

THE CITY OF CROOKSTON

Directory

- 2 Elected Officials
- 9 Crookston Public Library
- 14 Tri-Valley
- 16 Crookston Events

FALL 2024

THE CITY OF CROOKSTON

Crookston City Hall:

124 N Broadway, Crookston, MN 56716
Monday – Friday, 8:00am – 4:30pm
Phone: (218) 281-1232
Crookston.mn.us

Elected Officials:

Mayor

Dale Stainbrook: (218) 275-3684

City Council:

Kristie Jerde: 1st Ward / (218) 280-7578
Henry Fischer: 2nd Ward / (218) 280-4093
Clayton Briggs: 3rd Ward / (218) 289-4408
Donald Cavalier: 4th Ward / (218) 289-1776
Wendy Ault: 5th Ward / (701) 610-1039
Dylane Klatt: 6th Ward / (701) 740-7009
Morgan Hibma: At Large / (763) 913-1036
Tim Menard: At Large / (206) 723-6974

City Administrator

Jeff Shoobridge: (218) 281-1232

Important Phone Numbers

Building Inspections Department: (218) 281-5713
City Clerk's Office: (218) 281-4503
Charter Commission: (218) 281-1232
Crookston Municipal Airport: (218) 281-2625
Fire Department: (218) 281-4584
Finance Department: (218) 281-4503
Parks & Recreation: (218) 281-1242
Police Department: (218) 281-3111
Polk County Museum: (218) 281-2950
Public Works: (218) 281-1232
Water Department: (218) 281-5711



City Board & Commissions Meetings:

Monthly meetings unless noted.

Dates and times are subject to change.

- City Council: 2nd & 4th Monday of each month – 5:30pm
- Park Board: 3rd Monday of each month – 4:45pm
- Planning Commission Meeting – Third Tuesday of each month – 7:00pm
- Ways & Means Committee Meeting: 2nd & 4th Monday of each month - following city council meetings unless stated otherwise
- Economic Development Association Meeting: Last Tuesday of each month – 7:00am
- Charter Commission - Annually

City Council Meeting Viewing:

All City Council meetings are available for viewing on Channel 3 as well as livestreamed on the City of Crookston YouTube page. The City of Crookston YouTube page will also post the full recording of all City Council Meetings. All meetings are open to the public.

City Offices Closed:

- September 2nd – Labor Day
- November 11th – Veterans Day
- November 28th & 29th – Thanksgiving
- December 25th – Christmas Day
- January 1st – New Year's Day





2024 Election Information

2024 General Election • Tuesday, November 5th

Polling Times

- o Polls open at 7:00am and close at 8:00pm. Please check the Ward Map to ensure that you're visiting the correct polling location.

Ward Polling Locations

- o Ward 1: St. Paul's Lutheran Church - 1214 University Ave.
- o Ward 2: St. Paul's Lutheran Church - 1214 University Ave.
- o Ward 3: First Presbyterian Church - 510 North Broadway
- o Ward 4: First Presbyterian Church - 510 North Broadway
- o Ward 5: First Presbyterian Church - 510 North Broadway
- o Ward 6: St. Paul's Lutheran Church - 1214 University Ave.

Welcome Jeff Shoobridge

Crookston City Hall would love to give a big welcome to our new City Administrator, Jeff Shoobridge. Jeff has served in different government municipalities before coming to Crookston including Town Administrator for Redington Shores, Florida as well as City Administrator for Madison Lake, MN. Welcome to Crookston, Jeff!



UNIVERSITY OF MINNESOTA CROOKSTON



Welcome Back Students





Public Safety

Crookston Police Department

As summer nears an end, there are still many events taking place throughout the city, several of which the Crookston Police Department is excited to participate in. As you will read, Night to Unite was a huge success and Ox Cart Days is right around the corner.

As stated in past articles, our focus at the Crookston Police Department is to provide the best possible public safety services to our community. With the start of school and colder weather approaching, the Crookston Police Department would like to remind the public of school bus safety and winter parking ordinances.

School Bus Safety

According to the National Highway Traffic Safety Administration, school buses are the safest mode of transportation for children. In fact, children are eight times safer riding in a school bus than any other vehicles.

Minnesota state law requires all vehicles to stop at least 20 feet from a school bus that is displaying red flashing lights or when the stop arm is fully extended. Red flashing lights on school buses indicate students are either entering or exiting the bus.

The Crookston Police Department urges motorists to give themselves extra time in the morning and afternoons when dropping off or picking up your loved ones from school. Please remain vigilant when traveling in school zones or near school buses especially when children are present.

Winter Parking Ordinance

When parking in city-owned parking lots or upon any city street the maximum timeframe a vehicle can be parked before it must be moved is 24 hours. This becomes especially important during the winter months and more so during a snow emergency. We ask residents to be mindful when the streets have been impacted by snowfall and to move their vehicles for the city snow removal crews. Working together makes our city streets as safe as possible.

We invite the residents to contact the Crookston Police Department at 218-281-3111 with any comments or concerns they may have.

Like us on Facebook!



Crookston Fire Department

During the Month of October, Crookston firefighters visit all classes (K-6th grade) to talk about Fire Safety and Promote the National Fire Prevention Agency (NFPA) theme of the year.

