



the pulse

News from the Young Professionals Network of Minot

9/3/2010

What's Happening

New Member Breakfast

Sept. 8 @ 7am, Homesteaders Restaurant

September 5:01

Sept. 9 @ 5pm, Buffalo Wild Wings

Leadership Meeting

Sept. 14 @ 12pm, Paradiso

Outreach Team Meeting

Sept. 16 @ 12pm, Planet Pizza

Downtown Wine Walk with YP

Sept. 16 @ 5pm, Off the Vine

September Power Hour

Sept. 22 @ 12pm, Trinity Health

MSU Homecoming / YP Community Block Party

Sept. 22 @ 5pm, MSU

Chamber Business After Hours

Sept. 23 @ 5pm, Verendrye Electric

MSU Homecoming - Tailgating

Sept. 25 @ 11:30am, MSU Dome Parking Lot

YP/MSU Post-Game Barley Pop Event

Sept. 25 @ 5pm, Barley Pop

Welcome New Officers

At the quarterly meeting on the 31st YP's voted in three Young Professionals - Kausha Bakk as the next Vice President, Emily Huettl as the Treasurer and Melissa Korslien as the Secretary.

During the meeting the ammended bylaws were also approved. One provision of the new bylaws created three new positions on the leadership team. These Member At Large (MAL) positions will have a voice in shaping the direction of YP Minot and will be asked to help out with YP events. These positions are approved by the Leadership Team. If your interested in becoming a MAL contact ShannonLPearson@gmail.com before September 13.



Outreach Team Update

This year the YP Outreach Team partnered with Sunrise Rotary to help Fill the Bus. The event was a HUGE success! We helped collect an entire bus load of school supplies and backpacks for kids in need. We also helped collect almost \$900 in cash. On backpack distribution day we sent volunteers to Oak Park to serve hot dogs to kids and parents picking up backpacks. A total of 290 backpacks full of school supplies were given out to kids this year! Sunrise Rotary is very thankful for our participation in this event and would like to partner with us again in the future. Outreach Team has decided to make this an annual event. WAY TO GO YP!!

Additional Upcoming Events include volunteering for a 2nd Story bingo night on Wednesday, October 6th. People are needed to help host that evening at 7:30pm as well as to provide treats or prizes. Please contact Colee if you are interested.

Social Team Update

New Member Breakfast New to YP or want to learn more about the YP Network? Starting September 8th at 7am, YP will be hosting monthly new member breakfasts.

Minot Down Town Wine Walk Looking for a group to walk with at the [Downtown Wine Walk](#)? Meet us at Off the Vine at 5:15pm on Thursday, September 16th ready to conquer downtown Minot! Make sure that you have your Wine Walk ticket ahead of time. Not going to the Wine Walk? Not a problem. YPs are invited to stop down to The Blue Rider for a post Wine Walk social at 9:30pm.

YP After Hours: InfoTech Mark your calendars for Tuesday, October 12, 5:30pm - 7:30pm. [InfoTech](#) will be hosting a FREE YP After Hours at their office on the 3rd floor of the Wells Fargo Building. This YP-only event offers a behind the scenes look at InfoTech, a software solutions company. Learn about the company, tour the office, and enjoy complimentary drinks and appetizers while networking with other YPs.



September 5:01 at Buffalo Wild Wings

Last month's 5:01 at Buffalo Wild Wings was so much fun, we decided to do it again! Join us out on the patio at BWW on Thursday, September 9th at 5:01pm for dinner, drinks and great company. This is the perfect opportunity to meet new people and enjoy a beautiful evening out on the patio.



September Power Hour

1. What have you accomplished over the last 10, 15, or 20 years? Are you who you want to be?
2. Have you accomplished the goals you set for yourself? Did you have any goals set?
3. What lessons have you learned in life?

