs

Herb Garlic Pork Loin (twin  
pack)- 3.5 lbs total

Sage Pork Sausage- 1 lb

(2) French-Cut Green Beans-  
2 lbs total

Sara Lee Pumpkin Pie- 27 oz



fare for all  
*a program of the food group*



763-450-3880

fareforall.org  
facebook.com/fareforall



**NOW OFFERING FIRST MONTH FREE!!!**

**If your lease is signed before December 1st**

***CONTACT  
US TODAY!***

***21 16th Avenue S.E.  
St. Joseph,  
Minnesota 56374***

***Phone:  
320-363-1313***

***Email:  
Manager@arlingtonplacemn.com***

***FAX:  
320-363-1021***

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- ◆ **Friendly, Homelike Environment**
- ◆ **Essential Caregiver Program, Allowing Residents To Have In-Person Family Visits, Regardless Of Frequently Changing Covid Guidelines!**
- ◆ **On-Call Nursing Staff 24/7**
- ◆ **Onsite Beauty/Barber Shop & Physician Services**
- ◆ **Fireplace Lounge**
- ◆ **Family Dining Room and Home Cooked Meals**
- ◆ **Off Street Parking with Limited Access Entrance**
- ◆ **Covered Porch and Raised Garden Beds**
- ◆ **Spacious Rooms and Walk-in Showers**
- ◆ **And MORE...**

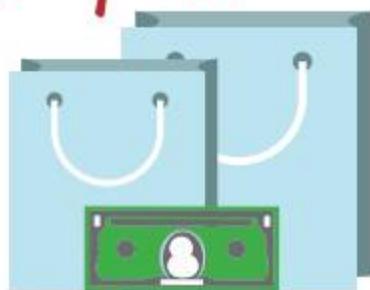


St. Joseph • Sartell-St. Stephen

# Reaching Everybody! Newsleaders

**ADVERTISE WITH US TODAY! 320-363-7741**  
[www.TheNewsleaders.com/Advertising](http://www.TheNewsleaders.com/Advertising)

## Shop Local Promo



### Run a Banner Ad

(Dimensions: 10" wide by 5" tall) for **\$549**

### or a 1/3-Page Ad

(Dimensions: 3.25" wide by 5" tall) for **\$349**

**Contact us by Nov. 12 to Receive \$50 OFF**

## Holiday Greeting & Year-In-Review Package



### Holiday Greeting

Signature Line Ad **\$149**

### Year-In-Review

4" Wide x 1" Tall Ad **\$249**

**Contact Us by Nov. 24 to receive \$20 off  
1 promo or \$50 off both promos**

Holiday Greeting Publication date is Dec. 10

Year-In-Review Publication date is Dec. 24

## Health Care Careers Package



### Run a Banner Ad

(Dimensions: 10" wide by 5" tall) **\$549**

### or a 1/3-Page Ad

(Dimensions: 3.25" wide by 5" tall) **\$349**

**Contact Us by Dec. 8 to receive \$50 OFF.**

A total of \$200 OFF if you commit to all 4.

Promotion runs once a quarter

**PROVE IT  
LIVE IT  
SHARE IT**



**Dave and Heidi Carlstedt**  
5011 Hidden Acres Circle  
Saint Cloud, MN 56301  
320-654-1175 Home  
320-774-8082 Cell

<https://pws.shaklee.com/sharing>

Dear St. Joe Chamber,

Shaklee has teamed their most successful products together to help everyone have more energy feel better and increase muscle mass-guaranteed! On top of that they included the Seven-Day Cleanse for FREE! You will receive free membership with the purchase of the Prove it Challenge along with free shipping. Each member may purchase this special once. Item: #89526

### Feel amazing in 30 days – guaranteed.

Accept the #ProveItChallenge and feel healthier, more energized, more focused, and ready for anything.



**Ready, set, cleanse**  
Days 1-7

Start with a 7-Day Healthy Cleanse to completely reset your system.



**A strip and shake a day**  
Days 8-30

Follow a daily nutrition routine: Replace yourself with a Life Shake® and take a Vitalizer™ strip for clinically backed vitamins, minerals, and protein.

