

# THE FIRST EDITION

First English Lutheran Church 511 W Belle St, Cannon Falls, MN 55009 Phone 507-263-3042

MAY 2022

## Community Changes...

I've been doing interim pastor work now for almost five years, and one of the things I've learned from each congregation I have served is the importance of understanding the community and surrounding area where the church is located.

Communities, especially smaller ones like Cannon Falls, are often especially "interconnected". Unlike the Twin Cities metro areas, it isn't unusual for many of the residents of a smaller town to be related to one another. When a misfortune happens in Cannon Falls, more often than not community members actually know the person involved. I live in Rosemount, and in the case of an emergency the likelihood that I would know the person involved would be very low. In a small town, you're way more apt to know many others, and simultaneously be known by them, too. In a place like Rosemount, it's far more probable that people won't know you. I myself prefer smaller towns for that very reason.

One aspect of smaller town living that is problematic, however, is the tendency of its residents not to notice the sometimes subtle—but significant—changes that are occurring with the community. Having grown up in a small town myself (Gaylord, MN, population 2400), I am well aware how easy it is to think that "nothing much ever happens here" and that "everything just kind of stays the same mostly". Though it may feel this way at times, these statements actually are false.

Things are always changing (whether we like it or not), even in Cannon Falls and Gaylord. New people move in literally every week, while others depart for new destinations. Kids are born, and elders pass on. Businesses open... businesses close. And because of the higher level of interconnectedness in a smaller community, often the effects of these changes are more wide-reaching than they would be in a metro suburb.



A big part of my work as your interim pastor will be guiding a group of people called the Transition Team to uncover the changes in the Cannon Falls area which have, and are currently, occurring. This information will be crucial to help us determine the type of pastor leader who can help us meet the needs of the people today (and in the future) who live amongst us. Let me give you one small example: Many people today worship remotely on their computer and meet remotely using tools like Zoom. Well, given this new reality, it will be important that our new pastor be skilled in these areas. But just think—even as few as 10 years ago these skills wouldn't have been necessary or even thought of! As I said, things are always changing—even in Cannon Falls!

To close here, please know that I am available to visit with you concerning the process of getting a new pastor, or for any other reason (including one of my favorite topics: Twins baseball). Blessings to all of you as we move into some hopefully nicer weather!

Pastor Mike

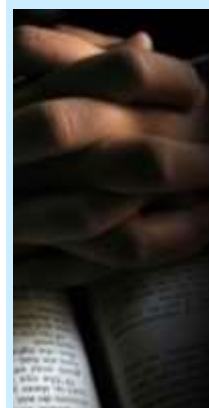
## WOMEN OF FELC

MAY MEETING

Tuesday, May 3

at 10 am

in the Church Fellowship Hall



## WISH TO PUT SOMEONE ON THE PRAYER CHAIN?

Contact our Prayer Chain Coordinators

Marlys Weber 507-263-2737

Marcine Lundell 507-263-9146

E-mail: [marcinegrace@gmail.com](mailto:marcinegrace@gmail.com)

or the church office to place your prayer request or if you'd like to be a prayer petitioner on the FELC Prayer Chain.

### The Importance of You and the Work We Do

Enough cannot be said of the importance of committee work in accomplishing the goals of the Church. Those who are serving or have served on any board, our church or other areas, know that to be effective there is much board work that doesn't necessarily happen - or can even happen - at a meeting.

From Moses to Jesus, 'committees' were used to accomplish great missions and visions. Moses' father-in-law came to visit Moses in the wilderness and saw all Moses was doing. He said, "What is this that you are doing for the people?" Moses said, "Because the people come to me to inquire of God. When they have a dispute, they come to me and I decide between one person and another, and I make known to them the statutes and instructions of God." Moses' father-in-law said to him, "What you are doing is not good. You will surely wear yourself out, both you and these people with you. For the task is too heavy for you; you cannot do it alone." (paraphrased from Exodus 18: 14-18)

This is good advice and wise for boards and committees to follow today. Appointing committees to help carry the load will help our church thrive, even under great pressure.



