

Intergovernmental Retreat Brings Leaders Together







Pictured: East Grand Forks Leaders, local businesses, The Chamber and EDA staff.

In February, East Grand Forks leaders gathered for an Intergovernmental Retreat to discuss key issues affecting local government, Northland College, and legislative matters requiring collaboration.

A dozen local business leaders also participated, sharing their insights and priorities. The session was facilitated by Chamber and EDA staff, who provided a report on regional initiatives and economic development efforts.

Local Non-profits Share Best Practices for Increased Efficiency

Recently, several local non-profit executives gathered to exchange insights on improving organizational efficiency and time management. The session, led by Tamara Bertram of Legal Services of ND, engaged 20 Chamber member non-profits in a deep dive into streamlining operations.

Key Takeaways:

- Actionable Strategies: Learn methods to reduce time-consuming tasks.
- Problem-Solving Techniques: Discover practical approaches for identifying and addressing inefficiencies.
- Networking Opportunities: Connect with fellow non-profit leaders and share valuable insights.

Upcoming Event:

If your organization is a non-profit and a Chamber member, join us for our next meeting on May 13th from 1 pm to 3 pm. The focus will be on program evaluation and measurement.

This meeting is one of four sessions hosted by the Chamber in 2025, dedicated to promoting organizational efficiency, best practices, and continuous improvement among our non-profit community.

Stay tuned for more details and we look forward to seeing you there!



Pictured: Chamber Non-profit Members who attended the meeting.

Legislators Meet During the Session

Grand Forks area legislators meet one Saturday a month with Team Grand Forks partners—which include The Chamber, EDC, UND, City School District, and County. During these meetings, each legislator provides updates on committee activities and on Bills for which they are the prime sponsor.

Team Grand Forks Priorities for 2025:

1. City of Grand Forks

- Key Contacts: Todd Feland and Mayor Bochenski
- Initiatives:
 - Infrastructure Development: Led by Todd Feland
 - Quality of Life Projects Children's Museum: Collaboratively managed by Todd Feland, Katie Mayer, and Maura Tanabe
 - GFK Airport Runway Replacement Project:
 Overseen by Ryan Riesinger

2. EDC/Chamber

- Key Contacts: Keith Lund and Barry Wilfahrt
- Initiatives:
- Workforce Development
- Office of Legal Immigration
- Regional Workforce Impact Program
- Operation Intern
- Automate ND
- LIFT
- In-State Investment Fund
- Base Retention

3. Grand Forks Public Schools

- Key Contact: Dr. Terry Brenner
- Initiatives:
 - Career and Technical Education (CTE)
 - Twining 2% Money

4. Grand Forks County

- •Key Contact: County Commission
- Initiatives:
 - Grand Sky: Led by Tom Swoyer
 - UAS Test Site: Led by Trevor Woods

5. University of North Dakota (UND)

- Key Contact: Andy Armacost
- Initiatives:
 - Phase 2 of STEM
 - National Security Corridor District
 - Challenge Grants

Chamber Fights the Time Zone Divide

The ND Legislature is considering a Bill that would require ND be on standard time year round. This change would create a time zone divide between North Dakota and Minnesota for half the year, leading to confusion and significant disruptions—especially for border communities like Grand Forks and East Grand Forks. Our businesses, workforce, and families rely on synchronized time to function efficiently. See full Chamber testimony at this <u>link</u>.

Also we encourage businesses in Grand Forks and Fargo to sign on the joint GF/EGF and Fargo/Moorhead Chamber sign on letter. Add your business or organization by clicking on this <u>link</u>.

Chamber Military Affairs Committee Welcomes B-1 Airmen

The Chamber's Military Affairs Committee (MAC) recently welcomed more than 300 Airmen from the 28th Bomb Wing in Rapid City, who are temporarily stationed in Grand Forks for the next 10 months.

A special thanks to the City of Grand Forks for helping provide food for the gathering and supporting our military community.



