

living with energy IN IOWA



Chariton Valley
Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative

SEPTEMBER 2019

Meet Chariton Valley Electric Cooperative's new directors ▶ See Page 12

Operation Round Up[®] announced at Chariton Valley Electric Cooperative

Visit our website at www.cvrec.com

Annual meeting recap

Touchstone Energy[®]
Main Street Summit
lands in Iowa

After-school recipes

Living with Energy in Iowa magazine (ISSN: 1935-7176) is published monthly by the Iowa Association of Electric Cooperatives, a not-for-profit organization representing Iowa's member-owned local electric cooperatives. Association address: 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. The phrase **Living with Energy in Iowa** is a mark registered within the state of Iowa to the Iowa Association of Electric Cooperatives. The magazine does not accept advertising.

Editorial Office: 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Telephone: 515-276-5350. E-mail address: editor@livingwithenergyiowa.com. Letters may be edited for clarity and length before publication. *Living with Energy in Iowa* magazine does not assume responsibility for unsolicited items.

Website: www.livingwithenergyiowa.com

Postmaster: Send address changes to *Living with Energy in Iowa* magazine, 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Periodicals Postage Paid at Des Moines, Iowa, and at additional mailing offices.

Change of Address: Every local electric cooperative maintains an independent mailing list of its members, so please send your change of address directly to your local electric cooperative's office. *Living with Energy in Iowa* magazine cannot make an address change for you.

© Copyright 2019, Iowa Association of Electric Cooperatives. No portion of the editorial, photographic or other content of *Living with Energy in Iowa* magazine or its website may be reproduced without written permission of the editor.

ALWAYS CALL BEFORE YOU DIG



IOWA 811 ONE CALL
800-292-8989

Features

6 Touchstone Energy® Main Street Summit lands in Iowa

The three-day event, which drew 135 attendees from around the country, proved Iowa is where powerful possibilities unfold!



8 After-school snacks

With the kids back in school, discover some of our readers' favorite after-school snacks. **PLUS:** Find out how you can receive a \$25 credit on your power bill!



10 Annual energy trail tours build powerful engagement

The tours give co-op members a firsthand glimpse into electric generation and an opportunity to meet the people responsible for providing the power.



Favorites

3 Statewide Perspective

Education is key to effective cooperative leadership

14 Energy Matters

LIHEAP funding announced for 2019-2020

3 Editor's Choice Contest

Win a Roomba® 680 Robot Vacuum

15 Out Back

Perils of wrap rage

ON THE COVER

Ben Sanders, journeyman lineman for Midland Power Cooperative (left) and Matt Pociask, job training/safety instructor for the Iowa Association of Electric Cooperatives participate in an apprenticeship workshop at the Midland Training Field in Jefferson. The workshop is part of the apprenticeship program and trains an apprentice in the routine and non-routine tasks required for a lineman. The goal is to ensure an apprentice completes the necessary tasks correctly and safely, not only for their personal safety, but also for the safety of co-workers and the members they serve. ⚡

Photo: Scott Meinecke, Iowa Association of Electric Cooperatives.



Education is key to effective cooperative leadership

BY KATRINA DAVIS

“Leadership and learning are indispensable to each other.”

This quote from John F. Kennedy never fails to guide and inspire me in my role at the Iowa Association of Electric Cooperatives (IAEC). As the director of education and training, I schedule, organize and manage conferences, educational workshops and training sessions for the directors and employees of Iowa’s electric cooperatives.



When we think about the elements of effective leadership, knowledge about the industry usually ranks near the top. The same is true for the elected directors at your locally owned electric cooperative. For electric co-ops to best serve their member-owners, it’s important for directors and staff to be informed and educated on the latest industry trends and challenges. In fact, your locally elected co-op board of directors invests a significant amount of time to attending training and educational sessions nationally and regionally in order to best serve you, the co-op member-owners. These programs are especially important for newer directors as they must learn quickly about their roles and responsibilities and understand the challenges and issues unique to the electric industry.

This focus on education and information stems from the core cooperative principles that guide all cooperatives. In fact, at IAEC, I work to manage and organize more than 50 education and training events for our electric cooperative members every year. We focus on providing valuable and affordable opportunities for co-op directors and employees to attend governance education courses and industry conferences, so they are informed on the latest challenges, trends, regulations and technologies

affecting electric cooperatives.

In August each year, IAEC staff members travel across the state to present industry updates to electric cooperative directors and staff. In these full-day sessions, we cover safety and loss control statistics, regulatory updates, highlights from the recent state and federal legislative sessions, new training opportunities for directors and staff, and IAEC financial and operational updates. We also allow plenty of time for attendees to ask questions in order to fully explore and understand the material.

This summer, we also talked about the upcoming international project in rural Guatemala; four Iowa electric cooperative linemen will travel with volunteers from Illinois and Wisconsin in early October to

bring the benefits of electricity to 42 households, a medical outpost and a school. We’ll make sure to share this incredible story with you in a future issue! We also presented a session at our statewide district meetings on the importance of transparency in governance and the accessibility of information about how decisions are made at your local electric cooperative.

