

CALENDAR OF EVENTS

(Check for articles in the newsletter for more details on events.)

July 1-4	106 th Cannon Valley Fair, 800 N 9 th St, Cannon Falls
4 th of July	Parade starts at 11 am, CF High School to Cannon Valley Fair
July 5	Cannon Falls Library will be closed
July 8	Open-Air Fair, 2:30 pm – 6:30 pm, Downtown Cannon Falls
July 8	Bike Cannon Falls, 6 pm, Gazebo in City Parking Lot at Cannon Valley Trailhead
July 10	Ferndale Farm Tour, 10 am – 4 pm, 31659 Willow Trail, Cannon Falls
July 13	CHAMBER BREAKFAST , 7:30 am, Legislative Update by Rep Barb Haley, Cannon Golf Club
July 15	FREE Picnic Dinner, 4:30 pm – 6:30 pm, Cannon Rivers Senior Living, 900 Main St W – RSVP by Jul 9
July 16-18	From the Heart Gifts, Celebrating the USA, 100 S 4 th St @ Weichert Realty – Carnel & Co.
July 22	Bike Cannon Falls, 6 pm, Gazebo in City Parking Lot at Cannon Valley Trailhead
July 30	35 th Annual Cannon Falls Area Country Cruise, 5 pm line up at Artisan Plaza, 1223 – 4 th St S
July 31	5K Run/Walk for Life and Silent Auction, 5K at 8 am, Kids Fun Run at 9 am, Bay Point Park, Red Wing

WHAT'S FREE AT OPEN-AIR FAIR ON **JULY 8TH**

The Chamber's first Open-Air Fair is being held on Thursday, **July 8th**, from 2:30 pm – 6:30 pm in Downtown Cannon Falls. Ryan Karstens of "Hot Hitz DJ Entertainment will be our announcer. Products and services include:

All-Natural Cleaning Supplies	Library Services and Activities
Author Signing Books	New Church in Community
Dance Lessons	Phone and Internet Services
Educational Programs	Pottery
Fish and Aquariums	Printing Services
Girl Scout Recruiting	Smoothies
Health and Wellness Services	Women's Clothing, Jewelry, & Handbags

Our DJ Ryan Karstens, Hot Hitz Entertainment, will be giving out Door Prizes during the whole afternoon. There will also be **FREE** Items like Hot Dogs from Lorentz Meats, McCafé Iced Coffee, and Pollinator Habitat Seeds.

More vendor space is available. There is a \$25 Vendor Booth Fee for non-Chamber Members. If you are interested in signing up, please contact the Chamber Office at 507-263-2289 or at tourism@cannonfalls.org

REP. BARB HALEY PRESENTS LEGISLATIVE UPDATE

Tuesday, **July 13th**, from 7 am – 8:30 pm – **RSVP is necessary.**

Cannon Golf Club, 8606 – 295th St E, Cannon Falls

It's the first Chamber Breakfast since the beginning of 2020! Mark your calendars and plan to attend!

Rep Barb Haley will be presenting a Legislative Update for 2021. By the time this breakfast is happening, the State Budget will be balanced, and decisions made for other policies and programs for this coming year. There will be plenty of time for questions and answers too.

This Chamber Breakfast will have a breakfast buffet including Scrambled Eggs, Bacon, Sausage, Tater Rounds, French Toast and Fruit.

This breakfast is sponsored by Cannon Valley Specialties, so it is FREE to all attendees. Please RSVP by Friday, **July 10th**. **RSVP's are necessary.**

Make sure to thank Audrey and Morris Mattson, Melanie Carlson and Missy Banks for this special support to you the Chamber Members.

AND THIS IS THE REST OF THE STORY

Isn't it amazing how easy it is to draw conclusions with just a part of the story? The Cannon Falls Area Chamber of Commerce wants everyone to understand the whole story about our favorite Mexican Restaurant, Rancho Loco Mexican Grill & Bar.

Three years ago, the Rancho Loco in Red Wing and Cannon Falls, MN were owned by 3 men. This group dispersed in 2018, when Ramon Ruelas and his brother, Salvador, took over the ownership of the Cannon Falls location.

The tax issues that you have been seeing in the news occurred during the partnership time frame; prior to 2018. Ramon has been working on the tax situation with the IRS ever since, and all issues have been corrected.