There are many other biblical examples showing us that it is wise and prudent to appoint 'committees' and to divide tasks to accomplish kingdom work. Here are a few:

- Jesus sent out the twelve disciples two by two for a specific work. (Mark 6)
- He sent ahead of the seventy-two other disciples two by two for certain work and they joyfully reported to him. (Luke 10).
- Paul explains that God, in His grace, gave each part of the body certain gifts for doing certain things well. (Romans 12)

In His grace, God gives everyone certain gifts to carry out tasks that advance the mission and vision of the Church. This requires committed, and called members to function as committees. With no committees, only a few people are required to carry out every task of the work. This can rapidly lead to ministry fatigue.

Committees are necessary because they:

- Involve, energize and utilize the gifts and skills of all members
- Accomplish the important work of the Church
- Build for the future
- Develop and strengthen strong churches
- Enhance the ministry
- Provide a structure for teamwork
- Will allow members the opportunity to serve in their area of interest and free them from other areas that potentially can overwork them and/or cause ministry fatigue.

Consider joining one (or two!) of our church committees that could utilize your gifts. Contact the church office, or a council member and ask about areas where your gifts could shine and share the work of the Church.



**LAYTON HENRY AUSTIN** was baptized on Sunday, April 3, 2022. He was born on November 30, 2021, to Madasyn and Trevor Austin in Red Wing, MN. Godparents are Mason and Logan Hofstedt.

### FREE BLOOD PRESSURE CHECKS

After the second Sunday Worship each month, FELC attendees are invited to get their blood pressure checked after the service. For more information, contact Becky Shepard, Parish Nurse, at 507-298-1176.



# MEMORIALS & GIFTS

MARCH/APRIL 2022

## In Memory of JoAnn Flaten

from Roger and Janice Flaten  
from Lowell and Sharon Anderson

## In Memory of Susan Olson

from Roger and Janice Flaten

## In Memory of JoAnne Johnson

from JoAnne Johnson Estate

## In Memory of Jerry Pedersen

from Doug and Lynn Larson  
from Phyllis Wilson  
from Sharon Aamodt  
from Jim and Carolyn Nelson  
from Patricia Zimmerman  
from Jeanette and Dick Sutherland  
from Rose Pederson  
from Dar Qualle  
from Thomas and Carlyn Schramske

# WORSHIP SERVICES

The livestream of our 9 am worship services is available on our website, [www.firstenglishchurch.com](http://www.firstenglishchurch.com)



...on our YouTube channel & Facebook page

...aired on the local HBC Channel 12

(check local listing for times and days)

& MediaCom cable channel 12 (11 am on Tuesday, 3 pm

Wednesday, and 4:30 pm on Saturday)

If you'd like to have a DVD of the worship services delivered to your home, contact the church office at

507-263-3042.

*Still unable to access the weekly worship?*

*Call the church office; a link can be sent to your email and you can click on it and watch!*

# MAY USHERS

**May 1** - Phil & Denise Jacobson

**May 8** - Craig & Shelly Ritz

**May 15** - Mike Trelstad

**May 22** - Amanda Thompson & Girls

**May 29** - Dean Kautz

## USHER COORDINATORS

### January-February-March

Dean Kautz 612-750-1868

[dwkandmak@gmail.com](mailto:dwkandmak@gmail.com)

### April-May-June

Jim Nelson 507-298-0177

[jimbabe4951@gmail.com](mailto:jimbabe4951@gmail.com)

### July-August-September

Scott & Tesha Johnson

651-258-4452

[scottj@sleepyeyetel.net](mailto:scottj@sleepyeyetel.net)

### October-November-December

Randy Nelson 651-494-8283

[rmnelson.cannonfalls@gmail.com](mailto:rmnelson.cannonfalls@gmail.com)

Thank you for your assistance during Worship!

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## Senior Recognition

### Sunday, May 22, 2022 | 9 am Worship

Graduating seniors and parents, we look forward to recognizing and celebrating you in worship on Sunday, May 22 at 9 a.m. At this service, youth and parents will be recognized, and scholarships will be presented by the Women of First English Lutheran Church. There will also be a reception for following the worship service. On behalf of the First English faith community, we will have a gift for each graduate.

## Baccalaureate Worship Service

### Sunday, May 15, 2022 | 7 pm, St. Pius Catholic Church

The baccalaureate service invites graduating seniors, families, and all those interested, to gather to for worship to celebrate our graduates, give thanks for their time as students, and anticipate their future. This year the service will be held at St Pius Catholic Church, on Sunday, May 15, at 7 pm. Refreshments will be served afterwards. This service is sponsored by the Community Churches Interaction Council (CCIC).

