

The mission of the Chamber of Commerce is to promote progressive community and economic development to benefit Chamber members and the North Iowa region.



Time: 4-6PM

Date: Thursday, March 30

Location: NSB Bank
2650 4th Street SW

Hosted By:



Thank you to 98.7 KISS Country/103.7 The Fox for highlighting Business After Hours on its stations!

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Ag Breakfast - March 23

The **Ag Breakfast** is set for 8-10AM on Thursday, March 23 in the All Seasons Building at the North Iowa Events Center.

Keynote speaker Zack Smith will discuss modern farming techniques through his organization, The Stock Cropper. Stock Cropping is a dynamic farming system that combines livestock and crop production so multiple species of plants and livestock can coexist in the field. This allows farmers to harness the natural cycles of a plant-animal ecosystem to grow healthier animals, healthier soils, and a lower carbon footprint. The Stock Cropper is designed to help reconnect consumers with the people that do the work, care for the land, and sustain their local communities.



Zack Smith
The Stock Cropper

The **Ag Breakfast** is organized by the Chamber's Agribusiness Committee. Attendees will enjoy made-to-order omelets cooked by committee members. The focus for the **Ag Breakfast** is to bring farm and city together under one roof. Thanks to generous sponsors, this year's **Ag Breakfast** is **FREE** for all to attend.

Thank you to the Event Sponsors:



Breakfast Sponsors:



New Members

O'MARA LAW OFFICE

Mario Roman Ayllon Lazo
105 S Delaware Ave
Mason City, IA 50401
(505) 585-8071
mario@omaralegal.com
www.omaralegal.com

With O'Mara Law Office, one should expect the best. They are a new kind of law firm in a challenging and constantly changing market, where they help their clients overcome their most complex legal issues.

PRINCIPAL FINANCIAL GROUP

Jessica Downs, Manager - Inv Ops
711 High Street
Des Moines, IA 50392
(641) 421-5549
downs.jessica@principal.com
www.principal.com

Principal Financial Group® is dedicated to improving the wealth and well-being of people and businesses around the world; helping more than 45M customers plan, protect, invest, and retire.

VIA NO. 9

Kristin Ciavarelli, Founder
520 East Main Street
Plymouth, IA 50401
(641) 420-2569
viano9brand@gmail.com
viano9.com

Via No. 9 features timeless clothing pieces in beautiful fabric that last a lifetime. Their dresses are easy to throw on with finishes that make you feel as beautiful as you look.



From the President

Advocacy, advocacy, advocacy. This is the subject that comes up again and again in my conversations with community and business leaders. The Chamber offers many benefits for its members and the region, but the one that may be most overlooked, yet most important, is the benefit of business advocacy.

Our mission is to "promote progressive community and economic development," and this means we work to ensure your voices are being heard by our local, state, and federal representatives. We do not support individual candidates, but we do advocate for issues that impact your business and our local economy.

This month, we are offering an exciting opportunity for our members to be seen and heard by our state legislators. On March 22, we are taking a bus to Des Moines and spending a day at the Capitol. This day of advocacy will include meetings with our area representatives, as well as visits with department leaders on relevant topics like our Destination Iowa grant awards.



We hope you will consider joining us in Des Moines. If you are interested in attending or have issues you would like to see highlighted, please give me a call. We are your voice, and we will make sure you are heard.



Colleen Frein
President & CEO

Become a Certified Inclusive Employer

Chamber members are encouraged to enroll in the **Building Community** initiative and become a Certified Inclusive Employer (CIE). With declining population, the need for Diversity, Equity, and Inclusion has never been more important. Attracting high-quality workers begins with ensuring North Iowa is a welcoming community for all.

To become a Certified Inclusive Employer, Chamber members are asked to take the four steps in the Certified Inclusive Employer guide:

1. Build an Inclusive Environment
2. Walk the Talk
3. Take the Pledge
4. Utilize DEI resources and seminars



The steps above are outlined in detail in the provided CIE guide. After completing the steps, a toolkit is presented to the business containing Certified Inclusive Employer logos, graphics, sample news releases, and free admission to DEI seminars.

For more information on becoming a Certified Inclusive Employer, contact Allyson at the Chamber (akrull@masoncityia.com), or call 641-423-5724.