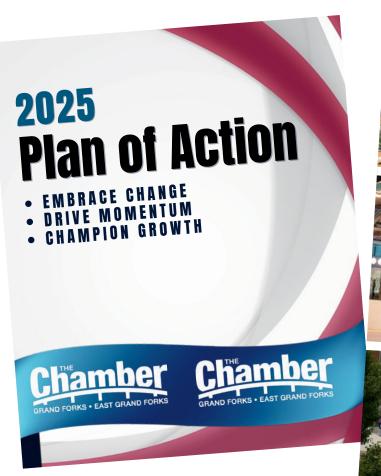
Pictured are Grand Forks Mayor Brandon Bochenski, MAC Co-Chair Tim Haddock (Service Credit Union).

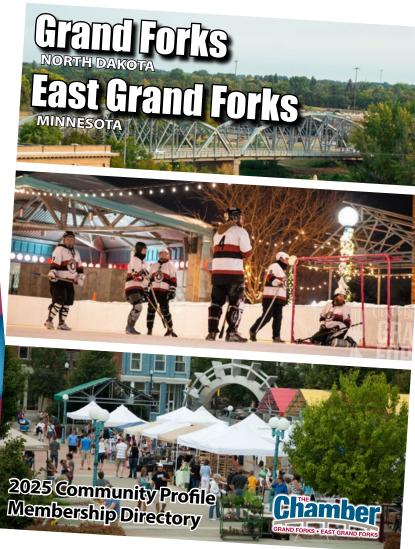


Pictured is Commander Tim Monroe addressing the Airmen during the event.

Watch your mail for the 2025 Chamber Plan of Action and The Community Profile/Membership Directory.

The plan of action talks about the many great committees and plans for 2025 and features so many great Chamber volunteers. The directory tells the Grand Forks story and makes a great recruitment tool in addition to listing all chamber members – Support your fellow chamber members – **Shop local, attend local!!!**





Attention HR Directors.

The membership directory is a great recruitment tool. It tells the Grand Forks / East Grand Forks story with great local flavor and photos. Request additional copies from the Chamber office to send to potential candidates for employment outside our region!

Join Us for Grand Forks Day at the Legislature March 6-7

There's still time to register for Grand Forks Day at the Legislature in Bismarck! More than 70 participants have already signed up to join community leaders for meetings with the Governor, Lt. Governor, and key state officials from Commerce, Agriculture, Transportation, Parks, and Education.

This two-day event also includes a special social gathering with local legislators and legislative leadership. Past participants have praised the teamwork and strong culture of cooperation between Grand Forks leadership and the Legislature.

[Register Here] to be part of the conversation and make an impact!









Got a bug? Catch some care.



For sick care to preventive check-ups, VitellaCare, managed by Crossover, has you covered with same-day and next-day appointments available virtually or in person.

Schedule now >



Now Open in Grand Forks!

Switch to Bell Business Checking and Get \$500¹

We work alongside small businesses so you can focus on the big picture. Switch to Bell and get \$500¹, streamlined online banking that's easy to use and a long-term partner that has your best interest at heart. Plus, your business will get:

- Free Autobooks² helping you create and manage your invoices and payments from one place
- Free Bill Pay³ eliminating the need to print and mail checks
- And more!

Visit www.bell.bank/gf-business
or call Brian Schumacher to learn more!



4303 S. Columbia Rd., Suite 103



Family and Employee Owned



Brian Schumacher

President/Grand Forks 701.765.6515

¹ For new, first-time Bell Bank business checking accounts opened between January 6, 2025 and March 28, 2025, we will deposit \$500 after the new account has been active 90 days with (1) 10 point-of-sale debit card transactions and (2) a minimum daily balance of \$5,000 has been maintained for 90 days. Bonus will be deposited within 5 business days after qualifications are met. Offer valid only to businesses in Grand Forks County, N.D. and Polk County, Minn. Limit of 1 bonus per business and per account. Customer may receive Form 1099-MISC for any income received from us. Cannot be combined with any other offer. Promo code: **GFBUS500**

² Bell Bank will cover costs of the basic subscription of Autobooks. Customer assumes all additional costs if they upgrade to a premium subscription of Autobooks.

