

From the Chamber

Dear Chamber Members,

Did you notice an abundance of bike helmets and cycling shirts visiting your business mid-August?

Your St. Joseph Area Chamber of Commerce put in considerable amounts of time and effort working with BAM (Bicycling Around Minnesota). St. Joseph was BAM's start city on August 14th and August 15th and also the returning stop on Sunday, August 18.

Jude was at the registration table, answering questions, handing out coupons and directing cyclists toward Chamber businesses.

Bicycling Around Minnesota (BAM) has been offering a four-day bicycle ride covering 65 to 75 miles per day, with overnight stays in four host cities to take in the beauty that abounds in this 'home of 10,000 lakes.' Each year the route moves to a different region of Minnesota to promote the wonderful communities. BAM's goals as a nonprofit are to promote Share the Road, bicycle safety, fitness, state tourism and the Scenic Bikeways System in Minnesota, and bicycling as a transportation mode.

Please join us at this month's meeting for an informative host presentation from WACOSA and our own Roxanne Ryan-Layne and from our featured presenters: Joyce Brenny and Sarah Wischnefski from Brenny Transportation.

Because of the holiday weekend, we ask that you register for this meeting as you as you get the invite or contact Jude by phone or email or contact any of the Chamber Board directly, including me, your volunteer Chamber President, at (320) 260 0972.

Best Wishes.

Kerry Peterson -St Joseph Chamber of Commerce Chamber Volunteer President



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

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:
Kerry Peterson,
Premier Real Estate Services

Vice President:
Adam Otteson,
Central MN Credit Union

Treasurer:
Brad Eckhoff,
Sentry Bank

Member at Large:
Sarah Wischnefski
Brenny Transportation, Inc.

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!

September 11

Chamber Lunch & Learn

11:30am (social) 12-1:00pm
City Government Center
Catering: Kay's Kitchen
Host: WACOSA

The World of Trucking



Imagine a world without trucking! Trucks on the road affect you more than you think...consider the cost of your next box of Cheerios or your vehicle purchase...trucking affects the price! Or everyone wants to know how to drive safely around over-sized trucks. Join Joyce Brenny, CEO and owner of Brenny Transportation, and Sarah Wischnefski, they will tell you about the trucking industry from where you stand – from a citizen's point of view. You may even add the words step-decks, double-drops, RGNs and flatbeds to your vocabulary.

Please plan to RSVP \$10

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 anew 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

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
- Or any other advertising for your business

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

10 Tips for Reinventing Yourself!

September Is Healthy Aging® Month:

1. DO NOT Act your age.
(Don't keep looking in the mirror, FEEL IT!)
2. Be Positive. (Tip: Stop watching the police reports on the local news).
3. Ditch the Negativity. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk Tall. (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand Tall. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How Are Your Pearly Whites? (Tip: Go to the dentist regularly... Nothing says old more than yellowing teeth!)

7. Lonely? (Tip: Volunteer. Choose a new person every week for your dining out.)

8. Walk 10,000 Steps A Day.

9. Get Those Annual Check-Ups

10. Find your inner artist. (Tip: Sign up now for fall art or music classes and discover your inner artist!)

For more information please call 320.259-4151.

Let SPOT help you to live in your desired potential.

Contributing source: <https://healthaging.net/healthy-aging-month/celebrate-september-is-healthy-aging-month-reinvent-yourself/>



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



ABOUT YOU

What things don't you like to do? Raking leaves.

Do you have any kind of guilty pleasures? Sweets

If you didn't sleep, what would you do with the extra time? Spend it with family.

What hobby would you have if time and money weren't a problem? Rescuing animals

ABOUT YOUR BUSINESS

When people come to you for help, what do they usually want help with?

Promoting their business for events or recognition for safety or years of service.

What is the biggest business challenge you are facing today?

Tariffs, lack of drivers and diversity in the work place.

What is the most difficult lesson you have learned? To walk away.

