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Velva *area* Voice

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Year in Review 2025

Submitted by Kathy Holte



Verna Schock

JANUARY: One of the oldest residents in the Velva community celebrated a milestone birthday with bells on. Verna Schock, 100 years young, rang in the new year with a bang as she had another milestone birthday on January 4th. Drop your crock off at Velva Fresh Foods made an announcement on Facebook that stated residents of the community and surrounding areas could drop off their empty crock pot at Velva Fresh Foods by 10 a.m., pick out a meal off their menu board and go to work. Customers could pick it up after 4:00 p.m. A putt that brought in big bucks! What are the odds with one chance

to line up the perfect putt that’s 94 feet long and get a hole-in-one? Well, there’s one person we can say...it’s a piece of cake! That person is Velva area resident and longtime Velva Aggie fan, Tonya Harden. Norwegian author, Thor Gotaas, authored books about unusual and outstanding athletes for the past 38 years. He now turns his attention and talent to telling the story of Sondre Norheim, the Father of modern skiing. Gotaas was pleased to visit the area to experience skiing where Norheim skied in McHenry County.



Pastor Emmy Swedlund

FEBRUARY: Velva Girls Basketball team has a rare coincidence

as Grace and Emma Balas, Leah and Lani Volochenko and Anna and Tylie Harden are three sets of sisters all playing for the same team. Souris Valley Care Center and Valley View Manor employees recognized for hard work included Olivia Getzlaff, Brittaney Schmidt, Sharla Lopez, Doug Panchot, Tanya Latendresse, Mindy Vollmer, Connie Heit, Hayden Williams, Emma Dove, Melinda Siel, Wendy Pitcher, and Faith Howe. Oak Valley Church gets a new Pastor with ties to Velva. Emmy and her husband, Searle Swedlund, a Velva native who has grown up here and graduated from Velva High School, moved to his hometown after being offered a position as Executive Director of the Norsk Hostfest in Minot. Oak Valley council members reached out to Emmy and asked if she would be interested.



Addy Kittelson

MARCH: Joyfull Delights are meticulously crafted, kneaded with love and brimming with rich history are what you will experience. Adrianna “Addy” Kittelson started her baked treats business in February of 2021 under the ND Cottage Foods Act. Addie’s love for baking was passed down by her grandma. Addy is an alum at Velva Public School and the daughter of Curt and Karen Kittelson. McHenry Co. Township Association will remain active and was decided at the March 6th meeting held at the Granville Community Center. Although the county township officer’s association has been in ex-

Velva Woman’s Club Launches 6 Week Community Wellness Challenge

Submitted by Emily Tescher Schmalz

The Velva Woman’s Club is inviting community members to join a 6-Week Wellness challenge where individuals set their own goals and are encouraged to take small, personal steps to a healthier life. This is not your typical, “Lose Weight and Get Fit” type of challenge,” says Lori Brudevold, the club’s Community Impact Program (CIP) chairperson. “We want to look at all wellness areas, such as mental health, spiritual health, emotional health as well as physical health and habit breaking-or building.” The challenge, which runs from January 4 through February 14. is open to anyone who wants to participate and focuses on individual progress rather than competition. Brudevold explained that each participant will set his or her own

goals – such as increasing their daily steps, journaling, stop swearing, drinking more water, meditating, journaling, less screen time, more reading time, etc. Participant will earn points for meeting or exceeding weekly goals. The General Federation of Woman’s Clubs started the Community Impact Program (CIP) in 1949. The program was initially called “Build a Better Community.” The CIP is GFWC’s longest standing project. Through the CIP, Club Members research community needs then address a need with a volunteer project. The CIP presents opportunities for local clubs to improve their communities, build relationships with individuals and groups, grow membership, enhance leadership

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Word on the Street

VELVA COMMUNITY FOOD PANTRY:
January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18, September 15, October 20, November 17, December 15
The food pantry is open from 5:45-7:15pm in the Fellowship Hall of OVLC, Main Street. The pantry is short of these items: canned meats, canned fruit, personal hygiene products and laundry pods and can be dropped off at OVLC Mon.- Fri. 9am-3pm.

SANTA PHOTOS:
Santa photos can be picked up at the following businesses: North Star Community Credit Union, Velva Fresh Foods, Peoples State Bank, Velva Drug, Velva Area Voice and Mouse River Oil Co

istence since 1980, the last meeting was held on December 19, 2017. The 2025 district directors nominated are: District 1, Anita Schmidt; District 2, Kevin Reinowski; District 3, Doug Woodall; District 4, David Thom; District 5, Tim Anderson; secretary/treasurer, Darlene Carpenter.

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It all begins
with one single step



*Healing *Change
*Life *Love
*Growth

Velva Women’s Club
Wellness Challenge