

You're Invited on a High Seas Adventure



Set your sails for the Grand Ely Lodge and arrive in its harbor on Thursday, April 3, 2025. Your fellow pirates will start arriving at 4:30 pm for ale, grog, and fun. A hearty pirate feast begins at 5:45 pm, followed by the divvying up of treasure and awards. Our featured pirate, Jen McDonough will share her tale. Intrigued?

Celebrate Ely

Networking Event

Date: Thursday, April 3, 2025

Place: Grand Ely Lodge, 400 N. Pioneer Rd., Ely

Tickets: \$30.00/person Purchase at the Ely Chamber of Commerce, by phone (218-365-6123), or email (fun@ely.org).

Schedule

4:30-5:40 pm: Social hour, Outmobile Escape Room, activities, and cash bar

5:40: Welcome

5:45 - 6:15: Buffet, including: Broasted chicken, pork shanks, wild mushroom ravioli, herb roasted baby reds, seasoned wild rice blend, vegetable, and salads. Dessert from Brainstorm Bakery.

6:15 - 6:30: Door prizes

6:30 – 7: Chamber news and awards

7-8: Keynote speaker: Jen McDonough

8-8:15: Wrap-up

Keynote: "Calming the Chaos – Navigating Stormy Seas & Steering Your Ship to Resilience"

Prepare to set sail on a swashbuckling adventure as Jen McDonough takes you on a high-energy journey through life's toughest storms. Through powerful, real-life stories, she reveals how true resilience isn't just about weathering the storm—it's about learning to steer through it with purpose.

This keynote will leave you inspired, laughing, and ready to take the helm in both your life and business.

Takeaways:

- ~ Gain practical strategies for staying steady in turbulent times.
- ~ Discover how to lessen stress by making space for what truly matters.
- ~ Learn how to shift your mindset and build your resilience.

Jen McDonough's Bio

In her roles as a motivational storyteller and engaging Amazon Top 100 author, Jen McDonough (aka The Iron Jen) works with high-stress organizations to cultivate resilient team members who can walk through any fire.

Jen and her family are most known for paying off over \$212,000 worth of debt and medical expenses in four years. Their story has been featured in local, national, and international media.

She is also an 8-time national weightlifter, 2-time US Olympic Festival medal winner, and Minnesota Hall of Fame inductee as well as an Ironman triathlete and volunteer firefighter & first responder for her community. In addition, she and her husband are the owners of the iconic Tower Cafe.

All three of Jen's books have hit Amazon's Top 100 categories including her book *5 Minutes a Day to Living Beyond Rich* which hit #1 under Amazon's budgeting category.

Jen lives in Tower Minnesota with her four awesome kids, one handsome husband, three naughty dogs, five cats and one ugly mortgage. You can find out more about her at www.TheIronJen.com