



# CHAMBER Connection

Serving the communities of Columbus, Forest Lake, Lent, Linwood, Scandia, Stacy, and Wyoming

## Casino Night Sold Out

Hard to believe that the day the tickets came out they were gone. We are keeping a waiting list so if your favorite salesperson (Committee Member) has not called you yet, give them a call. If they are out, we encourage you to call your Chamber office and put your name on the waiting list. Last year most people who were on the waiting list got tickets.

## Want to Get More Involved with Your Chamber?

Then you want to attend the Member Orientation on January 28, 2005, from 8:00-9:00 am at your Chamber office. Meet other Chamber members and perhaps some of our Board of Directors, have a cup of coffee and a roll and find out 50 different ways to get involved.

## Upcoming events

### February 16 Membership Lunch

North Metro Harness Racing Initiative will present information about the proposed track in Columbus. See enclosed flyer for more details and registration information.

### February 18 Legislative Breakfast

State and Federal Legislators have been invited to answer your questions. Famous Dave's at 7:00 am. See enclosed flyer for more details and registration information.

Forest Lake Area Chamber of Commerce  
Volume 22, Issue 1 • January 2005

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## OUR MISSION

The Forest Lake Area Chamber of Commerce is an organization representing business and industry, working together to advance the economic well being of its members and the community.



# Welcome New Members

## **Lakes Wear**

67 S. Lake Street  
Forest Lake, MN 55025  
651-464-4690

## **Elise d'Entremont--Keller Williams**

25 N. Lake Street, #100  
Forest Lake, MN 55025  
651-245-7872

## **Gary L. Carlson, DDS**

25 N. Lake Street  
Forest Lake, MN 55025  
651-464-1151

## **HD Sod, Inc.**

14196 Fenway Avenue N.  
Hugo, MN 55038  
651-653-8138

## **Roberts-Eckert Funeral Home & Cremation Services**

# For Sale

Konica Copier/ Printer. Can be networked with your computers. Prints 20 copies per minute. Duplexes (prints two sided copies). Sorts and Staples. Two paper drawers. 4 years old. \$1500 or best offer. Call the Chamber office at 651-464-3200.

# ✦ BUSINESS OF THE MONTH

## TRANQUIL JOURNEY

Antoinette Tyler has resided in Forest Lake with her husband and four children, for seven years. After five years as a licensed massage therapist, she opened her own office, Tranquil Journey in March of last year.

Tranquil Journey, located above Chamber member Thomco Carpet, at 968 South Lake Street, exudes tranquility. Its calming blue walls, skylights, fish bowl and plants all contribute to a feeling of serenity.



**Antoinette Tyler**

Antoinette says that while she seeks to work out the muscle kinks in her clients, massage therapy actually does much more. She calls it an aid to help achieve an overall feeling of peace and calm—and an integral part of a healthy life style.

“Along with exercise, proper diet and good sleep habits,” massage therapy can help de-stress our lives, she says. Massage therapy is more than just relaxation; it can also work out irritating muscle knots and trigger points that have persisted for months or even years.

Antoinette recommends that her clients make a commitment to healthier living and be willing to keep going once they have begun a treatment regimen. Everyone is different, she says, so everyone requires a different number of appointments. Injuries require more frequent sessions, while bi-monthly therapy may be enough for others.

Antoinette joined your Chamber as a way to meet and reach a large number of potential clients without expending her entire advertising budget on one function. As a business owner, she says she needs to constantly evaluate how to best spend her advertising dollars, and the Chamber has helped her make many contacts in the local area.

If you've been suffering from knotted, tense or stressed muscles, give Antoinette a call at 651-334-9055. Sessions are by appointment only and can be scheduled Mon-Fri from 8 am to 9 pm, or Sat mornings by special arrangement. Sessions can run from a half-hour to ninety minutes, and businesses can arrange for on-site chair massage at group rates.

FROM  
THE  
CHAIR



## YES! to your Business, Your Chamber, Your Community

Yes! That is my favorite word. Yes! I say yes to everything. I can't stand the possibility of missing anything, so I say, "Yes!" Certainly there is a limit to how many things a person can say "yes" to, but I haven't found my limit, yet. My husband has volunteered to identify it for me . . .

Let me introduce myself. I am Debra Bean, co-owner of Moondance Enterprises, Inc., dba Curves for Women. Curves is an exercise and weight loss facility specializing in 30-minute fitness for women. We are located in Forest Lake, Chisago City and Mounds View. Our Forest Lake store has been in town for five and a half years. My partners are my husband, Rolf Peterson, and Leigh Lange. We love our businesses and the opportunity they provide us to offer services that women want and need.

