

N.D. MEMBER SERVICES ASSOCIATION SUMMER MEETING

July 30-Aug. 1, 2025

Chieftain Conference Center | 60 4th Ave. S | Carrington, N.D.

WEDNESDAY, JULY 30

- 2:30 p.m.

Golf at Cross Roads Golf Club
393 North Dakota 281 NE, Carrington
- 7 p.m.

Dinner at the Chieftain Sports Bar
60 4th Ave. S
Whether you're coming off the golf course or checking into the hotel, you're invited to join the group for an informal evening meal. A reserved area of seating will be available starting at 6 p.m.

THURSDAY, JULY 31

- 8 a.m.

Breakfast
- 8:30 a.m.

Welcome and Opening Announcements
Brittnee Wilson, president, N.D. Member Services Association (NDMSA)
- Greetings and Northern Plains Electric Cooperative Update**
Seth Syverson, general manager, Northern Plains Electric Cooperative
- 9:15 a.m.

Cooperative Network Updates
Jeremy Woeste, supervisor of member relations, Basin Electric Power Cooperative
Jenna Chase, graphic designer, Minnkota Power Cooperative
Cally Peterson, editor of North Dakota Living, and Ellen Huber, rural development director, NDAREC
- 10:30 a.m.

Refreshment Break
- 10:45 a.m.

Great Ideas Happen Here! Roundtable Discussion
- 12:15 p.m.

Lunch
Group departs for tours at 12:45 p.m.
- 1 p.m.

Tour of Van Bedaf Dairy
170 70th Ave. NE, Carrington
Don't forget your boots!

Van Bedaf Dairy is a family-owned farm established in Carrington. The family farmed in the Netherlands and Canada before moving to Carrington in 2008. They started with a few hundred cows and have slowly grown the farm to 1,600 milk cows today. They also raise all their heifers on the farm, to round their total to 3,000 cows, heifers and calves.

Cows & Co. Creamery
7321 1st St. NE, Carrington
Cows & Co. Creamery is an on-farm creamery that uses milk from the family farm to make artisan gouda cheese, fresh cheddar cheese curds and authentic Italian-inspired gelato.

- 3:30 p.m.

Cows & Co. Creamery Café and the Milkhouse
The yummy samples on the tour may not be enough to delight your palate. In addition to the

cheese and gelato, Cows & Co. offers a variety of snacks and food options on select days at their Creamery Café. The Milkhouse is an on-farm, honor-system store open seven days a week.

You may wish to pack a cooler for the tour, in case you want to purchase any food and snack items to take home!

- 5 p.m.

Dinner at the Garden Gate and Co-op Trivia
929 Main St.

FRIDAY, AUG. 1

- 8 a.m.

Breakfast
- 8:30 a.m.

NDMSA Business Meeting
Brittnee Wilson, NDMSA president - presiding
- 9 a.m.

From Chaos to Clarity: How to Find Peace Amidst Life's Greatest Storms
Troy White, transformational speaker, coach and CEO of Upstream Enterprises
- In a world that often feels unpredictable, overwhelming and out of our control, inner peace can seem like a distant dream. This presentation is designed to change that narrative. Through a powerful and eye-opening framework known as the **Upstream Model**, you will discover a new path — one that leads you beyond surface-level coping and into the deeper “why” behind human thoughts, emotions and reactions.
- 10:15 a.m.

Refreshment Break
- 10:30 a.m.

From Chaos to Clarity: How to Find Peace Amidst Life's Greatest Storms – cont.
- 12 p.m.

NDMSA Meeting adjourns

From Chaos to Clarity: How to Find Peace Amidst Life's Greatest Storms

This presentation doesn't just inspire — it equips. Step by step, you will learn how to shift from being reactive to becoming conscious architects of your inner world. You'll uncover how past experiences shape present perceptions, and how to reframe your internal narrative to create peace right now, not someday.

This is more than a presentation. It's a shift in perspective that empowers you to rise above the storm and become the calm within it.

Whether facing personal challenges, strained relationships or internal turmoil, Troy will offer actionable tools to:

- Understand the root causes behind your thoughts, feelings and behaviors
- Gain insight into why others react the way they do
- Reclaim control over how you experience life — past, present and future
- Cultivate real peace regardless of external chaos



White

Meet Troy White

Twelve years ago, Troy White was stuck. He was living with anxiety, depression and post traumatic stress disorder for his entire life. It affected his marriage, his children and his career. He exhausted every option available, and nothing was saving him from his own emotions.

Troy realized he no longer wanted to pretend he was better, when he knew he wasn't. He wanted to become better, to heal and to find a better way. So, he did. Troy created the Upstream Model, and he wants to share it with you. Not because you need to be fixed. His goal is to share a better way forward for dealing with emotional chaos and creating peace from within.

NDMSA Executive Committee

Brittnee Wilson, president, Northern Plains Electric Cooperative
Julie Armijo, vice president, Mor-Gran-Sou Electric Cooperative
Jeremy Woeste, Basin Electric Power Cooperative
Jenna Chase, Minnkota Power Cooperative
Pamela Clark-Stein, NDAREC

Registration information

Please register for the summer meeting by July 15. Complete the online registration at <https://www.ndarec.com/ndarec-education-programs>. The cost for meals and refreshment breaks will be billed back to your cooperative. If you need to cancel your registration, please let Pamela Clark-Stein know in advance at pstein@ndarec.com. In the case of a no-show, your cooperative will be billed for the cost of meals and breaks.

Special dietary needs and other accommodations

Please notify Pamela via email at pstein@ndarec.com of any dietary restrictions such as food allergies, gluten-free options and any other special accommodations needed for those registering for the NDMSA meeting. A minimum of one week advance notice is requested.

Room reservations at the Chieftain Conference Center

For your convenience, we've reserved a room block for the NDMSA summer meeting. Rooms are reserved under “REC Member Services Meeting” for July 30 and 31 at the Chieftain Conference Center, 60 4th Ave. S, Carrington.

The room rate is \$99/night plus tax for a queen single or king-size bed, and \$109/night plus tax for a room with two queen beds. Please note the release date for the reserved room block is July 15. After this date, the reserved block of rooms will be released for general booking.

To make your room reservation, please call the Chief Conference Center at (701) 652-3131.