FOR IMMEDIATE RELEASE

North Valley Hospital Announces Three New Board Members

WHITEFISH, MT – September 26, 2014: North Valley Hospital welcomes three new members to its volunteer boards of directors. Todd Bergland, MD is serving as Chief of Staff, and Dr. Kane Karas and Troy Bowman join as board members.

**Todd Bergland, MD** is a family practice physician and partner at Glacier Medical Associates in Whitefish. He and his family have lived here since August 2009. Dr. Bergland and his wife, Glenna, a registered nurse, are both former active duty United States Army Officers, and are veterans of the war in Iraq. Their Army careers also took them to Washington State and Germany, and when Dr. Bergland left the Army they decided to look for a small, friendly, mountainous community in which to settle and raise their family. They have found Whitefish to be a perfect fit, and are enjoying the Flathead Valley’s many amenities with their daughters Susie (5 years old) and Ginger (4 years old). Dr. Bergland earned his Bachelor of Arts degree at the University of Pennsylvania in 1993, and his MD at the University of Vermont College of Medicine in Burlington, Vermont in 2002. In 2005 he completed his Family Medicine residency at Madigan Army Medical Center in Fort Lewis, Washington. He is board certified by the American Board of Family Medicine.

**Dr. Jane Karas** became the president of Flathead Valley Community College (FVCC) in Kalispell, Montana in July, 2001. She began her service at FVCC as the vice-president/dean of instruction and student services beginning July 1999. Prior to FVCC, she served as gender equity coordinator, then as assistant commissioner for vocational technical education and later as director for workforce development for the Montana Office of the Commissioner of Higher
Education. She holds a bachelor’s degree in psychology from Wellesley College and a Ph.D. in social policy from the Heller School at Brandeis University. Dr. Karas serves as past chair of the American Association of Community Colleges (AACC) Board of Directors. She is a board member of Kalispell Daybreak Rotary and formerly served on the Montana West Economic Development Board. In addition, Dr. Karas is chair of the Montana Campus Compact Board, past chair of the Mountain States Association of Community Colleges and a past board member of Kalispell Regional Healthcare. In May 2012, Dr. Karas represented AACC as a member of the U.S. Secretary of State’s delegation to China for the Higher Level People-to-People Exchange. She was honored with the 2009 Association of Community College Trustees (ACCT) Chief Executive Officer Award for the association’s Mountain Region and also is a recipient of the 2003 Montana Ambassadors Educator of the Year Award.

Troy Bowman is the Athletic Director, Athletic Trainer and a teacher at Columbia Falls High School. He is also the Health Occupation Student Association (HOSA) Advisor providing guidance and education to Columbia Falls High School students interested in pursuing professions in health care. He is an active member of the National Athletic Trainers Association, the Montana Interscholastic Athletic Administrator Association and locally involved with the Wildcat Athletic Endowment Association. Troy was honored with the Naseby Rhinehart Award from the University of Montana Athletic Training Program in 1994 and the HOSA Advisor of the Year in 2010. He and his wife, Kristine, are the proud parents of three children: Cody, 25, a physical education teacher at Edgerton Elementary School in Kalispell; Connor, 18, a senior at Columbia Falls High School; and Cassidi, 16, a junior at Columbia Falls High School.