DEI Speaker Series - April 13

Save the date for the April DEI Speaker Series "DEI: What's the Difference and Why Do They Matter?" with Dr. Beth Berila. This virtual session is scheduled from Noon-1PM on Thursday, April 13 and will explore how Diversity, Equity, and Inclusion (DEI) differ and why they matter. DEI has become a buzzword in recent years. Beth will help participants unpack how these terms relate to one another and how can they enhance a community and organizations.

Beth Berila, Ph.D. is the Director of the Gender & Women's Studies Program and Full Professor in the Ethnic, Gender, & Women's Studies Department at St. Cloud State University, where she teaches courses in Feminist Leadership, Feminist Theory, and is an Embodied Leadership Coach & Facilitator.

Her speaking style is engaging, often humorous, and grounded in extensive teaching experience. She will lead participants through an interactive session that combines mindfulness practices with analysis.

There is no charge for Chamber members who are Certified Inclusive Employers. To learn more about **Building CommUNITY** and becoming a Certified Inclusive Employer, contact the Chamber at 641-423-5724 or akrull@masoncityia.com.

Thank you to Chevron, Renewable Energy Group of Mason City for sponsoring this session!



Beth Berila
St. Cloud State University

North Iowa Civics Bee - April 25

For the second year, the Chamber is hosting the **North Iowa Civics Bee** in partnership with the U.S. Chamber of Commerce Foundation. This year, the Civics Bee in Mason City will be one of five regional bees happening in Iowa, with the top three students moving on to the Iowa Civics Bee taking place at the Iowa State Fair.

The National Civics Bee is an annual competition that encourages young Americans to engage in civics and contribute to their communities. Participating middle school students will flex their civics knowledge for a chance to win recognition and cash prizes – including a \$500 cash prize for the winner of the local bee, and a \$1000 cash prize for the winner of the state bee.

Dozens of middle school students in North Iowa have submitted qualifying essays that are now being scored by a panel of judges. The top twenty students will move on to compete in a live event on Tuesday, April 25 in the FEMA Room at Mason City High School. The public is invited to attend this exciting event and cheer on the students. Thank you to Thrivent – Todd Leet for sponsoring this year's Civics Bee!



Todd Leet, BFA™, CLTC®, FIC
Financial Professional

Membership Renewals

Congratulations to the Chamber members celebrating membership anniversaries in March.

Eighty Plus Years

Alliant Energy (89)

McKiness Excavating, Inc. (83)

Fifty Plus Years

Home Lumber & Builders, Inc. (56)

Forty Plus Years

Baker Floral (46)

Federal Fire Equipment (45)

Hertz Farm Management, Inc. (44)

Thirty Plus Years

Haines Insurance (36)

Salvation Army (33)

Twenty Plus Years

Hearing Associates, P.C. (29)

North Iowa Golf Center & Driving Range (29)

LeDoux Signs (25)

Manpower (24)

Robin Anderson (20)

Nagle Signs, Inc. (20)

Prairie Ridge (20)

TQ Technologies (20)

Fifteen Plus Years

Town Square Publications (18)

Yunek Law Firm PLC (18)

North Iowa Corridor EDC (18)

Fertile Valley Gardens (17)

Determan Electric Co (17)

North Iowa Band Festival (17)

Country Inn & Suites - Worth County (16)

Aesthetic Touch Day Spa (16)

EXIT Realty Mason City (15)

Ten Plus Years

Grants, Etc. (14)

Flooring America (12)

Bliss Bridal & Formalwear (12)

Paint Me Gourmet (10)

Membership Renewals (cont.)

Five Plus Years

Mystic Lanes (9)
Friends of the 457 (9)
Principal Financial - Brent Willis (9)
Cerro Gordo County Community Foundation (9)
Yellowbook (8)
Hart Brothers South, LLC (8)
Matt Dodge Agency (7)
D. Randall Construction, LLC (7)
Lake Time Boat Club (7)
Child Care Resource & Referral (6)
Interstate Batteries (6)
Caribou Coffee (6)

One Plus Years

A1 Portables (3)
The Clausen House (2)
Iowa Eatz (2)
T-Mobile (2)
Summit Carbon Solutions (1)
League of Women Voters North Iowa (1)
Dave Sturges Trucking Inc. (1)
Value Investing Valets (1)
Roots - Nutrition Counseling & More (1)

Be Our Guest

Tune in Friday mornings to the Chamber "Be Our Guest" program at 8:40AM on KRIB 1490 AM, courtesy of Alpha Media.