Your electric co-op directors and staff work hard to ensure that you receive safe, reliable, affordable and sustainable electricity. Investing in valuable education and training helps ensure that our leaders make informed decisions that will guide the cooperative to a successful future as we power lives and empower the communities we serve. ⚡

Katrina Davis is the director of education and training for the Iowa Association of Electric Cooperatives.

EDITOR’S CHOICE CONTEST

Win a Roomba® Robot Vacuum!



The Roomba® 680 Robot Vacuum provides a thorough clean, all at the push of a button. The Roomba’s patented 3-Stage Cleaning System is specially engineered to loosen, lift and suction everything from small particles to large debris from carpets and hard floors. Dirt Detect™ sensors alert the Roomba robot vacuum to clean more thoroughly on concentrated areas of dirt. Preset Roomba to clean when it’s convenient for you, so you can keep up with everyday messes. The Roomba robotic vacuum is the new must-have appliance of the century! Valued at \$299. ⚡

Visit our website and win!

Enter this month’s contest by visiting www.livingwithenergyiowa.com no later than Sept. 30, 2019. You must be a member of one of Iowa’s electric cooperatives to win. There’s no obligation associated with entering, we don’t share entrant information with anyone and multiple entries from the same account will be disqualified. The winner of the Nest® Learning Thermostat from the June issue was Brady James from T.I.P. Rural Electric Cooperative.

FOR SALE



CVEC Truck 4

- 1995 International
- 4800 – 4x4
- Altec – DT466
- Digger Derrick
- Manual Transmission
- Power Steering
- 8,494 hours and 107,043 miles
- Model: D842ABR

To be sold by sealed bid. All bids must be received by 4:30 p.m. on Friday, Sept. 27, 2019. Bids will be opened, and the truck will be sold to the highest bid over \$9,000 at 8 a.m. on Monday, Sept. 30, 2019. The truck can be seen by appointment only at CVEC Headquarters, located at 2090 Highway 5 South, Albia, IA 52531.

Please refer questions to Charles Van De Pol at 641-932-7126. Send sealed bids to:

Chariton Valley Electric Cooperative, Inc.

Attn: Charles Van De Pol – Truck 4
PO Box 486
Albia, IA 52531



Office

2090 Highway 5 South
P.O. Box 486
Albia, IA 52531-0486

Office Hours

Monday through Friday, 8 a.m.-4:30 p.m.
Closed Saturdays, Sundays and holidays

Telephone Numbers

Days, nights or holidays:
641-932-7126 (local)
or 800-475-1702

We accept



Website

www.cvrec.com

This institution is an equal opportunity provider.

LOCAL PERSPECTIVE

Thank you!

BY CHARLES VAN DE POL



Chariton Valley Electric Cooperative's annual meeting has always been one of my favorite events of the year. This year marked the 72nd annual meeting, and I

want to thank all our members who attended this year's event! I enjoyed catching up with old friends and meeting new ones. It is hard to believe that Chariton Valley Electric Cooperative was organized in 1945. Yet, we still value the same mission 74 years later – to efficiently deliver safe, reliable electric service to our members.

We had some very special guests join us this year, including legislators and attendees from all over the state as well as other electric cooperatives. We always look

forward to seeing our members and guests who take the time to visit our fun-filled event.

Again, thank you to all who made the choice to attend the meeting at the Albia Community High School this year and for making it a huge success! If this was your first time attending the annual meeting, we hope you are encouraged by what you learned. At its best, a cooperative does not differentiate between itself and members – they are one and the same. I hope that after attending this annual meeting, you would say the same thing about your cooperative. We look forward to seeing everyone next year! ⚡

Charles Van De Pol is the interim general manager of Chariton Valley Electric Cooperative.



Annual Meeting Prize Winners

Grand Prize #1	Whirlpool French Door Refrigerator	Daniel & Nita Wilson
Grand Prize #2	Maytag Chest Freezer	Phillip & Diane Whitson
Grand Prize #3	iRobot Roomba 675	Terry & Sharon Wilhite
Grand Prize #4	KitchenAid Stand Mixer	Phillip Shenefield
Grand Prize #5	Ryobi Lawn Tools	Michael & Jennifer Sample
\$50.00 Energy Credits:	Bernerd & Gail Allgood, John & Annette Scieszinski, Rich & Kallie James, Denise Fox, John & Nancy Clouse, Karen Tuttle, Trudy Calvert, Kelly & Megan Summers, John & Joyce Smithberg, Susie Storm, Johnny Tagliapietra, Charles & Arlene Jacobs, Doris Little, Terry & Cheryl Franzen, Carolyn Plum, Paul & Jackie Maddy, Barbara & John Zelhart, John & Ann Prescott, Naomi Braun, Terry & Diane Boobyer	

Kids' Prize Winners

Kids' Prize #1	Apple iPad	Kirah Whitney
Kids' Prize #2	Nintendo Switch	Jantz Johnston
Kids' Prize #3	Easy Bake Oven	Jessa Warren
Kids' Prize #4	RC Truck	Beckett Stillely
Kids' Prize #5	20" Bike	Matty Kovocevic
Kids' Prize #6	20" Bike	Brayden Reed