The program starts with the seven-day cleanse and then the 30-day rebuilding. It is less expensive than purchasing your favorite Latté from one of your favorite bistros. Look at the amazing results below! **If you do not feel better, you get your money back.**

#### The Shaklee Difference

Results from a 7-day study with the 7-Day Healthy Cleanse:

- 80% of participants experienced improved energy levels and decreased cravings
- 72% of participants felt improvements in hunger management
- 60% of participants felt improvements in mood
- 74% of participants felt improvement in quality of sleep and clarity of thinking
- Average weight loss of 6.8 pounds and a 1.62-inch decrease in waist circumference

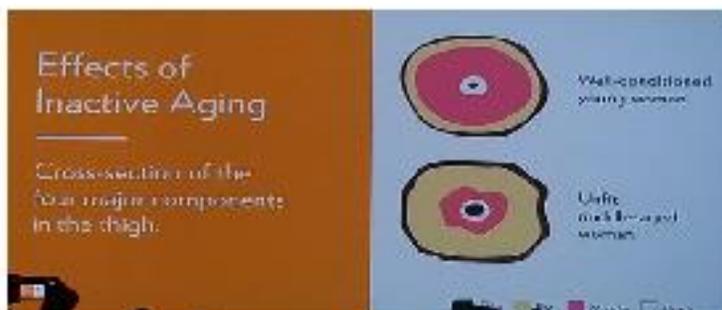
**Safe, Proven,  
100%  
Guaranteed**

**The long-term effect of being consistent with daily Protein and the Vitalizer strip is shown by our 20-year Landmark Study in the chart below:**

### THE LANDMARK STUDY

Medical Biomarkers	NO Supplements	OTHER Supplements	SHAKLEE Users
Average Age	53	58	63!
Personal Health Self-Assessment	48.1%	55.7%	84.2%
Diabetes	8.2% (10%)	11.1% (12%)	2.9%
Heart Attacks	4.4% (6%)	7.6% (8%)	2.6%
Congestive Heart Failure	3.8% (5%)	7.8% (8%)	1.4%
Stroke	2.9% (4%)	2.6% (3%)	1.8%
Coronary Heart Disease	5.8% (8%)	7.1% (8%)	5.0%
Emphysema	2.2% (3%)	1.8% (2%)	1.1%
Triglycerides	180	145	121
HDL	51	63	88
C-reactive Protein	4.4	3.2	1.9
Homocysteine Levels	8.4	9.5	6.1

At the convention, Dr. Westcott who has published over 90 Peer Review Journal papers presented some of his research. His studies have shown that as we age, protein assimilation decreases by 25%, and that adults over 50 who perform resistance exercises need 50% more protein than the RDA to increase muscle mass. He did 4 clinical studies involving the use of Shaklee products and presented the results to Harvard Medical School.



Look at the amazing results of middle-aged people all in the obese category when they exercised AND took Shaklee in this 6-month study.

### Effects of Post – Exercise Protein Muscle, Bone, and Blood Pressure

Study Results	No Exercise	Exercise Only	Exercise + Life Shake
Muscle Weight	-2.1 lbs.	+3.3lbs	+5.2lbs.
Bone Density	-1.0%	0.0%	1.0%
S Blood Press	+2.9 mmHg	-2.5 mmHg	-10.0 mmHg
D Blood Pressure	+6.00 mmHg	+1.7 mmHg	-1.8 mmHg

**We look forward to working with you to obtain optimal Health! Dave and Heidi Carlstedt**

## Say "NO" to falls

Welcome fall, but say "no" to falls. According to the CDC about 3 million older adults are treated in the emergency department for a fall injury, 1/5 falls cause injury (broken bones/head injury) and at least 300,000 older people are hospitalized for hip fractures. Fall is a great time of year to assess your home environment and your balance to see if you are at risk of falls. Take time to prevent falls by doing a home safety check list, see below a link to the CDC that offers a simple checklist



Katie Malotky, PT, DPT  
Board-Certified Neurological Clinical Specialist  
LSVT BIG Certified  
SPOT Rehabilitation, Inc.

A simple test is to have your feet together in the corner of the room and see if you can balance for 30 seconds without fear of falling or loss of balance (make sure to do with a buddy

to prevent falls. The checklist includes: clear pathways, good lighting, and floor rugs removed in your home? Another great option is to have an Occupational Therapist come into your home to do a home assessment for safety. Besides your home, checking your balance is another great way to prevent falls.



to prevent falls), if that was easy try eyes closed (again with a buddy) and see if you can do that for 30 seconds. If those were too difficult or you lost your balance, consider a physical therapy evaluation to assist with balance to prevent falls. Have a wonderful fall in the great state of Minnesota and say "no" to falls.

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf>

Let SPOT help keep you in your desired "SPOT" of health and wellness.