March 3	First Security Bank <i>Matt Bradley</i>
March 10	Principal Financial Group <i>Jessica Downs</i>
March 17	Mollie's Mission <i>Linda Siems</i>
March 24	Pritchard Companies <i>Kativa Weitzel</i>
March 31	North Iowa Youth Center <i>Regan Banks</i>

Frein Joins the Chamber

Jeremiah Frein joined the Chamber staff as Membership Director in February. As Membership Director, Jeremiah is in charge of membership recruitment and retention efforts as well as facilitating our Ambassadors.

Jeremiah was born and raised in Mason City. After graduating from Newman Catholic High school, he attended Mankato State University. He lived in the greater Mankato area for almost 15 years working in real estate and contributing to the community through service clubs such as Kiwanis and Mankato's young professionals committee. Upon his return to Mason City in 2016, Jeremiah spent 5 years in sales at Moorman Clothiers, and most recently was with Principal Financial.



Jeremiah Frein
Membership Director

Jeremiah and his wife Keila are very involved in the community and their children's school and extracurricular activities. In his spare time, he enjoys spending time with his wife and their four children Easton, Jaxon, Brinley and Teigan.

Meet the Intern

Keagan Barkema is serving as the Chamber's Marketing Intern for the spring semester. Keagan graduated from Belmond-Klemme High School in 2021. She is studying graphic design at North Iowa Area Community College, and is expecting to graduate in May of 2023.

Keagan's role at the Chamber includes assisting with Chamber News, the monthly Newsletter, social media, website content, event advertising, and more.



Keagan Barkema

Keagan has enjoyed and completed many marketing classes and looks forward to working with the Chamber team to learn as much as she can. She is excited to meet Chamber members and others in the community. In her free time, she enjoys spending time with family and creating personal artworks.

Ribbon Cutting

NEW MEMBER
Scooter's Coffee
1315 4th St SW



College Connections 2023

An important initiative of the Chamber is to help attract and retain workers to our region. One way to appeal to college students is to show them what the North Iowa region has to offer and connect them to peers and professionals.

The **College Connections** program provides a series of social and educational activities on a once-a-week schedule throughout the summer, June 1 - July 27, 2023. Topics include networking, personality styles, managing credit, evaluating cost of living, and more. In addition to the scheduled social activities, a list of popular area recreational activities is provided to participants to pursue at their leisure.

Businesses are encouraged to enroll summer interns in this program to help connect young workers to the community and to each other. Each \$100 sponsor of this program may register up to 5 interns in the program. If a business does not wish to be a sponsor, the cost per intern is \$25. Contact Allyson for more information (akrull@masoncityia.com | 641.423.5724).



Wellness Seminar - April 20

The **Wellness Seminar**, sponsored by Clear Lake Bank & Trust, will be held from 9-10:30AM on Thursday, April 20 at the Commerce Center. This year's focus is "Burnout in the Workplace."

Across the Midwest, levels of anxiety and depression have remained three times higher than pre-pandemic levels. As people continue to better understand the impact of prolonged ups and downs in their lives, the Chamber wants to help businesses learn strategies to assist and help those who are especially vulnerable. Attendees will learn how to support healthy dialogue, address stigma, and promote emotional well-being.

Wellness Seminar attendees can expect to:

- Discuss how the pandemic and other disasters experienced over the past two-plus years has emotionally impacted them and the community.
- Assess their ability to promote a meaningful mental health literacy strategy in their workplace or community.
- Learn strategies to prevent burnout and manage feeling overwhelmed by engaging in healthy activities that may rejuvenate them.

This session will be hosted in partnership with the State of Iowa Department of Health and Human Services. To register for this session, contact Noah at nharris@masoncityia.com or call the Chamber at 641-423-5724!

Wellness Seminar
Sponsor:



Premier Members

Thank you to the Premier Members who have gone above and beyond in their support of the Chamber programs, events, and the **North Iowa Band Festival**. These members have made commitments to Investor Packages or supported the many events, sponsorships, and marketing opportunities of the Chamber.