Fire Prevention Week, October 6th – October 12th, Theme – “Smoke Alarms: Make Them Work for You”

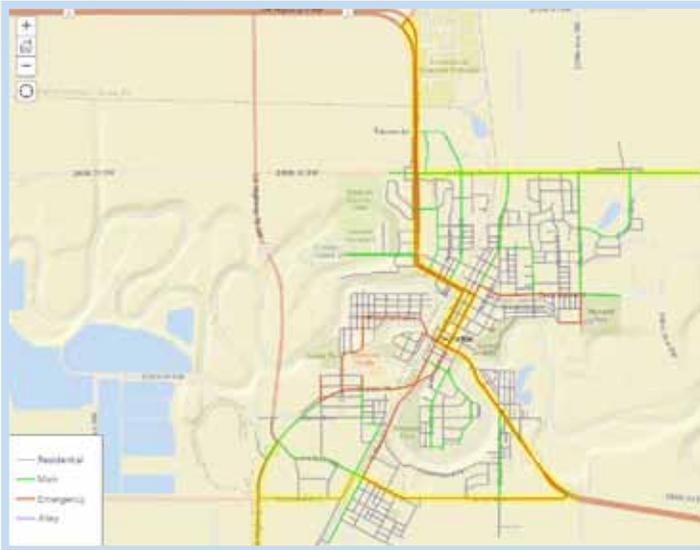
- This year’s focus on working smoke alarms comes in response to NFPA data, which shows that the majority of U.S. home fire deaths continue to occur in homes with no smoke alarms or no working smoke alarms.

In September, there will be a 9/11 display set out at both stations.



Public Works

Snow Removal Map



- Order of snow cleaning priority:
 - Emergency routes (once we can keep the emergency routes clear we move on to Main Routes and so on)
 - Main routes
 - Residential
 - Alley ways

Safety tips:

Road Safety

When winter storms strike, do not drive unless necessary.

1. If you must travel, make sure your car is stocked with survival gear like blankets, a shovel, flashlight and extra batteries, extra warm clothing, set of tire chains, battery booster cables, quick-energy foods, and brightly colored cloth to use as a distress flag.
2. Keep your gas tank full to prevent gasoline freeze-up.
3. If you have a cell phone or two-way radio available for your use, keep the battery charged and keep it with you whenever traveling. If you should become stranded, you will be able to call for help, advising rescuers of your location.
4. Make sure someone knows your travel plans.

Safety First for Kids

Hey, kids! Winter can be a fun-filled time when enjoying outdoor activities such as skiing, skating and sledding. However, before going out, follow these safety tips:

1. The best way to stay safe in a snowstorm is to stay inside. Long periods of exposure to severe cold increase the risk of frostbite or hypothermia.
2. If you go out to play after the storm, dress in many layers of clothing and wear a hat and mittens. Many layers of thin clothing are warmer than a single layer of thick clothing. One of the best ways to stay warm is to wear a hat; most body heat is lost through the top of the head.
3. Come inside often for warm-up breaks.
4. If you start to shiver a lot, get very tired, or if your nose, fingers, toes or earlobes start to feel numb or turn very pale, come inside right away and tell an adult. These are signs of hypothermia and frostbite. If you experience these symptoms, you will need immediate attention to prevent further risk.

Winterize Your Home

Take the time now to get your home ready for the winter season by following these tips:

1. Have your heating system checked by a professional annually. This will ensure that your system is working safely and efficiently which, in turn, will save you money. If you heat by wood, clean your fireplace or stove. Have your chimney flue checked for any buildup of creosote and then cleaned to lessen the risk of fire.
2. Make sure your home is properly insulated. If necessary, insulate walls and attic. This will help you to conserve energy and reduce your homes power demands for heat.
3. Caulk and weather-strip doors and windowsills to keep cold air out.
4. Install storm windows or cover windows with plastic from the inside. This will provide an extra layer of insulation, keeping more cold air out.
5. Inspect and flush your water heater.
6. Clean gutters. Leaves and other debris will hamper drainage.
7. Replace batteries of smoke, heat and carbon monoxide detectors. If you did not do it when you set the clocks back, do it now.

Snow Removal

Snow Plowing and Street Sanding

- Streets will be plowed or sanded after accumulations of 3" or more of snow, drifting that causes problems for travel, or icy conditions that seriously affect travel. Please attempt to park vehicles off the roadways during snow events so that the streets may be more efficiently plowed.

Streets will be sanded in this order:

1. Intersections with traffic controls such as stop signs and signal lights.
2. Hills and curves. (Generally, only controlled intersections and hill areas will be sanded due to limited resources.)

Parking Restrictions

- The downtown business district is under year-round calendar parking restrictions. No parking is allowed on the North-South streets from 1 am to 7 am. Monday, Wednesday, or Friday. No parking is allowed on the East-West streets from 1 am to 7 am. Tuesday, Thursday, or Saturday. Residential parking restrictions are under effect upon the declaration of a snow emergency by the City of Crookston. The City will notify the public via KROX radio, cable TV Channel 3, the Crookston Times, and the City of Crookston Facebook page.. The notification will inform residents the hours of the restriction and which side of the street parking will be restricted.