If you can't answer these questions or you aren't pleased with your answers, come learn how to find a mission and purpose in your life and career! Deedra Hoffart, Director of Nutrition Services at Trinity Health and fellow YP, will be presenting this topic at the next Power Hour on Wednesday, Sept. 22 in the first floor conference room of Trinity Hospital – St. Joseph's. Trinity Health is the sponsor and lunch will be \$5. We will also be drawing a name from the general membership for \$50 Chamber Bucks to be given away. The only catch is that you must be present to win!

RSVP today!



YP MSU Homecoming Postgame Celebration at the Barley Pop

The Minot Young Professionals are hosting a [Homecoming Postgame Celebration](#) at the Barley Pop after the MSU Homecoming football game on Saturday, September 25th from 5-8pm. For just \$10 per person you get all you can eat and drink plus tons of door prizes will be given away throughout the night. All proceeds will go to the Souris Valley United Way. Last year we donated \$770 and we are looking to beat that number this year. Thanks to our sponsors: Barley Pop Bar, Miracle Mart, Prudential, Frito-Lay and Kmart for making this event possible.

If you are interested in gathering or donating prizes, working the event or helping in any other way please contact [Sara](#).



YP of the Month, Megan Grundstrom

Tell us about your family.

My husband, Jon, and I got married three years ago. A year later we moved from the Twin Cities to Minot. I am originally from here and still have family and friends here, but Jon was new to the whole Minot scene. It didn't take him long to discover the great community Minot has to offer. In December, our family grew from two to three with the addition of our beautiful baby boy, Jackson. He is quite the giggle machine and keeps us smiling and on our toes.

Where do you work? I am a Trust Representative for First International Bank & Trust. The Trust Department (located at our Broadway branch) provides investment management services, trust services, oil and gas management, estate administration, and estate planning. For all YP Members, we are offering a free, independent, and unbiased analysis of your current investment portfolio.

Are you involved with any other clubs or groups in Minot? I'm on the Holiday Tour of Homes Committee. The Holiday Tour of Homes is a walk through tour of unique homes in Minot during the first weekend of December. All proceeds from the tour benefit the Taube Art Museum. The tour is open to the public and tickets are available at the Taube Museum. Be on the lookout for more details as we get closer to the Christmas season! AND if you have a house in mind for the tour, please email me at MGrundstrom@firstintlbank.com.

Do you have any exciting fall events or activities planned?

Fall is my favorite season for many reasons. First and foremost: The Vikes. Every Sunday we head to my Dad's house for the weekly Grundstrom/Sartwell Football Fest, which consists of two basic necessities: food and football. Second: Thanksgiving and Black Friday. I am one of those crazies who rolls out of bed at 3am on the Friday after Thanksgiving, gets all bundled up, and stands in line at the mall with a coffee in hand waiting for the shopping marathon to begin. This year we will be in Minneapolis for Thanksgiving, which means Black Friday will be at the Mall of America. I am just hoping I return to Minot without any injuries. Wish me luck!!

Why are you a YP member and how are you involved within YP?

I have to give a shout-out to Kausha Bakk with this one. When we moved to Minot two years ago, she was our (awesome) realtor. She was the one who invited me to my first Service Team meeting. I truly believed in the charitable aspirations of the Service Team and the networking possibilities of YP as a whole. The Service Team has since become the Outreach Team and, starting October 1, I am excited to be serving as the Chair of the Outreach Team. Each and every member is dedicated to serving our community and I can't wait to see where that dedication takes us in the upcoming years. GO OUTREACH!!

More Events Around Town

- Come enjoy the [Garlic & Grape Festival](#) from 11am-5pm on Saturday, September 18th at the Minot Auditorium. The festival includes demonstrations with wine and garlic, food booths, wine tasting, entertainment, carnival games and much more. Admission is \$5 and wine tasting is \$3. Children 12 and under are free. All proceeds will go toward North Dakota Lions charitable projects.
- Everyone is invited to the 51st Annual Kiwanis Pancake Day on Saturday, September 25th. All you can eat pancakes will be served from 7am-2pm at the Minot Auditorium. The cost is \$5 in advance or \$6 at the door. Children under 6 eat for free. All proceeds go to area youth programs. For more information or for advanced tickets contact [Emily](#).

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