



Tri-Valley

Opportunity Council, Inc.
Employee Spotlight

Melody Berhow
Human Resources Office Assistant
Crookston, MN

What's your name? Melody Berhow

What's your title and location at Tri-Valley? Human Resources Office Assistant.

What's your favorite thing about working in your position? Helping staff and potential new hires.

Before working at Tri-Valley, what was the most unusual or interesting job you've ever had? Endoscopy Tech at a hospital.

Tell us about your family and/or pets. Married with one 13 year old son and 2 dogs; one a little spoiled brat.

Do you have any hobbies? Hiking and biking.

If you could learn to do anything, what would it be? Scuba diving.

If you won the lottery, what is the first thing you would do? Travel (scuba dive, yes!!)

When you have 30 minutes of free time, how do you pass the time? Play mind-numbing games on my phone or read.

What's your favorite indoor/outdoor activity? Hiking/biking. Actually enjoy cleaning house and football.

What chore do you absolutely hate doing? Cooking!

If you could meet anyone, living or dead, who would you meet and why? Peyton Manning, my favorite football player.

What three traits define you? Optimism, kindness, and sincerity.

If you had to eat one meal, every day for the rest of your life, what would it be? Tacos!

What are some things on your bucket list? Travel in and out of the country, go on a cruise, and dive with Great White Sharks.

Anything else you would like to add? Although I don't get the contact with the majority of the people we serve, I am proud to work for a company whose main goal is to help make life better for others.