Sidewalk Snow Removal

- Keep a critical part of Crookston's transportation system moving. City Ordinance requires that snow and ice be removed from sidewalks within forty-eight (48) hours after snowfall ceases. If snow and ice are not removed as provided, it may be removed by authorized City personnel and the costs for snow removal, along with an administration fee, will be assessed against the property. Please remember that it is against City Ordinance to deposit snow from private property or vacant lots onto the street.



Building Department

Permits

- Permits are required when construction, enlargement, or repair of buildings/structures occur and/or mechanical, plumbing installs/upgrades occur. Most common types:
- **Flat Fee Permits of \$25.00** include:
 - Curb Cut (also requires separate charge for Public Works curb cutting/concrete sawing at a minimum fee of \$300 up to 50 feet, plus \$4 each additional foot)
 - Demolition (Residential & Commercial)
- **Flat Fee Permits of \$50.00** include:
 - Fencing
 - House Moving
 - Signs
- **Valuation Fee Permits** are determined by all labor and material costs of all construction as per fee schedule's associated cost range, and include:
 - Commercial
 - Residential
 - Mechanical (except HVAC equipment change-out) (Mechanical Application Permit form online)
 - Plumbing (Plumbing Application Permit form online)
- **City of Crookston 2024 Annual Fee Schedule** (full list):
 - <https://www.crookston.mn.us/DocumentCenter/View/814/2023-Building-Fee-Schedule?bidId=>

Building Dept Webpage links – located on the City of Crookston website

- Residential Application for Permit
 - <https://www.crookston.mn.us/DocumentCenter/View/815/Residential-Building-Permit-PDF-Fillable?bidId=>
- Commercial Application for Permits
 - <https://www.crookston.mn.us/DocumentCenter/View/816/Commercial-Building-Permit-PDF-Fillable?bidId=>
- Fencing Application for Permit (with dimensioning and further requirements listed)
 - <https://www.crookston.mn.us/DocumentCenter/View/926/Fence-Building-Permit-PDF>



SEXUAL & REPRODUCTIVE HEALTH SERVICES

Polk County Public Health
218-280-1117

Norman-Mahnomen Public Health
218-280-3894



All discussions, information, and treatment are strictly private and confidential.

Aida • Crookston • East Grand Forks • McIntosh • Mahanomen • Twin Valley

TOGETHER WE CAN *build a better future!*



Minnesota Child Passenger Safety Law

<https://www.revisor.mn.gov/statutes/cite/169.685>
Changes effective August 1, 2024

If a child can be placed in more than one category, then the child must be placed in the more protective category.

	An infant under 2 years old must be secured in a rear-facing convertible or infant carrier seat.
	A child at least 2 years old AND has outgrown the manufacturer's height or weight limits for a rear-facing car seat must be secured in a forward-facing car seat with internal harness.
	Children at least 4 years old who have outgrown their forward-facing car seat with internal harness must be secured by a belt-positioning booster seat using the lap and shoulder belt.
	A child at least 8 years old or has outgrown their booster seat AND the child can pass the "5 Step Test" may be restrained by lap and shoulder belt if the child can be secured properly.

A child under 13 years old, must sit in a back seat of a motor vehicle, if a rear seat is available, and be properly restrained.

FOOT CARE SERVICES

Polk County Public Health offers foot care services in Crookston, East Grand Forks and McIntosh.

MORE INFORMATION

Crookston
218-281-3072

East Grand Forks
218-773-0821

McIntosh
218-563-2010



TOGETHER WE CAN *build a better future!*



Crookston Housing & Economic Development Authority

The **Storefront Revitalization Program** still has funding, and we are encouraging businesses to apply! We have revamped our application to appeal to all business owners whether they do or do not own their building. The grant will fund up to \$5,000 for exterior storefront improvements with a 25% applicant match or up to \$1,000 in paint & signage with no match required. Contact Jennifer Hecht at (218)470-2000, or jhecht@crookstonheda.com for more information or to request an application.



Wonderful Life Foods Before



Wonderful Life Foods After

- Grant Updates:
 - Small Cities Development Grant (\$1.2 million) – the City is waiting to hear if they will be awarded. The announcement is expected in September. If awarded, those that submitted letters of interest will be contacted to survey project eligibility. Funding will not become available until 2025.
 - Empower Crookston was included as part of a coalition application led by the Minnesota Pollution Control Agency for \$4 million. These funds were not awarded. The group will continue to pursue other funding streams for home energy projects. Stay tuned!
 - The City submitted to the MN Department of Employment and Economic Development for a \$1.65 million Redevelopment Grant to assist with demolishing and re-developing the Red River Valley Winter Shows building. The City hopes to hear an award decision in September.

Jolt & Jive meets Thursday mornings from 8-9 am at The Cove Youth Center to discuss all things Crookston! Come join the conversation and share your thoughts on Crookston's assets, upcoming events, and what you would like to see in Crookston's future.

Childcare: The Housing and EDA continue to pursue avenues to increase and enhance childcare capacity within our community. This includes seeking funding opportunities to develop increased childcare capacity and assist existing providers in the community.

INNOVATION FOR TODAY

true 'SOCIAL' media



COMMUNITY VOICE
MOBILE APP

We are changing the way communities communicate and connect. Community Voice Mobile App is a one-stop shop enabling end-users to get all of the information they need in one spot.

