Trailblazer Leadership Lessons to Take Your Career or Business to the Next Level

Thurs, Aug 1 • 11:30 – 1 pm • Bunker Hills

Join us on Thursday, August 1, for a dynamic presentation by national speaker Tony Rubleski, President of Mind Capture Group. Tony helps people ‘Capture’ more minds and profits. He is an in-demand speaker who’s given hundreds of presentations the past decade, a strategic business coach, and global event promoter with over 20+ years of experience in the personal development industry.

His second book in the Mind Capture series went #1 in three different business categories with Amazon.com and received stunning reviews from a wide range of leaders in marketing, sales, psychology to academia and multiple New York Times bestselling authors. His latest book, TRAILBLAZERS: Leadership Lessons from 12 Pioneers Who Beat the Odds and Influenced Millions, released globally on September 4th, 2018, hit #1 with Amazon.com in the Business New Release category.

His work has been featured in various media outlets ranging from Toastmasters International Magazine, The Detroit Free Press, the FOX TV network, ABC, CNN Radio, NPR and Entrepreneur Magazine Radio. In addition, he has also served as a faculty member with the U.S Chamber of Commerce.

Registration is $25 MetroNorth members in advance, $35 General Public, $185 table of 8. Includes lunch. Thank you sponsor Stefani Havel, Wells Fargo Home Mortgage.
Welcome, Christina!

Please welcome our new intern, Christina Vescio. Christina is helping us with various projects for the summer. Here’s her personal introduction to you:

My name is Christina Vescio, and I am from Blaine, Minnesota. In my spare time I enjoy gardening, family fishing trips, and painting. I am an Office Administrator Intern for the MetroNorth Chamber.

An Office Administrator holds a business on their shoulders and walks with pride. I enjoy being the “go-to” person, but not only that, I also love a challenge and this field of work is complex. I love the spontaneity and various tasks that require deadlines. My mission is to help a business prosper. I recently graduated from Anoka-Ramsey Community College where I received my Microsoft Office Professional certifications to compliment my previously earned customer service specialist and business computer management certifications. It is an honor to have been given this opportunity to intern at the MetroNorth Chamber. I get to work alongside a very talented and dedicated team of women, and I have met entrepreneurs each bringing something of value to the economy. I witnessed businessmen and women working together in a competitive world and that is why I love the work I do. To me that is very rewarding.

MetroNorth Works Publication

As you may know, we’re compiling our first ever magazine to showcase the amazing jobs and career opportunities in the north metro. The MetroNorth Works publication will target high school students, their parents, and career counselors. It will also target adults who are looking for well-paying jobs right here in their own back yard.

The publication will contain information about our north metro communities and why it’s a great place to work. It will also feature industry profiles such as manufacturing, construction, healthcare, hospitality, retail and more. In the back will be a directory of contact information for current chamber members in these industries and enhanced listings for advertisers. Advertisers may also submit job profiles for the most in-demand jobs in their company.

MetroNorth Works will be distributed in late Summer 2019, prior to school and Manufacturing Week in October. We will distribute 4,000 printed magazines as well as have an online version available on our website.

As with our annual directory, we have partnered with ECM Publishers to produce the MetroNorth Works magazine. You will work directly with their team to reserve your space, design your ad, and complete your profiles. Thank you for supporting and making our first workforce magazine a SUCCESS by advertising in this sought-after publication!
**Business Development News**

If you attend any of our networking programs, you know what great speakers we line up – many of them fellow chamber members! Their expertise is top-notch, covering topics from social media to health and wellness to entrepreneurial insights. Both Sunrise and Working With Women are SO much more than coffee and conversations! They inform, educate, and offer support to other’s businesses in a multitude of ways. See the calendar on the back page for upcoming dates and information. Also, both Sunrise and Working With Women have monthly e-newsletters which provide more details on upcoming meetings. If you would like to sign up for either, please email valerie@metronorthchamber.org.

For those who are not able to attend, we want to start showcasing some of the business and personal development tips and insights shared at these meetings. It’s too good not to share! Here’s a few snippets from recent meetings.