ABOUT THE CHAMBER

What is your secret talent you want to share with the Chamber? Persistence

April Mae Good

& the AMG Promotions & Apparel Team

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

<u>Date:</u>	<u>Presenter:</u>	<u>Host:</u>	<u>Caterer:</u>
September	Joyce Brenny and Sarah Wichnefski	WACOSA	Kay's Kitchen
October	Housing Market Panel	Spot Rehabilitation	Gary's Pizza
November	Resurrection Lutheran Tour	Brenny Transportation	Custom Catering
December	Gift Exchange/Food Shelf Donations	No Host	College of CSB

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



September 2019

WWW.WIKI-CALENDAR.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 City Council 6-6:30	3 Chamber Board Meeting	4	5	6	7
8	9 St. Joseph Planning Commission	10	11 Chamber Meeting	12	13	14
15	16 City Council 6-6:30	17 St. Joseph EDA 5-6 pm	18	19	20 Newsletter Deadline	21
22	23	24	25	26	27	28
29	30					

Public Holidays: 2: Labor Day

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



Upcoming Events at Saint Benedict's Monastery

Caution: Poetry at Work Again: Part II

Thursdays, September 5, 19, 26 from 6:30 – 8:30 p.m.

In this workshop, we will continue to explore the work poetry does in ourselves and in the world and accept the invitation to write and share our own poems. Everyone is welcome: those who participated in the first part of this workshop, writers new to poetry and those who feel shut out of the world of poetry. We'll try out themes such as "Work of Transition," "Life Work" and "Poems for an Occasion." Sister Mara will read and respond to your poetry and be available for individual conferences. **Instructor:** Mara Faulkner, OSB. **Limit:** 12 participants. **Fee:** \$120 for the series. <https://sbm.osb.org/event/caution-poetry-at-work-again-part-ii/>

Sacred Circle Gathering

Thursday, September 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/>

Rainbow Support Evening

Thursday, September 12, 7 – 9 p.m. Parents/allies/friends and GLBTQI persons gather to pray, share stories and support each other. Confidentiality is maintained. Free will offering accepted.

Facilitators: Myrna Ohmann and Eunice Antony, OSB
<https://sbm.osb.org/event/rainbow-support-evening/>

Artistic Tools for Meditation

Three ways of artistic means to meditation will be presented and practiced. The first session picks up on the popular trend of adult coloring. The second session will be devoted to Bible journaling, involving both coloring and drawing. Lastly, the popular Zendoodle/Zentangle designs will be introduced and used in the third session. A variety of designs and tools for coloring, such as colored pencils, crayons and gel pens, will be provided. Registrants can determine if they would like to purchase their own materials after the first session. A light meal will be provided within each session.

Instructor: Mary Jane Berger, OSB

Dates: Thursdays, October 3, 10, 17

Limit: 10 participants

Fee: \$40 for a single session or \$100 for the series

<https://sbm.osb.org/event/artistic-tools-for-meditation/>

The Celtic Way: Writing Toward Wholeness

The ancient Celtic Christians of Ireland, Scotland, Wales and Britain brought together realities that are often divided or fragmented in our world—humans and nature, men and women, the sacred and the secular, to name a few. Because of the human longing for wholeness, the Celtic spirit, silenced for many centuries, is now reemerging. Guided by Celtic writing and art and the world around us, we will write prayers, chants, blessings, stories, poems—going where the spirit leads us. We will read and respond to each other's work and put together a little collection of our work.

Instructor: Mara Faulkner, OSB. **Dates:** Saturdays, October 5, 12, 19. **Limit:** 12 participants. **Fee:** \$180 for the series

<https://sbm.osb.org/event/the-celtic-way-writing-toward-wholeness/>

Sacred Circle Gathering

Thursday, October 10, 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-2/>

Spiritual R & R Day

Tuesday, October 15, 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/>

Christ and Evolution

Tuesday, October 22, 9 a.m. to 3:30 p.m.