IMPROVING PEOPLE'S LIVED EXPERIENCES



COMMUNICATING



CONNECTING



RECRUITING



RETAINING

What we do:

Create a superpower of shared strategy, synergy, and inclusive access to information by serving as a centralized one-stop shop... essentially, our commitment is to improve people's lived experiences and enhance their sense of "community."

The Results?

- ✓ More engaged community.
- ✓ Boosted local economy.
- ✓ More successful events.
- ✓ Fewer miscommunications.
- ✓ Synergy amongst departments.
- ✓ People who feel welcomed and "in the know."



Parks & Recreation: Fall & Winter Fun Finder!

Activities for Kids 3 & Older

- Volleyball Skills & Drills for 3rd-5th Grade Girls
- Travel Volleyball for 5th & 6th Grade Girls
- Figure Skating for ages 3 to 18 years of age
- Hockey for ages 3 and older
- Wrestling for Prek-6th grade
- Swimming lessons for 3 and older

Adult Leagues

- CoEd Turf Volleyball
- Adult Women's Winter Volleyball League
- Pickleball League
- Men's Hockey league

Crookston Sports Center

- Special Event Rentals
- Turf Rental
- Sports Floor Rental
- Ice Rental
- Room Rental
- Walking Membership
- Skate Sharpening

Call 218-281-1242 for more information



Crookston Community Pool

RENTALS-The pool is available for birthday parties or private events.

Contact Andrea at 218-281-1242 or aprudhomme@crookston.mn.us for availability.

Private Rental Prices:

\$60/hour for 20 swimmers

\$75/hour for 21 or more swimmers

Open Swim Rental Prices:

\$5/swimmer (table included for set up)

Swimming Lessons will be offered throughout the fall and winter months.

Lessons are for ages 3 and older and child must be potty-trained. Lessons run Monday-Thursday for two weeks. For full list of times, visit the Crookston Parks & Recreation FunFinder.

Crookston Fall/Winter Schedule

- Monday-Friday
 - o 6-9am Lap Swim
 - o 9-10am Aqua Aerobics
 - o 6-8pm Open Swim
- Saturday
 - o 1-5pm Open Swim
- Sunday
 - o Closed
- Cost: \$5/person Open, Aqua, & Lap
- \$36/month for Lap & Aqua membership





Crookston Public Library / A Branch of Lake Agassiz Regional Library

Find endless entertainment options at the Crookston Public Library! The library offers access to a collection of over one million books, movies and other educational and entertainment items, including magazines and research tools.

Library cards are free to Polk County residents and an online sign-up form can be found at larl.org/applyonline.

Family Resource Center

The Crookston Public Library also serves as host to the Crookston Family Resource Center, which is the result of a partnership between Polk County Family Resources and the Crookston Public Library bringing community resources together to meet needs related to mental health, social services, career opportunities, early childhood development and more, all in one location.

Partnering organizations include Career Force, Aluma, Polk

County Social Services, School District ISD 593, Polk County Public Health, Tri-Valley Opportunity Council and more.

Events for Everyone

The library offers a number of free events, including weekly Storytimes, which are held Thursdays at 10:30 a.m. and Baby Bounce, which is held on the first and third Tuesday of the month at 10:30 a.m. The library also offers a monthly book club and a regular calendar of author visits, musical performances, informational presentations and more. A full list of events can be found at larl.org/events.

Storytime

Thursdays at 10:30 a.m.

Help your child develop exceptional reading skills by bringing them to Storytime. Each week, we explore different themes with stories, songs, rhymes, flannel boards, special guests and more! Storytime typically lasts for 45 minutes and is geared for children ages 3-6, although children of all ages are welcome to join the fun.

Baby Bounce

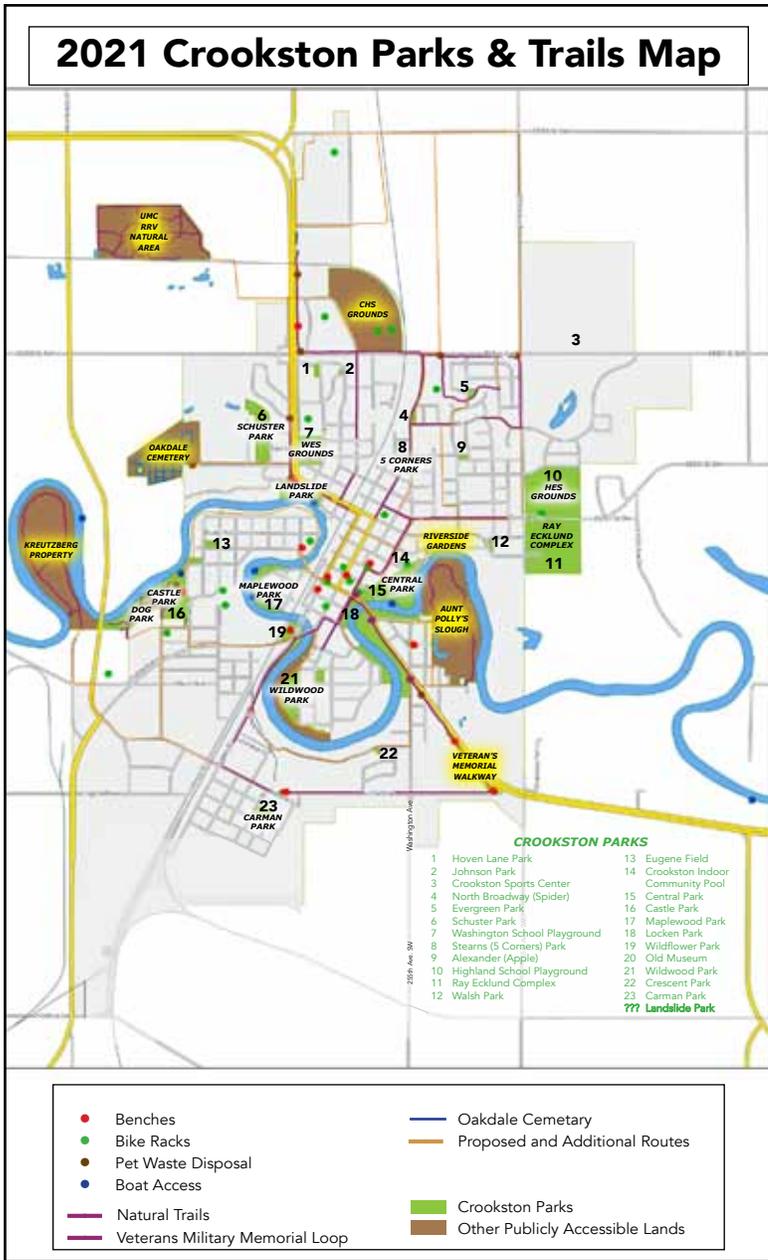
Tuesdays at 10:30 a.m.

