



August 2023 Newsletter

Our monthly newsletter includes updates from the Board, recognizes renewing and new members, shares upcoming events, photo gallery and more.

BUSINESS *Over* BREAKFAST

Coffee- Contacts- Partnerships

Massage 101: by Cindy Miller

Cindy Miller
665 US 212 Suite 2B
Granite Falls MN 56241
952-334-7657



CelticCrossMassage@gmail.com

www.MassageBook.com/biz/celticcrossmassage



Tuesday, August 8th, 2023

7:30 am. Light Breakfast, 8 am. Program

Pioneer PBS Conference room

RSVP 320-321-3202 or granitefallschamberofcommerce@gmail.com

**Chamber Business Members: Free, Individual Chamber Members:
\$5.00, Friends: \$10.00**

**Monthly Business Over Breakfast is sponsored by: Almich's Market,
Citizen's Alliance Bank; Granite Falls, FM BANK; Granite Falls, Pioneer
PBS, Prairie's Edge Casino Resort, and YME Schools.**



Upcoming Member Events:

Every Evening – Fresh Hot Buttered Popcorn and 1919 Root Beer – Granite Falls Kiwanis Popcorn Stand.

Every Thursday- Knockout Tacos & \$1 off Margaritas- The Rock: Dining & Events

Every Thursday- Bingo 7 pm- American Legion

Every Thursday- Burger Day- Granite Run Golf Course

Second Monday of the Month- Book Club 7 pm @ KCC



City Council Meetings 7 pm. Every First & Third Monday at the City Hall



EDA meetings 5:30 pm. Second Monday at the City Hall



YME School Board meetings 6 pm. Second Monday at YME Board Room

August

3rd- Roll In @ American Legion 5-8 pm

3rd- National Watermelon Day

6th- Sister's Day

8th- Business Over Breakfast- CelticCross Massage @ Pioneer PBS conference room

8th- Dino Man - 10 am @ KCC

10th- Business After Hours @ Betsy Lavin Interior Design building 5:30- 7pm

11 & 12th- Flea Market @ Prairie Mercantile Antique Store

17th- Roll In @ American Legion 5-8 pm

21st-First week of school at MN West

22nd- National "Be an Angel Day"

26th- Rock Fest- The Rock: Dining & Events

30th- Back to School Open House 5-7 YME

31st- Roll In @ American Legion 5-8 pm

September

4th- Labor Day

5th- First day of School- YME

8-9th- Flea Market @Prairie Mercantile Antique Store

12th- Ride 2 Remember- American Legion

14th- Roll in @ American Legion

14th- Ben Bailey @ Prairie's Edge Casino Resort

16th- Ribfest- American Legion

29th- Light Up the River

Are you a member of the Chamber and have an upcoming event that you would like listed in our monthly newsletter? Feel free to e-mail Bonnie at the Chamber

Business After Hours Open House

Thursday, August 10, 5:30 - 7:00 pm at
665 Hwy 212, Granite Falls

Join us for pizza, beer, wine, refreshments &
networking!

HOME OF:



Advocate  **Tribune**



RSVP @ 320-321-3202 or
granitefallschamberofcommerce@gmail.com



Granite Falls
Prairie Mercantile

2023 FLEA MARKETS

June 9-10

July 14-15

August 11-12

September 8-9

9AM - 5PM

Vendors & Public welcome!

Free to set up & sell in the parking lot!
Call 320-564-9094 with any questions.

 110 E Hwy 212 Granite Falls, MN 56241

 Granite Falls Prairie Mercantile



Kiwanis Popcorn Stand 7- 9:30 pm Daily

Save the Date!

Saturday, October 28th, 2023

Sponsored by:



Trunk N Treat

**LAST SATURDAY
IN OCTOBER
1:00 - 3:00 PM**

**Entrance to One-Way Trunk-N-Treating
on Prentice Street at 8th Avenue**

**DRAWINGS!
GAMES!
GIVEAWAYS!**

Need more information? Call 320-321-3202
www.granitefallschamber.com/trunk-or-treat.html • granitefallschamberofcommerce.com





Business of the Month

Restoring Wellness

Who are your customers? What do you offer/benefits?