## FELC Women's Scholarship Available for Graduating High School Seniors

The Women of First English Lutheran church will be giving one or more scholarships to graduating high school seniors who are planning to continue their education at a four-year college, junior college, or vocational school.

The application can be found on the church website at [www.firstenglishchurch.com](http://www.firstenglishchurch.com), along with the criteria.

**Deadline to apply is May 15.** Scholarships will be awarded during worship on Sunday, May 22.

## Forming and Reforming Relationships in Old and New Ways

*“When Moses invited all of the Israelites to contribute their diverse skills and gifts to the building of the tabernacle, they had more than they could use.” Hayim Herring and Terri Elton*

First English has a long history of ministry, and our beautiful Sanctuary, Christian Education area, Fellowship Hall, and Food Shelf space reflect our history. In the last several years, how people communicate, and form relationships has broadened from in-person activities, letter writing, and telephone calls, to include web-based technology like email and Zoom, and social platforms like Facebook and Instagram. The people of First English are agile people, and we are finding ways to include traditional and web-based technologies in our ministries.

The pandemic challenges us to continue to form and renew relationships in new ways. In Exodus, Moses invites all the Israelites to help build the tabernacle, saying, “This is what the Lord has commanded: From what you have, take an offering for the Lord.” Soon the workers came back and told him they had “more than enough for the work to be done.” Jesus also focuses on relationships, and during the Last Supper, gives us a new commandment, “to love one another as I have loved you.” (John 15:12).

What is the mission of the Children, Youth, and Family Ministry in this particular time and place? Our impact

statement states, "Faith Formation at First English Lutheran Church is an engaging place where we teach, model and nurture relationships across generations while forming faith in Jesus Christ."

We form faith through relationships. It is exciting to return to ministries which nurture relationships, especially when current studies inform us that people of all ages are feeling more isolated and anxious now than prior to the pandemic.

Thankfully, ministries that were halted during the pandemic are returning. The Youth Lead Team, which we formerly called Peer Ministry, meets May 15. Vacation Bible School dates and times will be set soon. We invite you to consider helping with this ministry, for a couple hours as we prepare, a couple hours as we lead the programs, or more time if your schedule allows. This summer's VBS theme is Old Testament Favorites. Our curriculum is flexible and VBS will be offered in-person, through email, and with social media. We also hope to offer Summer Stretch days for youth. Watch for more information, and look forward to forming and renewing relationships.



**What: YOUTH LEAD TEAM**

**When: Sunday, May 15, 4 -6 pm**

**Who: Youth in grades 6-12, 2021-2022 school year**

**How: Register online with your Subway sandwich order and parent permission form by Wednesday, May 11.**

Why Youth Lead? In this small group ministry, youth explore faith through service, discussion, and fun. Youth also learn leadership and communication skills which help them be a resource to peers who may have questions about faith and life. Youth and adult leaders interested in participating or learning more about this ministry are invited to join us Sunday, May 15 from 4 - 6 pm. Kristin Scott Irrthum and Kris Hertsgaard Kincaid will be co-leading this ministry.

How do youth benefit from this experience? The Youth Lead ministry:

- Gives youth space to dig deeper into who they are and who God might have created them to be.
- Provides space to get to know others and explore their faith in a small group at FELC.
- Provides an opportunity to lead and serve in our church, community, and world.
- Generates ideas for fundraisers, service events, and fun nights for grades 6-12.
- Commits to being part of a group that meets monthly.

**RSVP by filling out the Youth Lead interest form (which includes your Subway sandwich order)**

**on or before Wednesday, May 11, which is available at:**

**[www.firstenglishchurch.com/youth.html](http://www.firstenglishchurch.com/youth.html)**

## Summer 2022 Children, Youth, and Family Ministries

VBS FOR BACK YARDS

### OLD TESTAMENT FAVORITES



Whether you are age 3, 33, or 83, you are invited to experience your favorite Old Testament stories through storytelling, songs, games, and crafts in this summer's Vacation Bible School (VBS). A VBS team will select the dates by May 1 and registration information will be emailed, posted on social media, and available at the church office in early May!