How do we understand and experience Christ in evolving creation? What does it mean for our daily lives? After both the morning and afternoon presentation, there will be personal reflection time followed with shared insights.

Instructor: Katherine Howard, OSB

Fee: \$125 (includes noon meal at the monastery)

<https://sbm.osb.org/event/christ-and-evolution/>

WHAT HAPPENED THIS MONTH AT SAINT BENEDICT'S MONASTERY?

Gratitude Day

On Sunday, August 11, the Sisters of the Order of Saint Benedict held their annual Gratitude Day event to show our appreciation to our volunteers and benefactors. At this event, the 13th annual Mother Benedicta Riepp Award, named after our foundress, was presented to Dr. Sheila Nelson, a sociology professor at the College of Saint Benedict/Saint John's University.

Sister Stefanie Weisgram Referenced in *Trenton Monitor*

Sister Stefanie Weisgram was referenced in the *Trenton Monitor*, the newspaper of the Catholic Diocese of Trenton. In the article, Sandra Pinto, client services coordinator for Catholic Charities Diocese of Trenton's El Centro, discusses the importance of mentoring programs and credits her relationship with S. Stefanie as an inspiration to volunteer and help others. You can find the full article on our website.

Join Our New Spirituality Center•Studium Facebook Group! We have created a new Facebook group centered around our Spirituality Center•Studium. This group is an extension of our main monastery Facebook page. If you are interested in our offerings or just spirituality in general, this is a group you will want to be a part of! Request to join now at <https://www.facebook.com/groups/473839043172621/>.

**PROVE IT
LIVE IT
SHARE IT**

Shaklee

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

Add a daily nutrition system. Replace consumed 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.

Safe, Proven,
100%
Guaranteed

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

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% (10%)	7.6% (12%)	2.6%
Congestive Heart Failure	3.5% (10%)	2.8% (12%)	1.4%
Stroke	2.5% (10%)	2.6% (12%)	1.8%
Coronary Heart Disease	5.8% (10%)	7.1% (12%)	5.0%
Emphysema	2.2% (10%)	1.8% (12%)	1.1%
Triglycerides	180	145	121
HDL	51	63	68
C-reactive Protein	4.4	3.2	1.9
Homocysteine Levels	9.4	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.

Effects of Inactive Aging

Cross-section of the four major components in the thigh:



Multicellulose young segment



Unfit, much heavier and weaker

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

This Month at the Chamber...

Please join us!

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!

August 14 Chamber Lunch & Learn

11:30am -1pm

City Government Center

Go After Some Laughter!

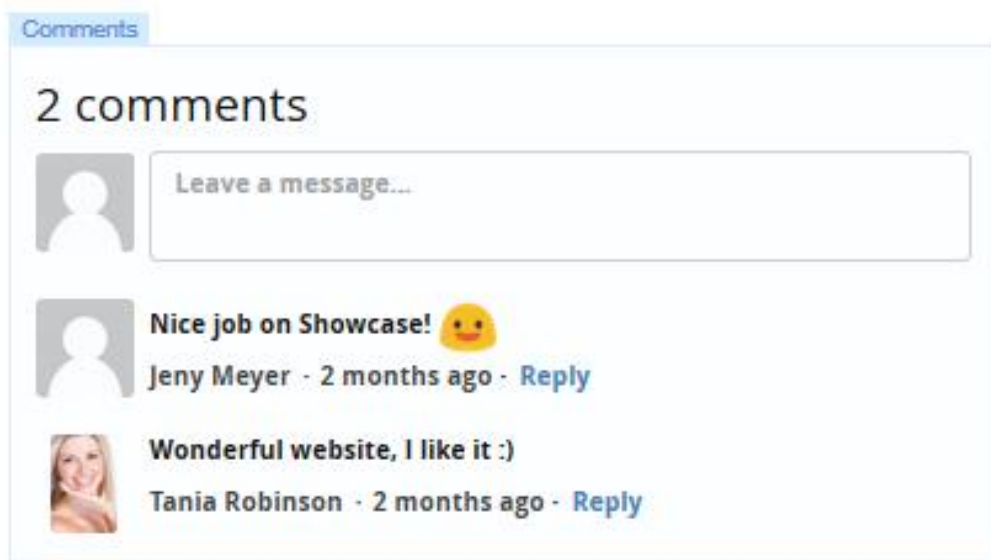
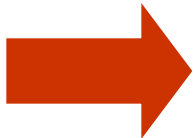
Get ready to laugh! Study after study proves laughter increases teamwork and productivity and has a profound effect on both physical and emotional well-being. The objective of this presentation is to help us lighten-up: take ourselves less seriously – while taking what we do and how we treat each other seriously.

