THE Chamber
GRAND FORKS • EAST GRAND FORKS

Official Publication of The Chamber Grand Forks/East Grand Forks

August 2019

THE Voice

www.gochamber.org

Business Update

Chamber News
Business After Hours
Ambassador Meeting
Committee Corner
Business Brief
New Members
Membership Renewals
Brown Bag

Annual Chamber City to Farm Tour & Ag Social at Adams Family Farm

Josh Wynne,
UND Interim President presents his vision at Special Chamber Board Meeting.

See story on page 2.

Look inside for Chamber news, activities and events.

THE Chamber
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Chamber News

Executive Committee
Chair: Josh Brown
Bell Insurance Services, LLC
Chair Elect: Paula Anderson
Sterling Carpet One
Past Chair: Ron Galstad
Galstad, Jensen & McCann, PA
Tony Telken- Lithia Ford Lincoln
Shanna Field - Wintrust Mortgage
Dave Zavoral - RJ Zavoral & Son's, Inc
Barry Wilfahrt - The Chamber GF/EGF

Board of Directors
Christopher Adams, Adams Family Farms
Jeff Barta, Achieve Therapy
Rachel Gornowicz, Countrywide Sanitation
Josh Grinde, Right Choice Electric Inc
Peter Haga, City of Grand Forks
Tony Hodny, JR Simplot
Brian Huschle, NCTC
Tommy Kenville, ISight RPV Services
Curt Kreun, District 42 ND Senator
Meloney Linder, UND Public Affairs
Keith Lund, GF EDC
Anna Rosburg, Alerus Center
Benjamin Spencer, GF Air Force Base
Lisa Swanson, Hugo's Retail Support Center
Guy Useldinger, Southern Estates, INC
Justin Valinski, Columbia Mall
Jill Wilson, Edgewood Healthcare

Sr Military Advisory to the Board
Col Cameron Pringle - GFAFB

Chamber Staff

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UNITED STATES CHAMBER OF COMMERCE ACCREDITED

Market Capture Assessment Underway

The City of Grand Forks, Chamber of Commerce GF/EGF, EDC, CVB and East Grand Forks EDA have partnered to hire the Buxton Analytic Company from Texas along with Praxis Strategy Group from Grand Forks to do a market capture assessment in the following areas.

1. **Retail/Service Gap Assessment and Community Recruitment strategy** – What business don't we have that our market will support?
2. **Entertainment Venue Gap Assessment** – Are there any types of entertainment venues that we do not currently have that our market will support?
3. **Entertainment Experience Opportunities Assessment** - Are there any types of experiences we should have that our market will support?
4. **Retail and Service Leakage Gravitation Assessment** – What are we losing and to who?
5. **"Geo-Fence"** Canadians and other targeted groups to assess traffic patterns and possible opportunities for more robust Market Capture and Attraction.

We anticipate data from this assessment will become available later this year. A series of public meetings will be held where the interpretation of the data will be made available to existing businesses, potential new businesses and the public.

If you are interested in being involved in this process please contact **Barry Wilfahrt** at the Chamber office **barry@gochamber.org**

University of North Dakota President, Josh Wynne met with the Chamber and EDC Boards these week

Mr. Wynne talked about being the "interim PRESIDENT," with the emphasis on President not just an interim or placeholder President. The University needs to move forward. He summed it up with, "UND is moving forward and striving for excellence in scholarship, educational efforts, research efforts and service to the community."

He also talked about the 7 points in the strategic plan and how each serves the students, university and community.

Workforce Subcommittees Formed

Chamber President, Barry Wilfahrt and EDC President, Keith Lund will CoChair the Workforce Development Committee. The purpose of the committee is to identify regional workforce strategies and provide leadership in their implementation. We will "retain, recruit and engage," various workforce market segments to achieve stronger workforce availability for area employers.

Representatives on the Grand Forks Workforce Committee will provide leadership for one or more working groups established to focus on specific classifications of workforce strategies. Members of the Workforce Committee will serve as chair of the task forces below. Anyone interested in being part of any of the task forces below should contact Barry at the Chamber office **barry@gochamber.org**

Task Forces:

1. **Business – Post Secondary Education Engagement**
   - UND Internship Placement
   - Chamber/Career Services Internship Recruiter – recruits businesses to host an intern
   - City Internship Program
   - EDC Internship Incentive Program
   - Micro Internship Program
   - Career Conversations
   - Student Employment during college at local employers

2. **Veteran/Military Recruitment**
   - Spousal Reciprocity Bill

3. **New Americans Employment**
   - Reduce Barriers to Employment (transportation)
   - Retain the New Americans who are here
   - Employer Education
   - Welcoming Community Roadmap
   - ESL or English to Work Programs

4. **High School Career Awareness**
   - Career Expo
   - Parental Awareness Program
   - Junior Achievement
   - Career Academy
   - Counselor/Teacher Awareness Program