Luck of the Draw Scholarship Winner

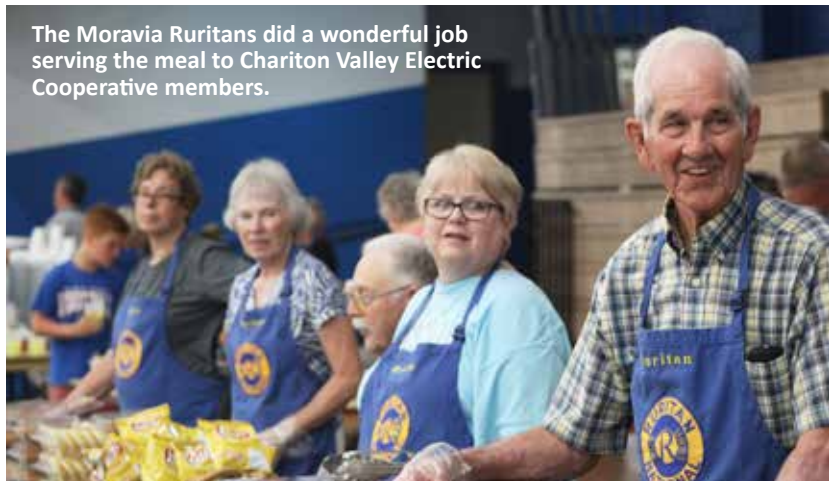
\$500	Collette Teno
--------------	---------------

Members enjoy 72nd Annual Meeting

On Monday, August 5, Chariton Valley Electric kicked off its 72nd Annual Meeting of the membership at the Albia Community High School. Nearly 600 members and guests met to hear updates on the condition of the cooperative, elect directors, enjoy a great meal and hope for a chance to win one of the prizes that were given away.

Every year, Chariton Valley Electric Cooperative strives to have something for everyone who attends the annual meeting. Many of the members returning this year have followed their cooperative for years, providing support and participating in its activities. And thankfully, with each new year, additional members make time to attend.

The gathering was a great time to meet with friends and neighbors, enjoy dinner and hear about how their cooperative is important to them. There were things to do and prizes for young children and students, who someday will be sitting in the audience providing direction on future issues and opportunities. ⚡



The Moravia Ruritans did a wonderful job serving the meal to Chariton Valley Electric Cooperative members.



Mike Gibler mastered cotton candy making, and it was a hit in the Kid's Zone.



Rand Fisher, president of Iowa Area Development Group, presented CVEC's Tod Faris with the 2019 Impact Award for Outstanding Achievement in Project Development. This is the eighth Impact Award CVEC has received in the last 20 years.



Spin Art was a popular attraction for all ages! It looks like we have very artistic members!



CVEC Youth Tour participants Collette Teno and Sarah Herz thanked members for allowing them to attend the trip to Washington, D.C. They represented our cooperative very well!



Touchstone Energy Main Street Summit lands in Iowa

Event proves Iowa is where powerful possibilities unfold

BY DAWN SLY-TERPSTRA

Call it coincidence or call it fate. The week Touchstone Energy® brings its newest initiative – the Main Street Summit – to Iowa, Major League Baseball announces next year’s Field of Dreams game. The 2020 game will be a match-up between the Chicago White Sox and New York Yankees on a new field adjacent to the field of movie fame near Dyersville. For those of us in flyover country, when the big leagues play on our fields, powerful possibilities unfold.

Those possibilities were perfectly encapsulated at the Des Moines Social Club (DMSC), site of Touchstone Energy’s Best in Class: Strategy Execution program and the Main Street Summit. As effective storytelling is more about the “show” than the “tell,” this venue immersed 135 participants in the creative placemaking experience. Placemaking is a multi-faceted approach to the planning, design and management of public spaces. Placemaking capitalizes on a local community’s assets, inspiration and potential, with the intention



of creating public spaces that promote people’s health, happiness and well-being. The theater and meeting spaces in this converted fire station – a project of founder Zack Mannheimer of McClure Engineering, who is also a presenter at national cooperative events – was its own case study for those who gathered to learn more about economic development strategies and resources.

The Summit’s focus during the

first half of the event included managing change by developing strategy, translating change to create a new reality, and aligning strategy and leading change. The room was set to facilitate small group work. Table exercises played a key role in learning more about strategies implemented by cooperative peers.

Discovering “Iowa Nice” is real

The attendees from 22 states, many of whom had never been to



“The teamwork and cooperative spirit from the Iowa Welcoming Committee was infectious. It made what could have been a grueling week for staff into a fun, energized trip to a hidden gem of a city. We couldn’t have picked a better place to get our members fired up about community and economic development.”

– Scott Bialick
Senior Business Development Program Specialist
Touchstone Energy®



BEST IN CLASS MAIN STREET SUMMIT

Iowa, discovered that “Iowa Nice” and Midwestern hospitality are real. A committee of Iowa electric cooperative staff who formed a Welcome to Iowa group made sure that was the case, along with participants from local cooperatives. A reception on the rooftop of the DMSC, a food truck throw-down and DJ in the courtyard, allowed everyone a chance to get to know each other better while sharing their region’s opportunities and challenges.