Join us on Tuesday mornings for songs, stories, and action poems for infants through preschoolers and their caregivers. Don't miss this weekly family literacy event! This program runs 30-45 minutes including community with other caregivers and playtime.



Polk County Historical Museum

- The purpose of the corporation shall be the discovery, preservation, and dissemination of knowledge about the history of Polk County. To collect and display any material that may help establish or illustrate the past or present life, conditions, events, and activities. To disseminate historical information to interested persons and institutions and arouse interest in the history of Polk County.
- **Location:** On US Highway 2 on the east side of Crookston
- **Hours of operation.** 12:00 noon to 4:00 pm, Tuesday through Sunday (closed Mondays) from the Tuesday after Memorial Day to the second weekend of September.
- Tours and special appointments can be arranged.
- Free-will donations are appreciated.



Downtown Crookston Development Partnership



Feature – Ghost Signs

- Signs on the walls of buildings are naturally fleeting. Some may last for years, decades, and even centuries or more and remain readable. But eventually, each sign will fade to nonexistence overtime.
- Old and fading advertising paintings on exterior buildings are known as “Ghost Signs”. The only way to document them is with the camera, so please check out the gallery of ghost signs in Crookston and be sure to explore downtown Crookston to find them!





Polk County Public Health

Polk County Public Health is dedicated to improving the health and well-being of our community's residents. We provide

a broad range of services to individuals, families, and community members. By working together with various community partners, we address the health needs of our community more effectively. Highlighted below are a few of our initiatives and programs.

Canvas of Hope - Community Based Art Project

Polk County's Public Health has been leading a community-based art project focused on adult mental well-being. Participants were asked questions about their perceptions of mental health, support, and connection, then given a variety of art mediums to express that view. The goal is to de-stigmatize words surrounding mental health, and the importance of prioritizing our own mental health and well-being. A beautiful collection of art from people across Polk County, for the community to enjoy and reflect on, will be featured on the Polk County Public Health Website and social media sites, and local events. If you would like your agency to participate in the Canvas of Hope project or host a gallery viewing, please contact Polk County Public Health.



TOGETHER WE CAN *build a better future!*

Child Passenger Safety

Minnesota has updated its Child Passenger Safety Laws, which took effect on August 1, 2024. Notable changes include:

- Children under 13 must ride in the rear of the vehicle AND be in a child restraint seat unless they have outgrown the height or weight of said seat.
- Children are to remain rear facing until 2 years old. If your child is over two years old and still within the rear facing weight/height requirements of their seat, they must remain rear facing until they outgrown that height/weight. Once outgrown, they can go forward facing.
- If your child fits within multiple categories of this law, you must comply with the most protective category.

You can find the full Child Passenger Safety Law updates at: <https://dps.mn.gov/divisions/ots/child-passenger-safety/Pages/default.aspx>

If you have any questions about these updates, contact Polk County Public Health and speak to one of our Child Passenger Safety Technicians.

Footcare

Foot care is essential for everyone. As we age, foot care can become challenging, and many community members are struggling with overgrown toenails, corns, calluses, and dry cracked skin. Left untended, these issues can affect mobility, balance, increase foot pain, and lessen one's quality of life. Polk County Public Health has trained nurses that offer foot care clinics in East Grand Forks, Crookston, and McIntosh. The cost will increase to \$30 per visit, effective September 1, 2024, however no one will be turned away for inability to pay.

Call today for more details and to schedule an appointment:

- Crookston Foot Care Clinic: 218-281-3072
- East Grand Forks Foot Care Clinic: 218-773-0821
- McIntosh Foot Care Clinic: 218-563-2010

Sexual and Reproductive Health Services

Access to equitable, high-quality health care services is essential for a healthy community. Polk County Public Health offers sexual health services in our Crookston, East Grand Forks, and McIntosh offices, as well as at UMC. Services include a full range of contraception methods, condoms, and STI testing. All services are confidential and free/low cost. To schedule an appointment, call/text 218-280-1117 or visit the Polk County Public Health website.

