

ROCHESTER AREA

CHAMBER OF COMMERCE

Virtual AM Espresso

01.08.2021

Chat

- 08:05:54** **From Nicki Novotne :**
good morning everyone!! glad to see you!
- 08:07:57** **From Andy Thilges :**
The next Hospitality First Meeting is Thursday, January 28, 2021, at 9:45 a.m. via Zoom. The theme speaker is Kendra Lee from the KLA Group and the topic is Prospecting. Please register via the Rochester Area Chamber Website in the events tab. Questions please contact Andy Thilges, Chairperson, Hospitality First at 507-696-8820.
- 08:11:26** **From Beth Jochum :**
Orange Theory is a great workout. I love working out there. The trainers are fantastic and very motivating.
- 08:15:40** **From Andy Thilges :**
Congratulations on your 2 year anniversary Orange Theory! Andy Thilges, Home2 Suites by Hilton.
- 08:19:19** **From Mackenzie McCormack :**
Thank you, Andy!
- 08:21:43** **From Julie Kiehne WSU :**
What is Roca
- 08:22:12** **From Julie Kiehne WSU :**
What is Roca's mix of locals and visitors using their climbing walls?
- 08:23:32** **From Kayla -Toppers :**
I loved learning to climb for the first time at Roca! Thank you for being here!! Highly recommend giving it a try!
- 08:25:41** **From Nancy R. Peterson :**
Great for Youth Development (BSA, 4-H) and Birthday Parties!
- 08:26:38** **From Katrina Pulham :**
My son and I have been a few times and he loves it.
- 08:27:10** **From Holly Bremer-Farmers Insurance :**
My boys absolutely love it!!! Great place!
- 08:27:43** **From jcordes :**
My daughter loves Roca! great work out
- 08:28:09** **From Crystal Landherr :**

Agreed! Birthday parties are GREAT there. Also, Karen and Jeremy were amazing to work with when we were training for Over the Edge. Mackenzie from Orange Theory rappelled with us, too!

- 08:28:57** **From Mackenzie McCormacck :**
Over the Edge was SO much fun! and terrifying
- 08:29:10** **From Charley :**
How tall are the walls?
- 08:29:54** **From Rebecca Tesch :**
I bid on the 5 climb pass at the "Power of the Purse" and WON! Thank you for donating to the United Way Event.
- 08:30:06** **From Rochester Chamber :**
<https://www.thrivethroughmovement.org/>
- 08:31:47** **From Nicki Novotne :**
Miss you all!! use this link to book a time to catch up!!!
<https://calendly.com/thecre8tiveplace/60min>
- 08:31:50** **From Crystal Landherr :**
Karen - you are brave and fierce!
- 08:34:45** **From Andy Thilges :**
125 Live is a great asset to our community not only for fitness but for meeting space and gatherings. Our daughters graduation party, and many other events I have attended there. Here is to another 60 vibrant years!
- 08:35:05** **From Katrina Pulham :**
You are doing such an amazing job Sylwia!
- 08:37:40** **From Bruce Buller :**
In the City For Good holds its Age Friendly group meet there monthly. Thanks for great meeting space.
- 08:38:35** **From kirk.rubado :**
Nutrition with activity is a great way to overall healthy. Combine with this great businesses and Profile by Sanford Rochester for health coaching and the weight loss is great for a positive lifestyle change. Contact me at 507-216-3305.
- 08:43:40** **From Nancy R. Peterson :**
125 Live does an AMAZNG job of being innovative during TOGETHER: Greater Rochester Area COVID-19 Recovery & Reform in working through the generations for health and wellness (mind.*body*spirit) and working out into the community and promoting nonprofit building for supporting "FAMILY", Education, Creativity and Art!

- 08:49:24** **From Mackenzie McCormack :**
Nice job Matt and team! That's a huge area to keep sanitized but it sounds like you are doing a great job :)
- 08:50:36** **From Gerard Goulet :**
Gerard Goulet - Long-Term Care Insurance Specialist, 507-269-9036 or ggoulet@ieee.org. I specialize in providing the most detailed education on the pros - and cons - of long-term care insurance so that people can accurately decide whether (or not) long-term care insurance should be used as part of their plan to help protect their retirement assets.
- 08:50:48** **From jcordes :**
Jill Cordes MetroNet Fiber
- 08:51:08** **From kholst :**
Kim Holst River Bend Assisted Living and Memory Care
- 08:51:09** **From Crystal Landherr :**
Crystal Landherr, Hiawatha Homes Foundation
clandherr@hiawathahomes.org
- 08:51:11** **From Katrina Pulham :**
Katrina Pulham - Air Insanity Katrina@airinsanity.com
- 08:51:17** **From Brie Bednar :**
Brie Bednar— Family Promise Rochester
- 08:51:20** **From Dani Buck :**
Dani Buck-MN97.5 Greatest Hits
- 08:51:26** **From Cassie Ray :**
Cassie Ray - Workforce Development Specialist at RCTC. Customized training when you want it, where you want it, how you want it!
Cassie.ray@rctc.edu, 507-280-3113.
- 08:51:28** **From Dani Buck :**
507-696-2634
- 08:51:29** **From Marge Kelley :**
Great presentation! You all provide amazing resources for our community. Thank you!
- 08:51:34** **From Beth Jochum :**
Beth from Thryv 507-259-8902. If you need help with communicating with clients and potential clients call me I can help with a great software program that will help you communicate via email and text, send estimates, invoices, and get payments, utilize social media easier and more efficiently, and so much more. beth.jochum@thryv.com