I find myself the current chair of the Forest Lake Area Chamber of Commerce because I said, "yes" again. Yes, first to filling in for a departing board member; then yes to another term; then yes to being chair elect (which seemed safe for a year); and now yes to being chair six and a half months earlier than planned.

I have found a group of people who like me, say, "Yes!" They are the amazing business people in the Forest Lake area who volunteer their time for the Chamber board and/or Chamber committees. They are the members who show up in support of our community. I have been impressed and humbled by the care and concern for our community that these leaders have displayed and I am proud to have this opportunity to contribute.

Many of these businesses have been here for generations; many, like me, are newer to the community. We're learning from those who have been here longer the richness of the business climate that we have inherited from those who paved the way and established this Chamber with the purpose of "representing business and industry, working together to advance the economic well being of its members and the community."

I look forward to representing you for the remainder of this year. Please introduce yourself as we pass in the street or in the shops. Just do me a favor—don't ask me for anything, because I have this little problem . . . I might say, "Yes!"

Sincerely,  
*Debra Bean*

## Patronize Your Fellow Chamber Members

For all your counseling needs contact one of our fabulous and gifted Chamber Members:

**Forests Lake Youth Service Bureau**

651-464-3685

**Human Services Inc/HSI - North Office**

651-251-5220

**Cathy Skrip, Licensed**

Psychologist

651-464-8918

## Thank you!

The staff at the Chamber would like to extend a warm thank you to Jill Scheider of OSI Physical Therapy (formerly Orthopaedic Sports). Jill came to our office and checked out each of our workstations. She then made recommendations on how to improve our work area so that we can be more productive in our jobs. No more sore necks or back pain for us!! Thanks so much Jill.

For a small fee OSI will analyze your work areas and make suggestions for improvement.



## a.m. Connection January 27

The next a.m. Connection will take place on Thursday, January 27, 2005, from 8:00 to 9:00 am at **Coates RV Center**. Take an hour to mix and mingle with other Chamber members while enjoying a light breakfast. If you don't have an entire hour, don't worry — stay as long as you want. Please RSVP by Tuesday, January 25 by calling the Chamber office, 651-464-3200, by fax 651-464-3201 or online at [www.flacc.org](http://www.flacc.org).

## January Refreshment Host

**Thank you!**

### UptoDate Bookkeeping Inc.

The Refreshment Host supplies the Chamber with coffee, pop, and snacks for meetings held at the office. The cost is \$30 in cash or supplies.

## FROM THE PRESIDENT



The beginning of the year is a fresh start for many things. In Minnesota it is also the beginning of our political season. The state legislature convenes on January 5 and the wrangling over public policy issues has already begun.

Do you have a hard time keeping the issues straight? Not sure which ones will impact your bottom line? This year your Chamber is participating in a series of conference calls with the Minnesota Chamber and other local chambers throughout the state to keep all

of our members informed. To participate with us come to the Chamber office any of the dates listed below to sit in on and participate with the discussions on the issues.

The calls are all on Friday mornings at 7:30-8:00 am with the lobbying staff of the Minnesota Chamber giving us the up to date information on a variety of issues. The second half you can ask questions. The dates are:

- |             |          |
|-------------|----------|
| January 28  | April 22 |
| February 11 | April 29 |
| February 25 | May 6    |
| March 11    | May 13   |
| March 25    | May 20   |

We will send out reminders, but if these interest you please let me know that you wish to participate in the series. There is no charge to attend in this.

*Debby*

[debby@flacc.org](mailto:debby@flacc.org) • 651-464-3200

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## Thank You Renewing Members

The following members have renewed their investment in their Chamber of Commerce. Please utilize their services whenever possible:

**Dave's Engine & Diagnostic  
Center**

**Galleberg Chiropractic Clinic**

**Kopyy Motors**

**McPherson Graphics, Inc.**

**Old Log Cabin Restaurant**

**Taylorred Words**

**V.F.W. Post #4210**

We accept Visa or  
MasterCard for all  
Chamber events.



# December Ambassadors

## THE "A" TOUR

Members of the Forest Lake Area Chamber of Commerce volunteer their time to make "Ambassador Visits" to local businesses each month. If you would like a visit from the Ambassadors, please call the Chamber office at 651-464-3200.