If you would like more information on Public Health programs and services, please contact us at 218-281-3385.

JOLT & JIVE

CROOKSTON'S WEEKLY POWER-UP

Jolt & Jive

- Crookston's Weekly Power-Up Coffee Conversations
- What? Informal coffee conversations.
- Why? To continue the momentum our community started at the library during the "I Love Crookston" event where over 100 folks came to tell their story and express what they wanted in Crookston's future.
- Every Thursday at 8am at The Cove Youth Center.

Community Voice

- Community Voice is an innovative mobile app that serves as a communication tool for communities. It has recently launched in Crookston and is paid for by the Crookston Visitor's Bureau so there is no cost to the end-users or businesses. It did not come out of city tax dollars. The City of Crookston will be using the app in a variety of ways including using the text feature to text residents regarding essential communication for the community.
- App users can set their preferences to see what events are happening up to 100 miles around the community and set preferences for types of events shown. End-users can search services, businesses, facilities, events, and resources for Crookston to find what they need, and they can 'opt in for notifications' from area businesses and organizations.
- Community Voice also provides a user-friendly web application for community administrators and business owners to edit content, photos, and more. Business owners should download the app, use the search feature to find their business and verify the content is listed and accurate. They are also encouraged to 'claim their business' in the app to be able to control their listing. Businesses can add their events into the app by 'claiming their business'.
- If you want to know what is going on in Crookston and neighboring communities, download the Community Voice mobile app on iOS and Android. Search "Community Voice" in your phone's app store. It is completely free to download, and they don't ask for any payment information.
- Download today on iOS and Android

Stay Connected

COMMUNITY VOICE
MOBILE APP

Scan
to download the app

Receive city text notifications,
see local events, and area
information

JOIN US!

Communityvoicemobileapp
Communityvoicemobileapplication

CENTRAL PARK CAMPGROUND

Availability is first come first serve.

(No reservations for 2024)

Questions? 218-281-1242

Rangers on duty 6pm-10pm daily

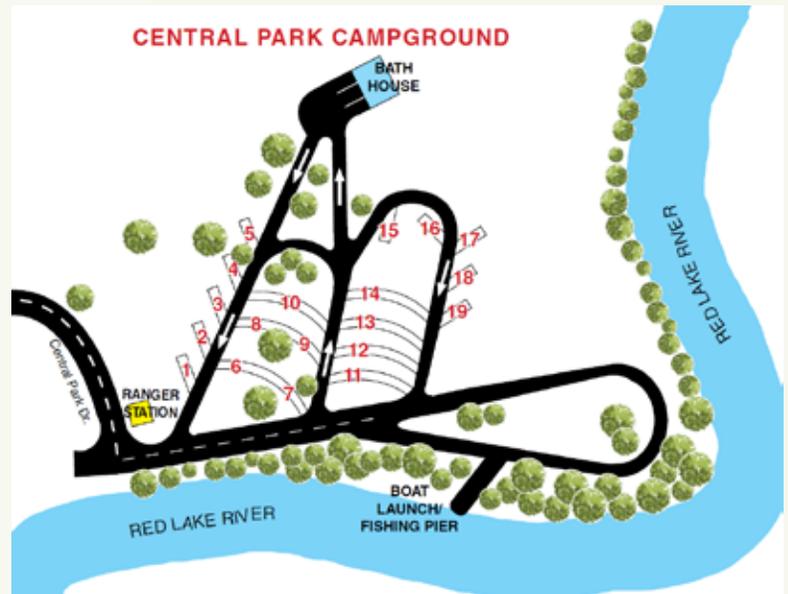
Camp Site 1-9 & 15-19: \$35/night

Camp Site 10-14: \$40/night

Tent:\$20/night

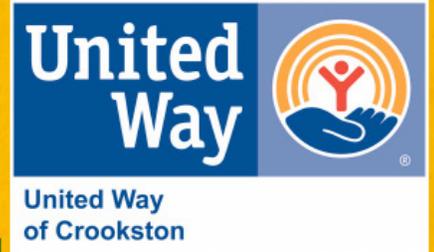
Pay Cash or Check with Ranger

- Full Hook Ups(sewer & water)
- 20, 30, & 50 amps for electrical hookups
- Bathhouses
- Picnic tables & fire ring
- Can stay up to 7 days



What Your Dollar Does

When you donate to United Way of Crookston:



www.unitedwayofcrookston.org

\$1

FIVE MEALS

A day and a half of nutritious meals from one of our partner agencies.

\$5

READING AND HOMEWORK HELP

After school assistance to help our kids succeed.

\$20

JOB ASSISTANCE

Helping clients to navigate the paperwork involved in finding a job.

\$50

HOUSING ASSISTANCE

Financial education and guidance, rent and mortgage classes



United Way of Crookston

For more than 40 years, the United Way of Crookston has been an active, involved fundraising organization for Crookston and surrounding communities. With a focus on education, health & nutrition, and basic needs, our partner agencies and programs touch every neighborhood in the communities we serve. You know someone who has been helped by United Way. The money you donate stays in the community, so your money helps here at home, always.