### Perseverance and Success

**What keeps you from reaching your goals in your business?**

If we hear multiple no’s or face adversity on our path to our goal, it’s hard not to be discouraged and give up. What drives you to keep going?

Todd Birr, an Olympic Curler, spoke at our Working With Women meeting in May about persistence, perseverance and success. For most athletes, age is a limitation; however, through patience and hard work, Todd is performing his best after the age of 40. He had a vision and fought to achieve it.

Age doesn’t matter. Hearing “no” doesn’t matter. You dictate the path towards your goal, even if the path is longer than you expected.

Meg Chiodo of Edina Realty Title stated that one of her big takeaways from Todd’s presentation was the importance of perseverance. It’s important to stick with it, and if you do, results will come. Have patience! (Kind of like the golden rule of networking…be patient, persevere, and then look for results!)

“No one succeeds without effort… Those who succeed owe their success to perseverance.”

-Ramana Maharshi

### Play at Work

At the June 7th Sunrise, the owner of Urban Air Adventure Park Coon Rapids, Brandy Gilbert, spoke on one of her favorite topics: Play! Did you know that play is just as important for adults as kids?

By incorporating play in your workplace, you will help reduce stress, build a stronger community, and boost productivity. Research shows that employees who play have a more balanced life and report fewer sick days.

So, how can you encourage your workplace to get out from behind their computer screens and move and have fun?

Some ideas include using fun icebreakers before meetings, moving a meeting outside, or plan team building activities. Brandy’s favorite way to boost play in the workplace is by setting up a selfie station. Post some of these fun photos around the office and watch the culture change – for the better!

For more ideas, contact Brandy. Better yet, attend the next Sunrise. Not only will Brandy most likely be there, you’ll hear from more great speakers and see just how energizing a Sunrise breakfast can be.

### Retaining Summer Employees

What about those seasonal employees? As business owners, nothing hurts more than losing a seasonal employee mid-summer and being short on workers. It results in long hours for you or your other employees. Consider these five tips on how to retain your seasonal employees and prevent burnout. In fact, these tips can be used for permanent employees as well.

1. **Offer a Valuable Experience**
   - Provide opportunities for your employees to grow and expand. Active learning will increase your employees’ overall engagement. Find relevant webinars or local professional development opportunities (like attending a chamber event!). Have them shadow another employee to learn about future opportunities.

2. **Create a Community**
   - Plan community-building activities like lunchtime walks or host a BBQ. Do a team challenge together and raise money for a good cause. Ensure they feel part of the team by attending staff and other appropriate meetings.

3. **Give Them a Break**
   - Provide flexible hours so that your employee can enjoy the summer. Consider adding time Monday to Thursday or allowing shorter lunch breaks so that they can leave early on Friday.

4. **Acknowledge Their Achievements**
   - Recognition is important. Check-in with your employees and commend them on a job well done. Small gift cards, thank you notes or treats can go a long way. Some people love public recognition (i.e. social media) while others do not, so be sure you know prior to any posts.

5. **Let Your Employees Know Your Business’ Mission**
   - Your employee isn’t flipping burgers, they’re satisfying hunger. Your employee isn’t teaching swim lessons, they’re helping create memories. Your employee isn’t just filing paperwork, they’re ensuring customers experience exceptional service. Ensure your employees know how they are part of the company’s success.

Employees that see that their job makes a difference and that they’re being recognized for their contribution will enjoy working for you. It will also inspire them to come back next summer and/or stay at your organization.

### Workforce Development E-Newsletter

A wonderful new business resource we have for our members is our Workforce Development E-Newsletter. Emailed once a month, this publication contains all sorts of workforce-related news, tips, and links to help you and your business. If you would like to sign up, email valerie@metronorthchamber.org and we’ll ensure you receive the next issue.
Building Relationships, Building Business

We say it all the time – building relationships leads to building business. From serving on a committee to attending an event to meeting others at orientations, there are a plethora of ways through the Chamber to make connections, build relationships, and yes, build your business. Here’s a few photos showing how it’s done!

