

## Calendar of Events

---

January 12, 2026  
- March 6, 2026

### **YMCA Health Trip 2026**

**Altru Family YMCA**

**215 N 7th St**

**Grand Forks, ND 58203**

05:30 AM - 09:00 PM CST

Adam Sorum , 701-775-2586

asorum@gfymca.org

*Celebrate the 140 year anniversary of the Grand Forks YMCA by joining Health Trip 2026! This 60-Day incentive wellness program will guide you through the many YMCA milestones from 1886 to the present, while you become healthier, happier and more active.*

*Join as an individual or as a team: the healthy choices you make push you further on your map, leading to a better you. \$20 per individual includes your map, log book, t-shirt, chances at many door prizes and "Free Fridays" at the YMCA. Registration opens January 1*

*This is the perfect time to get your business or organization involved with some friendly competition. Teams and individuals can compete for bragging rights and make the event even more fun!*

February 5, 2026

**2026 Chamber Annual Dinner**

**Alerus Center**

**1200 42nd St South**

**Grand Forks, ND 58201**

05:00 PM - 09:00 PM CST

Kimberly Strom, 701-772-7271

kimberlys@gochamber.org

*Chamber Annual Dinner Meeting*

*Thursday, February 5, 2026*

*Alerus Center*

*5:30pm - 9:00pm*

*Join us as we report on 2025 and welcome our new  
Board Chair for 2026, Derek Holt, First Community Credit Union*

*A social and auction display will begin the evening.*

*This will be followed by the dinner, program and our keynote speaker, Governor Kelly  
Armstrong (invited).*

*Our evening ends with the prestigious Henry Havig Award winner announcement.*

*5:30 pm Social & Auction Display*

-----

*6:30 pm Dinner & Program*

*Reservation deadline is 4pm January 22, 2026.*

*Meal selection must be made by 4pm, January 22nd.*

*If meal selection is not made, the chicken option will be selected for you.*

*All reservations or meal selections made after 4pm on January 22nd will incur a  
\$10/person price increase.*

*\*Cancellations not made by 4pm January 22 will be billed.*

February 10, 2026

**Business Builders Workshop: Get Found Online: Business Visibility in 2026**

**Grand Forks Online**

03:30 PM - 04:30 PM CST

Steve Moser, 7017393214

steve.moser@scorevolunteer.org

*A guide for small businesses to establish a professional online presence, covering  
website creation, common mistakes to avoid, essential post-website marketing  
strategies, and adjustments for the impact of AI on search.*

*Presented by: Christine Telyan, Founder of UENI.com*

February 18, 2026

**February Brown Bag || Paid Family Medical Leave: What Every Employer Needs to Know**  
**Chamber of Commerce GF/EGF - Board Room**  
**202 North 3rd Street**  
**Grand Forks, ND 58203**  
11:30 AM - 01:00 PM CST  
Doug Iverson, 701-772-7271  
doug@gochamber.org

*February Brown Bag*  
*Paid Family Medical Leave:*  
*What Every Employer Needs to Know*

*Wednesday, February 18, 2026*  
*11:30 am – 1:00 pm*  
*\$25/Member & \$35/Non Member*  
*(Includes Lunch)*

*Paid Family Medical Leave: What Every Employer Needs to Know*

*Minnesota's Paid Family and Medical Leave (PFML) program, which began January 1st, is bringing significant changes for employers, and those changes reach farther than many businesses realize. Now, eligible employees will be entitled to paid time off for certain family, medical, and military-related reasons through a state-administered program funded by payroll contributions.*

*While the law is based in Minnesota, its impact extends across the river. North Dakota employers may also be subject to PFML requirements if they have employees who work in Minnesota or whose work is considered "localized" there, even if the business itself is headquartered in North Dakota. For many employers, understanding when the law applies, how payroll contributions work, and how to properly manage leave requests is critical to staying compliant and avoiding costly mistakes.*

*In this Brown Bag seminar, PRO Resources consultants Megan Johnson and Jacob Johnson (no relation) will break down what PFML means for employers on both sides of the river. Attendees will walk away with a clear understanding of employer responsibilities, practical guidance on navigating payroll and HR considerations, and insight into how to prepare now, whether you are just getting started or need to catch up.*