After lunch on the second day, the balance of the conference focused on economic development – the star of the show. Discussions ranged from how to start an economic development program by building partnerships and identifying funding sources, to practical tools and applications, as well as types of development initiatives from across the country. Speakers included Bette Brand, administrator, USDA/RD Rural Business Cooperative-Service; Zack Mannheimer; Jim and Mallorie Rasberry from HGTV’s

Home Town, as well as presenters from electric cooperatives and development groups.

Seamlessly intersecting the past and present

On the second evening, 30 attendees participated in a mobile classroom experience to Winterset organized by Iowa Area Development Group (IADG). Participants from South Carolina, Oregon, North Dakota, Florida, Kentucky and a handful of Iowans learned how history and culture can become big draws in small towns. A farm-to-table dinner at the Northside Café (made famous by “The Bridges of Madison County”) preceded a tour of Winterset’s town square – where all the storefronts are occupied – and a behind-the-scenes look at the John Wayne Museum. Mark Catton, a museum exhibit designer from Iowa, accompanied the group and discussed his experiences working with project stakeholders to develop and curate a public space that engages an audience while keeping the story of John Wayne relevant.

Visiting the energetic hub of Iowa

Many visiting Iowa for the first time discovered the unexpected cultural life in downtown Des Moines – trendy restaurants and bars, the hip vibe of the East Village, Triple A baseball, and the rapid growth and development of a city and a state identified by many national publications as a top place to live. The phrase “Who knew?” was repeated often by those making fresh discoveries, prompting smiles of pride and surprise among natives.

As the conference ended, many attendees seemed reluctant to leave – hungry to learn more about growing their communities, building on their local legacies and aspiring to merge past and present.

This trip to Iowa – to learn about economic development and placemaking – showed visitors “if you build it, they will come!” ⚡

Dawn Sly-Terpstra is the vice president of corporate communications for Central Iowa Power Cooperative.

“Before the Main Street Summit kicked off in Iowa, I had an opportunity to meet with teams from several electric co-ops and exchange ideas about the cooperative difference. I was blown away with all the wind generation I saw on my day trip, loved experiencing firsthand the importance of leadership in revitalizing local communities and had corn on the cob so satisfyingly sweet I didn’t need dessert. But the story that really stuck with me was the Freedom Rocks. It highlighted many lessons from the Summit like the importance of making the ordinary outstanding with a simple story, giving communities something local to celebrate and being open to opportunities.”

– Anne Harvey
Director of Member Relations & Communications
Touchstone Energy®



“Iowa was the perfect backdrop to celebrate and promote community development. Co-ops across Iowa are committed to their communities at the local and state levels, including creating, owning and supporting development organizations, namely IADG. Efforts like these mixed with “Iowa Nice” hospitality, made our Summit valuable to attendees from dozens of states and sets a template other states can emulate.”

– Josh McGhee
Strategic Communications Manager
Touchstone Energy®

AFTER-SCHOOL SNACKS



September is National Family Meals Month™ – a nationwide event designed to support families in enjoying more meals together.



Granola Bars

- 1 cup nut butter
- ½ cup finely chopped dates or other dried fruit
- ½ cup dark chocolate chips
- ¼ cup olive oil
- ¼ cup honey
- 1 tablespoon vanilla
- 3 cups oatmeal
- ¾ cup roasted pumpkin seeds
- ½ cup roasted sunflower seeds
- 1 teaspoon sea salt

Combine nut butter, fruit, chocolate chips, olive oil, honey and vanilla. Heat in saucepan to melt butter and chips. Combine oatmeal, seeds and salt. Pour butter mixture over seeds mixture. Mix well, coating oatmeal and seeds. Prepare a jelly pan by spraying with baking oil and lining with parchment paper. Press mixture into prepared pan. Press hard and firm. Cool, then cut into bars. Store in airtight container.

Lora Hoven • Albia
Chariton Valley Electric Cooperative, Inc.

Quickity-Split Banana Chocolate Marshmallow Treat

- 1 large banana, peeled
- 8-10 small marshmallows
- 10-15 semi-sweet chocolate chips

With a knife cut a groove down the center of a banana. Pry open and place marshmallows and chocolate chips in the groove. Place on a microwave safe plate and set on high for 45 seconds. Remove from microwave and wait for the gooey goodies to cool, then enjoy.

Dave Duit • Nevada • Consumers Energy

Apple Cartwheels

- ¼ cup peanut butter
- 1½ teaspoon honey
- ½ cup miniature chocolate chips
- 2 tablespoons raisins
- 4 medium red apples, unpeeled but cored

In a bowl, combine peanut butter and honey. Fold in chocolate chips and raisins. Fill center of apple with mixture. Refrigerate at least one hour. Cut into ¼-inch rings. Makes approximately 2 dozen rings.

Erma Coblentz • Cincinnati
Chariton Valley Electric Cooperative, Inc.