5. **External Recruitment**
   - Way Cooler Campaign
   - Targets markets – mid career professions
   - Job Fair – Need more employers
   - Data on local wages – educate employers on trends

6. **Underutilized Markets**
   - Retirees
   - Homeless
   - Disabled - VoRehab
   - Individuals with Criminal Backgrounds
   - Fresh Start Program
   - Second Chance job Fair – Need more employers
   - Job Flexibility best Practice Training
   - Develop a referral program for the second place candidates

Grow MN Visits

Barry Wilfahrt,
Chamber of Commerce President/CEO

Paul Gorte,
East Grand Forks Economic Development Authority Director

Once again, the Chamber and EGF Economic Development Authority are collaborating to participate in the GROW MN initiative of the Minnesota Chamber of Commerce. Chamber President Barry Wilfahrt and EDA Director Paul Gorte are making the visits to a variety of EGF major employers to find out future growth plans and to get a pulse on the EGF economy. They will present their results at the EGF EDA Meeting and EGF City Council Meeting both on September 17th.

Exclusive Membership Benefits

THE Chamber
GRAND FORKS • EAST GRAND FORKS

Our Mission:
We create an environment that encourages business success while enhancing the quality of life in our region.

WEEKLY

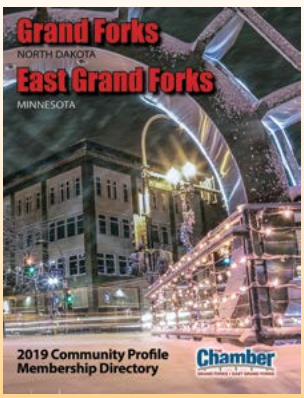
Member2Member E-Promotions
Every Friday, The Chamber sends its Member to Member email to over over 3000 Chamber member email addresses.
CLICK HERE FOR MORE INFO

MONTHLY

The Chamber Newsletter "The Voice"
The Voice is a Chamber Online Publication which is broadcasted monthly to Chamber Members and Subscribers. Include your business services and promotions easily by adding an advertisement block into the newsletter.
CLICK HERE FOR MORE INFO

YEARLY

Community Profile/Membership Directory
Market your business to thousands of new individuals living in, moving to or visiting our area before they establish new buying habits. Supported by Chamber Members and distributed throughout our communities, your message reaches the right people.
CLICK HERE FOR MORE INFO



Chamber of Commerce
City to Farm Tour 2019

Special Thanks to:

ADAMS FAMILY FARM
GRAND FORKS, ND

2019 Chamber of Commerce Social

July 25, 2019

Thank you to all of our sponsors for making these events possible.

Ambassador Meeting

Hosted by
The Hub Pub

Valeria Becker,
Ambassador of
the Quarter

We are the "WELCOMING ARM" of The Chamber

We welcome new chamber members and businesses with ribbon cutting ceremonies We assist with registration and greeting at Chamber functions and we participate in The Chamber's annual Membership Drive.

Chamber Ambassadors held their monthly meeting on the beautiful patio of **The Hub Pub**. Thank you Valerie Williams of **Frandsen Bank & Trust** for giving a presentation on the bank's "Kick Off Your Financial Journey" program and Scholarship giveaways! Congratulations to Valeria Becker for being named the Ambassador of the 2nd Quarter 2019!

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Update Your Directory Listing TODAY!

All Chamber Members Main Contact will be listed online and in the Chamber Community Profile/Membership Directory alphabetically.

CLICK HERE
to review your current listing

CLICK HERE
to make changes to your

You are a Chamber Member. SO ARE YOUR EMPLOYEES!
Now is your opportunity to add those employees to our database.

July

BUSINESS AFTER HOURS

It's the talk of the town!

This is one of the many networking opportunities The Chamber offers for its members and their employees

Hosted by: Energy & Environmental Research Center

THE Chamber Business After Hours 2019

Thursday, August 15, 2019
4:45pm - 7:00pm

hosted by

SANFORD™ HEALTH

621 DeMers Ave., East Grand Forks, MN

FREE ADMISSION

- Complimentary hors d'oeuvres & beverage
- Great Door Prizes
- Progressive cash drawing is at $600

Sanford Health invites all Chamber Members and their employees to join them for a fun Business After Hours event!

Stop in... Enjoy the fun and take advantage of great networking opportunities. You might even **WIN $600** in our progressive cash drawing! We'll draw the name of one Chamber Member business. If someone from that organization is present **THEY WIN!!**

Because of the business nature of this event no children under 18 may attend

BUSINESS BRIEFS

BE HEARD Get your ad in The Voice
The Official Monthly Publication of The Chamber GF/EGF

Express Employment Professionals Designates Grand Forks Office as Specialized Recruiting Group Franchise

GRAND FORKS, ND, June 2019 The Grand Forks Express Employment Professionals office has been named a Specialized Recruiting Group franchise.