Catering: **Kay's Kitchen**

Host: **The Estates Bed & Breakfast**

Please plan to RSVP \$10

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



AMERICAN PICKERS



MIKE AND FRANK ARE LOOKING FOR LARGE, RARE
COLLECTIONS & THINGS THEY'VE NEVER SEEN BEFORE.
TELL US THE INTERESTING STORY BEHIND YOUR STUFF!
TO BE CONSIDERED, PLEASE CONTACT US AT:

AMERICANPICKERS@CINEFLIX.COM

or leave a voicemail at **1-855-OLD-RUST**

or on facebook: **@GotAPick**

PLEASE LET US KNOW:

- **YOUR NAME, TOWN & STATE**
- **PHONE NUMBER**
- **WHERE YOUR COLLECTION IS LOCATED**
- **A DESCRIPTION OF YOUR ITEMS**



Operation Round Up Contributes \$24,964 to 45 Local Organizations



Melrose, Minn. - Stearns Electric's Operation Round Up Program contributed \$24,964 to area organizations during its July meeting. Through the Operation Round Up program, Stearns Electric Association gives its member-consumers the opportunity to give back to the community by rounding up their electric bill to the nearest dollar. Since the program's inception in 1993, Operation Round Up (ORU) and Stearns Electric members have awarded over \$2.3 million to local non-profit organizations and community service programs. The round up funds, no more than \$11.88 per year, per member, are placed in a trust fund that is administered by the Trust Board appointed by the Cooperative's elected Board of Directors.

Trust Board members met on July 10 to review applications and funding requests for the second time in 2019. Forty-five organizations were selected to receive funds totaling between \$100 to \$2,000 in this round of contributions.

The following organizations received funding in July 2019: Albany Area Gymnastics Association, Acacia Cemetery Association, Alexandria Composite Squadron, American Cancer Society – Relay for Life of Central Minnesota, Anna Marie's Alliance, Broken Roads Ranch, Central Minnesota Housing Partnership, Centre Area Concert Association, City of Bowlus, Cold Spring Fire and Rescue, Colt Action Packs, Dakota County Technical College – Rosemount, Eden Valley-Watkins Community Education, Franciscan Sisters of Little Falls, Minnesota, Freeport Family Fishing, Friends of the Albany Library, Helping Hands Outreach, Kimball Pre-school Program, Kindred Family Focus, Knights of Columbus 5548, Auxiliary Light the Legacy, Lutheran Social Services of Minnesota, Melrose Public Library, Midwest Outdoors Unlimited, Minnesota State Community & Technical College – Willmar Minnesota, West Community & Technical College – Jackson, Morrison County Child Protection, Team Paynesville Area LAH/BN, Relay for Life – Western Stearns County – Sauk Centre, Ridgewater College – Willmar, Sauk Centre Conservation Club, Sauk Centre Youth Baseball Association, Sinclair Lewis Foundation, St. Cloud Area Special Olympics, St. Cloud Technical and Community College, St. Joseph Recreational Association, St. Paul's Lutheran / Unity Cemetery Board, St. Stephen American Legion Post 221, Stearns County Sheriff Officer Youth Explorer, Post, Swanville First Response, The Farming Community Center, Todd County Sheriff's Office, Tom Bearson Foundation, WACOSA. Visit stearnselectric.org for more information on the Stearns Electric Operation Round Up Program, including a complete list of recipients for July 2019.