No-Bake Energy Bites

- 1 cup oatmeal
- ½ cup peanut butter
- ⅓ cup honey
- 1 cup coconut flakes
- ½ cup ground flax seed
- ½ cup mini chocolate chips
- 1 teaspoon vanilla

Mix all ingredients in a medium-sized bowl and chill 30 minutes. Once chilled, roll into balls and enjoy. Store in an airtight container for one week.

Glenda Jager • George
Lyon Rural Electric Cooperative

Easy Kid-Size Pizzas

- 8 ounce package flour tortillas
- ½ cup pizza sauce
- 1 cup mozzarella cheese
- 8 ounces sliced pepperoni

Cut 12 circles from tortillas with a round cookie cutter. Place circles in the bottoms of greased muffin tins. Spoon pizza sauce over tortilla circles; top with cheese and pepperoni. Cooked ground beef or sausage can be used instead of pepperoni. Bake at 350 degrees F for 10-12 minutes. Scoop out of tin when done.

Mary Gropper • Chelsea
T.I.P Rural Electric Cooperative

Freezer Fruit Slushies

- 10 ounces frozen strawberries
- ¾ cup water
- ¾ cup ice cubes
- 1 6-ounce can pink lemonade concentrate, frozen carbonated citrus soda

Blend everything except the carbonated drink in a blender until smooth. Freeze mixture into a 2-quart container or in individual serving cups. To serve, put a generous ½ cup slush mix in a glass, pour carbonated drink over to fill the glass and serve with a spoon to mix and stir. Fresh fruit pieces can be stirred in too. Any frozen fruit can be used instead of strawberries.

Faith Blaskovich • Lohrville
Calhoun County Electric Cooperative Association

Scotcheroos

- 1 cup white Karo syrup
- 1 cup white sugar
- 1½ cups peanut butter
- 1 teaspoon vanilla
- 6 cups crispy rice cereal
- 12 ounces butterscotch chips
- 6 ounces chocolate chips

Mix Karo syrup and sugar in a medium saucepan and bring to a boil. Remove from heat. Add vanilla, peanut butter and mix well. Pour cereal into a large bowl and pour syrup mixture over it. Stir gently to coat then pour into a greased 9x13-inch pan. Pat cereal mixture with wax paper to evenly fill pan. Melt all chips in a double boiler and spread melted mixture over cereal mixture. Cool and cut into bars.

Jane Person • Batavia • Access Energy Cooperative

Creamy Strawberry-Orange Pops

- 8 ounces strawberry flavored yogurt
- ¾ cup orange juice
- 2 teaspoons vanilla
- 2 cups frozen whole strawberries
- 2 teaspoons sugar
- 6 paper cups, 7-ounce size
- 6 wooden popsicle sticks

Combine yogurt, juice and vanilla. Blend until smooth. Add strawberries and sugar. Blend until smooth. Fill cups ¾ full. Freeze for 1 hour then insert sticks. Continue to freeze. Peel cup off to serve.

Ava Nester • Rock Rapids
Lyon Rural Electric Cooperative

EMOTIONAL BALANCE

Frequent family meals increase self-esteem, a sense of well-being, positive social behaviors and stronger family relationships.

FAMILY MEALS

MAKING THE GRADE

Kids – from elementary to high-school age – who eat meals with their families four times a week or more earn better test scores and succeed in school.

FAMILY MEALS

INVOLVE THE KIDDOS

Involve your children in food shopping, meal planning, and meal preparation whenever possible. Let your children pick one part of each meal (e.g., fruit side dish).

FAMILY MEALS

WEIGHING THE PROS

Adults and children who eat at home more regularly are less likely to suffer from obesity. Increased family meals are associated with greater intake of fruits and vegetables.

FAMILY MEALS

Wanted: Winter Soups & Stews The Reward: \$25 for every one we publish!

When temperatures drop, winds howl and snow flies, warming up with a hearty bowl of goodness is always on the menu! We're looking for your best recipes for winter soups and stews. If we run your recipe in the magazine, we'll send a \$25 credit for your electric co-op to apply to your power bill. Recipes submitted also may be archived on our website at www.livingwithenergyiowa.com.

The deadline is Sept. 30, 2019. Please include your name, address, telephone number, co-op name and the recipe category on all submissions.

EMAIL:
recipes@livingwithenergyiowa.com
(Attach your recipe as a Word document or PDF to your e-mail message.)

MAIL:
Recipes
Living with Energy in Iowa
8525 Douglas Ave., Suite 48
Des Moines, IA 50322-2992

Annual energy trail tours build powerful engagement among members

BY ANGELA CATTON

For more than 50 years, Northwest Iowa Power Cooperative (NIPCO) based in Le Mars has been conducting co-op member tours to power plants. The tours give energy end-users – including many electric co-op members in Iowa – a firsthand glimpse into electric generation and an opportunity to meet the people responsible for providing the power that is delivered directly to their homes, farms and businesses. Because of its northwest Iowa location, NIPCO's member cooperatives receive power from neighboring cooperative resources. Co-op members learn how coal is a valuable part of America's energy mix, while showcasing how environmentally responsible power is possible within a carbon-constrained world.