GOLD \$6,000+

Chevron Renewable Energy Group
Clear Lake Bank & Trust Co.
CURRIES
First Citizens Bank
Holiday Inn Express and Suites -
Mason City
Jane Fischer and Associates LLC
MercyOne North Iowa Medical
Center
POET Biorefining - Hanlontown
Pritchard Companies

BRONZE \$1,000-\$2,999

98.7 Kiss Country / 103.7 The Fox
Bergland + Cram Architects
Century 21 Preferred
Farmers State Bank
First Security Bank & Trust
Henkel Construction Co.
Sukup Manufacturing Co.
Thrivent - Todd Leet





VISIT MASON CITY 2021-2022

IMPACT & ACCOMPLISHMENTS

◆ Q1: OCTOBER-DECEMBER

- Submitted bid to host RAGBRAI XLIX
- Hosted Iowa Travel Industry Partners membership meeting
- Released second series of MC/CL videos
- Expanded Visitor Center / moved staff offices
- Launched *Shop Sooner. Give Later.* holiday shopping campaign
- Site Visits/Planning Support for Iowa Academic Decathlon, Preserve Iowa Summit, IHSBCA Senior All Star Series, Iowa State Pedal Tractor Pull Championships, Jefferson Highway Association
- *The Music Man* returns to Broadway

◆ Q2: JANUARY-MARCH

- American Bus Association Marketplace
- Iowa Bike Expo
- Mason City announced as overnight stop for RAGBRAI XLIX
- *One Tank Away* digital ad campaign
- Hosted Iowa Academic Decathlon
- Provided planning assistance for North Iowa Events Center's capital campaign
- Site Visits/Planning Support for Preserve Iowa Summit, Iowa State Pedal Tractor Pull Championships, ISCTA Fall Leadership Conference, Jefferson Highway Association

◆ Q3: APRIL-JUNE

- Planning & Preparations for RAGBRAI XLIX
- Launched *Team Trouble in River City* community engagement campaign
- *This Is North Iowa* ad campaign
- *This Is Mason City* digital ad campaign
- Celebrated Nat'l Travel & Tourism Week
- Launched *Discover Mason City* Experience Passport
- Hosted Preserve Iowa Summit
- Welcomed RAGBRAI Pre-Ride
- Hosted Midwest Travel Network FAM Tour
- Midwest Travel Network Conference
- Red Bull Soapbox Race Iowa
- Site Visits/Planning Support for Iowa Geocachers Organization, Iowa State Pedal Tractor Pull Championships, ISCTA Fall Leadership Conference, Jefferson Highway Association

◆ Q4: JULY-SEPTEMBER

- Hosted RAGBRAI XLIX
- Hosted IHSBCA Senior All-Stars Series
- Hosted Iowa Geocachers Organization
- Hosted Iowa State Pedal Tractor Pull Association State Championships
- *This Is Mason City* digital ad campaign
- Site Visits/Planning Support for ISCTA Fall Leadership Conference, Jefferson Highway Association, Pyrotechnics Guild International

SPREAD THE WORD ACROSS THE WORLD

During FY21-22, Visit Mason City fulfilled 55,738 visitor requests from all 50 states and 32 countries and welcomed more than 4,000 guests to the Mason City Visitor Center.

LEISURE TRAVELERS

\$11,733,848



REACHED A RECORD NUMBER OF SITE VISITS & UNIQUE USERS

134,592

WEBSITE SESSIONS ON
VISITMASONCITYIOWA.COM

PROVIDED SUPPORT & SERVICES TO 134 LARGE GROUP EVENTS

VMC staff worked with 134 meetings, sport events, and/or motorcoach tours resulting in more than 110,118 visitors to our community and an estimated \$12.6 million in visitor spending from large group events.



SPORTS

\$10,768,979



GROUP TOURS

\$84,781

MEETINGS & CONVENTIONS

\$1,793,136



\$24.3M ^{▲40%}

ESTIMATED VISITOR SPENDING
SUPPORTED BY VISIT MASON CITY

HELPED FUND 16 EVENTS & MARKETING PROJECTS.

VMC awarded \$10,580 to events and marketing projects in FY21-22. These projects brought an estimated 18,877 visitors, 1,825 room nights, and \$1.8 million in economic impact to Mason City.