SPOT Rehab and Home Care  
2835 W St Germain St, Suite 300  
St Cloud, MN 56303  
Phone: 320.259.4151  
Fax: 320.259.0140

## NOTICE:

St. Joseph Area Chamber of Commerce is requesting nominations for board positions for 2022. Please contact Jude if you are interested or if you would like to nominate someone from your company!

## 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:** 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](mailto: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**



# Thank you, *Veterans!*

## OTR drivers, join our team of Military Veterans

- \*Yearly military bonus
- \*Full benefits package
- \*Flexible home time



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**ST. JOSEPH BRANCH OFFICE**

29643 Frontage Road, PO Box 816  
St. Joseph, MN 56374-0816  
(800) 962-0655

## Local Electric Co-op Director Achieves Credential in Today's Electric Utility Competencies

**ST. JOSEPH, MINN.** – Michael Cramer from Stearns Electric Association recently received the Credentialed Cooperative Director (CCD) certificate from the National Rural Electric Cooperative Association (NRECA).

An ever-changing business environment has imposed new demands on electric cooperative directors, requiring increased knowledge of changes in the electric utility business, new governance skills and a solid knowledge of the cooperative principles and business model. Stearns Electric has a commitment to work through NRECA to sharpen this body of knowledge for the benefit of their electric cooperative member-consumers.

The NRECA Credentialed Cooperative Director (CCD) program requires attendance and demonstrated understanding of the basic competencies contained in five core courses:

- Director Duties and Liabilities
- Understanding the Electric Business
- Board Operations and Process
- Strategic Planning
- Financial Decision Making

NRECA represents the nation's more than 900 private, consumer-owned electric cooperatives, which provide electric service to more than 42 million people in 47 states, with over 7,200 Directors. Stearns Electric services over 27,000 members throughout Central Minnesota.



Photo: Stearns Electric Director, Michael Cramer, receiving his Credentialed Cooperative Director certificate from Board Vice President, Eric Peterson.

*Stearns Electric Association is a member-owned electric cooperative. Since 1937, Stearns Electric Association has provided electricity and related products and services to Central Minnesota. Today, Stearns Electric Association serves 27,000 members in six Central Minnesota counties including Stearns, Todd, Morrison, Kandiyohi, Pope and Douglas. For more information about Stearns Electric Association, please visit [www.stearnslectric.org](http://www.stearnslectric.org)*



# SEASONAL *savings*

OCTOBER 1 - DECEMBER 31

**\$20 OFF**

A \$100 PURCHASE\*

**\$50 OFF**

A \$200 PURCHASE\*

**\$120 OFF**

A \$400 PURCHASE\*

*Use it or lose it!*

DON'T FORGET TO USE YOUR FSA/HSA FUNDS BY THE END OF THE YEAR!

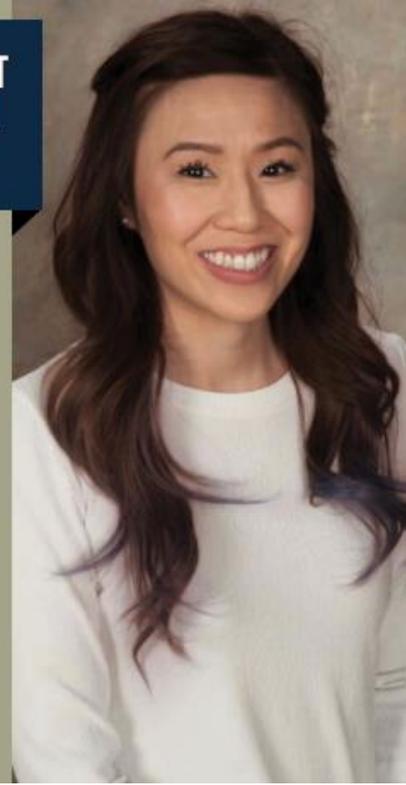
\*CANNOT BE COMBINED WITH INSURANCE. SOME RESTRICTIONS MAY APPLY. SEE OPTICIAN FOR DETAILS.

## WE WELCOME OUR NEWEST PEDIATRIC OPTOMETRIST, DR. CHRISTINA NGUYEN!

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School in Minnesota!



## Join us for an upcoming event!

[www.sjprep.net/visit](http://www.sjprep.net/visit)

Christina Butenhoff

# MICHELICH GRANITE

7808 County Road 75  
Saint Cloud, MN 56301

O: (320) 363-7779

[christinab@michelichmemorials.com](mailto:christinab@michelichmemorials.com)

Monday through Friday from 8:00 am to 4:30 pm.

Evenings and weekends by appointment.

