



Grand Rapids Area Chamber of Commerce

The Voice of Business for April



Celebrating the Stories of Rural Women Business Owners

The Grand Rapids Area Chamber of Commerce is pleased to announce a special panel discussion at its April luncheon, in collaboration with the Itasca Economic Development Corporation (IEDC) and the Grand Rapids Herald-Review. This event will celebrate rural women business owners and provide insights into their inspiring journeys.

The panel discussion, moderated by Tamara Lowney, President of the IEDC, and Gabby Jerulle from The Herald Review, will feature stories that have motivated and aided rural women entrepreneurs in achieving their aspirations. Attendees will have the opportunity to gain valuable insights on how they can contribute to the success and growth of women-owned businesses in the community.

April's Chamber Luncheon, offering attendees a unique opportunity to learn from industry leaders and network with like-minded professionals. Participants will leave with practical insights on how they can support women business owners through their entrepreneurial journey.

The Grand Rapids Area Chamber of Commerce looks forward to welcoming participants to this inspiring discussion and celebrating the achievements of rural women business owners.

When: April 8, 2024

Where: Timberlake Lodge Hotel

Time: 11:45 a.m.
Buffet lunch, 12:00 pm Luncheon begins.

Cost: \$15.00 members
\$20.00 nonmembers

RSVP required: 218-326-6619 or email Kerry@grandmn.com no later than April 2, 2024



Calendar of Events for 2024

Chamber Monthly Luncheon
April 8, 2024

Annual Dinner
May 2, 2024

Swap Meet & Car Show
July 26-28, 2024

Golf Outing & Fun Day
Sept. 19, 2024

Taking Care of Business
Dec. 4, 2024



Chamber Committee Meetings

Ambassador - Third Wednesday/ monthly, noon - 1:00pm

Government Affairs - Last Friday/ monthly, 7:30am - 9:00am

Forestry Affairs - Last Friday/ monthly, 9:15am - 10:45 am

Chamber member, you are welcome to come and check them out to see if you are interested in joining.



Tamara Lowney
President, IEDC

LUNCHEON SPONSOR:



IEDC is committed to fostering economic growth and vitality in Itasca County, Minnesota. We collaborate with local businesses, entrepreneurs, and community partners to create a thriving business environment. Every day, our staff works diligently to expand our diverse economy and demonstrate why we've come to call Itasca County home. We're here to support the growth of small businesses of all sizes, strengthen our workforce, and cultivate partnerships that benefit our entire region.



Gabby Jerulle
Director of Digital Marketing/
APG Media

LUNCHEON SPONSOR:



The Herald Review has long been a trusted source of information in our community. The newspaper is an integral part of our local community and as the media landscape changes, we continue to adapt and expand. While the newspaper is the bread and butter of our business we have grown into a Multi-Media company who offers a wide range of marketing services from print to all things Digital Marketing.

Meet the Grand Rapids Area Chamber Board of Directors

Over the coming months, we invite you to follow along as we spotlight various members of our esteemed Board of Directors. Each individual contributes a wealth of knowledge, passion, and unwavering commitment to our community, ensuring that the Grand Rapids Area remains a wonderful place to call home.



Matt Shermoen, Business Development Manager at Itasca Economic Development Corporation (IEDC),

Matt is dedicated to fostering economic growth in Itasca County, Minnesota. Actively involved in community initiatives, he advocates for economic development, entrepreneurship, energy transition, and workforce development. Outside work, he enjoys fishing and treasures Northern Minnesota's natural beauty and tight-knit communities, making it his ideal home.

Lori Gill, Human Resources Manager at UPM Blandin Paper Co.

Lori is deeply engaged in both the Chamber and the community. Serving as a Chamber Ambassador and on the Workforce Development committee, she promotes community involvement and advancement. Balancing these commitments brings Lori personal and professional fulfillment, enabling her to advocate for business members and contribute to community development. Lori and her family appreciate the quality of life in Grand Rapids and are grateful to call the area home.



Greg Bounds, a realtor at Century 21 Land of Lakes

Greg is committed to assisting individuals in finding their dream homes in Grand Rapids. Engaged in community initiatives, he brings a collaborative spirit to the GRACC board. Greg's dedication to community growth goes beyond real estate, as he is involved in local organizations. Outside of work, Greg and his wife enjoy outdoor activities such as golfing, kayaking, boating, and hiking.

Shannon Benolken, VP of Business Banking at Park State Bank

Shannon's leadership at Park State Bank brings a wealth of experience to her dedication to business advocacy. She values the collaborative atmosphere among Board members and Chamber Staff, fostering impactful change. Shannon finds Northern Minnesota's distinct seasons and strong community spirit exceptionally rewarding.



Visit our webpage for full bios,
www.grandmn.com

This Month's Business Spotlight Recipient:



Grand Rapids South
1215 South Pokegama Ave
Grand Rapids
(218) 327-1121



Grand Rapids North
428 NW 4th Ave
Grand Rapids
(218) 327-0818

Once a month, a Chamber Member Business in good standing will be randomly selected during the monthly luncheon and featured for the upcoming month.