#### What to know about VBS 2022:

- You can choose to attend in person, participate from home, or pick a combination that works with your schedule.
- All participants will receive every lesson via email. Even if you sign up to participate onsite, each lesson will also be sent to you via email.
- This means . . . this could be a wonderful VBS to share with grandchildren or grandparents who live out of town.
- You can participate in our VBS from anywhere. If you are visiting out-of-state during our VBS time, you will still be able to participate.

We know when we learn God's story together, we grow in God's love together. We will also create a private Facebook group to share sing-alongs and post photos of our activities with everyone else at First English. Watch for more information soon!



## Good Earth Village Summer Camp Ministry Returns in 2022

Good Earth Village is excited to bring back traditional summer camping programs. Day programs start with preschool play days, and overnight programs are offered to kindergarten -high school ages. There are also two weekends which offer intergenerational family camp. You are invited to check out camp descriptions, the summer schedule and other frequently asked questions on their website, <http://goodearthvillage.org/>

## Outdoor Ministry Camperships

First English Children, Youth and Family funds provide financial support to children and youth attending ELCA Summer Outdoor Ministries and Camps. Through the Ostrom Endowment and First English Lutheran Church Foundation, funds are available for children and youth registered for an ELCA Summer Outdoor Ministry program. Each child may request \$200 for a camp experience. Please reach out to Kris Kincaid for details.

## New baby? We want to know!

Are you expecting a child through birth or adoption? Do you have a new infant at home? In these sacred seasons of waiting for and welcoming a baby, First English Lutheran Church is here for you. We have resources to support the whole family and look forward to connecting with you! Contact Kris at [felcykris@gmail.com](mailto:felcykris@gmail.com).



## CYF – Upcoming May Ministries

**Sunday, May 1,** 9 am Worship, last Sunday School meeting of the school year.

**Monday, May 2,** 7 pm CYF Team Meeting via Zoom.

**Wednesday, May 4,** 6:15-8 pm ,Mentor Night, grades 6-9, – Picnic and Barbecue served from 6-6:30 pm, Program 6:30-7:25 pm, and Worship 7:30-8 pm

**Sunday, May 15,** 9 am Worship, First Communion, 5th Graders

**Sunday, May 15,** 4-6 pm, Youth Lead, grades 6-12, Fellowship Hall, . Register by May 11 online at [www.firstenglishchurch.com/youth.html](http://www.firstenglishchurch.com/youth.html).

**Sunday, May 15,** 7 pm, Baccalaureate Service hosted by St. Pius Catholic Church, .

**Sunday, May 22,** 9 am Worship, Senior Recognition, with refreshments to follow.

# COUNCIL HIGHLIGHTS

## FELC Council Highlights: April 7, 2022

Present: Phyllis Althoff, Brenda Duetsch, Phil Jacobson, Diane Johnson, Scott Johnson, Dean Kautz, Dan Meyers, Mike Miller, Jim Nelson, Jennifer Nobach (via Zoom), Mike Trelstad, Pr. Mike Zaske.

Excused: Robin Stewart

Non-voting: Karen Anderson, Royce Anderson, Kris Kincaid (8 pm)

Pr. Zaske lead opening devotions.

Approved agenda with addition of new business C. Kris Kincaid departure.

Approved March 10, 2022, council minutes.

### Pastor's Report:

Pr. Zaske provided a detailed description of the transition period and work to be done. Phase one involves self-study (internal assessment), developing a mission plan (external assessment), identifying specific gifts needed by a leader, and creating our Ministry Site Profile (MSP). This work will likely not be finished until late fall. Council agreed that this phase would be spearheaded by a "Transition Team" of 6 people (with only 1 of the 6 from the council). Names of possible people to serve on the transition team should be given to Pr. Zaske. Once the MSP has been submitted to the Synod, the second phase begins. A "Call Committee" of 6 people will be appointed. The call committee will interview candidates and ultimately make a recommendation.