"As a Specialized Recruiting Group franchise, we're uniquely equipped to help clients find specialized, highly-skilled talent," said Chris Greenberg, co-owner of the Grand Forks Express office. "As the job market evolves, so do we through a network of dedicated field consultants who help us maintain the highest level of professional staffing standards."

The Specialized Recruiting Group franchise designation is only awarded to Express Employment Professionals franchises that have invested in additional training, coaching, and support, which enables them to more effectively recruit and place professionals in highly specialized fields.

Express Employment Professionals Names Bengs, Sargent, and McMahon to Specialized Recruiting Group

GRAND FORKS, ND, June 2019 – The Grand Forks Express Employment Professionals office names Joan Bengs as Senior Recruiter, and Jessica Sargent and Jeff McMahon as Recruiters. In these positions, Bengs, Sargent and McMahon will focus on recruiting and placing higher-skilled professionals with clients in a wide variety of industries.

Joan Bengs

"Joan has grown immensely during her time with Express, and we are thrilled to have her move into a leadership role to help make our new SRG team successful." said Chris Greenberg, co-owner of the Grand Forks Express office. "She has an innate ability to identify the needs of our clients and make sure they are provided with quality candidates to fit those needs."

Bengs has been with the Grand Forks Express office for 5 years as an Employment Specialist. In this role, she focused on recruiting, hiring, and assigning candidates to clients, and developing and fostering client and employee relations. In the most recent year, Beng's focused primarily on recruiting and placing candidates for direct hire by clients. "This made her a natural fit for the Senior Recruiter position," stated Greenberg. Bengs has a Bachelor of Science in Business Administration from Mayville State University in Mayville, ND. Her past experiences include over 10 years in sales and insurance.

Jessica Sargent

Before joining Express, Sargent worked as a Human Resources professional for over 7 years at her previous employers, US Foods and Cirrus Aircraft. She earned her Associate of Applied Science in Human Resource Management from Minnesota State Community and Technical College in Moorhead, MN, and is currently pursuing her Professional in Human Resources (PHR) certification. Jessica and her family reside in Grand Forks.

Jeff McMahon

McMahon previously worked as on-air talent for well-known radio stations in the Grand Forks area while also owning and operating a 2,200-acre farming business in Niagara, ND since 2002. He earned his Bachelor of Arts in Speech Communications from Minnesota State University-Moorhead in Moorhead, MN. Jeff and his family have recently relocated to Grand Forks.

"Jessica and Jeff are both very dedicated individuals and will be great additions to our business," said Greenberg. "We are excited to have them as part of the Grand Forks Specialized Recruiting Group."

BUSINESS BRIEFS

BE HEARD Get your ad in The Voice
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Jenna Arnold, FNP-C Joins Altru Health System

Grand Forks, N.D. – Jenna Arnold, FNP-C is joining the cardiovascular/thoracic surgery team at Altru Health System. "My patients motivate me to continue to learn and better myself and the care I can provide," Jenna states. "In this profession, I am able to meet so many wonderful people." Jenna earned her Master of Science in the Family Nurse Practitioner program from the University of North Dakota in Grand Forks, North Dakota. In her free time, she enjoys spending time with her husband and two young daughters, watching movies, reading and outdoor activities.

Kyle Rockers, MD Joins Truyu Aesthetic Center

Grand Forks, N.D. – Kyle Rockers, MD is joining the team at Truyu Aesthetic Center as a dermatologist. He is board-certified and specializes in general dermatology for all ages, skin cancer, acne, psoriasis and mole/lesion evaluation and removal.

"My approach to care is to treat my patients as I would treat my own family members," explains Kyle. "That means listening and respecting their choices and decisions and offering the same advice and treatment recommendations that I would want my own family to receive."

Dr. Rockers earned his medical degree from Washington University School of Medicine in St. Louis, Missouri. He completed his internship in general surgery from the University of Iowa Hospitals and Clinics in Iowa City, Iowa. Dr. Rockers went on to complete his Dermatology Residency at the San Antonio Uniformed Services Health Education Consortium. He is a fellow of the American Academy of Dermatology. Outside of work, Dr. Rockers enjoys spending time with his wife and three children as much as possible, preferably in the great outdoors.

Marlie Borowicz, AGNP-C Joins Altru Health System

Grand Forks, N.D. – Marlie Borowicz, AGNP-C has joined the cardiology clinic team at Altru Health System. Prior to becoming an Adult-Gerontology Nurse Practitioner, she worked as a CNA in the float pool at Altru starting in 2012. She then became an RN and has been practicing in the Surgical Critical Care Unit for the past three years.
"I was motivated to practice medicine because it is very rewarding knowing that I can make a positive impact on the health and quality of life of individuals," states Marlie. "I approach my patients and their family members with dignity and respect, and I love listening and learning from them." Marlie earned her Master of Science in the Adult-Gerontology Nurse Practitioner program at the University of North Dakota in Grand Forks, North Dakota. In her free time, she enjoys spending time with her husband, Matt, their toddler, Brody, and dog, Berkley. She also enjoys spending weekends at the lake with family and doing various outdoor activities with Brody.