For more information, please contact Elizabeth Boucher at
(218) 281-1715 or exec@unitedwayofcrookston.org
www.unitedwayofcrookston.org



Tri-Valley Opportunity Council, Inc

What is Tri-Valley?

- o Tri-Valley Opportunity Council, Inc. (TVOC) is a community action agency headquartered in Crookston, MN. It is their mission to provide opportunities to individuals and communities to improve the quality of their lives.
- o Since 1965, Tri-Valley has provided services in their primary service area of West Polk, West Marshall and Norman counties. The service area has expanded throughout Minnesota and North Dakota over the years with specialized services for seniors, migrant and seasonal farm workers, families in need of childcare and rural transportation customers.
- o They believe in the value of all human beings. It is this belief that drives their efforts to identify needs, seek resources, and provide opportunities for people to thrive.
- o Their work is also committed to strengthening our communities so that its citizens have better places to live, work, worship and enjoy.

What is a Community Action Agency?

- o Community Action Agencies are private or public nonprofit organizations that were created by the federal government in 1964. Community Action Agencies seek to involve the community, including elected public officials, private sector representatives, and especially low-income residents, in assessing local needs and attacking the causes and conditions of poverty.



- o In order to reduce poverty in its community, a Community Action Agency works to better focus available local, state, federal, and private resources to assist low-income individuals and families to acquire useful skills and knowledge, to gain access to new opportunities, and to achieve economic self-sufficiency.

Tri-Valley Programs

- o Tri-Valley Opportunity Council, Inc. operates several programs to support the mission – “To provide opportunities to improve the quality of life for people and for communities.”

Tri-Valley Programs Include:

- Head Start / Early Head Start
- Migrant and Seasonal Head Start
- T.H.E. Bus (Public Transportation)
- Rural Transportation Collaboration (RTC)
- Caring Companion Program
- Foster Grandparent Program
- Community Services
- Child Care Aware
- Energy Assistance Programs (LIHEAP)
- Supplemental Nutrition Assistance Program Outreach (SNAP)
- Financial Literacy
- Family Assets for Independence in Minnesota (FAIM)
- MNsure Navigator Assistance
- Multi-Family Housing

For more information please call:

- o Tri-Valley Opportunity Council, Inc.
- o Long Distance: 800-584-7020
- o Local: 218-281-5832
- o Telecommunication Relay Service- 711
- o Fax: 218-281-6681
- o Email: trivalleymail@tvoc.org



Riverview Health

Illness doesn't follow a 9 am to 5 pm, Monday through Friday schedule. That's why Riverview Health offers extended weekday and weekend hours at its Crookston Clinic.

Sick on the weekend? You don't have to wait for Monday; Riverview Clinic - Crookston is open from 9 am to 1 pm on the weekends. Feeling under the weather but can't get away during the school or workday? Riverview Clinic - Crookston is open from 7 am to 7 pm during the week. Riverview's Laboratory and Diagnostic Imaging Departments are available 24 hours a day should you need lab work or a scan.

If you feel like there aren't enough hours in a day to get everything done, don't worry. We've added hours to our day to help keep you and your family healthy.

To schedule an appointment at Riverview Clinic - Crookston, call 281.9595.



RIVERVIEW
HEALTH



Care & Share

Sister Justina Violette, the founder of Care & Share, was a woman of deep caring and compassion. During her lifetime she cared for the people of Crookston and the surrounding area by aiding with heating, electricity, car repairs, groceries, clothing, and most importantly, friendship and support. At first, Sr. Justina served those in need through the back door of the bishop's resident while working as a cook there. Then in 1985, after almost 20 years of ministry to the poor, Father Krebs offered her the use of the former Cathedral School located in downtown Crookston. Care & Share's doors opened in October of 1986. After a lifetime of making a difference in countless hearts and lives, Sister Justina passed away on September 12, 2001. Her mission lives on in Care & Share, which now consists of a homeless shelter for men, women, families, a soup kitchen, a donation room and a food shelf that helps 8 surrounding communities. Care and Share of Crookston continues to serve individuals and families in Crookston and the surrounding communities.

The mission of Care and Share of Crookston has become increasingly focused on not just helping people find housing but encouraging strengths and community connections that will help the unhoused meet the multilevel of challenges in their journey to newfound stability, thereby breaking the cycle of homelessness.

The vision moving forward for Care and Share of Crookston pursues a delegation of *providing hope, creating opportunity, and transforming lives* of all men, women, and children experiencing homelessness in our community. The unhoused population is a large, heterogenous group of individuals who have unique challenges when engaging with existing forms of crisis intervention.

Homelessness is multifactorial, often results of poverty, and frequently compounded by struggles with mental illness, substance use disorder, and a sense of community rejection. Our continued goal moving forward is to have a larger conversation around mental health and crisis response. To begin to facilitate a larger awareness when working with individuals who have dual diagnosis and how the use of de-escalation methods are critical skills in working with a diverse population.

The Values of Care and Share of Crookston is committed to providing quality services to our residents and treating them with respect and dignity. The high standards and daily actions are based on five basic principles. Every decision made, whether related to resident matters or operational matters, is tested and measured against these values.

Client-Centered – collaborating relationships with our residents.

Learning Organization – fostering education, innovation, and discovery.