Pictured Below: Local organizations gather at Stearns Electric Association to accept Operation Round Up funds in July.



Front Row: Jeffrey Mayer, president, Operation Round Up Trust Board; Jack Yarle, Sauk Centre Youth Baseball Association; Stacy Machiej, Swanville First Response; Carol Lundquist, Helping Hands Outreach; Nicole Welle, Melrose Public Library; Patty Gersch, Friends of the Albany Library; Pat Johnson, Albany Area Gymnastics.

Middle Row: Jill Yarle, Sauk Centre Youth Baseball Association; Will Otte, Sauk Centre Conservation Club; Sam Schnell, Centre Area Concert Association; Deb Himsl, Sinclair Lewis Foundation.

Back Row: Ron Welle, Midwest Outdoors Unlimited; Lori Lehn, Friends of the Albany Library; Karla Welle, Friends of the Albany Library; Sheriff Steve Och-Todd County Sheriff's Office.

8505 Ridgewood Road, St. Joseph, MN 56374
320-363-6999

EXPERIENCE TRUCKING EVENT



SEPTEMBER 13TH, 2019

Anytime from 3pm - 6pm

Get a close look at the trucking industry and meet the drivers that make our lives possible. Enjoy complimentary food and beverages, ride in a semi-truck, tour our company, get your photos taken with our mascot, Teddy B. Truckin', and experience an inside look at trucking and how it impacts our daily lives. After all, if you got it, a truck brought it!



**PRIZES
& Wild
Country 99
brats!**



The trucking industry is the **BACKBONE OF OUR ECONOMY** and our professional drivers are our industry's heart. They are committed to safely delivering all of the things that make our collective quality of life possible.

FIND OUT MORE AT brennytransportation.com/experiencetrucking

Connecting you to
untapped talent.

WACOSA Project CoNNECT

Connecting You to Untapped Talent

WACOSA, The Greater St. Cloud Development Corporation, and St. Cloud Area School District 742 invite you to join us for breakfast and a conversation about our community's untapped workforce of people with disabilities. This event is targeted to business owners and human resource managers. During this event you will engage with companies sharing their disability inclusion success stories, learn about tax advantages and other potential benefits of hiring people with disabilities, and join in a candid question and conversation period regarding employing this viable workforce.

When: Thursday, September 19th, 2019 from 7:30-9:30 a.m. Where: St. Cloud River's Edge Convention Center. Please RSVP to this event by visiting <https://wacosa.salsalabs.org/projectconnect> or contact Carrie Peterson at cpeterson@wacosa.org.



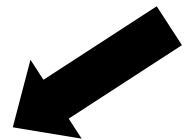
**Do you want to be our next featured member?
Contact Jude for the easy-to-fill-out questionnaire.**



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



Grey Face Rescue & Retirement

**THIS IS YOUR INVITATION TO JOIN US IN CELEBRATING
NATIONAL RESPONSIBLE PET OWNERSHIP DAY
ON SATURDAY, SEPTEMBER. 21 IN ST. CLOUD!**

Pet-related businesses within Central Minnesota will be coming together that day to promote responsible pet ownership and the importance of providing ongoing quality care for your pets -- and you can be part of it. The event will include music, exhibitors, presentations, contests, bounce houses, beer, and a food truck! It will be a fun-filled day for the entire family! Guests will receive a FREE "Central Minnesota Animal Care Guide" to take home. This guide will include a list of exhibitors and sponsors from the event in their specific categories. Also, as supplies last, each guest will receive a swag bag filled with give-a-ways from our exhibitors and sponsors. More info here:

<https://www.centralmnanimalcareguide.com/>



The Importance of Spinal Curves

Your spine is made up of a series of interconnected bones, each on top of the other. Besides serving as an armature to support the weight of your body, your spine provides:

- Protection of the spinal cord and nerve roots
 - The capacity to withstand some physical shock
 - The ability to walk, run, turn and bend
- Your spine is most capable to perform these tasks if it has the proper curves.