### Treasurer's Report: K Anderson

2/28 General Fund Balance	\$ 12,131.05
March General Fund Income	+ 23,333.19
March General Fund Expense	- 17,947.13
3/31 General Fund Balance	\$ 17,517.11
3/31 Fund Balances/Gifts	
Rooted in Faith Fund	\$ 31,451.01
Building Expense Fund	\$ 5,037.18
Youth Account	\$28,941.72
Benevolence Gifts (March)	\$ 1,512.59
Designated Gifts (March)	\$ 8,209.89

During the month of March, we received good offerings to all areas. We need approximately \$24,000 in general fund income each month if expenses come in as budgeted. We still have a credit balance at the gas company. We have the General Fund Reserve and the CARES Grant to help us keep in the black if offerings fall short of expenses. As of March, the pledges received for Building Expenses, Benevolence, and Rooted in Faith are ahead of the amounts that were budgeted. The Youth account continues to be in good shape. Undesignated Lenten/Easter memorials will be used to pay the Easter flower bill (app. \$300) and the Cannon River Conference annual dues (\$233), with the remainder to be designated by the Council. Organ repairs totaled \$1,719, which was

paid from the organ fund. Approved Treasurer's Report.

### Old Business

1. Constitution and bylaws review: D. Johnson and D. Kautz have received from the Synod a copy of our congregation's official constitution (1994).

### New Business

1. Approved depositing recent undesignated memorial gift in Undesignated Memorial Fund.
2. Approved not doing new background check on Pr. Zaske, as Synod conducted one in July of 2021.
3. Discussion on how to fill Kris Kincaid's position after her departure in the fall. S. Johnson will work with K. Kincaid to get together a group of parents of youth to work on a job description. Pr. Zaske will be in touch with Synod, Luther Seminary, and other organizations to post position. K. Kincaid has done great work with our youth and it needs to be continued.

### Committee Reports

Social Ministry: D. Kautz

Group met March 21. Fleece blankets will be given to our graduating seniors.

Worship and Music: D. Kautz

Jill Serres working on getting choir together. Group discussed possibility of having communion offered on 1st and 2nd Sundays (currently on 1st and 3rd Sundays) to accommodate those who may work every other weekend.

Faith Formation: K. Kincaid and J. Kobach

1. Youth (8-18) are enjoying Sunday School during worship; J. Kobach is leading and planning
2. Youth Leadership Team is coming back
3. VBS: have contracted a program, need volunteers to schedule

Memorials: J. Nelson working on getting committee together.

Meeting adjourned at 9:10 pm with the Lord's Prayer.

Respectfully submitted,

Diane C. Johnson

**Next Council Meeting:  
Thursday, May 12, at 7 pm**

## FELC CONSTITUTION REVIEW

A group is meeting to work on updating our constitution, bylaws, and continuing resolutions to conform to the ELCA Model Constitution for Congregations. If you are interested in working on this, please contact Diane Johnson at 773-960-5382 (voice and/or text).

# HEALTH & SAFETY MINISTRY



**Becky Shepard, R.N.**

Fish is about the healthiest food on the planet next to plant-based foods. It is loaded with nutrients like protein, vitamin D, and omega-3 fatty acids which are important for heart and brain health. That said, there is a lot of misinformation about fish. Let's try to clear up those murky waters.

Here are some myths about eating fish:

MYTH: Fresh fish is better than frozen.

TRUTH: Frozen fish has just as much nutritional value fresh fish.

MYTH: Do not buy fish on Monday; it is not fresh.

TRUTH: You can end up buying old fish any time. Just shop at stores you trust.

MYTH: Tilapia is bad.

TRUTH: This myth came from rumors that fish farmers in China were feeding their tilapia unsustainable food. Most all fish farmers focus on environmentally safe practices. Tilapia is full of nutrients that are vital to people of all ages.

MYTH: Farmed fish is not good.

TRUTH: Rumors of farmed fish being bad came from poor research studies and blogs. Done correctly, farmed fish is ethical, does not harm fish, and produces seafood that is as nutritious as wild caught fish.

MYTH: Sustainable seafood is more expensive.

TRUTH: Most fish that are caught in a sustainable manner are inexpensive, like Tilapia.

MYTH: Pregnant women should not eat fish.

TRUTH: This myth originated from studies that stated mercury levels in pregnant women's bodies were linked to the consumption of high-mercury fish and led to problems in unborn children. Mercury can have this affect but avoiding seafood all together is unnecessary. Tilapia, salmon, trout and some canned tuna are all low in mercury (and in some cases contain no mercury at all), making them safe to eat when you're pregnant and provide important nutrients for the unborn child.