During three educational and fun-filled days, members are immersed in rural electric cooperative history, the co-op business model, and the Touchstone Energy® brand as well as gaining a deeper understanding and pride about the cooperative difference. Each year and during two tours,

participants include 90-100 members from eight different distribution cooperatives and several municipal utilities, all with a common bond of belonging to and advocating for the rural electric cooperative industry.

Serving up electricity

What began as a single day tour to the Oahe Dam and Powerhouse in Pierre, South Dakota, evolved into a three-day journey in the mid-1980s. The event grew when NIPCO began to supplement its hydroelectric (water) power supply with power purchased from Basin Electric Power Cooperative, a generation and transmission (G&T) power cooperative headquartered in Bismarck, North Dakota.

Today, NIPCO receives approximately 80% of its power supply from Basin Electric and 20% from Western Area Power Administration (WAPA), which markets power generated from the Missouri River Dam System. NIPCO's generation portfolio includes electricity generated from coal, water, wind, natural gas and other sources. Because of the resource diversity, NIPCO and its member cooperatives want co-op members to have an opportunity to see and understand the electricity sources powering their lives. NIPCO facilitates the tours, with its member cooperatives sponsoring travel costs for tour participants. In many cases, the trip is offered at no cost or for only a nominal fee to their member-consumers who express an interest in the journey.

Every tour begins by offering this analogy to tour participants:



Energy Trail Tour participants pose for a group shot in front of Basin Electric Power Cooperative's 900-megawatt Antelope Valley Station, a coal-fired electric generation station.

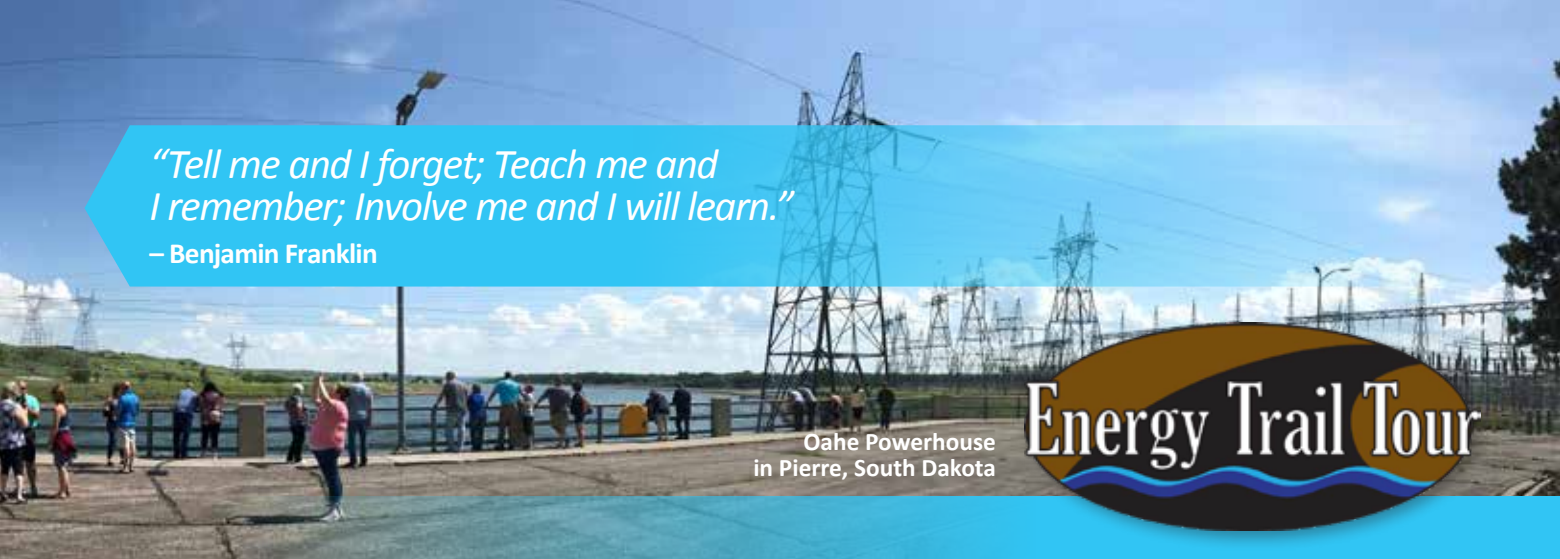
“Electricity works a lot like ordering food at a drive-thru window. When you order a hamburger and fries at the speaker, you expect it to be ready for you when you pull up to the window. There is an expectation that the food will be affordable, of good quality and available to you immediately. The electric power supply is no different. When you order up your

NIPCO's Iowa-based electric distribution cooperatives

- Harrison County Rural Electric Cooperative – Woodbine
- Iowa Lakes Electric Cooperative – Estherville
- Nishnabotna Valley Rural Electric Cooperative – Harlan
- North West Rural Electric Cooperative – Orange City
- Western Iowa Power Cooperative – Denison
- Woodbury County Rural Electric Cooperative – Moville

“Tell me and I forget; Teach me and I remember; Involve me and I will learn.”