- 08:51:36** **From Rebecca Tesch :**
Rebecca Tesch - Rebecca.tesch@hilton.com
- 08:51:36** **From Phil Dahlager/Rochester Games and Arcade :**
Phil Dahlager - Rochester Games and Arcade
rgamanament@gmail.com
- 08:51:42** **From Paulette Teigen :**
Paulette Teigen , certified Mentor at SCORE
Paulette.teigen@scorevolunteer.org
- 08:51:52** **From Brie Bednar :**
bbednar@fprochestermn.org
- 08:51:59** **From John Van Camp :**
john.vancamp@edwardjones.com 507-288-5472
- 08:52:06** **From Kayla -Toppers :**
Kayla Blunt - Toppers (pizza!!!) kayla@toppers.ninja and FaceTime (promo
products and printing) kayla@facetimebusinessresources.com
- 08:52:09** **From Jay Stoyles :**
Jay Stoyles / Broadway Plaza
- 08:52:12** **From Mike Seaberg - SeeMe Productions :**
Mike Seaberg
SeeMe Productions
mike@seemeproductions.com
507-951-0234
- 08:52:15** **From Andy Thilges :**
For all your lodging needs see the experts at the Home2 Suites by Hilton,
831 16th Street SW, Rochester, 55902. Email: andy.thilges@hilton.com or
Phone at 507-696-8820. Here is to a happy and healthy 2021!
- 08:52:17** **From Phil Dahlager/Rochester Games and Arcade :**
Congrats!
- 08:52:30** **From Greg Hird :**
Greg Hird First Alliance Credit Union #allforone
- 08:52:34** **From Jay Stoyles :**
jay.stoyles@rochesterbroadwayplaza.com
- 08:52:35** **From Mike Seaberg - SeeMe Productions :**
Congrats, Katrina!
- 08:52:45** **From jcordes :**
Jill Cordes- MetroNet Fiber my email:

jill.cordes@metroNetinc.com

- 08:52:49** **From SLR Computers / Stephen Rose :**
Stephen Rose - SLR Computers 507-512-0857 slrdirect1@yahoo.com I fix and sell computers and related equipment. "If I can't fix it you don't pay".
- 08:52:50** **From Charley :**
Charley Martinson, Director of Accounting & Operations at Boys & Girls Club of Rochester
- 08:52:52** **From Shannon Day :**
Hello everyone and Happy Friday! I am the Sales Manager at Madonna Towers Living Community. Premier senior living with a full continuum of care. We also started our Covid vaccinations this past Tuesday for residents and staff! Shannon Day 507-206-2212 shannon.day@benedictineliving.org
- 08:52:59** **From Charley :**
cmartinson@bgclubroch.org
- 08:53:00** **From Julie Kiehne WSU :**
Join WSU & DMC for Inclusive Workforce Practices workshop Jan. 20 <https://www.eventbrite.com/e/inclusive-workforce-practices-why-you-need-a-workforce-participation-plan-tickets-128918742429>. More info Julie Kiehne jkiehne@winona.edu
- 08:53:01** **From Annie Douangdy-Sterling State Bank :**
Annie Douangdy adouangdy@sterlingstatebank.com
- 08:53:09** **From kirk.rubado :**
Great Presentations. Very interesting....Profile by Sanford Rochester Health coaching and weight loss program
- 08:53:30** **From Lisa Lingle Salt & Pepper Photography :**
New Year, New You, Great time to update your professional headshot. Give us a call 281-9312 www.saltandpepperphoto.com
- 08:53:59** **From Judy Braatz :**
Judy Braatz, Think Bank - jbraatz@thinkbank.com (507) 398-7199. Great to see all of you.
- 08:54:17** **From John Van Camp :**
climb your way to Heaven Bruce!
- 08:54:21** **From Sarah Kvanli :**
Sarah Kvanli – Office Services Employment Specialist at Express Employment Professionals – We help you to find the right employee for your company! Sarah.kvanli@expresspros.com | 507-205-2079

- 08:54:27** **From Nancy R. Peterson :**
Nancy's Home & Garden Extravaganza, LLC and BENCH3 Consulting, LLC
(BENCH3 Initiative-Communities United SE MN) Nancy R. Becker-Peterson
freeyourmind@kmtel.com 507-206-7882
- 08:54:39** **From Jay Stoyles :**
Jay Stoyles
- 08:54:56** **From Jeff Anneke :**
Jeff Anneke
- 08:55:09** **From kirk.rubado :**
Profile by Sanford Rochester 507-216-3305
- 08:55:11** **From Micah Johnson, Solar Connection :**
Some people want a big house, fast cars, and a huge boat...and some
people want an off grid solar home away from those people. Solar
Connection of Rochester.
- 08:55:12** **From Katrina Pulham :**
I didn't know you did pottery! I love pottery
- 08:55:15** **From Holly Bremer-Farmers Insurance :**
Holly Bremer Farmers Insurance 2766 Commerce Dr NW Ste A Rochester,
MN 55901 507-529-2955 hbremer@farmersagent.com
- 08:55:41** **From Jay Stoyles :**
Sorry.. Having problems with my connection.. Jay Stoyles/Broadway Plaza
jay.stoyles@rochesterbroadwayplaza.com
- 08:56:04** **From DoubleTree :**
Melissa Wiles - DoubleTree by Hilton - We have been hosting HD hybrid
meetings and events both domestic and international since July 2020. We
have the technology to make your hybrid event a success! Let me help
you. 507-529-2428 or melissa.wiles@hilton.com
- 08:56:22** **From Nicki Novotne :**
I an so so excited I won the Pottery class!!! Thank you so much!!!
- 08:56:29** **From Matt Remick - RAC :**
Thanks everyone!