Anyone who is looking for a different approach to health and wellness. At Restoring Wellness, we work with your body and help it heal. I focus on digestive health, which contains 70-80% of your immune system. This includes stress management/relief through natural/herbal supplementation, and lifestyle choices that may be helpful to alleviate the individual's challenges. I also offer 3- and 6-month programs for people who would like someone to hold them accountable and gently guide them as they work to implement new habits.

What is something unique or different that you offer that sets you apart?

When a client comes to see me, we focus on finding the root cause and how it may be alleviated. We do not mask it or cover it up, but work on finding what the body needs to heal. People also find that when they come to see me, they have time to talk about their journey and what they are experiencing. This may be physical, emotional and/or spiritual, and it's all important! I am holistic in my approach, meaning that I look at all 3 of these areas to help the *whole person*.

Vision/mission statement

"Helping you create your healthy lifestyle" (byline)

As a Naturopath, Digestive Health Professional, Certified Natural Health Professional and Health Coach, and most importantly, a follower of Yeshua (Jesus), my desire is to help people of all ages with restoring their bodies back to homeostasis, or a state of balance. My passion is to help people on their journey to living the most abundant life possible!

Why are you located in Granite Falls?

I have felt led to come to Granite Falls for a few years. It finally seemed like the right time, and everything fell into place. I have found it to be a welcoming and friendly atmosphere.

Tell us something we don't know about your business...

I started out as a Certified Health Coach, with my first office being in Montevideo at the "white house" which was owned by LouAnn Kling at the time. After she sold the building in 2017, I moved to Cornerstone Chiropractic.

What is your favorite place in Granite Falls?

Anyplace along the river! It's beautiful and relaxing.

What are your successes/ Challenges?

My successes are my clients' successes. When I see their health improving in drastic ways, it is always a blessing. A couple of the biggest personal stories have been a woman who reduced her glucose levels through dietary changes, incorporating light exercise, and enzyme supplements. Another young woman used

enzyme therapy along with intense juicing, reducing stressors, and infrared sauna to heal her body of cancer. Other successes are those who notice a difference in how they feel overall, including more energy, sleeping better, improved digestion, less pain, and better moods.

One of the biggest challenges is getting the word out to people that there is another way, and that they can be empowered to take control of their health. We've been given this idea that we are victims of our circumstances or genes, but there is much we can do to overcome if we have the knowledge and determination to do so.



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Business of the Month

CelticCross Massage

Who are your customers? What do you offer/benefits?

Anyone who is dealing with Chronic Pain – Stress – Anxiety

Anyone who is looking to improve their health – both physical and emotional

What is something unique or different that you offer that sets you apart?

I approach massage from a physical, emotional, and spiritual level – through a variety of massage techniques and essential oils. I also teach self-care techniques to extend the benefits of massage sessions.

Vision/mission statement

My mission is to help improve my client's physical health through massage and aromatherapy.

Why are you located in Granite Falls?

I recently moved to Montevideo and was looking for a warm friendly place for my business. I love this town... the river and the businesses and the active community.

Tell us something we don't know about your business...

I sell Young Living essential oils – I also promote the use of essential oils as a way to improve your health by reducing the use of toxic chemicals in everyday products.

I am also a bookkeeper – I have worked with small businesses, especially sole proprietors and new businesses – I love encouraging people to achieve their dreams.

What is your favorite place in Granite Falls?

The river and Dairy Queen!!