*This session is ideal for business owners, managers, HR professionals, and payroll staff who want clarity, confidence, and actionable next steps as these new requirements take effect.*

*Featured speakers:*  
*PRO Resources*

*Megan Johnson holds a bachelor's degree in Human Resource Management and is a certified Human Resources Professional with more than 16 years of experience partnering with employers. Throughout her career, she has designed, managed, and implemented HR best practices that align compliance requirements with business goals.*

Page 3/5

*Megan is known for her expertise in conflict resolution and employee relations, and she*

*regularly collaborates across departments to understand organizational needs and translate strategy into actionable solutions. With a balance of strategic insight and hands-on HR knowledge, she helps employers strengthen their workplaces and achieve meaningful, sustainable results.*

*Jacob Johnson is a business consultant with PRO Resources, where he helps companies manage risk and offset costs related to personnel and operations. He brings more than a decade of experience in the HR consulting space and has assisted hundreds of businesses in reaching their financial and workforce management goals.*

*Jacob's work has helped organizations of all sizes improve efficiency while limiting financial and legal liability. He also lends his expertise to small business associations and leadership councils, and is passionate about educating local business owners on how economic trends impact their industries.*

March 10, 2026

**Business Builders Workshop: Referral Networking and LinkedIn for Small Business Owners  
Grand Forks online**

03:30 PM - 04:30 PM CST

Steve Moser, 7017393214

steve.moser@scorevolunteer.org

*This session combines two related topics that work best together, referral-based networking groups and LinkedIn. We'll discuss how referral groups function, how to choose and commit to the right group, and best practices for building trust and generating referrals. The session will also cover how a strong LinkedIn profile supports referral networking by reinforcing credibility and extending relationships beyond in-person meetings.*

*Presented by: Ian Carlstrom with the West Central MN SBDC*

April 18, 2026

**LSND First Annual Gala**

**Moorhead Armory Events**

**904 Center Ave**

**Moorhead, MN 56560**

05:00 AM - 11:00 AM CST

Allison Anderson, 2182800895

aanderson@lsnd.org

*Legal Services of ND first Annual Gala*

*Pursuit of Justice*

*Sponsorship's available*

May 2, 2026  
- May 3, 2026

**Red River Valley Motorcyclists Spirit of America Bike & Car Show**  
**Alerus Event Center**  
**1200 S 42nd St**  
**Grand Forks, ND 58201**

09:00 AM - 07:00 PM CST

Renaye Ronan-Kjenstad, 2187791986

renayekjenstad3309@gmail.com

*The 33rd Annual Spirit of America Bike & Car Show sponsored by the Red River Valley Motorcyclists will be hosted on May 2nd & 3rd, 2026 at the Alerus Event Center in Grand Forks, ND.*

*This has become more than just a gathering of bike & car enthusiasts - it stands as a heartfelt tribute to those who have served our nation. Each year, our event attracts families, veterans, car collectors, motorcycle enthusiasts, and local businesses, all united by the shared purpose; celebrating the spirit of community while supporting The Veterans Honor Flight of ND/MN. The RRVM awarded the Veterans Honor Flight of ND/MN at check in the amount of \$50,000 from the support of raffle ticket sales, vendors, sponsors and attendees from our 2025 show. Lets increase that supporting amount for 2026!*

*You can support The Veterans Honor Flight of ND/MN by purchasing a \$50 raffle ticket with over \$100,000 worth of prizes to be given away on Sunday May 3rd, 2026 at 3:30 pm.*

*\$100,000 of Prizes to be given away May 3rd, 2026*

*1st Prize Harley Davidson Roadglide.*

*2nd Prize Polaris Ranger Crew Cab Trail Boss (w/trailer).*

*3rd Prize Yamaha Gas Golf Cart,*

*Aero 14' Enclosed Trailer,*

*Bergara B14 HMR 6.5 Creedmor Rifle,*

*UND Hockey Engraved Henry Big Boy 45 Colt Rifle,*

*Green Mountain Pellet Gril,*

*Milwaukee Iron 7 Tool Bundle*

*AND much more.*