OUR MISSION

To enhance the economy of Mason City and the North Iowa area through the promotion of the area as a destination for overnight visitors.





Our mission is to promote, preserve, and enhance Downtown Mason City as a diverse business, cultural, residential and entertainment destination for the benefit of the entire community.

MARCH 2023

UPCOMING EVENTS

Presented by Main Street Mason City

BOARD OF DIRECTORS

PRESIDENT

Steve Bailey, Century 21
641.424.9400
steve.bailey21@gmail.com

VICE PRESIDENT/SECRETARY

Tessa Trout, MercyOne
641.430.6607
tessa.trout@mercyhealth.com

TREASURER

Jaclyn Meier, First Citizens Bank
641.425.3475
Jaclyn.Meier@myfcb.bank

Diane Arndt, Reflections
641.424.7001
diarndt12@gmail.com

Melissa Fabian, Simply Nourished
Mason City Youth Hockey Assoc.
701.212.5566
melissafabian@yahoo.com

Jason Geving, Edward Jones
515.320.3945
Jason.Geving@edwardjones.com

Abigail Lee, Lee Realty
641.512.2208
leerealtyiowa@gmail.com

Tim Schupick, Schupick + Associates
641.425.7926
tim@schupickcpas.com

CITY LIASON

Steven Van Steenhuyse
641.421.3626
svansteenhuyse@masoncity.net

PAST PRESIDENT

Kevin Sullivan, First Citizens Bank
641.420.6084
Kevin.Sullivan@myfcb.bank



FRIDAY, APRIL 7, 2023

Spring Bunny Pub Hop
6:00 PM-10:00 PM * Downtown Mason City

SPRING 2023: DOWNTOWN CLEAN-UP



JUNE 2-AUGUST 28, 2023

FRIDAY NIGHT LIVE ON THE PLAZA
Weekly Live Music * Downtown Mason City



SATURDAY, SEPTEMBER 16, 2023

Brew to Brew Bike Ride
12:00 NOON-4:30 PM * Downtown Mason City

FALL 2023: DOWNTOWN CLEAN-UP



SATURDAY, OCTOBER 21, 2023

Haunted Historic Building Tour
6:00 PM-10:00 PM * Downtown Mason City



SATURDAY, NOVEMBER 25, 2023

****SMALL BUSINESS SATURDAY****

Run with Rudolph 5K Fun Run 9:30 AM-11:30 AM

Home for the Holidays 2:00 PM-5:00 PM

Tree Lighting Ceremony 5:15 PM



SATURDAY, DECEMBER 9, 2023

Jingle Mingle Pub Crawl
6:00 PM-10:00 PM * Downtown Mason City

Learn more at www.mainstreetmasoncity.com/events

Sign-up for the Main Street Mason City e-newsletter to receive news, updates, and event info directly in your inbox!

www.mainstreetmasoncity.com/newsletter



BOARD OF DIRECTORS

Officers:

Robert Klocke, Chairman of the Board
First Citizens Bank

Kent Brcka, Vice Chair
Henkel Construction

Chelsy Snyder Anderson, Treasurer
Dean Snyder Construction

Collin Davison, Secretary
Laird Law Firm

Scot Smed, Past Chairman
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Christy Marchand
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Emily Peters
Union Pacific Railroad

Chuck Schafer
North Iowa Cooperative

Rod Schlader
MercyOne North Iowa

Josh Thompson
Clear Lake Bank & Trust

Ellen Pritchard
Pritchard Companies

Ex-Officios:

Mayor Nelson Crabb
City of Clear Lake

Mayor Bill Schickel
City of Mason City

Supervisor Tim Latham
Cerro Gordo County

Dr. Steven Schulz
North Iowa Area Community College

Aaron Burnett
City of Mason City

Tom Meyer
Cerro Gordo County

Scott Flory
City of Clear Lake

NORTH IOWA CORRIDOR EDC'S BRE PROGRAM

One of the most important efforts of the North Iowa Corridor is our Business Retention and Expansion (BRE) program. The North Iowa Corridor is committed to assisting and supporting existing large business within the region and this program continues to be a lead objective in the organization's overall strategic plan. Regular visits with existing large business assists in getting a better understanding of how critical and valuable they are to our local economy.