³ \$1.00 for each item over 20. Additional fees apply for expedited Bill Pay items.

WELCOME NEW MEMBERS

East Grand Forks Education Foundation

PO Box 588

East Grand Forks, MN 56721

info@egfeducationfoundation.com

The East Grand Forks Education Foundation is a charitable, non-profit organization dedicated to supporting and enhancing quality educational programs for every student in the East Grand Forks Public School District. To achieve this purpose, the foundation reaches out to alumni and the community to secure funds and resources.

Meg-A-Latte Coffee House

2990 32nd Ave S

Grand Forks, ND 58201

https://meg-a-latte.com/

For Meg Wold, coffee is more than a drink—it's a lifestyle. Her journey began as a college student, managing a coffee shop, where she fell in love with the vibrant culture of connection and conversation. Inspired by the sense of community a simple cup could create, Meg returned to Williston, North Dakota, with a vision. In February 2012, she opened Meg-A-Latte, blending her love for coffee with her passion for people. Today, it's a cherished hub where community thrives.

Meg-A-Latte started as a small coffee shop with a big dream: to be more than a place to grab a cup of coffee. It quickly became a community hub where early-morning regulars, study groups, and friends could gather and connect. Fueled by her passion, Meg expanded beyond Williston to Watford City and Minot. Now, with new locations opening in Grand Forks, Bismarck, and Fargo, Meg-A-Latte continues to bring its signature warmth and exceptional coffee to even more North Dakota communities.

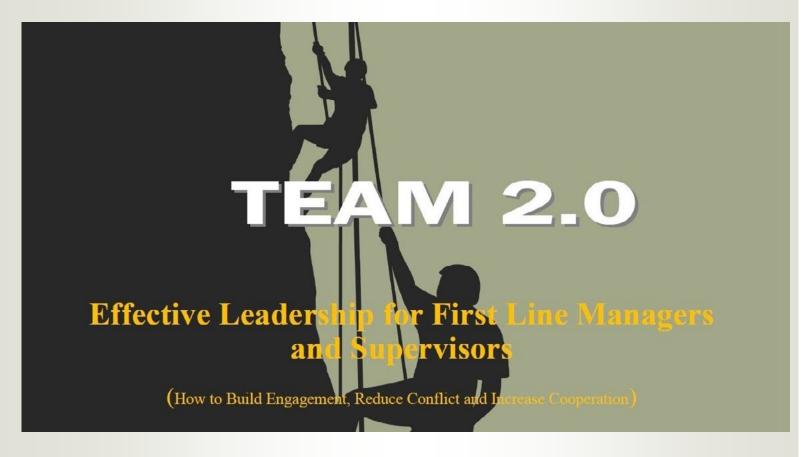
Top TEN Chamber Membership Benefits

- New Business Contacts Networking and new business contacts will help your business grow. With more than 100 chamber programs and events, you'll have no problem adding to your contact base.
- **Credibility** Make a statement that you are committed to the future of the Grand Forks/East Grand Forks region.
- **3** Leadership Development The Chamber offers learning and professional development opportunities to help you run a smarter, more profitable business
- Community Commitment Community involvement benefits you and the community and shows your commitment to helping our region grow.
- **Referrals** The Chamber's referrals of our members are a great return on your investment.
- **6** Publicity and Exposure Publicity and heightened name recognition as a Chamber Member shows your customers and potential customers who you are.
- Marketing & Advertising Targeted and affordable advertising offered by The Chamber help you promote your business effectively on a small budget.
- A Healthy Local Economy Be a part of a group that is committed to creating a strong local economy to keep our business momentum moving forward.
- **Gain a Voice in Government** The Chamber is your representative on a local, regional, state and national level. With over 1100 members representing thousands of area employees, The Chamber speaks with a strong voice for our business community on issues affecting your business.
- **Partnership** You will be a part of an organization whose mission is to create an environment that encourages business success while enhancing the quality of life in our region.