Rancho Loco will continue to serve their wonderful Mexican food and beverages as usual. Their employees have been receiving their proper pay and benefits ever since Ramon took over the ownership.

The Chamber hopes you will continue your support to our Chamber Member, this local restaurant, and show them how much you like their food and service. Muchas Gracias!

WHO IS NEW TO THE CHAMBER?

GET BEYOND, Levi Holets and Jamie Bushman

Levi.Holets@getbeyond.com and James.Bushman@getbeyond.com

At Beyond, we are built on our 10 promises dedicated to empowering our clients. Jamie and I are both from small towns, and familiar with small businesses and their ability to make one town stand out from the next. Because of this we are excited to join the Chamber in Cannon Falls and help make an impact on the community! At Beyond we offer a plethora of business solutions including payment processing, point of sale, employee management solutions (Payroll & HR), business lending and even our Chip in program where you can raise funds for your favorite nonprofits or for your own charities! If any of you are interested in any of these services, or you would like to just sit down and chat, do not hesitate to contact us! We look forward to meeting all of you in the coming months!

2021 CURRENT MEMBERSHIPS – 179

CHILD TAX CREDITS ARE COMING, AND SO ARE THE SCAMMERS!

Excerpt from Better Business Bureau (BBB), July 2021 Newsletter <https://minnesota.bbbsinsights.org/cc-july21/button/IyytyBG2PkDhwMxk5dliyo8WTmUgtl6L>

BBB and the FTC share these tips to avoid possible impostor scams related to the child tax credit payments from July through December:

- Government agencies like the IRS or Social Security Administration **will not** call, text, DM, or email you.
- Do not give out any personal information, like social security numbers, bank account information, or credit/debit card numbers.
- Eligibility requirements and payments are monitored by the IRS only.
- When someone is requiring payments by gift card, wire transfers, or cryptocurrency, it is likely a scam.

BBB TIPS: USE SCAM TRACKER TO SEARCH FOR SCAMS BEFORE THEY GET YOU

SCAM TRACKER at <https://minnesota.bbbsinsights.org/cc-july21/button/ZhcTTXWQ8xRnE7EdWaNWC6X7zIC1AZ77>

Did you know BBB has a Scam Tracker tool where you can report suspected scams to warn other consumers? You can also search for scams by location and keyword to double check when something feels off.

In 2020, consumers saved over \$21 million in scam products and services by checking BBB Scam Tracker first. Scam Tracker is currently showing and reporting 252,277 scams. Check it out!

WELCOME SERVICES 4 YOU (WS4U)

Chuck and Kathy Bristol and their volunteers want to thank-you for your sponsorships! It has been a pleasure representing the businesses and services of the communities in Goodhue County. Benefits that you receive from WS4U are:

- Newcomers are welcomed to your community.
- Your business or service is promoted to the newcomers who are your best source of new customers.
- Local communities are strengthened as newcomers become shoppers and get involved in your community.

Since January 2021, there have been 15 households that have moved to Cannon Falls, and 3 more to Randolph. Some are families with children and others are empty nesters moving to get closer to their children and grandchildren. The families who have moved here were from the Metro (6), other communities in MN (11), and 1 from Massachusetts.

BLOOD SHORTAGE – CONSIDER DONATING AT A BLOOD DRIVE NEAR YOU

Those who are eligible to donate blood are asked to roll up their sleeves and help in their local communities. There is no substitute for human blood. All transfusions use blood from a donor. Each whole blood donation can help as many as three people. Blood enables lifesaving surgery and cancer treatments and is important for supporting babies who are born prematurely. If demand continues to outstrip supply, then hospitals will be forced to ration the available inventory. In 2021, blood remains a critical community resource. Our community needs you. To donate blood, you must weigh at least 110 pounds and be at least 16 or 17, depending on the law in your state. Some states allow minors to donate with parental permission. Also, you must be in good health, and be able to pass the physical and confidential health history assessment to help make sure blood donation is safe for you and the recipient of your blood. Find a blood drive near you.

<https://www.redcrossblood.org/>

I LOVE CANNON FALLS MUGS AND T-SHIRTS

I Love Cannon Falls Mugs and T-Shirts are available at the Chamber Office. The mugs are \$10 each, the Red T-Shirts are \$15 each and the Black T-Shirts are \$17 each. Buy a mug or T-Shirt and get a FREE I Love Cannon Falls Window Cling.