The BRE program is used to identify opportunities for growth and any impediment that discourage local expansion. Shaun Arneson, Vice President, Existing Business and Project Management said "Based on research, existing business and industry account for over 70% or more of new jobs and capital investment. It is important that we show our appreciation for their investment and contribution to our regional economy and be a resource for them to remain competitive in our global economy".

Arneson and other North Iowa Corridor staff conduct in-depth interviews annually with area major employers in manufacturing, ag-related and service-related business in the region to gather information. The same questionnaire will be used for each company visit to help identify individual business needs, concerns and suggestions about the local business climate. The North Iowa Corridor has conducted these interviews for the past several years and it allows the Corridor to gain invaluable insight into the dynamics of the local economy.

Any and all company information gathered is kept strictly confidential and results will be in aggregate form. A report with aggregated results will be compiled to the participating companies which will eventually track trends over time.

THE NORTH IOWA JOINT COMPREHENSIVE PLAN

The City of Clear Lake, the City of Mason City, and Cerro Gordo County are planning together to encourage growth and develop beneficial policies with the North Iowa Joint Comprehensive Plan.

A comprehensive plan is a long-range plan for determining a community's goals and can guide development, growth, service, and preservation. This plan will help develop policies and guidelines for future development and planning efforts. The final plan will help coordinate goals to create one cohesive community.

We want to hear from you!

For updates, please scan the QR code to take the survey and map your ideas.



SCAN ME FOR
MORE INFO

CHAD SCHRECK
PRESIDENT & CEO

cschreck@northiowacorridor.com

SHAUN ARNESON

VP, EXISTING BUSINESS & PROJECT MANAGEMENT

sarneson@northiowacorridor.com



The 2023 John Pappajohn Entrepreneurial Venture Competition

The 2023 John Pappajohn Iowa Entrepreneurial Venture Competition will open for applications in March. The eighteenth annual statewide competition will award \$100,000 in cash prizes to Iowa startups and entrepreneurial ventures. The \$100,000 in seed funding includes a \$50,000 contribution from John and Mary Pappajohn, matched by \$50,000 from the Iowa Economic Development Authority (IEDA). The goal of this competition is to support Iowa's entrepreneurial ecosystem by assisting entrepreneurs.

Iowa businesses that have been in operation for four years or less, or are not yet cash flow positive, are eligible to apply. This competition is open to businesses including, but not limited to, technology, bio-technology, green technologies, medical, advanced manufacturing, agriculture, engineering, and education industries.

Participants will be judged first on their written submissions, and, those who advance to the final round of the competition, will give a formal presentation to a panel of judges. First place will be awarded \$40,000, second place \$25,000, and third place \$15,000. Awards for other honorable mention categories will total up to \$20,000.

The competition is a collaborative project of the Iowa John Pappajohn Entrepreneurial Centers located at Drake University, Iowa State University, North Iowa Area Community College, the University of Iowa, and the University of Northern Iowa.

In 2022, three entrepreneurs working with the NIACC Pappajohn Center made it to the final round: Mitchell Hora of Continuum Ag (Washington, IA) who won the First Place prize of \$40,000; Jayson Ryner of ReEnvision Ag (Nora Springs, IA) who won an Honorable Mention prize of \$5,000; and Jill Ihrke of Easy2Show (Sheffield, IA) who won an Honorable Mention prize of \$2,000.

For additional information about the competition or to apply, visit www.pappajohncompetition.com.



Left to Right: Brook Boehmler, Candi Karsjens, Mitchell Hora, Jill Ihrke, Jayson Ryner, and Anthony Riesen.

NIACC Pappajohn Center & SBDC Staff

Candi Karsjens, *Director*

Brook Boehmler, *North Iowa Area SBDC Director*

Ashley Page, *Director of Entrepreneurship Programs*

Kelley O'Rourke, *School Partnership Coordinator*

Joyce Martin, *Marketing & Community Relations Mgr.*

Anthony Riesen, *Innovation Workspace Coordinator*

Mary Spitz, *Administrative Assistant*

Band Festival Announcements

PARADE ENTRIES

The North Iowa Band Festival Committee has announced the theme for the 84th: All-American Band Festival. Parade entries are being accepted on a first-come, first-served basis. Be sure to get your parade entries in! Organizations are encouraged to decorate their floats with a patriotic theme to honor the hard-working people across the country.