Bill Drury and TEAM 2.0

Half-Day Seminar April 9, 2025

@ Minnkota Power Cooperative | 8am - Noon



Seating is limited and we expect to sell out! — REGISTER TODAY!

This workshop will help your business achieve the next level of leadership, teamwork, and cooperation!

Check-in opens at 7:30am

Workshop is 8am - Noon

Beverages and light breakfast bites provided

Chamber Members: \$149 Non-members: \$174 CLICK HERE
TO REGISTER

BUSINESS AFTER HOURS

BUSINESS AFTER HOURS

Hosted by Bears Home Solutions

Location: 5510 1st Ave N, Grand Forks (just north of the Amtrack station)

Thursday, March 20, 2025 4:45pm ~ 7:00pm

Bears Home Solutions invites all Chamber members and their employees to join them for a fun Business After Hours event at their new location on the western edge of GF!

Free Admission, Complimentary hors d'oeuvres, drink tickets & Cash Bar, great door prizes, Progressive cash drawing is at \$1000.

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

You might even win \$1000 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, March 20, 2025 at Business After Hours!

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

Thank you to Nelson Ford for hosting an eventful Business After Hours.







MEMBERSHIP RENEWALS

February 1, To February 28, 2025

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

ABSOLUTE GLASS

AgCountry Farm Credit Services

Agile Accounting Solutions

Altru Health System

Ameriprise Financial - Ethan

Hodnefield

Benchmark Mortgage

Big Sky Kennel

Bioscience Association of North

Dakota

Brekke Tours & Travel

Buffalo Wild Wings

Dahlstrom Motors

Edward Jones - Financial Advisor:

Bryan Brenden

Forks Mobile Wash

Gereszek Law Office P.L.L.C.

Grand Forks Clinic

Gregory J. Norman Funeral Chapel

H & R Block - DeMers Ave

Haul Away Junk & Demo

Hugo's Retail Support Center

Keep In Touch Massage Therapy

Kenny's Music

Legal Services of North Dakota

Lignite Energy Council

Livewire

LM Wind Power

Lotus Yoga, LLC

Love In Action

McDonald's - 32nd Ave

McDonald's - EGF

McDonald's - Gateway Dr.

McDonald's - S. Washington

Mexican Village

Midwestern Masonry Inc.

Morgan Printing, Inc.

National Property Inspections - Tim

Brown

Nautical Bowls of Grand Forks

Network Center

Newman Outdoor Advertising

Northern Plains Rail Services

Northlands Rescue Mission

River Towne Properties, Inc.

Rydell Chevrolet Buick GMC Cadillac

Salon 222

Sanford Health 621 Demers Ave

Clinic

Sanford Health 625 Demers Ave

Clinic

Sanford Health 929 Central Ave

Clinic

Sanford Health Grand Forks Clinic

SimplyMaid

Stone's Security Systems Inc

Strata Corporation

Texas Roadhouse

Thrifty White Pharmacy #081

TIAA-Scott Roche

Vestis

Visit Greater Grand Forks

WelCore Health LLC

Willie Huot

Xcel Energy

of U.S. adults agree that

their local chamber of commerce is a **trusted resource and partner** for businesses.



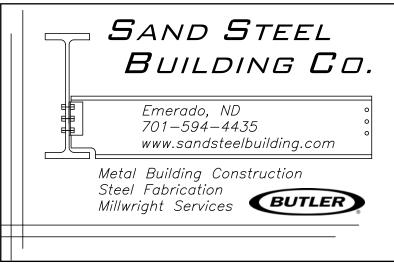
feel that their local chamber has an impact on **growing businesses locally**.

90%

believe that their local chamber has an impact on growing the local economy.



say that their local chamber has an impact on addressing challenges within their community.