### Wyoming Floral

Jesse Johnson, State Farm Insurance; Amy Wassman, Wyoming Floral; Marge Strand, Forest Lake Sanitation; Trish Curtis, Connexus Energy; Jim Christensen, Sherman Insurance Agency; Renee Waddell, Bill's Auto Body



### Tasty Asia Take-Out

Trish Curtis, Connexus Energy; Jim Christensen, Sherman Insurance Agency; Laura McMahan, Holiday Stationstore #294; Renee Waddell, Bill's Auto Body; Diana Benzakour, Tasty Asia Take-Out; Jesse Johnson, State Farm Insurance; Chakib Benzakour, Tasty Asia Take-Out; Marge Strand, Forest Lake Sanitation

## Calendar of Events

- 1 Happy New Year
- 4 Ambassadors
- 6 Membership Committee
- 7 Casino Task Force
- 12 Program/Activities Committee
- 13 Board Meeting
- 14 Grow MN Team
- 15 Marketing Committee
- 28 Member Orientation
- 28 Casino Night

### Community

- 3 School Starts
- 29 FL Lions Ice Golf Tournament

### February

- 5 Ice Fishing Contest



# Customer Contacts By Staff in November

Apartment Lists Requested . . . . .	2
Calls Answered for Chamber President (not counted elsewhere) . . . . .	112
Demographic Info Request . . . . .	8
Emails . . . . .	723
Event, Chamber or Member Queries . . . . .	27
General Business Referrals & Maps . . . . .	10
Government, Social Agency or Organization Referrals . . . . .	19
Moving Packs Requested . . . . .	3
New Member Inquiries . . . . .	4
Specific Member Referrals . . . . .	24
Calls Answered for Admin Assist. . . . .	28
Miscellaneous . . . . .	23
Total Contacts . . . . .	983
Walk-in Visitors Included Above. . . . .	44
Unique Visitors to Website . . . . .	1501
Total Number of Visits to Website . . . . .	2246

## OUTGOING MAIL COUNT & COST

(excluding Newsletter & Bulk Rate Mailings)	
Apartment List . . . . .	1
Bills . . . . .	9
Tourist Info . . . . .	0
Invoices . . . . .	87
Miscellaneous . . . . .	9
Member Communications . . . . .	41
New Member Info . . . . .	14
Demog/Moving/New Res Packs . . . . .	3
MN Chemical Health Week Confirmations . . . . .	16
Potential Membership Packets . . . . .	14



**Chamber members enjoy the high school choir at the holiday luncheon.**

## Member Notes

- eschelon Telecom, Inc announced it has signed a definitive agreement to acquire Advanced TelCon, Inc., a Competitive Local Exchange Carrier in Santa Rosa, California.
- Orthopaedic Sports, Inc. is now OSI. They are located in the Towers Building in downtown Forest Lake.
- The American Legion Post #225 would like you to know that the Parade will be on July 4th this year. The fee to have a unit in the parade is \$100. Contact Patti Black at the Legion at 651-464-2600 for more information. The theme this year is "Hometown."
- Congratulations to Century 21 Premier Group on their new offices at 808 West Broadway Avenue.

## Better Business Bureau Alert

### New Law Changes Rules for Car Donation in 2005

A new law will go into effect in 2005 that will alter the rules for the contributions of used motor vehicles (including boats and planes). Under the new rules, if the claimed value of the donated motor vehicle exceeds \$500 and the vehicle is sold by the charity, the taxpayer is limited to the amount the charity receives for the vehicle. The charity must send a notification to the donor within 30 days of the sale stating the amount of the gross proceeds.

# Join Chamber Effort To Reduce Health Costs

By David Olson, President, Minnesota Chamber of Commerce (MCC)

Businesses statewide again ranked the cost and quality of health care as their number one concern. The issue demands attention from chamber of commerce members both on the legislative front and during their everyday operations.

At the Capitol, the MCC will remain vigilante to protect members' interests by focusing on reducing state-imposed costs, increasing competition and purchasing options, and ensuring fair financing of health care services.

One of the best opportunities to reform delivery of health care is participation in the Smart Buy Alliance. Governor Pawlenty's initiative aims to put consumers back in charge of health-care decisions, to improve quality and to reduce costs. The alliance is noteworthy for its participation from both public employees and private companies. The intent is to use market forces to reward and encourage quality care, better use of technology, and use of centers of excellence for care.