**I L  VE
CANNON
FALLS!**

MEMBER-TO-MEMBER NEWS –

If you have an event, activity or announcement you want shared with all of the Chamber Members, please send your information to the Chamber Office at tourism@cannonfalls.org by Thursday of each week.

DUNGEON'S & DRAGONS (D&D)

Friday, **July 3rd, July 31st and August 14th** - 2 pm at CannonBelles Coffee & Ice Cream

A full game could run as late as 6 pm, but you can feel free to leave when you need to.

Come to CannonBelles for an introductory game of Dungeon's & Dragons! The D&D Essentials Kit is available to check out from the Cannon Falls Library between games. This event is intended for either new or more experienced adult & teen players (experiences younger players are OK too).

VOICES OF THE VALLEY

The Cannon Valley Trail Interpretive Program is planned to assist a visitor's understanding and exploration of the Cannon River Valley and also provides educational and entertaining programs for Trail users.

Programs take place on Saturdays during the months of May through September from 11 am – 2 pm at Cannon Valley Trail Welch Station Access, at 26674 – 144th Ave Way, Welch, MN. This location can be accessed by driving if you'd like to enjoy the events but aren't able to bike there. Feel free to bring lawn chairs and come to listen to the music.

July 3rd - Helen Forsythe, Voices of the Valley is hosting live music on the Cannon Valley Trail at Welch Station July 3rd by Helen Forsythe. Forsythe was born and raised in Southern Minnesota, playing the banjo and singing songs since she was 7 years old. Based in Northfield, MN, she is both a teacher and a performer of folk and bluegrass banjo playing. Her musical influences include Pete Seeger, Doc Watson, and Gillian Welch. You can check out her album "The Blue Above it" on BandCamp. Helen will be playing from 11:00 a.m. to 2:00 p.m.

August 7th – Carolyn Priore, a fiddler and singer/songwriter from the Sogn Valley in SE MN will perform. Her music is inspired by classic folk artists as well as traditional Irish Music. RW Naturalists will be at WSA with activity sheets, maps, information and more.

September 4th – **Flatt & Square** is a fun band from Red Wing, MN, who play a mix of Bluegrass, Old-Timey, Old Country, Folk and Celtic songs and fiddle tunes. They usually consist of Katryn Conlin, Ben Manning and David Vincent, plus the occasional MN celebrity like Bill Cagley, Mark Kreitzer or Mike Hildebrandt. They are associated with the stringed instrument repair programs at MSC Southeast in Red Wing and two of them are professional Luthiers. We sometimes use the moniker “musicians who build the instruments they play”.

DISCOVERY DAY CAMPS

July 5th – September 3rd Monday – Friday 9 am – 4 pm

Phillippo Scout Reservation will be holding Day Camps in June through September 2021. A few points about their Discovery Day Camps are they are a week-long day camp for all youth K- 8th grade. The participants will get to do fun activities including climbing, swimming, STEM, crafts, games, and more! There are three different weeks at Phillippo throughout the summer and all of that information, and to register, can be found at

<https://www.northernstar.org/News/eNavigator/2021-summer-camp-adventure-is-open#cubsummer> or

<https://www.northernstar.org/News/eNavigator/2021-summer-camp-adventure-is-open#scoutsbsa>

RSM SUMMER SCHEDULE

Contact Marlo Pranke, interim director, with any questions (507) 301-7893

Date	Activity	Time
July 7	Feed My Starving Children in Eagan	5:00pm at church – 8:45pm

On July 7th we will be packing food for the hungry at Feed My Starving Children in Eagan (6:00-8:00 shift). This is a great opportunity to be the hands and feet of Jesus and to serve people around the word who are less fortunate than us. We will meet at the church at 5:00pm and return at 8:30pm.

July 21	Bike ride Cannon Trail to Welch and back	6:00pm at pay station – 8:45pm
August 4	TBA	
August 18	TBA	

We are looking for volunteers to help with summer Kids LIVE for ages PreK-3rd and 4th/5th-grade classrooms. We are doing an exciting video-based summer series. We would need adult help in the room during the video and to dismiss kids out to the playground. There would be no lesson planning involved in this summer series. Contact Josie (651-253-7659 jhayes432@gmail.com <<mailto:jhayes432@gmail.com>>) or Jan (952-923-0746 janfennern@gmail.com <<mailto:janfennern@gmail.com>>). Please text, call or email to volunteer. Help us to get this summer program going for our kids!