– Benjamin Franklin



Oahe Powerhouse
in Pierre, South Dakota



A tour member snaps a photo in the room which houses a scale model of the coal gasification plant.

power at the switch, you expect it to be delivered to you. That electricity isn't stored in the switch plate. When you flip that switch, that power must travel hundreds of miles to reach your location at the exact time you demand it." How that electricity is "served up" to your light switch takes a cast of thousands. Tour participants experience the passion, innovation and dedication of each of NIPCO's power providers as representatives from every aspect of power supply and delivery act as tour guides and answer questions from the group.

The Energy Trail Tours showcase generation facilities that include hydropower at the Oahe Powerhouse and Dam in Pierre, South Dakota, and the coal-fired Antelope Valley Station in Beulah, North Dakota.

At Dakota Gasification Company, located adjacent to the 900-megawatt Antelope Valley Station, tour participants learn about the method of carbon-capture and coal gasification and the many products manufactured through this process, including fuel additives such as diesel exhaust fluid and fertilizers used

in agricultural production, such as anhydrous ammonia, ammonium sulfate and urea.

Caring for the environment

The Coteau Properties Company Freedom Mine in North Dakota allows co-op members to see the mining process of the area's lignite coal. Land that is mined is carefully returned to its original contour and reseeded to return to its original use. Whether it's going back to a natural prairie or cropland, it's monitored for several years. Often, members catch a glimpse of the deer, fowl and antelope that graze on the reclaimed acres.

Energy Trail Tour participants also learn about wind generation and the importance of renewable energy resources in America's overall energy mix. Iowans are very familiar with the fact that their state leads the way in wind generation. As such, the tour includes a mobile classroom on the process of wind generation and how a turbine works.

Showcasing safe, reliable, affordable and environmentally responsible power

Education about power generation and delivery is an important element



Lindsey, an employee of Basin Electric Power Cooperative's Antelope Valley Station, offers a glimpse into the coal-burning boiler.



55 years ago, a group of rural electric cooperative members enjoyed the Energy Trail Tour!

in the way NIPCO and its member cooperatives engage with member-consumers. For decades, energy trail tours have served as a powerful way to deepen co-op members' understanding of how energy reaches them and strengthen the relationship with their local cooperative.

"This trip reinforced the need for a balanced approach to meeting our future energy needs, one that protects our environment, our communities, U.S. jobs and the reliable electric service that our industries need – and our citizens have come to expect," says Fred Wirtz, a member of Iowa Lakes Electric Cooperative.

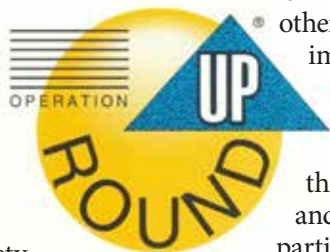
Gregg and Zolene Streck, members of North West REC, echoed those same sentiments, "We were so impressed how land was put back for use – even better than it was and the efficiency of coal use. We definitely will encourage others to take the trip."

To learn more about the Energy Trail Tour, visit www.nipco.coop.

Angela Catton is the manager of member relations and development for NIPCO.

New program coming to CVEC

Now you will have the opportunity to help others in your community through a program called “Operation Round Up®.” This program was originally started by Palmetto Electric Membership Cooperative in South Carolina and has since been adopted by many co-ops throughout Iowa and around the country. It was designed to help a variety of worthwhile community, youth, educational and environmental programs. Through Operation Round Up®, each participating CVEC member makes a small monthly contribution. Together, those small amounts will make a big difference!



WHY IS CVEC AUTOMATICALLY ENROLLING EVERYONE?

After much consideration, CVEC chose this method based on information received from other cooperatives that have implemented the program, and we truly believe the majority of our members will find this program worthwhile and choose to continue to participate. For the success of the program, and for CVEC members to make a big impact with a little change, this method of enrollment was thought to have the best possible results. Please keep in mind this program is still a voluntary program and you may opt out or back in at any time.

HOW DOES IT WORK?

Unless you choose NOT to participate, your electric bill is “rounded up” each month to the nearest whole dollar amount with the extra change going into a separate Operation Round Up® fund. For example, if your bill is \$87.56, you will be billed an even \$88.00 and the extra \$0.44 goes toward helping various goodwill causes in your community. On average, a member will contribute about \$6 PER YEAR, but with everyone pitching in, all that extra change really adds up. It is an inexpensive and convenient way to give to charitable programs within our communities.

HOW WILL THE MONEY BE USED?

The CVEC Operation Round Up Foundation will be governed by a separate board of directors made up of nine (9) volunteers within our communities and membership. Any organizations seeking assistance through the Operation Round Up® program will need to fill out an application that will be reviewed by the board. The board will decide how the money is disbursed, based on need, and you can be certain that 100% of your donations are being used to help better your communities! However, funds cannot be used for political purposes or to pay electric bills.



WHAT ARE THE BENEFITS OF OPERATION ROUND UP®?

Through the collective giving of thousands of members, a sizable amount of money can be raised each year within our service area to be distributed to 501(c)3 charitable organizations or other organizations demonstrating community enhancements.

WHEN CAN I EXPECT MY BILL TO BE “ROUNDED UP”?