Altru Welcomes Dr. Mohammad Amin Adie and Dr. Ebuka Okafor

Grand Forks, N.D. – Mohammad Amin Adie, MD and Ebuka Okafor, MD have joined the neonatology team at Altru Health System.

Mohammad Amin Adie, MD earned his medical degree from the School of Medicine at Aleppo University in Aleppo, Syria. He completed his pediatric residency at the Children's Regional Hospital at Cooper University Health Care in Camden, New Jersey. He went on to complete his neonatal-perinatal fellowship at the LAC-USC Medical Center Women's and Children's Hospital in Los Angeles, California.

Ebuka Okafor, MD earned his Doctor of Medicine from Geisel School of Medicine at Dartmouth in Hanover, New Hampshire. He completed his pediatric residency at the Children's Hospital of The King's Daughters at Eastern Virginia Medical School in Norfolk, Virginia. He went on to complete his neonatal-perinatal fellowship from the St. Louis University School of Medicine in St. Louis, Missouri.

BUSINESS BRIEFS

JLG Architects moves up on annual national architecture firm ranking

JLG Architects has been named #104 on the Architectural Record Top 300 Firms list, which ranks architecture, architecture/engineering, and architecture/engineering/construction firms headquartered in the United States by annual revenue. JLG was #163 in 2018, and has been consistently on the list since 2014.

JLG Architects credits employees for company's longevity

JLG Architects, one of the 50 Most Admired Companies in the U.S. and ENR-Mountain States 2019 Design Firm of the Year, is celebrating 30 years of business. The firm was founded in 1989 by architects Gary Johnson and Lonnie Laffen. In the three decades since, JLG has grown from a budding partnership in Grand Forks, North Dakota, into a national architecture practice, with over 120 employees in twelve offices. In 2014, JLG became 100% employee-owned. In the five years since, the firm has been consistently ranked among the best places to work in the United States by Inc. magazine, Prairie Business magazine, and MSN Money.

"Our company was built on the belief that if you hire great people, they will do great things," said JLG CEO Michelle Mongeon Allen. "We focused on being the place that the very best talent wants to work, including unwavering commitments to raising the bar for design, to making a difference for the people and communities we serve, and to having a lot of fun."

Today, JLG's employees have helped more than 3,000 clients grow their organizations, businesses, and communities. The firm's work has been honored with over 130 design awards, starting with the its first project: a pavilion for the Grand Forks Historical Society, which was built to commemorate the state's centennial and remains a local landmark.

JLG credits its success to a focus on hiring and retaining top talent from around the country.

"From Day One, our definition of success has been simple: doing amazing work for, and with, amazing people," said Allen. "And in order to realize this success, we have remained dedicated to creating limitless opportunity for our talent to grow and thrive – most significantly, by extending ownership of the company to every employee, and by planning for growth, which opens up an ever-increasing diversity of roles that align to our unique and individual talents, skills, passions, and interests."

The company further supports its communities with JLG Gives Back, a firmwide philanthropic program that donates time and financial resources to assisting those in need.

Randi Adams Accepts New Role With Alerus

Randi Adams

GRAND FORKS, ND (July 11, 2019) – Alerus announced today that Randi Adams has accepted a new role of chief of credit administration with Alerus. Previously in various lending management positions, Adams now has specific oversight to create, lead and support centralized lending specialist and credit administration teams, and is responsible is responsible for the oversight of loan documentation and lending compliance, file review and monitoring systems, construction loan administration, lending portfolio analysis and reporting, and lending systems. Adams also has direct oversight of consumer, indirect, and small business lending as well as mortgage underwriting.

Adams has over 28 years of experience in the financial industry, including 26 with Alerus.

McGaughey Joins KLJ

Ethan McGaughey

Grand Forks, ND – July 15, 2019 – KLJ, an engineering firm, is proud to announce that Ethan McGaughey has joined the Grand Forks office. McGaughey joins the team as a surveyor. He earned an associate degree in land survey and civil engineering technology from North Dakota State College of Science.

BUSINESS BRIEFS

Mark Yahna joins Alerus as Senior Financial Advisor

Mark Yahna

Alerus is pleased to announce the addition of Mark Yahna as a senior financial advisor at Alerus' Grand Forks office. In this role, Yahna applies his extensive knowledge of the finance industry to deliver comprehensive and holistic financial advice to new and existing clients. He is focused on helping clients achieve their financial goals and works closely with clients to help them identify the best approach for their financial situation.