Integrity – do the right thing and make the right choice.

Authentic Communication – respectfully exchange ideas, information, and perspectives. And finally....

Trust – being credible, competent, and keeping our commitments.

Care and Share of Crookston, Inc. envisions future goals to embody a community behavioral health crisis system that is made up of more than one single platform or group of services but rather a coordinated system with governance and accountability. This system would solidify a structure that ensures individual needs, including mental health support and crisis responses delivered with skills and training. Upholding more strategic, effective and competent responses and reactions, required from all involved, with the intent of de-escalation and harm reduction as the outcome.

CROOKSTON EVENTS



Crookston Farmers Market

- o Runs through October 4th
- o Downtown Square at North Ash Street and Third Street
- o Local farmers offer produce bred for taste & freshness. The market provides consumers with natural & organic vegetables, produce, meat, flowers, herbs, jams, jellies, fruit, grains, homemade artisan breads, baked goods, home processed products & homemade crafts.
- o For more information visit the Crookston Farmers Market Facebook page

Art & Garden Tour

- o August 29th
- o Self-guided tours are available at your leisure
- o Guided tours begin at 4:30, 5:15 and 6:00pm
- o Price: \$25 per Adult 21+, \$10 Under 21
- o \$30 at the door
- o Online sales conclude at 3:00pm
- o Cash and check accepted at the door
- Take a tour of University of Minnesota Crookston's unique campus art and beautiful gardens, Thursday, August 29 from 4:30-7:00 p.m. starting in the historic Kiehle Building and ending at the renewed Allen and Freda Pedersen Community Garden.
- Admission includes two drinks, light hors d'oeuvres, and a commemorative gift.
- *Garden party theme - business formal attire.*
- Enjoy live music from the Crookston Community Band from 5:30 - 7:00 p.m.
- Questions? For further information, contact Michelle Christopherson mchristo@crk.umn.edu or 218-281-8369



King of Trails City-Wide Garage Sales

- o Typically scheduled on the first Saturday in September
- o A list of all participating garage sales is distributed at area businesses by the Crookston Chamber of Commerce so you make an entire day of finding the best bargains.
- o For more information visit www.crookstoncvb.com, Crookston Visitors Bureau on Facebook, www.visitcrookston.com, or Crookston Area Chamber on Facebook.



Red River Valley Sugarbeet Museum Harvest Festival

- o September date to be determined
- o Beet Harvest & Tractor Pull
- o Food Truck Available for Lunch
- o Be sure to check out the RRV Sugarbeet Museum Facebook page for full details

Downtown Crookston Development Partnership showings at The Grand Theatre

- o October – Hamilton
- o November – The Book of Life
- o December – to be determined
- Be sure to check out DCDP on Facebook for updates

UMC Homecoming

- o October 7th-13th

- o Join as students, alumni, faculty, staff, friends, and community members come together to celebrate U of M Crookston's Homecoming 2024. Homecoming weekend will be filled with fun activities, including a bonfire, hockey game, Alumni Awards Celebration and other alumni events, a parking lot party with the Crookston community, and homecoming dance.

UMC Trunk or Treat

- o October date to be determined
- o Be sure to check out www.crk.umn.edu for updates

Hoops on Halloween Fundraiser 3-on-3 Tournament

- o October 27th
- o 3rd – 9th Grade boys & girls
- o Team Registration: \$125 (up to 5 players per team)
- o U of M Crookston Wellness Center and Crookston High School
- o Adult Admission (18+): \$5 and kids free
 - Participants receive a tournament t-shirt
 - Three game guarantee
 - 1st Place Team Tournament medals and door prizes for those participating in team costume contest
 - Concessions available
- o Questions?
 - Contact Michelle Christopherson at (218) 281-8369 or mchristo@umn.edu

Technical Large Animal Emergency Rescue

- o November 16th
- o Session 1 (8am-12pm)
- o Session 2 (1pm-5pm)
- o Price: \$45 for Adults; \$20 for Students
- Technical Large Animal Emergency Rescue (TLAER) courses are designed with a concentration on livestock -- Horses are the most encountered large animal at an emergency incident – however, the term “large animal” includes commercial livestock, exotic animals, zoo animals, etc. This information is also very applicable to animal control officers, cruelty investigations, and neglect/abuse seizure cases. Prevention, safety and education is a huge theme of the courses because as animal owners and stakeholders learn to prevent the most common types of incidents, focus can be shifted to the unusual and highly technical ones.
- Technical Large Animal Emergency Rescue (TLAER TM) discusses the practical, technical considerations behind the specialty heavy rescue and safe extrication of live large animals in local emergencies (trailer overturns, mud, ice, barn fires, etc.) and disaster areas, while teaching people how to do it safely without injury of the animal or themselves. It focuses on behavior and how it affects human attempts to extricate large animals.
- o Questions?
 - For further information, contact Michelle Christopherson mchristo@crk.umn.edu or 218-281-8369

Santa Land

- o December to be determined
- o Crookston Student Association is back again with the tradition of Santa Land! Our clubs and organizations have been hard at work creating a winter wonderland for the Community of Crookston.
- o Be sure to check out www.crk.umn.edu for updates

UMC Fall Sports

- For a full schedule of events please visit www.goldeneaglessports.com/calendar