Four strategies guide the alliance:

- Place a rush order on state-of-the-art technology – Technology is the driving force in the U. S.'s global lead in worker productivity, yet health care providers lag behind. Purchasers of health care should identify and implement available technology such as portable electronic medical records.
- Let consumers shop and choose – Consumers routinely tap into databases offered by reliable sources to compare the cost and

quality on myriad services and products. Similar information should be available for medical care using data provided by independent entities as the Minnesota Council of Health Plans Community Measurement. Its Web site is: [www.minnesotahealthinfo.org](http://www.minnesotahealthinfo.org).

- Single purchase order – Every day businesses stipulate specifications for parts and equipment they buy to produce their products and deliver services. In similar vein, all public and private purchasers of health care should adopt a uniform request for information for the products and services they buy for employees.
- Steer consumers to qualified and certified suppliers – Credible sources like the Better Business Bureau help consumers make confident buying decisions. Purchasers can demand providers

meet specific of care and use that information to purchase services only from providers that demonstrate class performance.

The Smart Buy Alliance presents several levels for employers to become involved. For some, it may be distributing educational material with payroll checks. For others, it will be asking their insurance brokers to demand specific information and performance standards from health-care providers. The MCC will be providing practical tips on how employers can participate in the Smart Buy Alliance.

Individually we will not be able to change the system. But if we all start to send the same message at the same time, and use our combined purchasing power to reward those responding to the message, the marketplace will change. Together, we will be able to create a market for health care.

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## Board News

- The Chamber's Board of Directors with regret has accepted the resignations of the following Board Members: Rob Griffin, Duane Nelson, Joey Langfeldt, and Mike Muske. You will all be missed, and we wish you the best.
- We are pleased to welcome to the Board Doree Selby of Gavia, Inc., John Berken of Forest Lake Ford and David Galleberg of Galleberg Chiropractic.
- The Board has approved Debra Bean to replace Rob Griffin as Chair. We look forward to Debra's energy and enthusiasm.

Four resignations, three new Board members equals one opening on the Board. If you are interested in becoming a Board member please give the Chamber office a call.



FOREST LAKE AREA  
**Chamber of Commerce**

# Annual Legislative Breakfast

What are the important issues for our legislators in the 2005 session? Come, listen to their opinions and share your thoughts (and frustrations) with them. The Forest Lake Area Chamber of Commerce Annual Legislative Breakfast is your opportunity to talk to the people responsible for many decisions affecting your business.

**Senator Michele Bachmann** District 52,  
**Representative Ray Vandevor**, District 52A,  
**Senator Sean Nienow** District 17, **Representative Pete Nelson**, District 17B, **Congressman Mark Kennedy** and **Congressman James Oberstar** have been invited to address your questions and concerns.

**Don't miss this important legislative briefing.**

Company \_\_\_\_\_

Contact Person \_\_\_\_\_

Phone \_\_\_\_\_

Names of those attending: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Method of Payment:  Pay at door     Check enclosed     Bill me     Credit Card

Type of Card: (Master or Visa only) Card Number: \_\_\_\_\_ Exp. \_\_\_\_\_

Name on card: (PRINT) \_\_\_\_\_

Signature \_\_\_\_\_

For reservations call the Chamber at 651-464-3200, email [chamber@flacc.org](mailto:chamber@flacc.org) or fax this form to: 651-464-3201 or mail to: FLACC, PO Box 474, Forest Lake, MN 55025-0474.

**Friday, February 18, 2005**  
**7:00 am - 9:00 am**  
**Registration 7:00 am**  
**Famous Dave's**, 43 SW 19th Street, Forest Lake

Includes breakfast of eggs, sausage, rolls, fruit, juice & coffee.

\$9.00 Chamber Members  
 \$11.00 Non-members

**Reservations are requested by Noon, Monday, February 14, 2005 by calling 651 464-3200 or by faxing the registration form below to 651-464-3201.**

DETACH AND MAIL OR FAX

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**(651) 464-9001**  
**(651) 464-9006 Fax**  
  

 **Forest Lake Travel**  
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 Forest Lake, MN 55025  
 Bus: (651) 464-5092  
 Fax: (651) 464-5143  
 email: flkdeb@aol.com  
**Debra Oaks-Rentschler**  
 Owner


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**Westaff.**  
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**Sharyl Asleson Placement Consultant**  
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 www.westaff.com

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 www.ekobacken.com

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**FOREST LAKE AREA Chamber of Commerce**

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