BUTTON DISCOUNTS

New this year: Button Discounts! The Band Fest committee is inviting any businesses who are interested in providing a special deal or discount to button-wearers to contact the Chamber!

FRIENDS OF THE FESTIVAL

The Band Fest committee counts on the generous support of our community to keep the festival free to attend. Interested in making a donation to the Festival? Just fill out and mail the enclosed form!

BILL RILEY TALENT SHOW

The North Iowa Band Festival foundation has partnered with the North Iowa Youth Center to present the Bill Riley Talent Show at the 84th North Iowa Band Festival! Interested in learning more? Contact Regan Banks at the North Iowa Youth Center (641) 420-6609).



Chamber Trip to Croatia

The Chamber's travel program is hosting a trip to Croatia, a country at the crossroads of Central and Southeast Europe with its coast entirely on the Adriatic Sea. The main tour is November 4-12, 2023 with an optional 4-day extension to Dubrovnik.

Dive into centuries of Croatian history and explore its medieval cities, tranquil lakes, and quaint local villages. Visit a first-century Roman amphitheater in the city of Pula, and discover the quintessential fishing village of Rovinj with its especially strong Venetian influences and the "Golden Island" of Krk. Explore Italy's Venice and travel along the Dalmatian Coast to captivating towns and villages from Split to Dubrovnik.



The Very Best of Croatia & the Dalmatian Coast

- City Highlights: Zagreb, Opatija, Rovinj, Pula, Venice, Island of Krk, Split, and Trogir
- Trip cost: \$3,249* per person (double occupancy) | \$699 single supplement
- Optional Dubrovnik Extension: \$699

** Early bird pricing is good until April 20, 2023. Early-bird benefit includes \$100 discount.*

Inclusions: International round-trip airfare from Minneapolis (MSP), transportation and hotel accommodations, English-speaking tour director & sightseeing fees, and 10 meals.

Trip details and a full itinerary are available online at masoncityia.com. Contact Allyson at the Chamber (akrull@masoncityia.com | 641.4223.5724) for more information or to register.

Chamber Bowl Results

The **Chamber Bowl** was held on February 16 and 17 at Mystic Lanes Bowling Alley. Teams enjoyed lunch before facing off in a friendly bowling tournament where 24 teams competed for the top score.

Various door prizes and raffles were awarded at the end of each day. Congratulations to Sukup Manufacturing for winning this year's tournament! To see the complete leaderboard, head over to www.masoncityia.com.

- 1st Place Overall - Sukup Manufacturing
- 2nd Place Overall - Heartland Asphalt
- 3rd Place Overall - Edward Jones - Sara Carlsson



1st Place Overall - Sukup Manufacturing



2nd Place Overall - Heartland Asphalt



3rd Place Overall - Edward Jones - Sara Carlsson

Golf Outing Save the Date

Save the date for the Chamber's annual **Golf Outing** on Thursday, June 15 at the Highland Park Golf Course in Mason City!

In the event of rain, an alternate date has been scheduled for the following Thursday, June 22. Lunch, dinner, and green fees are included with registration, which is taken on a first-come, first-served basis. Keep an eye on the Chamber's communications to learn when registration for the **Golf Outing** is open.

Tournament Sponsor:



Leadership North Iowa 2023

Leadership North Iowa participants have been meeting weekly to learn more about leadership development skills and industry in North Iowa.

The group has started planning for their community impact project and will have more information for the public soon on their efforts.



Michael Voet from MercyOne Medical Center North Iowa presents on leadership and personality styles.

Breaking Glass Recap

April Hemmes served as the speaker for the Chamber's **Breaking Glass: Women's Leadership Series** on Thursday, February 2.

Hemmes serves as a District 2 Director for the Iowa Soybean Association and has farmed for more than 35 years growing corn and soybeans.

"In agriculture, we're a small community", Hemmes said. "But women in agriculture are even smaller. We have voices and they need to be heard."

The **Breaking Glass: Women's Leadership Series** offers a unique learning experience to help women stretch their leadership potential, drive their careers with vision and purpose, and make a greater impact within their organizations.

Interested in learning more about the series? Join the Chamber's **Breaking Glass** Facebook page to stay up to date on speaker announcements, recap videos, and more!



