

Sauk Rapids Chamber General Membership Meeting Minutes

February 27, 2011

Host: RetroGreen Energy – Chris Froelke

Location: C & L Distributing – Sauk Rapids, MN

Welcome, Introductions and permanent name badges were presented by Shelia Tepley, Lamar Outdoor Advertising-Sauk Rapids Chamber Chair, and Dr. Jeff Oakland-Pinecone Vision Center-Sauk Rapids Chamber vice chair.

Sponsor Presentation: RetroGreen Energy - Chris Froelke

- They retro fit existing homes for insulation
- 65% of homes are under-insulated, according to a Harvard study
- 35% of your heat loss is through your walls
- By re-insulating your home you can save generally between 30-50% on your heating bill
- The non-expanding foam that they use is fire retardant, has the highest R rating available and never breaks down.
- Re-insulating your home generally pays for itself within 3-5 years.
- It is injected into your home from the exterior-they use closed cell foam in rim floor joists, and R-50 cellulose in the attic
- They also do energy testing and consulting for free
- They also can do blower door testing and infrared testing to see where you are leaking energy
- They also install solar energy panels and have solar furnaces
- The tax credits are good through 2016

Speaker- Heidi Friese, Cold Spring Granite—Creating Wellness Programs for Your Employees

- They started a wellness program in 2005
- They have developed a mission statement, a site coordinator, set a budget every year and partner with Health Source Solutions
- Some of the things they have done are have a health fair, provide nutrition guidelines for meeting meals and snacks, they have put healthier snack choices into vending machines and labeled them.
- Letters were sent out to family members so they are aware what is going on.
- In newsletters, they have tips, articles, recipes, etc.
- They do not offer cash incentives for employees as prizes etc. They want employees to get healthier because they want to. They do offer a 3% discount on health insurance premiums for meeting certain criteria.
- Companies need to figure out if they need/want to measure progress and what that will be—insurance premiums not going up as fast, fewer claims, less absenteeism
- Some low cost ideas other companies can use are:
 - Have fresh fruit for snacks available for purchase
 - Purchase pedometers for employees
 - Put self-care books in break rooms or “libraries”
 - Advocate for health care consumerism
 - Encourage people to know their numbers—blood pressure, cholesterol, etc.
 - Post nutrition tips and tidbits on bulletin boards: “Eat this, Not that” for example
 - Host healthy pot lucks
 - Post success stories from co-workers

- Have walking meetings instead of sitting down meetings
 - Set up a walking path in your company or outside the perimeter
 - Get coupons donated from restaurants that promote healthier eating
 - Offer smoking cessation classes
 - Have short lunch and learn meetings or trainings on healthy topics
- Various individuals offered testimonials to other chamber members they have done business with.
 - Wendy Franzwa—Chamber membership update: Sign 44 is a new Sauk Rapids chamber member—please welcome them when you see them.
 - City update-Todd Schultz –old city hall will soon be torn down. The new city hall will have a very large community meeting room.
 - School district update-Lisa Braun –on 2/28 there will be registration for all day, every day kindergarten. State testing will begin in April and will finish in May—please be sure your children are well rested and eat breakfast on the days they have the testing—it helps the students do better. They did a survey as to whether or not they should have spring break—out of 1000 respondents-57% said no, so they will not have spring break this year.
 - Sauk Rapids Citizen of the Year Committee is meeting. They are looking for nominations for the award. If you know someone who has volunteered in Sauk Rapids or works to make it a better community, please nominate that person. The form is easy to complete and available on the Chamber website. The recognition luncheon occurs during our regular Chamber meeting on Thursday, April 28 at the Sauk Rapids-Rice Middle School. The cost is \$12.
 - Chamber update—Jodi Speicher- The Good Shepherd Community –Farm show is just finishing up-all booth spaces have been sold out. Teresa testified at the State Capitol on Thursday for a bonding bill. The Winter Economic Institute has a free business panel on workforce/economic outlook—info is on the web site. March 15th is Business Day at the Capital in St. Paul-if interested in attending call the chamber.

Next Sauk Rapids Meeting will be: March 24, 2011 at C & L in Sauk Rapids.

MEETING TIME: 11:45

For more information on the Sauk Rapids Chamber, please contact Shelia Tepley—Lamar Outdoor Advertising –Sauk Rapids Chair—253-3000, stepley@lamar.com, or Gail Ivers-chamber staff at 251-2940 ext. [109](tel:109)—givers@stcloudareachamber.com