Fish that are lowest in mercury include black sea bass, catfish, clams cod, crab, haddock, herring, lobster, salmon, sardine, scallop, shrimp, tilapia, canned light tuna (albacore). Eat these fish twice a week.

Avoid these fish that are high in mercury: mackerel, marlin, orange roughy, shark, swordfish, and bigeye tuna.

Eating fish at least twice a week may lower your risk of heart attacks and strokes, boost brain health, help prevent and treat depression, provide a reliable source of vitamin D, reduce risk of autoimmune diseases, protect your vision as you age, and improve the quality of sleep.

Luke 24:41-43 *"And while they still disbelieved for joy and were marveling, He said to them, "have you anything to eat?" They gave him a piece of broiled fish, and he took it and ate before them."*

I wish you well,  
Becky Shepard RN,  
FELC Parish Nurse

## CHURCH COUNCIL

President: Mike Miller 651-210-6650  
mikemiller10541@hotmail.com  
Vice-President: Phil Jacobson 651-380-3262  
pdjacobson@hbc.com  
Secretary: Diane Johnson 773-960-5382  
dcjohnson1000@att.net

Phyllis Althoff Brenda Deutsch  
Scott Johnson Dean Kautz  
Danny Meyers Jim Nelson  
Jennifer Nobach Robin Stewart  
Mike Trelstad

## FOUNDATION BOARD

President Emily Spicer Nicole Holz  
Vice President Barb Elias Rick Hughes  
Secretary Cathy Rehm Elvena Schmutz

## CHURCH OFFICE

507-263-3042  
Office Hours: M-F, 9 am - 3:30 pm  
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Website: www.firstenglishchurch.com  
PASTOR: Mike Zasko, Interim  
Firstenglish.mike@gmail.com  
FAITH FORMATION MINISTRIES: Kris Hersgaard Kincaid  
507-330-1824 felcykris@gmail.com  
TREASURER: Karen Anderson  
651-210-5992 kernie1951@gmail.com  
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507-263-3042 firstenglishchurchcf@gmail.com  
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507-302-8386 kokie1@gmail.com



## AMMPARO Update 4-22-22

The situation at the U.S. Southern Border continues to change, especially as restrictions on asylum seekers are being eased. Officials are seeing increased number of refugees, not just from Central America, but from other continents. There have even been asylum seekers from the conflict in Ukraine. The Border Servant Corps of Las Cruces, New Mexico, a partner in the ELCA AMMPARO mission with our Synod, is expanding their operations to meet this demand and is opening an operations center on a second campus. They have asked for consideration for those so moved to help them in this mission, especially for financial assistance. Contributions can be made either electronically by accessing their website: [www.borderservantcorps.org](http://www.borderservantcorps.org), or by submitting checks made out to First English Lutheran Church with "Border Servant Corps/AMMPARO" written on the memo line. Our congregation has been generous in supporting this mission and I hope that after prayerful consideration, our members will continue to answer the call to help those in need.

The First

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 am Communion Worship Sunday School During Worship	2 7 pm CYF Team Meeting	3 10 am Women of WELC Meeting 11 am FELC Staff Meeting	4 10:30 am Pastors Text Study 6 pm Mentor Night 7:30 pm Weds Worship	5 9 am Bell Choir Practice	6	7 10 am—Noon CF Food Shelf
8 Mother's Day 9 am Worship	9	10 11 am FELC Staff Meeting	11 10:30 am Pastors Text Study	12 10 am—Noon CF Food Shelf 7 pm Church Council	13	14
15 9 am Communion Worship 4-6 pm Youth Lead Team	16	17 11 am FELC Staff Meeting	18 10:30 am Pastors Text Study	19 4:30—6:30 pm CF Food Shelf	20	21
22 9 am Worship Senior Recognition Sunday	23	24 11 am FELC Staff Meeting	25 10:30 am Pastors Text Study	26 10 am—Noon CF Food Shelf	27	28
29 9 am Worship	30 Memorial Day Office Closed	31 11 am FELC Staff Meeting	1 10:30 am Pastors Text Study	2 <b>May 2022</b>	3	4 10 am—Noon CF Food Shelf

**MAY 2022**

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Cannon Falls MN 55009

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