Congratulations!
The Ambassador of the Month

April/May
Kat Smithe
Blaine Festival

New Member Referral Program Winner
May
TOM NEWLAND
Allegra Design Print Mail
Crystal House Boutique
Grand Reopening!

Crystal House Boutique is a high-end women’s retail oasis located in the north metro. Unique gifts, accessories, apparel, and home decor; Crystal House boutique is your go-to shopping destination!

455 99th Ave NW #230 Coon Rapids
(763) 786-1830

TitleSmart, Inc.
Welcome!

TitleSmart, Inc. is a full-service title insurance company dedicated to providing clients with exceptional title, escrow, and real estate closing solutions.

10705 Town Square Dr NE #240 Blaine
(651) 779-3075

Shannon Dahl, Mortgage Loan Officer - Welcome!

From first time buyers to refinancing, I’m here to help with the mortgage lending process. I am also a United States Air Force veteran and know how to make the most of your VA benefits.

4570 W 77th St #300 Edina
(612) 248-4106

MaidPro
Welcome!

MaidPro is the premier residential house cleaning service in the north metro. Whether you need maid service weekly, bi-weekly, monthly or just a one-time cleaning, our professionally trained cleaners are here for you.

920 125th Ln NE Blaine
(763) 767-0068

Minnesota School of Music
Grand Reopening!

Minnesota School of Music offers personalized, parent-inclusive music lessons that empower youth, unite families, and build community.

3533 88th Ave NE Blaine
(763) 432-9713

Minnesota Star Martial Arts
Welcome!

We are the premier martial arts and fitness club that serves families in the north metro. We provide unique opportunities for kids, teens and adults to learn, grow and get fit through martial arts.

3015 Coon Rapids Blvd Coon Rapids
(763) 427-5355

Connect Wireless
Welcome!

Founded in 2002, Connect Wireless was established with one goal in mind: to become the preferred premium retailer for customers seeking both wireless and entertainment solutions.

4325 Pheasant Ridge Dr NE #502 Blaine
(763) 210-9970

SeneGence, Katie Krause
Welcome!

SeneGence offers a full line of superior skin care, treatments, make up, and hair products, and also opportunities for women to be independent and successful in business regardless of age, background or education.

Andover
(630) 723-1948

Coon Rapids Chrysler Dodge Jeep Ram - New Building!

Come and check out our full selection of new Chrysler, Dodge, Jeep, and Ram Vehicles, or get a deal on a reliable pre-owner model. We also provide quality auto maintenance and repair done by professional technicians.

10541 Woodcrest Dr NW Coon Rapids
(763) 290-0824
May and June New Members: Welcome!

Aflac
Elizabeth Suehring, Benefits Professional
20 North Lake Street, Suite 220
Forest Lake, MN 55025
218.391.8613
elizabeth_suehring@aflac.com
Aflac.com

Allstate Insurance
D. Anderson Agency
Lori Hanson
8097 Highway 65 NE, Suite 101
Spring Lake Park, MN 55432
763.767.7218
lhanson@allstate.com
Allstate.com

Fleming Agency
Matt Larsen, Agent
6575 141st Avenue NW, Suite 113
Ramsey, MN 55303
763.218.7622
matt@flemingagents.com
FlemingAgents.com

Arctic Mechanical
Sarah Carlisle, President of Operations
8280 Eastwood Road
Mounds View, MN 55112
612.741.9297
SarahCarlisle@ArcticMN.com

Green Meadow LLC
Nathanial Juchems, Managing Member
2157 128th Lane NE
Blaine, MN 55449
612.226.2723
support@greenmeadowmemorials.com
GreenMeadowMemorials.com

HempWorx
Deb Wiehle
535 Coon Rapids Boulevard, Suite 105
Blaine, MN 55449
623.247.3852
HempWorx.com/TeamWiehle
Health & Nutrition Products

House of Oilworx LLC
Jamie Croyle, CEO/Founder
244 Northtown Drive NE
Blaine, MN 55449
612.440.7060
admin@houseofoilworx.com
HouseOfOilworx.com
Health & Nutrition Products

