

It's Time to Renew
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VelvaareaVoice

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Renewal
Due
March 31st

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VelvaareaVoice

Thursday, March 5, 2026 Volume 27, Issue 10 Velva, North Dakota 58790 \$1.50

Word on the Street

FOOD PANTRY:

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.

PURDY GOOD OL BAND:

If you're interested in joining the Purdy Good Ol Band for the Velva 4th of July, please call Carman at 340-9513 or Marlowe at 626-1724.

VHS BLOOD DRIVE:

Wednesday, March 11th, 2:30 to 6:30pm. Contact Mrs. Howe at the Velva School for appointment, 338-2022.

VELVA KINDERGARTEN:

Velva Public School Kindergarten Registration for the 2026-2027 School Year. Must be 5 years old by August 1, 2026. Registration forms are available on the school website or at the school office. Register by March 17, 2026. Questions, please call 701-338-2022.

SWISS STEAK DINNER:

The Velva Senior Center, Main St., will serve a Swiss Steak Dinner on Sunday, March 8th, 11am to 1pm. Open to the public. Delivery available in town, call 338-2628.

Velva Woman's Club Wraps Up 6-Week Health & Wellness Challenge

Submitted by Emily Tescher Schmalz



Anna Hansen is pleased with her cozy basket.



Erica Carl is all smiles as she shows her winning basket.



Week One winner Kammie Anderson and Kristie Abrahamson.



Carlotta Olson got her basket on a cold winter day!



Project Coordinator Kristie Abrahamson presents a package to Myrtle Bauer.

The Velva Woman's Club launched its first-ever six-week Health and Wellness Challenge for the Velva community, running from January 4 through February 15. More than 60 community members participated in the inaugural program, which served as the club's Community Impact Project (CIP) for the year.

The challenge was spearheaded by club member Lori Brudevold, who leads the Velva Woman's Club CIP committee this year. Brudevold emphasized that the goal of this challenge was to create something broader than a traditional weight-loss and exercise challenge. She says, "We wanted this challenge to be personalized to each individual, where participants could see improvement in things that really mattered to them."

Weekly goals were set by the

participants and Brudevold says goals varied widely from cleaning out a drawer a day, getting creative with clothing and accessories already in one's closet, having a clean kitchen before bedtime, donating a tote of items a week to charity, as well as some diet and exercise goals.

In addition to personal weekly goals, the CIP committee introduced weekly bonus challenges designed to encourage further growth and wellness. These tasks focused heavily on mental well-being and included actions like calling a long-lost friend, making a dreaded appointment, or listing ten things you're proud of. Brudevold described these additions as gentle nudges intended to motivate community members to do "a little bit more each week."

Participants tracked their weekly progress in printed booklets pro-



Jessica Brown of Velva celebrating her winning basket with Lori Brudevold, who spearheaded the project.

vided by the club and submitted tally sheets each Sunday either electronically or by dropping them off at Velva Drug. Each week, a participant was randomly selected to win a prize basket.

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Food Hub discussions explore the minds of Rural Leadership North Dakota individuals

Reporter Heather Tudor

A group gathered at the Verendrye Electric Cooperative last Friday, February 27th, 2026 in the meeting room to discuss any updates on the Food Hub project and what possibilities may be available at the moment.

Velva native Jonnah Lee Beckman gave Shawn Vedaa a wonderful introduction that got the discussion commencing. Katie Tyler, Program Director for Rural Leadership North Dakota at

NDSU Extension Office, was in attendance along with other key leaders to tour the Food Hub site and learn directly about the vision, development, and leadership behind the project. With a better understanding of the purpose and structure of the Velva Rural Food Hub, how rural grocery access, cooperatives, and community needs intersect, the role the North Dakota Association of Rural Electric Cooperatives (NDAREC) and/or

other partners played in helping move this project from concept to reality, and lastly how did leadership decisions, partnerships, and challenges involved in bringing a large, systems-oriented project to fruition in a rural community.

The group had discussions from about 10:45 am to about 11:45am and then made their way to the Star City Golf Course for lunch where they met with a small panel of agricultural and community leaders

for facilitated table conversations. The conversation 'guides' to help the conversation focus on how key rural leaders inspire shared vision in rural communities, Ethical decision-making and personal accountability, and to generate the systems thinking and the connections between agriculture, energy, infrastructure, as well as community vitality.

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