FORGIVING WHAT YOU CAN'T FORGET with Lysa Terkeurst

Wednesdays from 9-11am

July 7th – July 28th

Co-led by Renee Ramler and Leah Hoskins at our homes Childcare provided upon request.

This study on forgiveness will help you:

- * Learn how to move on when the other person refuses to change and never says they're sorry.
- * Walk through a step-by-step process to free yourself from the hurt of your past and feel less offended today.
- * Discover what the Bible really says about forgiveness and the peace that comes from living it out right now.
- * Identify what's stealing trust and vulnerability from your relationships so you can believe there is still good ahead.
- * Disempower the triggers hijacking your emotions by embracing the two necessary parts of forgiveness.

Register Here <<https://riverwoodonline.us10.list-manage.com/track/click?u=943a580b910da5e19935fe005&id=f10b11bad8&e=9d59dcb389>>

BIKE CANNON FALLS SUMMER SCHEDULE

Join us at the Gazebo in the City Parking Lot at the Cannon Valley Trailhead

Thursday, **July 8th**, at 6 pm

Thursday, **July 22nd**, at 6 pm

MEN'S STEAK FRY

Friday, **July 9th**, 6 pm at Riverwood Community Church, 5343 Hwy 19 Blvd
Great steak dinner with all the trimmings!
Car Show and Music by Willie Grimm
\$10 – buy tickets in advance by calling 507-263-2304

Register and Pay Here <<https://riverwoodonline.us10.list-manage.com/track/click?u=943a580b910da5e19935fe005&id=0ba2ae857f&e=9d59deb389>>

FERNDALE FARM TOUR

We're thrilled to be participating in the annual Eat Local Co-op Farm Tour <<https://ferndalemarketonline.us6.list-manage.com/track/click?u=b0f2e70f0d&id=bcf5126107&e=6cbc7dee27>> on **July 10th** from 10 am to 4 pm.

This is a fun family event and a great opportunity to see our farm and free-range turkeys in action. Enjoy hayride tours every 30 minutes, activities for kids, and food samples. Plus, browse our on-farm market to discover local foods from more than 100 farmers and producers.

Visit our event page <<https://ferndalemarketonline.us6.list-manage.com/track/click?u=b0f2e70f0d&id=c3e1f77480&e=6cbc7dee27>> for more details. We hope to see you on the farm!

LIBRARY PRESENTS CONCERTS IN THE PARK

Bandshell at John Burch Park

Saturday, **July 10th** at 1 pm – Sawyer's Dream

Saturday, **July 24th** at 2 pm – Elisa Korenne

Friday, **August 27th** at 1 pm – The Everett Smithson Band

More concerts are being scheduled in August. Check the concert schedule out at <https://cannonfalls.lib.mn.us/> and see these fun activities at <https://fb.watch/6qOMXdMTNu/>. Seeing these concerts will make you feel young at heart.

FREE PICNIC DINNER AND OPEN HOUSE

Thursday, **July 15th**, 4:30 pm – 6:30 pm – RSVP is Necessary.

Cannon Rivers Senior Living, 900 Main St W

Join Cannon Rivers Senior Living for an Old-Fashioned Picnic Dinner and Open House. We're serving some summer favorites including root beer floats. We'd love to see you and celebrate summer.

Tours will be available. Parking is available at the Park and Ride Lot across from Cannon Rivers.

RSVP to Ann Williams by **July 9th** by calling 507-263-3600 or ann.williams@fairview.org

FROM THE HEART GIFTS' CELEBRATING THE USA

Friday and Saturday, **July 16th and 17th**, from 11 am – 6 pm, Sunday, **July 18th**, from 11 am – 4 pm

Weichert Realty – Carnel & Co., 100 S 4th St

From the Heart Gifts will be open on **July 16th – 18th** Celebrating the USA!! There is a diverse group of talented artists and crafters who share their crafts, jewelry, wall hangings, refurbished items, and collectibles. Local businesses also have their products and services available for purchase. If you would be interested in having your gifts, be a part of this new boutique, please contact Cheryl Siebenaler on her cell at 507-951-0839 or email her at Cheryl.Siebenaler@gmail.com

MAYO CLINIC OFFERS COPING WITH CHRONIC PAIN

Coping with Chronic Pain: Chronic pain can be debilitating, but there are ways to help your mind and body manage pain. Matthew Schumann, Ph.D., a Mayo Clinic psychologist, will discuss factors that impact pain, and review evidence-based self-management strategies to reduce pain in a virtual webinar on **July 20th** from Noon to 1 p.m. Register today.