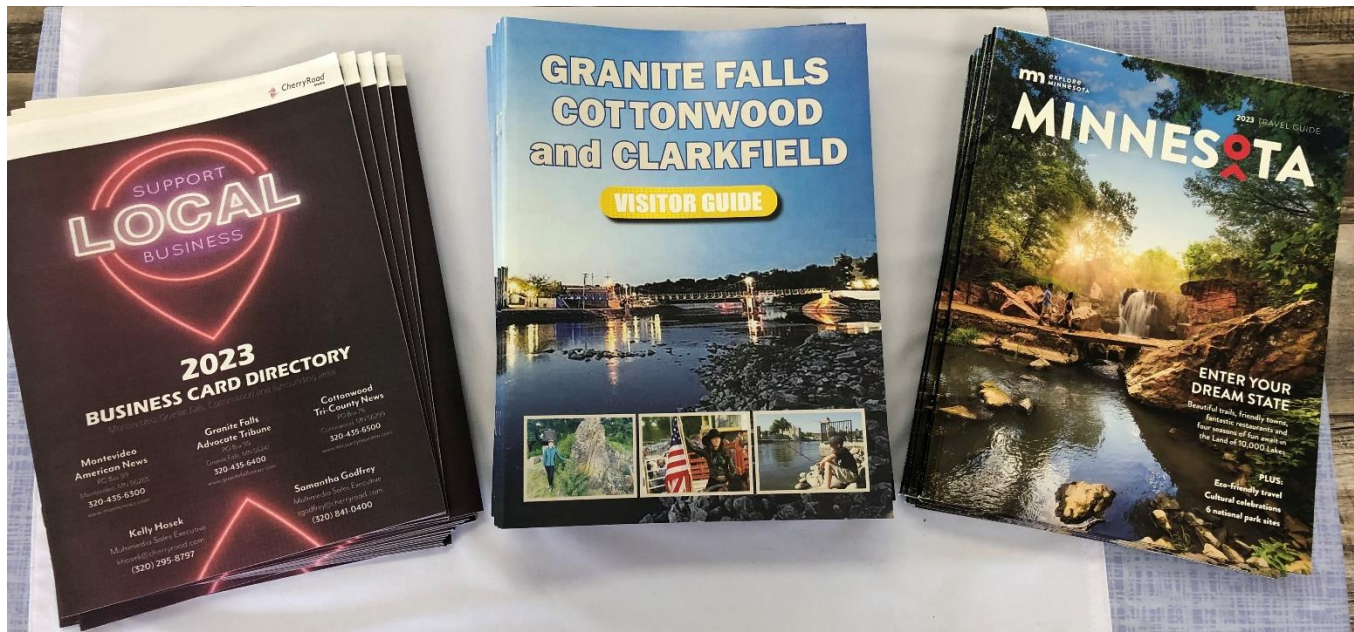
What are your successes/ Challenges?

My recent success is the new logo and business cards.

My challenges is as the new kid on the block – to build a client base in an industry that is mostly word of mouth.



Prairie's Edge Casino Resort & RV Park and Granite Falls Memorial Park Campgrounds are now open!



Available at the Chamber office

July Business Over Breakfast

Thank you, Citizen's Alliance Bank, Granite Falls location, for the wonderful presentation at the July Business Over Breakfast. Pictured, Dora, Karissa, Wendy, and Brad. Thank you all for your commitment to the community.





Stuff the Bus

The Granite Falls Chamber of Commerce will be a drop off point for United Way of Southwest Minnesota for collecting new school supplies to help local students start the school year off right!

Learn more at UnitedWaySWMN.org/STB

Update on July's website analytics and Facebook information... In the month of July, our website, **Granitefallschamber.com** has had increased activity, with the Top 5 pages viewed being: Events, Member Directory, Contact Us, Local Stories/guides and Newsletters. The top referring site: Google. On **Facebook**, we reached the most people with the following post: "Skip Prime, Shop Local". We have 1,515 followers, with 26.7% male, and 73.3% female. Our audience is mostly Granite Falls, with Montevideo, and Marshall area in the running. 212 followers on Instagram. Follow our Facebook page for up-to-date information and events.





New Pelican Granite Falls Chamber T-shirts are for sale at the Chamber office & at Thrifty White Drug Store

EXPLORE  MINNESOTA™

Granite Falls Area Chamber of Commerce Board

Acting President: Carolyn Lindquist, Heather's Book Nook & SEW Much More

Treasurer: Alicia Beck, Country Financial

Secretary: Pam Rosenau, MVTV Wireless Internet

Director: Kevin TeBeest, Anderson-TeBeest Funeral Home

Director: Kelly Kruger, Scenic Valley Real Estate

Executive Director: Bonnie Vik

Lobby Hours: Monday- Friday 9 am- 5:30 pm.

Office Hours: Monday- Friday 10 am – 2pm.

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