This randomly drawn business will have the opportunity to showcase themselves offering them exposure through the Grand Rapids Area Chamber of Commerce network

This initiative expresses gratitude to all businesses and individuals supporting the Chamber's mission of advocating for business interests.

Park State Bank has evolved into one of Minnesota's larger independently owned banks, with over one billion dollars in combined assets. With a century-long history of serving clients and small businesses in Minnesota, the bank originally established itself in the Morgan Park neighborhood of Duluth in 1916 and underwent new ownership in 2015. Initially starting with only two locations, the bank now operates fifteen branches across Minnesota.

We take immense pride in our exceptional, personalized service and unwavering commitment to the communities we serve. We are known for treating our clients well and ensuring we make our communities a better place. Our continued growth opens up more opportunities for our employees, clients, and community contributions.

Park State Bank's dedication has been recognized through accolades such as being named the Top-Performing Community Bank in Minnesota with assets under \$3 billion by S&P Global Market Intelligence for multiple consecutive years. The bank has consistently appeared on the Fast 50 List by the Minneapolis-St. Paul Business Journal as one of the fastest-growing companies over the past five years. Acknowledged by the Independent Community Bankers of America (ICBA) as #18 in the United States for successful commercial loan production among banks with assets exceeding \$1 billion. Park State Bank has also earned a place on the Inc. 5000 list as one of America's fastest-growing private companies for five consecutive years.

These honors could not be possible without our loyal clients and our amazing team's commitment and dedication.

For more information about our bank services, please visit www.parkstatebank.com

Become a Chamber Member for your chance to be premiered.
For more information contact Kerry Larsen at 218-326-6619 or Kerry@grandmn.com



This month's Customer Service Award Savanna Christensen from Essentia Health Pharmacy



"This month's Customer Service Award winner is Savanna Christensen from Essentia Health Pharmacy in Grand Rapids. Congratulations, Savanna, on your exceptional customer service! Your nomination was well-deserved for going above and beyond. You are a valuable asset to our community and are known for your kindness and excellent work ethic.

In the picture, you can see Lori Gill, a Grand Rapids Chamber of Commerce Ambassador from Blandin Paper - UPM, along with Savanna Christensen from Essentia Health Pharmacy in Grand Rapids."

Ribbon Cutting : Beyond Path Counseling



Beyond the Path Counseling recently joined the Chamber of Commerce as we enter our 5th year serving our community with their mental health counseling needs. Laurie Troumbly had a vision for a serene, safe, inviting environment to provide therapy and opened a private practice in 2019 with a niche of helping women through various life stages and balancing life, including working mothers, career counseling, stress, grief and loss, and also serving adolescent females. Located on Pokegama Ave S, with a private entrance door, we provide counseling services that encompass the whole person—physically, mentally, emotionally, verbally, and spiritually. Laurie is trained and certified in Dialectical Behavior Therapy, Integrative Mental Health Services, and Life Coaching. She utilizes a professional and validating approach to connect with others. Our services primarily include building a therapeutic relationship, diagnosing, understanding, and reducing mental health symptoms that interfere with daily life to help individuals feel and be their best selves. We also encompass providing hope, coping skills, support, setting and working toward goals, processing life and past experiences, and healing through the journey of talk therapy. We are in-network with several insurance companies and offer private pay services for both counseling and coaching.

Our vision for the future currently encompasses our new website that offers integrative services through understanding nutrition, supplements, sleep patterns etc., as well as life coaching, and we are working toward offering products that help fulfill individual goals, needs, and holistic lifestyle changes that benefit mental health.

Please visit our website for more information:

Our newest website (still under some construction) is <https://beyondmn.org/>
And our current website is <https://www.beyondcounselingmn.com/>

Pictured: GRACC Ambassadors: Debbie Tahtinen - Midland Title, Greg Bounds - Century 21, Lori Gill - UPM Blandin, Jada Troumbly, Ryan Eichorn, Laurie Troumbly MS, LPCC, Owner & Provider, GRACC Ambassadors: Danielle Witherill- Edward Jones, Jane Shade - MN North College, LeAnn Hardy - City Limits Storage

New GRACC Members



Angel Fund
P.O. Box 114
Hibbing, MN 55746
218-262-9929



Spider Shores Resort
Travis & Rachel Bush
43637 Spider Shores Road
Marcell, MN, 56657
218-326-2031



General Waste
35005 County Road 571
Keewatin, MN 55753
218-778-6600



5 Star Pest Control
PO Box 669
Grand Rapids, MN 55744
Phone: 218-326-2192
Mobile: 218-259-9859



Grand Village
923 Hale Lake Pointe
Grand Rapids, MN 55744
218-326-0543



North Shore Mortgage
1251 South Pokegama Ave
Grand Rapids, MN 55744
218-733-5585

President & CEO: **Malissa Bahr**
Membership & Tourism Coordinator: **Kerry Larsen**



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