<https://mc-meet.zoom.us/webinar/register/WN_AEu2uQRSRVWETbMwPSWq2A>

COUNTRY CRUISE SET FOR CANNON FALLS

The Cannon Cruisers Car & Truck Club are inviting everyone to their 35th Annual Scenic Cannon Falls Area Country Cruise on Friday, **July 30th**. The Line up will be at Artisan Plaza at 5 pm, and the 25-mile Cruise will begin at 7 pm with

a Cannon Falls Police Escort. There is a \$10 per car fee and everyone is asked to bring a canned good for the Cannon Falls Food Shelf.

This Cruise will be returning to Artisan Plaza at 8 pm. Food and beverages will be available for purchase, and the 50's and 60's Music will be playing from 8 pm to 10 pm. For more information, contact Dennis Sjoquist at 507-263-2775.

5K RUN/WALK FOR LIFE AND SILENT AUCTION

15th Annual First Choice Clinic 5K Run/Walk for Life & Silent Auction will be held on Saturday, **July 31st**, from 7:30 am - 11 am at Bay Point Park in Red Wing. There will be a Silent Auction and Kids Fun Run at 9 AM, as well as family-friendly games and activities. All proceeds benefit our clinics in Red Wing and Cannon Falls. Registration is open: www.firstchoiceclinic.org/events <<http://www.firstchoiceclinic.org/events>> or text WALK4LIFE to 651-615-4114. Rain or shine. Sorry, no refunds. If you have any questions, please call 651-267-4357 or email info@firstchoiceclinic.org <<mailto:info@firstchoiceclinic.org>> .

CANNON FALLS LIBRARY IS OPEN FOR GRAB AND GO SERVICES.

Grab and Go Services continue to include express visits for browsing, picking up library holds, checking out items, sending faxes, making copies, scanning documents, and computer use.

Library users will be able to enter the library for once daily visits of up to 1 hour. We strongly encourage our patrons to wear a mask in the Library to protect our young patrons who are not yet vaccinated. Library staff are happy to provide curbside service for those uncomfortable entering the library.

Special visit times on Tuesday and Thursday mornings can be made by appointment for immunocompromised patrons and family members.

The majority of library programs are now meeting in person in the Library parking lot and in parks around town. Some programs offer a virtual option, as well, such as craft projects. Check the Cannon Falls Library Facebook page and website frequently to get updates about programs, or sign up for monthly newsletters <<https://lib.us16.list-manage.com/track/click?u=7fccdcf5f085c34e3af1a6ad5&id=b213ebaf55&e=c96016f333>> about upcoming programs and their venues and formats.

Please bear with library staff as they transition to a more normal routine while respecting Covid restrictions that are still in effect across the state.

For more Children's, Teen's and Adult Programming, go to <https://cannonfalls.lib.mn.us/> or find the Library on YouTube <<https://lib.us16.list-manage.com/track/click?u=7fccdcf5f085c34e3af1a6ad5&id=34c1b30b99&e=c96016f333>> You'll find many virtual programs on our channel from Fit Friday exercise programs, family crafts, and informational programs.

JULY IS OPERATION CHRISTMAS CHILD SCHOOL SUPPLY COLLECTION MONTH

Riverwood Community Church, 5343 Hwy 19 Blvd

Crayons, markers, pencils, colored pencils, pencil sharpeners, steno note pads, color books or pads, pencil bags, reusable bags like you can buy for groceries and quality blunt-tipped scissors, small solar calculators are all ideas to pack in a shoe box. Most of these items will be on sale for a dollar or less. The kids will pack boxes the first week of November. Our goal is 100 boxes again this year!