From the rear, your spine should be straight. (Which is why it's called a spinal column.) Any sideways curvature is called a scoliosis. That's when an area of the spine bends to one side and the body compensates, moving another area in the opposite direction. This keeps the head centered above the body in relation to gravity.

However, from the side, a healthy spine should exhibit four curves, consisting of two types:

- Cervical Lordosis (forward)
- Thoracic Kyphosis (backward)
- Lumbar Lordosis (forward)
- Sacral Kyphosis (backward)

These offsetting curves create a spring-like structure, enabling the spine to act as a natural shock absorber. Plus, these curves permit the spine to support more weight than it could if it were straight.

Children are born with a "C" shaped spinal curve until the age they begin to crawl. As children pick their heads up, the ideal cervical lordosis takes form. If all goes according to plan, as kids learn to walk upright, the spine assumes its four curves.

The cervical curve is especially prone to loss or distortion. This often results from some type of trauma, whether from the birth process, whiplash injury or other physical stress.

The loss of proper cervical curve is often referred to as a "military neck." While serious, it is not as detrimental as a reverse cervical curve.

Besides symptoms of headache and neck pain, a loss of cervical curve can affect your ability to rotate your head. Plus, there can be neurological effects throughout the body.

Chiropractic care may improve the structure and function of the spine.

If you know someone who is far too dependent upon their rear view mirrors (or their car's back up camera), or who tends to turn their entire body to look at you, encourage them to give us a call.

A thorough examination can determine if they've lost their cervical curve and whether they're a good candidate for chiropractic care.



Did you know? Your spinal curves help you move freely.

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>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@americadoorworks.com
<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	Judy Weyrens	jweyrens@cityofstjoseph.com
<u>Coborns</u>	1500 Elm Street East	320-363-0011	Clair Rodgers	stordir.2039@cobornsinc.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>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>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 Einyck	jime@granitecommunitybank.com
<u>Granite Services, LLC</u>	30736 Pearl Drive	320-249-1172	Jeffrey Burg	jbarg@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>JM Companies</u>	1222 Kuhn Drive	320-443-6620	Brian Laudenbach	brian.laudenbach@jmcompanies.net
<u>Joe Pfannenstien Signs</u>	1015 14th Avenue South	320-255-1049	Joe Pfannenstien	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	tanya.finken@gmail.com
<u>Kluesner Financial</u>	111 College Ave. North	20-363-8363	Kevin Kluesner	kevin.kluesner@lpl.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	jpope@kwiktrip.com
<u>LaPlayette</u>	19 College Avenue North	320-363-7747	Ann Reiser	sjrproductions@gmail.com
<u>Micheliich Granite</u>	7808 CR 75, PO Box 667	320-363-7779	Jane Kalthoff	janek@micheliichmemorials.com
<u>Midcontinent Communications</u>	3901 Louise Avenue N	605-357-5783	Tammy Haase	tammyhaase@mmi.net
<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@scherrertrucking.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
<u>St Joseph Mutual Insurance</u>	13 Minnesota Street W	320-363-4144	Jenny Eiynek	jenny@stjoemutual.com
<u>State Farm Insurance</u>	307 East Main Street	320-256-4617	Dina Pierskalla	dina@dinapierskalla.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@stearnsselectric.org
<u>Strata Performance</u>	PO Box 803	320-557-0701	Bob Ringstrom	rjr@strata-ps.com
<u>Styles, Cotton, & Milbert DDS</u>	1514 Minnesota Street E	320-363-7729	Melanie Swecker	msswecker@stjoedds.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@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