New Substance Use Disorder Treatment Option

Now offering two levels of outpatient treatment.

- Assessments, individual, and group sessions
- ASAM Level 1.0 Outpatient Therapy
- ASAM Level 2.1 Intensive Outpatient Therapy Also doing DUI Evaluations.

Immediate Openings!

Prairie Harvest Mental Health is excited to serve the Grand Forks Community with another option for Substance Use Treatment Services.

For a referral or more information send an email to: sudintake@prairieharvest.net

Cindy McMillan, LCAC Phone: 701-795-9143 ext 19 Email: cindy@prairieharvest.net

Angela Niffenegger, LCSW, LCAC, LADC, LICSW

Email: angela@prairieharvest.net



UND COMMUNITY **CLASSES**

Bringing the community to the classroom with fun, innovative and affordable classes for all. Our ull schedule of events and classes are now online.

UND.edu/community-classes





AMBASSADORS MEETING

The Chamber Ambassadors extend a warm welcome to new businesses, actively participate in celebrating grand openings and special events, and engage in various Chamber activities.

The Chamber Ambassadors play a crucial role in fostering a vibrant business community by actively encouraging and supporting new and fellow members. Their mission is centered around creating opportunities for businesses to thrive while simultaneously contributing to the community's well-being.

Their dedication involves promoting The Chamber to potential members, highlighting the benefits of membership, and showcasing the community as an excellent place to live and do business. Ambassadors commit to attending monthly meetings and participating in diverse events throughout the year, such as Ribbon Cuttings, Business After Hours, and Chamber activities. Through their commitment and positive representation, Ambassadors actively contribute to the success and growth of The Chamber and its members.

The Chamber Ambassadors meet on the 3rd Monday of the month. Last month they met at Buffalo Wild Wings. The Ambassadors play a crucial role in supporting the Grand Forks/East Grand Forks Community.

Join the team. Become a Chamber Ambassador!

Being an Ambassador provides opportunities for you to promote your business, and network while having fund and doing something great for your community!

(Your business must be a current Chamber member to participate)

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

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 Tina at **772-7271** or **info@ gochamber.org** to schedule a ribbon cutting event.





Barry Wilfahrt, Chamber President and CEO

Have Coffee with Chamber President

Drop me an email. I would love to stop by your business for a visit.

I am happy to come to your business to visit about what is all going on at the Chamber and also hear about what's going on in your business.

Barry@gochamber.org



Edward Jones > edwardjones.com | Member SIPC

Complimentary investment review. Give us a call.



Taylor Monson, CFP° Financial Advisor 4700 S Washington St Suite A Grand Forks, ND 58201 701-772-9243

MEMBER NEWS

Hired as Marketing & Sponsorship Representative at the Grand Forks Park District



Stacey Brorson

The Grand Forks Park District is THRILLED to welcome Stacey Brorson to the Marketing Department in the role of Marketing & Sponsorship Representative! With 5 years of experience at ICON Sports Marketing/Advertising, she brings valuable expertise in sales, advertising, and community relations to the organization. Stacey will be responsible for sponsorship and advertising sales, special event support, signage project coordination, and foundation and community relations assistance for the Grand Forks Park District and its entities, King's Walk Golf Course, Lincoln Golf Course, Choice Health & Fitness, and the Grand Forks Parks & Recreation Foundation.

In her new position, Stacey will act as the sponsorship and sales representative for the Grand Forks Park District and will contact and maintain sponsorship and advertising clients. She will also assist with fundraising and operations for the Grand Forks Parks & Recreation Foundation; and serve as a representative at community events and committees, including acting as a Chamber Ambassador on behalf of the Grand Forks Park District and its entities.