Independent Color Street Stylist
Brenda Vetter, Independent Color Street Stylist
612.385.0712
vetterstart@hotmail.com
ColorStreet.com/BBBettle
Nail Color & Design

Mainstream Boutique
Blaine
Robin Reiners, Owner
1450 109th Avenue NE, Suite 120
Blaine, MN 55449
763.780.5165
reiners@mainstreamboutique.com
MainstreamBoutique.com
Clothing

Minnesota Star Martial Arts
James Franklin, Owner
3015 Coon Rapids Boulevard
Blaine, MN 55449
763.427.5355
MnStarMartialArts.com

Mom’s Haven of Hope
Pam Powell, Executive Director
612.709.2850
pam.powell@momshavenofhope.org
MomsHavenOfHope.org

People Spark Consulting
Kristen Ireland, Owner
651-246-9164
info@peoplesparkconsulting.com
PeopleSparkConsulting.com

People Spark Consulting, LLC
Sarah Filipi, Owner, Artist
747.900.1497
sarah@sarahgracephotos.com
SarahGracePhotos.com
Photography

Step On/Shuttles & More
Jill Michel
669 South Jefferson Street
St. Croix Falls, WI 54024
952.217.1202
jill.michael@gmail.com
Shuttles & Tour Services

Swim Possible
Tammy Ebert
612.708.8733
swiminfo@swimpossible.org
SwimPossible.org

Tube Bending Specialists
Nichole Mundis, President
8650 Cottonwood Street NW, Suite 500
Coon Rapids, MN 55433
763.786.8216
nmundis@tubebendingspecialists.com
TubeBendingSpecialists.com

United Healthcare
Joe Carlson, Licensed Sales Agent
Andover, MN
612.816.5102
joe.carl0901@gmail.com
UHCMedicareSolutions.com

Wrapping 1 Signs & Graphics
Karissa Isakson, Owner
21201 Raven Street NW
Oak Grove, MN 55112
763.208.2082
karissa@wrap1signs.com
Wrap1Signs.com

Wright Tree Service
Travis Platt, Division Manager
600 Soo Lane, Suite 3
Buffalo, MN 55313
763.276.1856
canderson@wrighttree.com
WrightTree.com

Your Exchange Check
Cashing-Coon Rapids
Cristina, Marketing
3070 Coon Rapids Boulevard
Coon Rapids, MN 55433
763.703.4483
cristina@your-exchange.com
Your-Exchange.com

Your Exchange Check
Cashing-Blaine
Cristina, Marketing
10553 University Avenue NE
Blaine, MN 55449
763.862.2040
cristina@your-exchange.com
Your-Exchange.com

Your Exchange Check
Cashing-Fridley
Cristina, Marketing
7315 Highway 65 NE
Fridley, MN 55432
763.784.7330
cristina@your-exchange.com
Your-Exchange.com

Your Exchange Check
Cashing-Columbia Heights
Cristina, Marketing
4639 Central Avenue
Columbia Heights, MN 55421
763.574.0094
cristina@your-exchange.com
Your-Exchange.com

Your Exchange Check
Cashing-Brooklyn Park
Cristina, Marketing
7846 Brooklyn Boulevard
Brooklyn Park, MN 55443
763.560.6666
cristina@your-exchange.com
Your-Exchange.com

Your Exchange Check
Cashing-Buffalo
Cristina, Marketing
600 Soo Lane, Suite 3
Buffalo, MN 55313
763.276.1856
canderson@wrighttree.com
WrightTree.com

Vegetation Management

Your Exchange Check
Cashing-Columbia Heights
Cristina, Marketing
4639 Central Avenue
Columbia Heights, MN 55421
763.574.0094
cristina@your-exchange.com
Your-Exchange.com

Your Exchange Check
Cashing-Buffalo
Cristina, Marketing
600 Soo Lane, Suite 3
Buffalo, MN 55313
763.276.1856
canderson@wrighttree.com
WrightTree.com

Vegetation Management
May and June Renewals: Thanks for Your Continued Support!