April Hemmes
Iowa Soybean Association / Area Farmer

Wellness

Healthy Eating on a Budget

With March being National Nutrition Month, it is important to focus on healthy eating and maintaining a proper diet. Healthy eating is an important part of life and crucial when it comes to good nutrition. Consider these nutrition tips next time at the grocery store!

SWITCH TO STORE BRANDS

Buying store brand items help save up to 30% on the grocery bill. Items such as milk, canned tomatoes, olive oil, and frozen fruits and vegetables are usually available in a cheaper store brand version. Compare the ingredients list and nutrition facts panel to avoid purchasing a product with added ingredients.

SHOP WITH A LIST

A grocery list is a great way to monitor spending. This can help make shopping easier and faster and reduce impulse buys, taking home only the items needed.

PLAN YOUR RECIPES

When purchasing ingredients for a recipe, plan out the specifics ahead of time. Consider adapting recipes to fit needs, use recipes with common and inexpensive ingredients, and find ways to stretch a recipe.

Spending money can be a real hassle, and grocery shopping is something that can be difficult for everyone. But when given the proper time and thought, the process can be made more bearable. After all, a healthy life is always the most valuable.



Chamber Leadership

Executive Committee

Evan Raulie, Board Chairperson
Smithfield
Dr. Paul Manternach, Chair Elect
MercyOne North Iowa Medical Center
Jane Fischer, Past Chairperson
Jane Fischer & Associates, LLC
Danielle Pace, Treasurer
Clear Lake Bank & Trust Co.
Kyle Bermel, Small Business
Division Vice President
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Division Vice President
CURRIES
Jessica Tierney, Workforce & Leadership
Division Vice President
Tierney Properties
Todd Leet, Community & Membership
Division Vice President
Thrivent - Todd Leet

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Therapy Center*
Jeremy Holman, *Kraft Heinz*
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Janet Johnson, *One Vision*
Matt Koch, *Sukup Manufacturing*
Dr. Michelle LaCoste, *Animal Medical Hospital*
Matt Leibrand, *Stoney Creek Hospitality Corp.*
Kevin Meyer, *First Citizens Bank*
Amber Morud, *Charlie Brown Preschool &
Child Care*
Jessica Reith, *Cargill Protein*
Jenna Sheriff, *Jane Fischer & Associates*
Katy Showalter, *Window World of Mason City*
Luke Weiss, *Hoover's Hatchery*
Valerie Zahorski-Schmidt, *NIACC*

Staff

Colleen Frein, MBA IOM
President & Chief Executive Officer
cfrein@masoncityia.com
Allyson Krull, IOM
Vice President
akrull@masoncityia.com
Noah Harris
Program & Marketing Director
nharris@masoncityia.com
Jeremiah Frein
Membership Director
jeremiah@masoncityia.com
Isaac Bartz
Service & Operations Associate
chamber@masoncityia.com

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City, IA 50401-3250.



Upcoming Events MARK YOUR CALENDAR

Professional Development

Wednesday
March 22

Chamber Day at the Capitol | Time TBA
Contact the Chamber for details

Networking Events

Thursday
March 23

Ag Breakfast | 8-10AM
All Seasons Building, North Iowa Events Center | 3700 4th Street SW

Thursday
March 30

Business After Hours | 4-6PM
Sponsored by NSB Bank and JP Wealth Advisors
NSB Bank | 2650 4th Street SW

Get Involved/Committee Meetings

Tuesday
March 7

Ambassador Meeting | Noon-1PM
Anderson Event Room, Commerce Center | 9 N Federal Ave

Wednesday
March 8

Agribusiness Committee Meeting | 8-9AM
Anderson Event Room, Commerce Center | 9 N Federal Ave
Program Committee Meeting | Noon-1PM
Board Room, Commerce Center | 9 N Federal Ave

Friday
March 10

Band Festival Committee Meeting | Noon-1PM
Band Festival Room, Commerce Center | 9 N Federal Ave

Tuesday
March 21

Wellness Committee Meeting | 3-4PM
Farrer Room, Commerce Center | 9 N Federal Ave

April 2023

April 13 | DEI Speaker Series
April 20 | Wellness Seminar
April 25 | North Iowa Civics Bee