Interior Design Consultant



Bevan Rost

Elle Interiors would like to welcome its newest Interior Design Consultant, Bevan Rost. Bevan Rost is a native of Park River, ND. She previously spent her time in Grafton, ND expanding her knowledge on updating and remodeling homes in her area, focusing on the unique needs of her community. She dove deep into the details of luxury vinyl, cabinets, and countertops to ensure her clients the best quality products for their unique needs. She has mastered 2020 Design & Sketch Up to bring her client's visions to life and design a space that truly feels like home. She currently resides in Grand Forks with Zach and her

adorable puppies, Ellie & Hunter. In her free time, Bevan enjoys snowboarding, working out, and keeping up with her puppies.

MEMBER NEWS

Erica Martin-Macintosh named chair of UND School of Medicine & Health Sciences Department of Radiology

Erica Martin-Macintosh, M.D., has been named chair of the UND School of Medicine & Health Sciences (SMHS) Department of Radiology.

Specializing in diagnostic and nuclear radiology, Martin-Macintosh graduated from UND's M.D. program in 2010 and later completed both a diagnostic radiology residency and nuclear radiology fellowship at Mayo Clinic Rochester, Minn.

"I am honored to return to UND as chair of the Department of Radiology," said Martin-Macintosh, who is certified by the American Board of Radiology and practices radiology at Sanford Health in Fargo, N.D. "This institution had a profound impact on my own development as an undergraduate and physician. I look forward to contributing to its continued success."

Among other duties, Martin-Macintosh's job as chair will be to oversee the radiology curriculum while working collaboratively with other SMHS departments to incorporate radiology into the School's interprofessional framework; ensure that third- and fourth-year clerkship students obtain hands-on training during the radiology elective and receive timely, formative feedback; and collaborate with clinical faculty in radiology across North Dakota to increase medical student interest in radiology as a medical specialty.

On this last, the need for more radiologists across the country is vast, said Martin-Macintosh. As of this writing, the American College of Radiology lists over 1,500 full time radiology positions open at health facilities across the U.S. Over the past decade, only six percent of medical doctors graduating from North Dakota's only medical school – 43 out of nearly 700 UND School of Medicine & Health Sciences M.D. grads – successfully matched in radiology as a specialty, which follows a national trend at most American medical schools.

Part of the reason for these figures is that radiology residency programs are limited — particularly in the upper-Midwest — making radiology one of the most competitive specialties graduating students can choose.

All of this is why Martin-Macintosh has made it her mission to help prepare North Dakota's students.

"I hope not only to support student and trainee integration of imaging into their future clinical practice, but also to potentially spark their interest in radiology as a career," she explained, adding that because radiology is often the first step to identifying a patient's condition, it's important to help students understand that radiologists directly impact clinical outcomes. "With a shortage of radiologists in many regions, including our great state of North Dakota, there is an urgent need to develop this profession. This need creates a unique opportunity for medical students to pursue a career in radiology, a field that plays a pivotal role in shaping the future of medicine."

Martin-Macintosh assumed the role of radiology chair at UND – a part-time, non-tenured position – on Feb. 16. She will continue her radiology practice in Fargo.

MEMBER NEWS

Valley Senior Living Receives 2025 Customer Experience Awards from Activated Insights



Valley Senior Living, a provider of long term and post-acute care including skilled nursing care, memory care, basic care, assisted living, independent living, and transitional care is proud to announce that they are the recipient of Activated Insight's 2025 Customer Experience AwardsTM at Woodside Village, Valley Senior Living on Columbia, and at Wheatland Terrace. Qualifying for and receiving these awards displays Valley Senior Living's continued dedication to providing Best in Class senior healthcare services.

"It is our pleasure to congratulate Valley Senior Living for their well-deserved achievement in winning the Customer Experience Awards," says Bud Meadows, Chief Executive Officer of Activated Insights. "It's wonderful to see the hard work that Valley Senior Living is putting in to provide high-quality care—their effort isn't going unnoticed. This award allows them to provide proof of quality to potential new clients and caregivers."