Yahna has more than 17 years of financial industry and banking experience. Prior to joining Alerus, he held positions with a mid-sized financial institution in the Grand Forks and Larimore, N.D., markets, including agricultural banker, market manager and vice president business banker. He earned a bachelor's degree in finance from Minnesota State University Moorhead.

Charles D. Gorecki is CEO of the EERC

Charles D. Gorecki

Charles D. Gorecki leads a multidisciplinary team of 220 people who focus on research and development (R&D) of innovative energy and environmental technologies. Mr. Gorecki oversees strategic initiatives focused on coal utilization and emissions, carbon management, oil and gas research, alternative fuels and renewable energy, and the energy–water nexus.

Prior to his current position, Mr. Gorecki served as Director of Subsurface R&D at the EERC, where he focused on conventional, unconventional, and enhanced oil and gas production; geologic storage of CO2; geothermal energy; the CCUS (carbon capture, utilization, and storage) value chain; and other energy and environmental research. In this role, he served as Program Manager for the Plains CO2 Reduction (PCOR) Partnership and the Bakken Production Optimization Program, two major collaborative industry–government programs.

Mr. Gorecki joined the EERC in 2007 and holds a B.S. degree in Geological Engineering from UND. He has authored and coauthored numerous papers and given presentations on a variety of topics in the United States and throughout the world. Mr. Gorecki served in the Minnesota and North Dakota Army National Guard for 9 years. He's a veteran of Operation Iraqi Freedom and deployed to Iraq with 141st Engineer Battalion's Company B out of Jamestown, North Dakota

Dr. Christian Dequet Joins Altru as a Rheumatologist

Christian Dequet, DO, FACR has joined Altru Health System as a rheumatologist. He specializes in osteoarthritis, rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, lupus and other types of arthritis. Dr. Dequet is board certified in rheumatology.

"I have a very strong understanding of the musculoskeletal system being a former physical therapist while working in Europe," Christian states. "I enjoy meeting patients from all walks of life and being able to help in their daily life."

Dr. Dequet earned his diploma of osteopath from The British School of Osteopathy in London, United Kingdom. He went on to earn his Doctor of Osteopathic Medicine from the Chicago College of Osteopathic Medicine. Dr. Dequet completed his internal medicine residency at Cook County Hospital in Chicago, Illinois, and his rheumatology fellowship from Cedars-Sinai Medical Center in Los Angeles, California.

Caroline Schroeder, AGNP-C Joins Altru's Palliative Care Team

Caroline Schroeder, AGNP-C is joining the palliative care team at Altru Health System. "I really enjoy getting to know my patients and their loved ones," Caroline states, "and helping them through difficult times." Caroline earned her Master of Science in Nursing from the University of North Dakota in Grand Forks, North Dakota. Outside of work, she enjoys spending time with family and friends, being outside and at the lake, and watching sports. To learn more about Altru's Palliative Care Services, visit altru.org/palliative.

BUSINESS BRIEFS

Karin Lokensgard Pierce, MD Joins Altru Health System

Grand Forks, N.D. – Karin Lokensgard Pierce, MD is joining the family medicine team at Family Medicine South in the Altru Professional Center. She specializes in preventive care for all ages, acute concerns, chronic disease management, contraception management, including IUD and Nexplanon, and removal of skin lesions.

"I strive to give each of my patients the best medical care possible," Dr. Pierce states, "and to help move them to improved health."

Dr. Pierce earned her medical degree from the University of North Dakota School of Medicine and Health Sciences in Grand Forks, North Dakota. She then went on to complete her family medicine with obstetrics residency at Altru Health System. In her free time, Dr. Pierce enjoys hiking and camping with her husband and their dog, spending time with their adult children, playing flute, and cheering on the UND Fighting Hawks, especially football, hockey and tennis.

Daniel Salvaggio, MD Joins Altru Health System

Daniel Salvaggio, MD joins the radiology team at Altru Health System. He is board-certified and specializes in musculoskeletal radiology, musculoskeletal injections/procedures and general diagnostic radiology.

"I love radiology, as we contribute valuable information to clinical staff in a multidisciplinary approach to achieve the best possible patient outcomes," Daniel states.

Daniel earned his medical degree from State University of New York at Stony Brook. After completing his preliminary general surgery internship at the New York Hospital Queens in Flushing, New York, he went on to complete his radiology-diagnostic residency at Stony Brook University Hospital. Dr. Salvaggio then completed his musculoskeletal imaging/procedural fellowship at Hofstra Northwell School of Medicine in Great Neck, New York.

Darcy Taddeo, PA-C, MPAS Joins Altru Health System

Darcy Taddeo, PA-C, MPAS is joining the neurology team at Altru Health System. She cares for all types of headaches, migraines, movement disorders, cervicogenic headaches, peripheral neuropathy, seizures and Parkinson's disease.

"I try my best to listen, empathize and share my medical knowledge with patients so they can be stewards of their own health," explains Darcy.

Darcy earned her Bachelor of Science in Exercise Science from Florida State University in Tallahassee, Florida. She went on to complete her Master of Physician Assistant Studies from South University in Savannah, Georgia.

Gregory Emfield, DO, MS Joins Altru as an Ophthalmologist

Grand Forks, N.D. – Gregory Emfield, DO, MS has joined Altru Health System's comprehensive medical and surgical ophthalmology practice. He specializes in routine and complex cataract extraction, strabismus correction, cornea transplants, glaucoma shunt device implants, intravitreal injections, laser treatments for glaucoma and retinal diseases, eyelid procedures and eye trauma repair.

"I consider it a privilege to practice in this field of medicine, where precision is so integral," explains Dr. Emfield. "I am motivated to strive daily for excellence to achieve the best possible outcomes for our patients."

Dr. Emfield earned his Doctor of Osteopathic Medicine from Western University of Health Sciences in Lebanon, Oregon. He completed his traditional rotating internship at Riverside County Regional Medical Center in Moreno Valley, California. Dr. Emfield went on to complete his ophthalmology residency at Arrowhead Regional Medical Center in Colton, California.

THE Chamber
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Ribbon Cutting

Emberly Lietz,
Chamber Membership Director

The Chamber Ambassadors would love to meet you and celebrate your business with a ribbon cutting ceremony. If you are interested, please contact our membership director at **772-7271** or **emberlyL@gochamber.org** to schedule a ribbon cutting event.

Design Rich Architects

Border States Ground Breaking

Quotable Kids Pediatric Therapy Clinic

INFORM PROMOTE ADVOCATE CONNECT EDUCATE

IPACE

Your Chamber Working For You

While you are hard at work, your Chamber of Commerce is working for you. The Chamber GF/EGF is a 5-star accredited chamber. We inform, promote, advocate, connect and educate our members and community.

2019 UNIVERSITY OF NORTH DAKOTA
HOMECOMING
IT'S TIME TO COME HOME.
UND ALUMNI ASSOCIATION FOUNDATION LEADERS IN ACTION | United Valley Bank
SEPT. 30- OCT. 5
UNDalumni.org/homecoming

SAND STEEL BUILDING CO.
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701-594-4435
www.sandsteelbuilding.com
Metal Building Construction
Steel Fabrication
Millwright Services
BUTLER

THE Chamber
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July 1 - July 31

Membership Renewals

The following businesses know the value of their Chamber Membership and have renewed their membership in The Chamber-GF/EGF.

Tim D. Lord, CPA
Aflac - Shari Hanson
Allied Building Products
American Federal Bank - GF
Applegren Construction
Artistic Food & Floral
Arvig Media
Beckstead's Auto Repair
Ben Olson Berkshire Hathaway HomeServices Family Realty
Crary Real Estate-Mary Adams
Dairy Queen
Dakota Commercial & Development Inc. - Jerry Youngberg
Dakota Science Center
Design Rich Architect, LLC
Edward Jones - Brian Fedje
Enbridge
Express Employment Professionals
First International Bank & Trust
Global Safety Network
Greenberg Realty-Rita Schuster
Holly's Clean and Care, LLC
Iteris, Inc. - Grand Forks
Johnstown Bean Company
Morgan Stanley
Nate's Canopy & Tent Rental
Pins & Needles
Popplers Music, Inc.
Profile by Sanford
Ruffing It Doggie Daycare, Overnight Center & Grooming
Simmons Multimedia
Thrivent Financial - Chad Erickson
Tim Shea's Nursery, Inc.
UND Energy & Environmental Research Center
Valley Corn Maize
Wells Concrete

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800.279.4796 | readitech.com

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TECHNOLOGY DRIVEN

Welcome

THE Chamber
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NEW MEMBERS

Complete Nutrition
Jamie Stephens
3221 32nd Ave S #500 - Grand Forks, ND 58201
(P) 701-757-4350
grandforks@completenutritionnd.com
www.completenutrition.com
Complete Nutrition is Grand Forks' headquarters for weight loss, sports nutrition, vitamins, herbs and energy supplements. We provide customized solutions to help you achieve any health goal.

Forks Drive Right
Keith Ronkowski - Grand Forks, ND 58201
(P) 701-740-9951
keithronkowski@gmail.com
Forks Drive Right offers driving instruction with a goal of giving the student the best information to pass the behind the wheel driver's examination.

HealthPartners
Matt Nagel
57 2nd Ave N. #1451
Fargo, ND 58107
(P) 952-807-8170
matthew.a.nagel@healthpartners.com
www.healthpartners.com
HealthPartners, an integrated health care organization providing health care services and health plan financing and administration, was founded in 1957 as a cooperative. It's the largest consumer governed nonprofit health care organization in the nation – serving more than 1.8 million medical and dental health plan members nationwide.

Forks Fighters
Butch Hajicek
2121 Dyke Ave.
Grand Forks, ND 58201
(P) 701-317-0469
madd1974@gmail.com
www.forksfighters.com
Forks Fighters is an amateur and pro boxing gym that emphasizes fitness, self-confidence and self-defense, which encourages participants of all ages to push past their perceived limitations.

Signature Wellness
Justin LaRocque
130 Gateway Dr.
East Grand Forks, MN 56721
(P) 701-306-2166
signaturewellnessmn@gmail.com
www.thehempdropzstore com
We provide our customers with the highest quality whole hemp & cbd products to help improve your health and well-being. We attempt to educate the curious, guide the open-minded and enlighten our customers about the benefits our products have on you.

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Do you buy paper towels?

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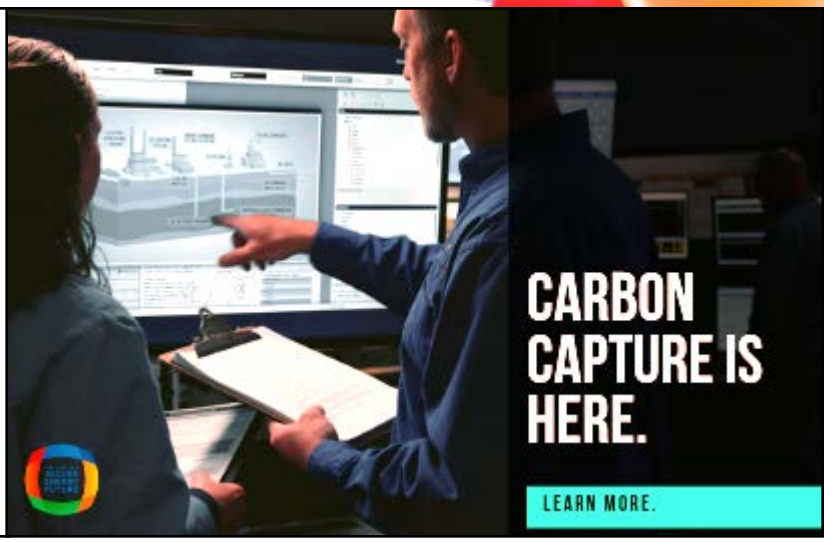
Email: info@prairieharvest.net
Phone: 701-795-9143

Pick up rags at:
Prairie Harvest Mental Health Office
930 North 3rd Street, Grand Forks, ND



Join us for a **free**

WORKPLACE WELLNESS SEMINAR

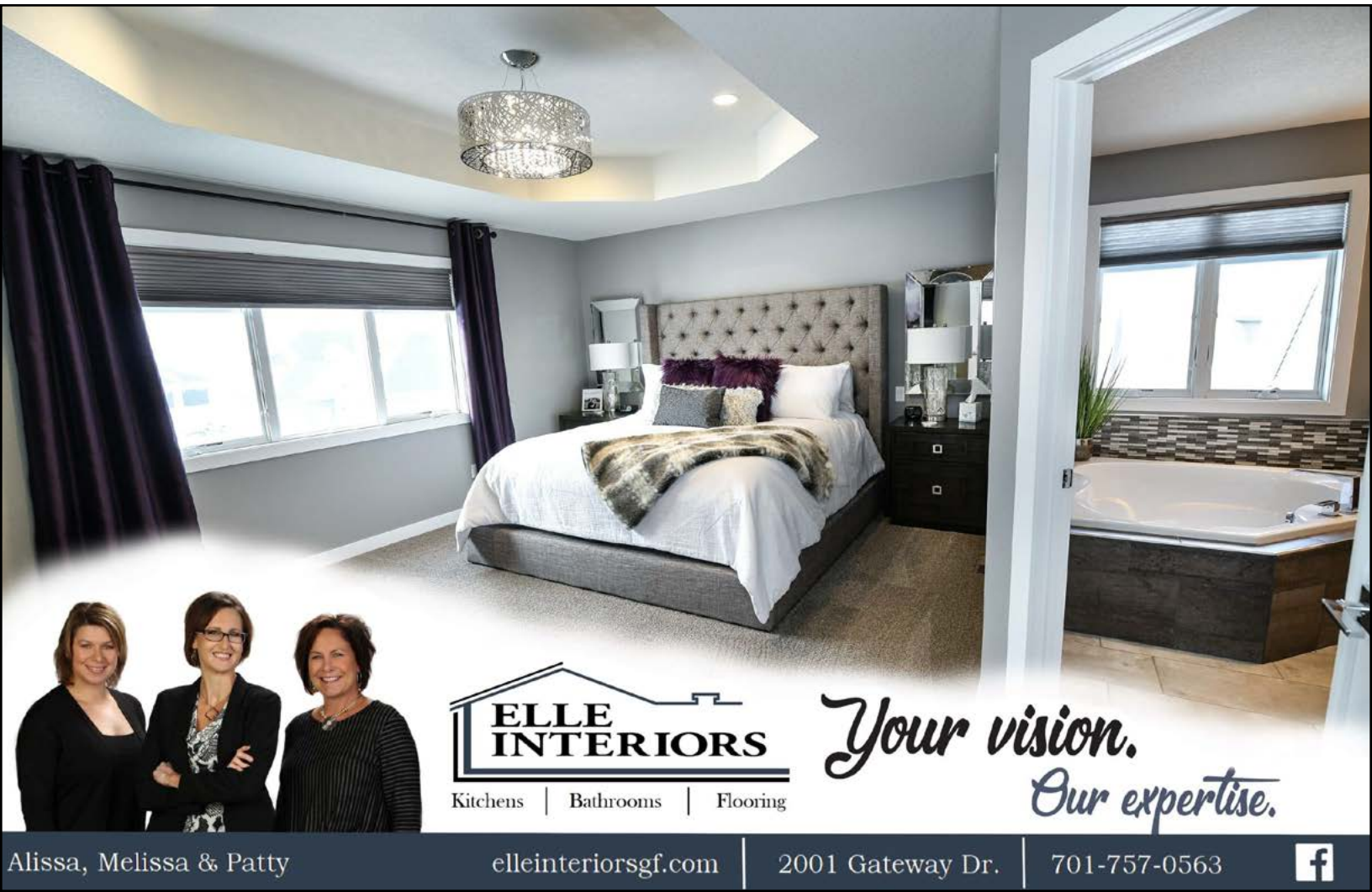
Wednesday, Sept. 11

Boardwalk Bar & Grill
415 2nd St NW, East Grand Forks

For more information,
contact RiverView Rehab Services
by calling 218.281.9463

Event hosted by: RIVERVIEW REHAB SERVICES

- Foot Health
- Respiratory Fit Testing
- Distracted Driving
- Nerve Injuries and Repetitive Use Injuries
- Healthy Eating in the Workplace
- Meniscal Injury of the Knee
- Common Back Injuries



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Seating is Limited to 32 Sign up today!

AUGUST

Brown Bag Seminar

THE Chamber
GRAND FORKS • EAST GRAND FORKS

SCORE
FOR THE LIFE OF YOUR BUSINESS

Disaster Preparedness!

Is Your Business Ready to Recover?

Disasters strike small businesses in many shapes and forms. They can derive from Mother Nature or through the intentional or unintentional acts of individuals. This Brown Bag session will help you prepare your organization to protect the safety of employees and minimize the impact of damages to the bottom line. Please join representatives from the Grand Forks Police Department and the US Small Business Administration to learn about the following disaster preparation topics and more!

- Threat Assessment
- Creating a Recovery Plan
- Safeguarding Your Business
- Active Shooter Responsiveness
- Communications after the Event

Presented by:
Sergeant Duane Simon,
Specialized Resource Bureau, Grand Forks Police Department
&
Eric Giltner,
Senior Area Manager, US Small Business Administration

Wednesday, Aug. 21, 2019
11:30am – 1:00pm

The Chamber - 202 N 3rd St

$20/Person – Chamber Member (Includes Lunch)
$30/Person – Non-Member (Includes Lunch)

Registrations are available online only

To register and add the event automatically to your calendar click the register button below

REGISTER NOW

Seating is limited to 32 Attendees Sign up soon! Reservations not cancelled 3 days prior to event will be invoiced

JULY BROWN BAG

OPTIMISM

Presented by:
Barry S. Brode, President
Brode Communications Consulting, LLC

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Fall workshops listed below

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Blood Flow Restriction Therapy

AUG 1 — 5:15 PM

A FREE INTERACTIVE WORKSHOP

Presented by: Jamie Arola, PT, DPT

Achieve Therapy and Fitness

Low Back Pain
and Open House

SEP 19 — 5:15 PM

A FREE INTERACTIVE WORKSHOP

in GRAFTON, ND

Presented by:
Lacey Wilcox, PT, DPT
Makenzie Gedrose, PT, DPT
Lyndsi Klundt, PT, DPT

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Head, Neck & Shoulder Pain

OCT 3 — 5:15 PM

A FREE INTERACTIVE WORKSHOP

Presented by: Greg Paintner, PT, DPT

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Chronic Pain Management

NOV 7 — 5:15 PM

A FREE INTERACTIVE WORKSHOP

Presented by: Laurie Holte, PT, MPT

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To view all workshops visit: **www.achieve-therapy.com/workshop**