YOGA THERAPY: RELIEVE PAIN, MANAGE STRESS

The practice of yoga is known to help with chronic health conditions such as diabetes, heart disease and chronic pain. Michele Hoffman, a certified yoga therapist at Mayo Clinic Health System teaches gentle yoga postures that can be performed sitting or standing, as well as breathing practices and relaxation techniques that can relieve muscle tension, reduce pain, increase energy, and improve sleep. Watch webinar <<https://youtu.be/ADZvpmPGIk>> .

MOBILE HEALTH CLINIC IS EXPANDING SERVICES AND OUTREACH ACROSS SOUTHERN MINNESOTA

Mayo Clinic Health System will launch a new mobile health clinic that will expand services by increasing outreach and providing access to health care directly to patients in rural communities across southern Minnesota. Our Mobile Health Clinic provides preventive health screenings, chronic disease management and community partnerships with in-person

appointments and video technology connecting you with Mayo Clinic Health System experts, close to home. The unit has two exam rooms, an on-site laboratory and the same electronic health record as other Mayo locations. Learn more.

<https://www.mayoclinichealthsystem.org/services-and-treatments/mobile-health-clinic>

GOODHUE COUNTY HISTORICAL SOCIETY

To find out what is happening at the Goodhue County Historical Society, check out their Summer 2021 Newsletter

<https://goodhuecountyhistory.us7.list-manage.com/track/click?u=d9119de2e8429712c178ab3b6&id=f7b4dd442a&e=0008ebd3cc>

2021 CHAMBER SPONSORSHIPS (as of 07022021)

2021 CHAMBER DIAMOND SPONSOR



2021 CHAMBER GOLD SPONSORS



FLOWER BASKET SPONSORSHIPS FROM COMMUNITY

Annette and John Bing – *In Memory of Dona Mae Kimball*

Barb Kamholz - *Jack*

Beverly Lundell

Bill and Nancy Althoff

Carrie Johnson and Ryan Josephs – *In honor and loving memory of Patty Anderson*

Cliff and Karen Adel

Denell Johnson – *In Memory of Dylan Johnson*

Gary and Ann Thacher

Gwen Rose – *In Memory of David Delzer and Theresa Rose*

John Lindahl – Gemini Employee Contribution

Karen Carnel/Estate of Irene Carnel – *In Memory of Irene and Tom Carnel*

Karen Slininger

Larry and Kay Dammer

Liz O’Gorman – *In Memory of Bob, Laurie and Dan O’Gorman*

Louise Bowman

Marcella Knoblauch – *In Memory of Wilmer*

Mrs. Evelyn L Strack

Richard Miller – *In Memory of My Wife*

Rod Nelson – *In Memory of Mary Nelson and Pat Anderson*

Sue’s Garage Sales – *Gifts from Community at the Shop*

\$100 SPONSORSHIP LEVEL –

Children’s Easter Cruise, Flower Baskets, Halloween Trick or Treat Trot & Open-Air Fair

Bayer Crop Science
Courtesy Corporation - McDonalds
Cycle America
Dakota Electric Association
Family Salon
First Farmers & Merchants Bank
Mayo Clinic Health System
Merchants Bank
Peterson Turkey Hatchery – *In Memory of Pat Anderson*
Northside Storage
Sustane Natural Fertilizer

\$250 SPONSORSHIP LEVEL –

**Golf Tournament Hole Sign
& Deck the Falls Fireworks**

Cycle America
Dakota Electric Association
First Farmers & Merchants Bank
Minnesota Energy Resources
Northside Storage
The Terrace of Cannon Falls
VASA Spring Garden Mutual
Xcel Energy

\$400 SPONSORSHIP LEVEL –

Golf Tournament Meal

Dakota Electric Association
Henkel
Lindell Heating and Air Conditioning, Inc.

\$500 SPONSORSHIP LEVEL –

**Golf Tournament Team
& Light Up Cannon Falls**

Banks Outdoors/Hancock Concrete
Cannon Auto Repair
Cannon Falls Beacon owned by O’Rourke Media Group
Community Resource Bank
First Farmers & Merchants Bank
HBC, Inc.
Highview Woodworking, LLC
Interstate Building Supply
Luvy’s Barn Art
Mayo Clinic Health System
Merchants Bank
Merrimutts Inn
Nelson Insurance
ReMax Cannon Realty
Sustane Natural Fertilizer
Xcel Energy/Goodhue County Commissioners