Able Property Management
AccountSource LLC
Acorn Mini Storage
Allstate Insurance-Mary Toske
American-Israel Chamber of Commerce
Andover Lanes
Axia Home Loans
Best Western Plus
Bethesda Lutheran Communities
Blaine Eye Clinic
BNSF Railway
Bunker Hills Event Center
Center for Diagnostic Imaging
Blaine/Coon Rapids
Central Rental
City of Blaine
City of Coon Rapids
Collective Harmony Massage & Healing Arts
Connexus Energy
Country Inn & Suites-Shoreview
Crow Wing Transport, Inc
Debbie’s Tax Facts
Deluxe Insurance Group
Diversified Dynamics Corporation
E & K Convenience-Neighborhood Stop #101
E & K Convenience-Neighborhood Stop #102
E & K Convenience-Neighborhood Stop #104
ECM Sun Publishers, Inc.
Edina Realty Coon Rapids/Anoka
Edina Realty Title
E & K Convenience-Neighborhood
Edina Realty Title
Ekornes Metals of Minnesota
Edra Systems
FN Bargains Discount Variety Store & U-Haul
Gaughan Companies
Green Bay Packaging, Inc.
Hakanson Anderson
Hampton Inn & Suites-Lino Lakes
IceBerg Web Design
Imprint Gallery, Inc.
Insurance Specialist Team Agency
Integrated Contract Services
Interlog
Johnson / Turner Legal
Keller Williams Classic Realty
Kendall’s Tavern & Chophouse
Lessons Learned Solutions
Life Prep Academy
Lisa Diers Yoga & Nutrition Consulting
LivINN Hotels, Ltd.
LuLaRoe
Macaroni Kid
Mandy Meisner Anoka County Commissioner
Millers Crossroads Association
Minco Products, Inc.
Minnesota Workforce Center
Northtown Mall
Office Depot-Blaine Baltimore Street
Origin Marketing LLC
Pavement Resources, Inc.
Pizza Ranch Andover
Premier Banks-Blaine
Print Central
Red Wing Shoes/Chet’s Shoes-Circle Pines
Red Wing Shoes-Coon Rapids
Rihm Kenworth
Ron’s TV & Video Repair
Running Aces Casino Hotel & Racetrack
Schechter Dokken Kanter CPA’s
Stone Construction, Inc.
The Lakes Life
The Mermaid Event Center & AmericInn by Wyndham
The Tavern & Grill
Travel Leaders-Blaine
Twin Cities Orthopedics
Twin City Heating and Air
Vision Staffing Solutions
Warners’ Stellian Appliance-Coon Rapids
Warners’ Stellian Corporate Headquarters
Wells Fargo Home Mortgage
Whiting & Associates, Inc.
Xcel Energy

COMMITTEES/GROUPS: JULY/AUGUST

Ambassadors
Blaine Business Council
Board
Connecting 101
Coon Rapids Business Council
Executive
Hops & Vines
Marketing 201
Sunrise – 1st Friday
Sunrise – 3rd Friday
Sunrise – 5th Friday
Workforce Development
Working With Women

July 9 & Aug 13, Chamber, 4 pm
July 25, TPC Twin Cities, 7:30 am
Aug 14, Chamber, 7:30 am
July 18, Chamber, 8:15 am
Aug 27, Bunker Hills-Coon Rapids, 7:30 am
Aug 6, Chamber, 3 pm
July 10 & Aug 7, TBD, 4:44 pm
Aug 15, Chamber, 8:15 am
Aug 2, Tavern Grill-Blaine, 7:30 am
July 19 & Aug 16, Sticks & Stones-Blaine, 7:30 am
Aug 30 Majestic Oaks-Ham Lake 7:30 am
July 22 & Aug 26, Chamber, 12 pm
July 24 & Aug 28, SBM Fire Station #3-Blaine 9:15 am

Please note: There will be no 1st Friday Sunrise on July 5 due to the 4th of July holiday.
Thank you 2019 Signature Sponsors!

Gold:

Silver:

Bronze:

Grow MN: