



THE Voice

September 2023

www.gochamber.org

The Chamber Fall Seminar Exceeding Expectations

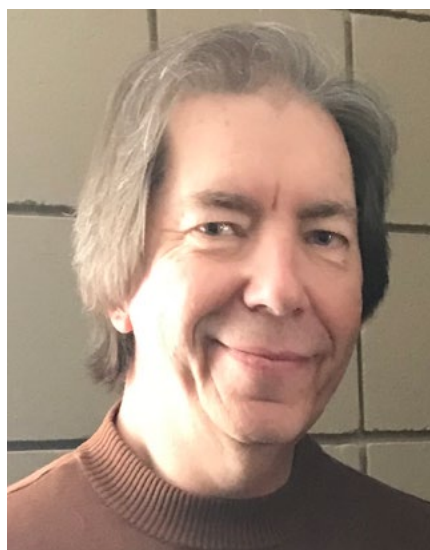
Discover how to go above and beyond to meet customer expectations, build lasting relationships, and create a customer-centric culture within your organization.

The Chamber Small Business Committee has organized an engaging half-day seminar where three experts in the field of customer service will share their insight, strategies, and success stories.

Presenters include:



Melissa Marshall
Owner, Dale Carnegie
Training of ND, NW MN



Ken Myers
Associate Professor at the
University of Minnesota Crookston



Robert Warren
Managing Director of MECVL &
Instructor with the Marketing
Department of UND

Tuesday, October 10th, 2023 - 8:00am-12pm

[CLICK HERE TO REGISTER](#)

CHAMBER NEWS

Grand Forks is Business Friendly



*Barry Wilfahrt,
Chamber President
and CEO*

Chamber/Mayor Conduct “Business Friendly” Listening Sessions

Earlier this month the Chamber convened three focus groups to discuss the relationship between the City of Grand Forks and business community. Three distinct groups were invited to participate: fastest growing Grand Forks companies, local contractors and local developers. The 90-minute roundtable format gave each company an opportunity to provide input.

Sentiment among participants in the meetings was generally positive about the City’s work to create a business-friendly environment. Several participants noted a change in recent years of tone and improvement of engagement by City officials working with businesses on permitting, inspections, and development processes. Negative interactions with the City are much rarer than in the past. Despite a broad invite list, the sessions were more lightly attended than similar meetings three years ago shortly after Mayor Bochenski was elected, an indication of contentment among businesspeople. “It was reassuring to hear the positive response from the sessions, the work for improvement will only continue,” stated Mayor Bochenski. “I want to give my thanks to the Chamber and our resilient business community.”

According to Chamber President, Barry Wilfahrt; generally, the tone of the discussions focused more on opportunity-oriented discussions and the future rather than problems or challenges and the past. There is a general sense of optimism about the community’s growth potential, as indicated by increasing job opportunities, real estate trends, and positive economic indicators.

CHAMBER NEWS

SDA Visit to Grand Forks Air Force Base



Pictured is US Senator John Hoeven presenting Space Development Agency Director, Dr. Derrick Tournier a UND "rocket science" t-shirt at the announcement on July 7th at GFAFB. When fully operation in 2027 the center will employ 290 people.

Dr. Derrick Tournier, Director of the Space Development Agency announced additional expansion plans for their mission at Grand Forks Air Force Base. The SDA mission will operate the planned 500 satellite array from its control center at GFAFB. The initial tranche of satellites and operations center will be operational in September of 2024. On Monday Senator Hoeven who fought for funding announced the addition of an SDA satellite operations training center at Grand Forks AFB. This will bring total SDA employment to 290 when fully operational in 2027. By 2027 a total of 500 satellites will be controlled at GFAFB. Each year 100 satellites will be decommissioned and 100 new satellites with the newest technology will be launched to replace them.

Why Grand Forks. Our far North location in the continental United States is advantageous because it provides maximum link time with the satellites to upload and download data. GFAFB provides the perfect secure location and secure communication links to operate from.

Dr. Tournier explained what makes this mission so sustainable if the relatively low cost per satellite (\$15 million each). This savings is realized because the satellites are launched as part of Space X launches saving the US Government millions. This mission will also contribute to the long term sustainability and clear need for GFAFB many decades into the future.

CHAMBER NEWS

Operation Thank You!



Pictured is Ashlee Kleveland, Nicole Benson.



Chamber volunteers and members enjoy a BBQ hosted by The Chamber.

Chamber volunteers visited over 140 Chamber members during "Operation Thank You" in early August. The volunteers dropped off a goodie bag and thanked about 10% of our members for being chamber members and supporting the Chamber.

Cooler People Cooler Job Cooler Place Campaign Begins

Chamber Members will have an opportunity to have a short video about their business or buy a TV spot package this fall promoting their business and the Cooler People Cooler Job Cooler Place theme. "We aim to showcase some of the people who work in some of the cooler places to work in the Grand Cities" according to Russel Crary, Chamber board Chair. The inexpensive spots and video will be used by participating businesses on their own social platforms, web sites. The spots and videos will also be promoted on Chamber, EDC and other group sites. EDC Workforce Vice President, Becca Cruger says "this themed campaign will help augment the great work the Way Cooler Committee has been doing for 5 years now". Building on that theme is another benefit of this campaign.

[**Click here for details**](#) on how you can participate and how this will benefit your business or organization.

CHAMBER NEWS

Leadership Program Kicks Off 37th Year.



Pictured are members of the 37th annual Chamber Leadership Program.

The Chamber kicked off its 37th year of the leadership program with an orientation at Lincoln Park. 40 participants will spend the next 3 months attending sessions covering a variety of leadership topics, team building, business practices, communications and community awareness.

Chamber Nominating Committee Appointed

The Chamber's Nominating Committee will meet on October 10th. Chamber Board Chairman, Russel Crary; Chair Elect, Tony Hodny; Past Chair, Tommy Kenville, Paula Anderson, Andy Schneider and Barry Wilfahrt are the Nominating Committee members. If you are interested in serving on the Chamber Board please let one of the Nominating Committee members know.



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



Small Changes, Big Transformations: Unveiling the Power of Personal Growth

Ashlee and Whitney will share about the blue zones, areas in the world where people live longer, healthier, and happier lives. The research compiled from the original blue zones drive the work that Blue Zones Project brings to Grand Forks people, places, and policies. Learn how you can make small changes that just might transform your life and lead Grand Forks residents to living longer, better.

Presented by: Ashlee Kleveland & Whitney Miller



Ashlee Kleveland

Ashlee Kleveland is the Organization Lead of Blue Zones Project Grand Forks. She has always had a passion for a holistic approach to wellness with her most previous work being in mental health advocacy and access and Harm Reduction. With a bachelor's degree in Biology and master's degree in Public Health, Ashlee strives to help underserved communities have a voice and gain access to services that increase and enhance wellbeing.

Ashlee and her husband, Chris, have a beautiful son (KJ), dogs (Bear and Foxy), chickens, and worms that they care for on their growing hobby farm. When they aren't doing chores, you can find them fishing; rain, shine, snow, or ice

"My favorite Power 9 is Downshift. It is so easy to go into autopilot to keep up with the demands of life. Downshift is my reminder to be present and take a breath; it allows me to be a better friend, wife, mom, and employee."



Whitney Miller

Whitney Miller is the Marketing and Engagement Lead for Blue Zones Project Grand Forks. She has a burning passion for community outreach and promoting the well-being of others. Whitney has her bachelor's degree in social work and is determined to serve the Grand Forks community well.

Whitney and her son Keagan enjoy the lake country, UND hockey, and spending time with friends and family in their free time.

"My favorite Power 9 is purpose. It is important to live intentionally and find what motivates and strengthens us through life."

Wednesday, August 18, 2023 - 11:30am-1:00pm
The Chamber Board Room
\$20/person - Member (Includes Lunch)
\$30/person - Non-Member (Includes Lunch)

Registration Information

Limited seats available. Sign up today!

Registrations for this seminar are available online only. [**CLICK HERE TO REGISTER**](#)

WELCOME NEW MEMBERS

The Olive Ann Hotel

Allison Johnson
14 N 4th St
Grand Forks ND 58201

<https://www.theoliveannhotel.com/>

“Inspired by Grand Forks’ aviation history, The Olive Ann Hotel sets a new standard for sophistication, service, and boutique luxury. Steeped in the utmost elegance and timeless grace, the brand is inspired — and personified — by aviation pioneer Olive Ann Beech, whose no-nonsense business acumen was as legendary as her love of art, beauty, and design. The Olive Ann Hotel will offer guests and the Greater Grand Forks community a truly unique and inspired destination, with service and hospitality at the forefront.”

Nautical Bowls of Grand Forks

Jen Helgeson
3251 32nd Ave S, Suite A1
Grand Forks ND 58201

<http://nauticalbowls.com/>

Nautical Bowls serves acai bowls. Our bowls are gluten-free, dairy-free, plant-based, soy-free, and are made with organic, all-natural ingredients. Our goal is to FUEL you right, to FEEL right! Besides enjoying bowls inside the store, we offer catering and have an event set-up.

Nystrom & Associates

Erin Saladin
203 14th St NE
East Grand Forks, MN 56721

<Http://www.nystromcounseling.com/>

Founded more than 30 years ago, Nystrom & Associates is one of the largest behavioral health organizations in the country. We are on a mission to empower people to be the best version of themselves by providing therapy, psychiatry, and substance use services for adults, children, couples, and families.

Aerotech

901 University Ave
Grand Forks, ND 58203

<https://www.aerotek.com/>

Aerotek is a staffing and recruiting agency that has a focus in placing talent in light industrial positions in the Greater Grand Forks region. Primarily Manufacturing or Warehouse and Logistics positions.

Oxford Realty

Laurie Tweten
2880 19th Ave S.
Grand Forks, ND 58203

<https://forksrealestate.com/real-estate-agents/laurie-tweten/>
lthome4u@gmail.com

I am a highly motivated, service-orientated, experienced and dedicated Associate Broker at Oxford Realty. I can be reached anytime to address any of your real estate needs! Your business and referrals are greatly appreciated!

Valley Broadcasting, LLC

Jordan Zeller
Grand Forks, ND
www.grandforksradio.com

iDigital Outdoor

Taylor Danielson
3235 Oak Ridge Loop E
West Fargo, ND 58078

<https://idigitaloutdoor.com>

iDigital is a local, innovative, out-of-home media company based in North Dakota. In short order, we’ve positioned ourselves as the advertising partner of choice for businesses throughout the Midwest. We fully understand consumer interaction in the digital age, and our creative team is known for developing successful advertising strategies for our clients. We’re always on the lookout for software development opportunities and territory growth, and our solid, Midwest work ethic sets us apart from the rest.



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mid-season MEMBERSHIPS

PLAY THE LAST HALF OF THE SUMMER, PLUS GREAT FALL GOLF, FOR REDUCED MID-SEASON MEMBERSHIP RATES

VISIT KINGSWALK.ORG FOR DETAILS

UND HOMECOMING

OCTOBER 2-7



go.UNDalumni.org/homecoming

FIVE ALBUMS. ONE NIGHT.

JONAS BROTHERS

WITH SPECIAL GUEST *Lawrence*

ALERUS CENTER
FRIDAY, NOVEMBER 17



LIVE NATION

MEMBERSHIP RENEWALS

August 1, To August 31, 2023

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

Aflac District Office

Ashley Furniture HomeStore

Bud & Ralph's Appliance
Service

Cost Cutters

Cost Cutters - Grand Cities Mall

Dakota Boys and Girls Ranch

Dale Carnegie Training of ND
and MN

Dusso Photography

East Grand Floral

Edward Jones - Financial
Advisor: Bret A. Bentow

Ellingson Companies

Fairfield Inn & Suites East
Grand Forks

Fenworks, Inc.

Five Star Storage

Grand Cities Painting and
Drywall

Hjelmstad Insurance

Johnson Controls

NextEra Energy Resources

Norby's Work Perks

Overmoe & Nelson, Ltd.

Paragon Chiropractic &
Wellness Center

Paragon Pro Manufacturing
Solutions

Performance Chiropractic PLLC

Ralph Engelstad Arena

Red River Biorefinery, LLC

Resource Auction

Small Business Administration

The Rock Bottle Shop

UND Energy &

Environmental Research
Center

WIDSETH

Wilbur-Ellis



SAND STEEL BUILDING CO.

Emerado, ND
701-594-4435
www.sandsteelbuilding.com

Metal Building Construction
Steel Fabrication
Millwright Services



Say Yes to Your Local Lending Experts



We process small loans for local businesses and multi-million dollar loans for large corporations with the same quality of service and expertise. Our status as a large community bank helps us offer the best of both worlds - the knowledge and expertise of a big financial institution and the customer service and attention to detail of a small community bank. With First International Bank & Trust, you'll be able to Say Yes to Living First with banking solutions tailored to your needs, from business loans to direct deposits. No matter what stage your business is currently in, we can help you grow into your future.

Eureka!

Do you have a project or challenge that requires innovative solutions?

- New product design
- Changing company culture
- Logo/slogan design
- Recruitment tactics
- New marketing strategy
- Need to find new clients

CLICK HERE TO LEARN MORE



FIBT.com

Member FDIC



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MEET THE PEOPLE WHO ARE LIGNITE

I AM LIGNITE

Dale Carnegie Course

In Grand Forks
Starting on
October 24, 2023

There's NO BETTER
time to invest in
yourself & your future!



Dale Carnegie Training

REGISTER NOW!

northdakota.dalecarnegie.com

AMBASSADORS MEETING

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.

If you are interested in becoming an Ambassador please contact Jessica, info@gochamber.org or call 701-772-7271.

Ambassadors Social at the Sin Bin



Pictured are members of the chamber Ambassador group Stacey Bronson, Amanda Rengstorf, Mike Sojka, Brian Woinarowicz, Barry & Kristi Wilfahrt, Angie Belbas, Heidi Krogstad, John Friend at their monthly meeting. This month the group gathered at a 4 pm social at the Sin Bin.



Time to plan your summer vacation!

Book your flight on Delta or Allegiant this summer and get away! Take the family and loved ones on those trips you have always wanted to go on. Take summer vacations and make memories to last a lifetime! Fly from GFK today!

Visit www.gfkairport.com/airlines to book flights.

RIBBON CUTTING

The Chamber Ambassadors would love to meet you and celebrate your business with a ribbon cutting ceremony.

If you are interested, please contact Jessica at **772-7271** or info@gochamber.org to schedule a ribbon cutting event.



Pictured are employees of The Arc, their associates and The Chamber Ambassadors.

The Arc Thrift Store

1200 S Washington St., Grand Forks



Pictured are employees of Nystrom & Associates and EGF Mayor Steve Gander

Nystrom & Associates

203 14th St NE, East Grand Forks

BUSINESS AFTER HOURS



TRADE SHOW STYLE BUSINESS AFTER HOURS

Hosted by **Alerus Center**

1200 42ND ST S, Grand Forks, ND

Thursday, September 21, 2023 - 4:45pm ~ 7:00pm

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

Free Admission – Complimentary hors d’oeuvres, drink ticket & cash bar
Great door prizes – Progressive cash drawing is at \$1900.

Stop by...Enjoy the fun and take advantage of great networking opportunities.

You might even win **\$1900** in our Progressive Cash drawing!

We'll draw the name of one Chamber Member business. If someone from that organization is present, they win!!

Forward this message on to your friends and colleagues.

See you Thursday, September 21, 2023 at Business After Hours!

*Because of the nature of this event, no children under 18 may attend.

Thank you to All Embracing Home Care for hosting an eventful August Business After Hours.



MEMBER NEWS

All Embracing Home Care would like to CONGRATULATE Leah Taylor!!



*Dee Decimus Holmes,
Leah Taylor*

We are honored to announce that our very own Program Specialist, Leah Taylor has successfully completed the North Dakota Developmental Disabilities Curriculum and is a Certified Direct Support Professional. (CDSP)

Leah grew up in rural Oslo, MN. After graduating from East Grand Forks Senior High, she spent her early adult years nannying for several families on the east coast. When her grandmother was diagnosed with Alzheimer's, she moved to Eau Claire, WI to care for her full time.

Leah has thoroughly enjoyed the past 6 years supporting clients and is currently serving as Program Specialist at All Embracing Home Care.

Currently, Leah lives in Grand Forks. She is mother to 3 children: an 18-year-old son and 14- and 11-year-old daughters. In her free time, she enjoys camping, fishing, running, and walking her rescued dog "Lucy."

Leah is passionate about people and finds fulfillment in serving others. Leah says, "working at All Embracing Home Care has been a great fit and I treasure the time spent with clients and their families."

Thank you, Leah, for what you do for All Embracing Home Care and all the clients you serve. Congratulations on your accomplishment.

Don't wonder, "Where on earth is my data?"

With DCN, you know where your cloud data is stored: *right here in North Dakota.*

Contact us today to learn more about DCN's cloud storage solutions or to schedule a tour in Fargo or Bismarck.

DCN

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MEMBER NEWS

DCN's Rasmussen recertified



Branden Rasmussen

Branden Rasmussen, cloud services specialist at Dakota Carrier Network (DCN), has earned recertification as a VMware Certified Professional – Data Center Virtualization 2023 (VCP-DCV 2023), validating his knowledge and skills with VMware vSphere solutions,

including virtual machines, networking, and storage.

The VCP-DCV 2023 certification recognizes skill in setting up and managing a type of technology called "virtualization" that makes computer systems work more efficiently. Rasmussen's expertise in ensuring optimal performance, security, and scalability of virtualized data centers equips him to provide DCN's customers with solutions that align seamlessly with their business needs and technology requirements.

Rasmussen holds numerous other industry certifications including Veeam Certified Engineer, Microsoft Certified: Identity and Access Administrator Associate, Microsoft Certified: Windows Server Hybrid Administrator Associate, and Palo Alto Networks Certified Network Security Administrator.

MEMBER NEWS

Hugo's Family Marketplace Names Allen Jackson Chief Operations Officer



Allen Jackson

Allen Jackson has been promoted to the Chief Operations Officer position with Hugo's Family Marketplace.

"I am looking forward to my new role with Hugo's," said Allen. "Being a position with many facets, in a company rooted in family traditions for over eighty years, I feel this is the perfect opportunity for me."

In his new position, Allen will be responsible for the overall operations of Hugo's. He will work directly with the fresh directors, area directors, human resources, procurement, pricing, and loss prevention.

Allen began his career with Hugo's in 2021 as the Director of Procurement.

Prior to Hugo's, Allen spent many years in the grocery industry working with the Nash Finch/Spartan Nash Company. Over 13 years there, he worked in the meat department, store management, merchandising manager, retail councilor and meat buyer.

Allen holds two bachelor's degrees, one in Business Management and one in Marketing. Allen and his wife, Kylee, have two daughters.

"Allen's experience, along with his educational background, give him a valuable and wide range of skills and knowledge" said Kristi Magnuson Nelson, President/CEO. "I have no doubt he will do great things for our company and associates. I appreciate his

MEMBER NEWS

First International Bank & Trust Congratulates Andy Hendrickson

First International Bank & Trust (FIBT) is proud to announce the promotion of Andy Hendrickson to Director of Insurance. Previously serving as Insurance Manager, Andy has extensive experience in commercial and agriculture insurance, including contract bonds. He joined First International Insurance in 2018 but has been in the insurance industry since 2009. As Director of Insurance, Andy will oversee the team of 25+ First International Insurance agents across four states.



Andy graduated from the University of North Dakota, holds the Certified Professional Insurance Agent (CPIA) designation, and is an alum of the NASBP William J. Angell Surety School. Andy will remain at the FIBT branch in Grand Forks, North Dakota.

Grand Forks, THANK YOU for voting for All Embracing Home Care.



This year's Community Votes Grand Forks campaign hosted thousands of nominations and votes casted by members in and around the Grand Forks Area.

We are so thankful for your support and we are proud to have won Gold in the Home Health Care category & Home Support Services. An astounding 1,586 businesses and people were nominated, but only the top nominees in each category moved on to the voting.

MEMBER NEWS

Mathiason Joins EDC Staff as Workforce Development Specialist



Brenna Mathiason

Mathiason will carry out programming designed to strategically solve workforce challenges in the Grand Forks region.

Brenna Mathiason has joined the Grand Forks Region Economic Development Corporation (EDC) as its Workforce Development Specialist. Mathiason will assist and lead the efforts to carry out workforce programs like the Northern Valley Career Expo, InternGF, and Greater Grand Forks: Way Cooler than You Think! recruitment and retention initiative.

"I am proud to be joining a great team of committed leaders at the EDC.

They play a significant role in enhancing the economic vitality of the Grand Forks region," expressed Mathiason. "Workforce development is also a critical area for our community, and I am grateful to be able to contribute to the growth of the available workforce through specialized programming."

"Brenna's can-do attitude and current involvement in the region's quality of life initiatives are a great contribution to the workforce team," said Becca Cruger, Director of Workforce Development. "Workforce development has become one of the most important issues in economic development today. By adding Brenna to the team, we will have additional capacity to serve our regions and member company' workforce needs."

EDC President & CEO, Keith Lund said, "We are thrilled to welcome Brenna as a vital addition to our workforce development team. Her exceptional skills, expertise, and dedication make her an invaluable asset in our mission to meet the evolving needs of our member companies. Brenna's presence will undoubtedly enhance our capacity to drive economic growth through workforce development."

Mathiason comes to the EDC from the East Grand Forks Parks and Recreation, serving as the Director of the Summer Playground Program and East Grand Forks School District where she served as a paraprofessional and bus driver. Originally from Thief River Falls Minnesota, she has become an active member in the Grand Forks community and has worked closely with the Empire and Firehall Theatre. Currently, she also serves on the board of directors for the Greater Grand Forks Community Theater. With her experience in collaborating with local businesses and community members, she is adept at building partnerships and creating valuable opportunities for the community.

MEMBER NEWS

UMN Crookston opens “The Nest on Broadway” in downtown historic building



UMC "The Nest on Broadway"

The University of Minnesota Crookston is spreading its wings into the community as they announce the opening of their new space downtown “The Nest on Broadway.” Serving as an extension of the campus, the shared space located at 101 North Broadway in the historic Fournet Building will allow students, faculty, staff, campus committees and clubs, and alumni boards to gather and host a number of engagements.

“The Nest is going to be a great place,” said Director of Outreach & Engagement Michelle Christopherson. “This will be a downtown extension of UMN Crookston, where students, faculty, and the broader community can gather and share resources, knowledge, work on projects, network, and build relationships, just to name a few.”

“We are going to be creative while integrating maroon and gold in downtown Crookston,” she added. “Right now, we are planning to host classes, pop up UMN Crookston events and apparel sales, college knowledge nights, maroon and gold gatherings, UMC Teambacker and Alumni events while further engaging the Crookston community.”

The university held a soft opening of The Nest during Crookston’s Crazy Days community event July 20 and over 200 people got a first glance at the space. The Fournet Building, owned by developer Jeff Evers, is partially branded with UMN Crookston maroon and gold to help bring more Golden Eagle Pride and campus visibility into the community.

Follow UMN Crookston’s social media and online events calendar <https://events.crk.umn.edu> for public events held at The Nest. For more information, contact Christopherson at mchristo@umn.edu or call 218-281-8369.

MEMBER NEWS

Congratulations to Lisa Loland from All Embracing Home Care!!



Lisa Loland

Lisa Loland has been promoted to CEO of **All Embracing Home Care**. Former Office Manager of the company. Lisa has been with All Embracing Home since April of 2021. She has excelled in juggling many tasks at one time with strong organizational skills and a smile. As the CEO, she will lead the team to sustain the ultimate home care experience for all clients. Lisa says, "my experience in this field my passion has only grown deeper, with meeting all the amazing people we get to serve every day. I get to learn so much every day from all our clients!"

Lisa lives in Grand Forks, with her husband Josh and dog, Garth. She loves to read, listen to all kinds of music, and spend time with family. She was raised not very far away from here and loves this area.

Lisa is a member of the Chamber of Commerce GF/EGF, Forks Finest Networking Group, UpNext Networking Group, NOSHA and various other community organizations.

ALERUS ADDS ELIZABETH THOMPSON AS RELATIONSHIP BANKER



Elizabeth Thompson

Alerus is pleased to announce Elizabeth Thompson has joined the company as a relationship banker.

As a relationship banker, Thompson helps consumer clients identify their specific financial needs and provides comprehensive advice to help achieve their financial wellness goals. She works closely with experts across Alerus to ensure every client has access to its full suite of diversified financial services.

A native of Bemidji, Minnesota, Thompson serves clients primarily in the northern Red River Valley. She is based in Alerus' office at 2300 South Columbia Road in Grand Forks, North Dakota.

MEMBER NEWS

New Mental Health Clinic Celebrates Grand Opening in East Grand Forks

Nystrom & Associates today announced the grand opening of their location in East Grand Forks. The clinic will offer individual outpatient therapy, couples and family therapy, and psychiatric services. The clinic's seven providers began seeing patients in person Aug. 14th and will provide in-person care and telehealth services for patients located throughout the state of Minnesota. Representatives from the Chamber of Commerce and East Grand Forks Mayor Steve Gander will be joining the celebration.



"There is a growing need for quality mental healthcare, and we continue to see opportunities to improve access for individuals and families," said Mark Peterson, CEO of Nystrom & Associates. "Our team of therapists and psychiatric providers are committed to delivering the highest quality care for the East Grand Forks community."

According to the National Alliance on Mental Illness, 819,000 people in Minnesota have a mental health condition, with 37.2% of adults reporting symptoms of anxiety or depression in February 2021. Many Minnesotans do not receive the care they need due to a lack of community resources.

"At a time when mental health is getting more attention, we are fortunate to have a regional leader in this industry open a clinic in East Grand Forks," said Barry Wilfahrt, CEO and President of the East Grand Forks Chamber of Commerce.

The company has significantly increased access to behavioral healthcare in the past four years, opening over forty new clinics in Minnesota, Wisconsin, North Dakota, Iowa, and Missouri. East Grand Forks is the 58th location.

"Our clinical team is made up of incredibly caring individuals with deep connections in the East Grand Forks community," said Erin Saladin, Regional Clinic Director for Nystrom & Associates. "We hope to make mental healthcare more accessible in the Northwest part of Minnesota and empowering our clients to be the best versions of themselves."

For more information on services available and to schedule an appointment, please visit nystromcounseling.com.

MEMBER NEWS

Torrie Enget and Keith Vanderlin Assume New Positions with Hugo's Family Marketplace

Torrie Enget and Keith Vanderlin have expanded positions with Hugo's as Area Directors.



Torrie Enget

Torrie currently is the Store Director of our Hugo's located on 32nd Ave. S. in Grand Forks. With his additional duties as Area Director - West, Torrie will cover the Transportation Department, Hugo's Wine & Spirits and all North Dakota Stores, with the exception of the Northend GF location.

Torrie has worked as the Store Director at the 32nd Ave. S. location since 2018. Prior to that, Torrie managed the JCPenney Store, Best Buy and Target. Torrie holds a degree from NDSU and is married to Amy Enget. Torrie and Amy have one son, Caden.

Torrie loves to inline skate along the Greenway with friends. He is on the Board of Directors for the Rollin on The River Marathon. He and his family volunteer for the marathon every year. Torrie is also on The Chamber of Commerce Board of Directors.

Torrie loves to barbecue year round and try new recipes.

"I am very excited for this new role with Hugo's," said Torrie. "I look forward to collaborating with the store directors and continuing Hugo's generations- long tradition of success."



Keith Vanderlin

Keith has worked with Hugo's since 2009, starting as our Frozen Manager. He served also as Grocery Manager, Assistant Director and Store Director of the Northend GF Location. For the past few years, Keith has served as the Store Director of the Park Rapids location, where he and his wife Cynthia now live.

Prior to Hugo's, Keith worked in management positions with White Drug and Pamida for many years.

With his additional duties as Area Director - East, Keith will cover the Pharmacy, Caribou, C-Store, our Minnesota stores and the Northend GF store.

Keith has been married to Cynthia for 28 years. They enjoy golfing, lake life and visiting family and friends.

"Being able to use my years of experience to coach and teach our teams at several locations with my new role is something I am looking forward to," said Keith. "I am excited to continue growing with Hugo's"

"Both Torrie and Keith have excelled in their positions with us over the years," said Kristi Magnuson Nelson, Presiden/CEO. "I know their knowledge and experience will be a tremendous asset to the entire company."

MEMBER NEWS

Anne Carlsen is pleased to announce the newest addition to the organization's Foundation team



Christopher Kalash

Christopher Kalash has recently been selected as the Director of Corporate and Business Development, located in the Bismarck, ND office. With a wealth of experience in corporate and business development, Mr. Kalash is set to lead our efforts towards fostering growth and continued business and corporate partnerships across North Dakota.

Chris brings a strong educational background to his new role. He holds a Bachelor of Arts in Communication with a Psychology Minor from the University of North Dakota, along with a Master of Business Administration from the University of Mary.

Most recently, Chris served as the Director of Membership Services at the Greater North Dakota Chamber (GNDC) for five years. Prior to his time at the GNDC, Mr. Kalash made significant contributions in various capacities. He administered the Research North Dakota grant program at the North Dakota Department of Commerce and held the role of a Business Services Consultant with Job Service North Dakota. Moreover, his expertise extended to administering educational technology grant programs for the North Dakota Department of Public Instruction.

We extend a warm welcome to Christopher Kalash as he embarks on this new journey with us.

Anne Carlsen is pleased to announce the addition of Meghan Yerhot



Meghan Yerhot

Anne Carlsen is pleased to announce the addition of Meghan Yerhot as a Director of Development for the Foundation, housed in the Moorhead, MN office.

Meghan completed a Bachelor of Science in Child Development and Family Studies, a Master of Science in Developmental Science, and a PhD (in progress) in the same field. She comes to us with a diverse professional background with experience in higher education fundraising, advising, teaching and she even led the way to launching a campus food pantry.

In her new role as Director of Development at Anne Carlsen, her primary focus will center on cultivating lasting connections with the organization's supporters to advance the mission of Anne Carlsen.

We are excited to extend a warm welcome to Meghan Yerhot as she embarks on this new journey with us.

MEMBER NEWS

Advanced Business Methods Acquires Millennium Systems Technology in Grand Forks, ND

The acquisition of Millennium Systems Technology brings another great North Dakota organization to Advanced Business Methods.

Advanced Business Methods (ABM), a North Dakota office products and solutions company headquartered in West Fargo, ND, has acquired Millennium Systems Technology, a Grand Forks, ND based Information Technology Managed IT Services and Solutions provider. The official announcement was made in West Fargo on Friday August 25th. The move to acquire Millennium Systems Technology began in Spring of 2023.



“As we grow our IT presence throughout our entire servicing area, this acquisition now provides comprehensive IT services up and down the Red River Valley and beyond”, said Jeff Ellingson President of ABM. “Our customers have requested this for many years and we are now delivering them these IT products, solutions, and support through our ABM Technology Group division, launched this year.”

The acquisition of Millennium Systems Technology adds to ABM’s mission and growth strategy.

According to Terry Dvorak, the President of Millennium Systems Technology, “We are committed to delivering an even more robust user experience, ensuring a secure environment against cyber threats, and delivering the value that every company desires from their technology provider. My customers are accustomed to working with Advanced Business Methods for copiers and printers and have been for years. We can now come together and offer one comprehensive solution. We could not be more enthusiastic for these great companies to come together!”



Millennium Systems Technology will be transitioned to the ABM Technology Group division of Advanced Business Methods.

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