Throughout 2024, a sampling of Valley Senior Living's residents and their families have participated in monthly telephone interviews that include open-ended questions with the opportunity to rate Valley Senior Living in specific categories. Every month, Valley Senior Living gathers its real-time survey results to better understand residents' needs and to implement improvements when necessary.

By qualifying for and receiving the Activated Insights customer experience awards, Valley Senior Living has satisfied the rigorous demand of scoring in the top 15% of the nation across a 12-month average. This achievement underscores Valley's unwavering commitment to delivering exceptional experiences to residents and their families.



Enhancing Your Speaking Presence

Are you nervous when presenting?

With over twenty years of combined Toastmasters speaking experience, your presenters will provide a wide array of tips and discussion topics to improve your presence as you encounter public speaking.

Key Highlights:

This workshop will focus on providing ways to improve your public speaking skills. Whether you frequently speak in public or make a rare acceptance speech, this seminar will provide:

- Advice for improving your presence in interviews or performance reviews.
- Suggestions for how to quell fear and how to calm nerves.
- Tips on how to structure your speech.
- Review how to prepare your presentation.
- Recommendations for presenting a more professional image of yourself while speaking. Join us as we help you improve your public speaking poise and bearing.



Wednesday, March 19, 2025

11:30 am - 1:00 pm - Chamber of Commerce Board Room





Presented by...

_

Kaylee Cusack

Kaylee Cusack is a senior communications specialist for Minnkota Power Cooperative. She's been an active member of Powerhouse Toastmasters since 2019 and has served in the roles of President and Vice President of Public Relations.

MedPark and Powerhouse Toastmasters Clubs



Meredith Quinn

Meredith Quinn is an environmental engineer for Jacobs. She's been an active member of MedPark Toastmasters for over a decade and uses the skills of her membership in speaking at conferences, in large client meetings, and in moderating or facilitating strategic workgroups.





Carol Weshenfelder

Carol Weshenfelder is a musical soloist and informative speaker. She has been associated with MedPark Toastmasters for five years and presenting for a decade. Her passion is encouraging others to believe in themselves and in their natural gifts. Carol is a North Dakota resident of twenty-nine years. She has been married to her husband for fifty-five years and has three children.

CLICK HERE TO REGISTER FOR SEMINAR

\$20/Member & \$30/Non Member (Includes Lunch)

Registration is available online only and is limited to 32 attendees. If you have questions, please contact the Chamber. doug@gochamber.org or 701-772-7271

THE CHAMBER

Executive Committee

Chair: Mike McLean, JLG Architects

Chair Elect: Emily O'Brien, Dist. 42 Legislator, Bioscience Association of ND

Past Chair: Tony Hodny, H & S Electrical Services LLC

Mike Fridolfs, Northrop Grumman Corp.

Derek Holt, First Community Credit Union

Anna Rosburg, Alerus Center

Barry Wilfahrt, Chamber GF/EGF

Board of Directors

Landon Bahl, 322 Hospitality Group & Dist. 17 Legislator Matt Bredemeier, Grand Forks Subaru Kia Russel Crary, Crary Real Estate Mylo Einarson, Nodak Electric Jon Fargo, Retrax Holdings, LLC Todd Forkel, Altru Health System Tarek Howard, Auto Finance Super Center Chris Jordheim, Widseth Meloney Linder, University of North Dakota Keith Lund, GF EDC Daren Muscha, Bass Pro Shops Matt Norby, Norby's Work Perks Scott Reck, Northdale Oil Andy Schneider, Dakota Concealed/GF County Sheriff Andrew Vigen, Vigen Construction Tyler Wilson, Vilandre Heating, Air Conditioning & Plumbing

Chamber Staff

Barry Wilfahrt
President/CEO
barry@gochamber.org

Kimberly Strom
Vice President of Operations
kimberlys@gochamber.org

Tina Fetsch

Marketing and Communications Director

info@gochamber.org

tfetsch@gochamber.org

Doug IversonDirector of Membership Engagement & Development

doug@gochamber.org