Participating members can expect to see their bill “rounded up” and their first contribution to Chariton Valley Electric Cooperative’s Operation Round Up® Foundation in January 2020. ⚡

Please contact Becky Teno at 641-932-7126 or bteno@cvrec.com if you are interested in being considered for the Operation Round Up board of directors!

LOCAL GOVERNANCE

Meet your newly elected directors

One of the seven cooperative principles encourages member participation, which includes running for election on Chariton Valley Electric Cooperative’s board of directors. Being on the board takes a great deal of personal time and commitment. However, the personal rewards are great, including understanding the issues at hand and gaining a great deal of satisfaction by serving your friends, business associates and other members.



Marchelle Brown



Jerry Durian



Kenny Vandenberg

The three directors elected to serve three-year terms are:
Marchelle Brown – District 1
Jerry Durian – District 2
Kenny Vandenberg – District 5

Thank you to all the candidates for your willingness to represent your district. Your interest and involvement are crucial in providing for the future success of your cooperative. ⚡

CVEC participates in Restoration Days parade

Chariton Valley Electric Cooperative enjoyed Albia's 34th Annual Restoration Days Parade last month. Many employees and their families volunteered to participate in the 1950s-themed parade and toss candy to kids along the parade route. We even borrowed a 1954 Classic Chevy Pickup from the dad of Anna Kerber (CVEC employee) and added our vintage REC logo for nostalgic fun. ⚡



SINCERE APPRECIATION

Thank You, Director Gottschalk

Over the past six years, Chariton Valley Electric Cooperative Director Randy Gottschalk earned his Credentialed Cooperative Director Certificate and his Board Leadership Certificate through the National Rural Electric Cooperative Association by attending over 15 intense cooperative operation-related classes.



Randy served the rural electric cooperative program and the members of CVEC well. We thank him for his loyal service and wish him and his wife, Janet, all the best. ⚡

CALL BEFORE YOU DIG



To help stay safe and prevent accidents, call 8-1-1 before you dig to get underground utilities marked.

For More Information on Digging Safety
Visit SafeElectricity.org

Details released for Iowa Home Energy Assistance Program

The 2019-2020 Low-Income Home Energy Assistance Program (LIHEAP) has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season. The assistance is based on household income, household size, type of fuel and type of housing.

Besides meeting the income guidelines, you must furnish the Social Security numbers of all household members and a copy of recent heating and electric bills. You also must show proof of income for all household members age 19 and over. If you receive alimony or child support, it will need to be verified too.

If you're a wage earner, you should bring copies of your check stubs for the 30-day period before the date of application or a copy of your federal income tax return. If you're self-employed or a farmer, provide a copy of your most recent federal income tax return. And if you're on a fixed income – Social Security Benefits, Supplemental Security Income, Family Investment Program (FIP), Veteran's Assistance, Unemployment Insurance



and pensions – take copies of check stubs from the last 30 days. For FIP recipients, bring your current DHS Notice of Decision or contact your local office for acceptable document information.

In Iowa, applications for the program will be accepted on a first-come, first-served basis from Nov. 1, 2019, through April 30, 2020. The start date is Oct. 1, 2019, for elderly (60 and over) and/or disabled applicants. If you're not sure where to apply, visit humanrights.iowa.gov/dcaa/where-apply to contact your local community action agency, call 2-1-1 or write: LIHEAP, Iowa Department of Human Rights, Capitol Complex, Des Moines, IA 50319. ⚡

Income Maximums	
Household Size	Annual Gross Income
1	\$21,858
2	\$29,593
3	\$37,328
4	\$45,063
5	\$52,798
6	\$60,533
7	\$68,268
8	\$76,003

Note: For households with more than eight members, add \$7,735 for each additional member.

**BUT RIGHT NOW
IT'S YOU I'M
WORRIED ABOUT.**

HIS JOB IS DANGEROUS ENOUGH. The last thing he needs is for you to drive into his utility truck because you ignored the flashing lights, cones and signs. When you see utility crews at work, slow down and move over. You have the power to protect a life.


**MOVE OVER
SLOW DOWN**



PERILS OF WRAP RAGE

BY VALERIE VAN KOOTEN

As tempting as it is to pick up that neatly packaged set of earbuds or that new DVD for your grandkids or even those muffins at the local grocery store, it's easy to forget that, sooner or later, you're going to have to open that package.

Dismantling these slick, hermetically sealed containers is an endless source of frustration, so much so that it has engendered an emotion as well as an official name: "wrap rage."

Wrap rage leads to the use of unorthodox items in the battle to procure the item you spent too much for from the outer trappings that imprison it.

As one who's been known to use a butcher knife to attack a clamshell package that held a toy tractor, I share your pain, quite literally and metaphorically. I ended up with a gash between my thumb and first finger that, while not requiring medical care, did require some awkward bandaging and some even more awkward questions from friends and family.

"Gee, Grandma, what did you do to your finger!?"

"Oh, nothing, darlings. It's just a symbol of my unbounding love for you." (Insert martyred tones.)

The Consumer Product Safety Commission estimates that 6,000 Americans are injured each year in wrap rage incidents, with most of those injuries to the hands, fingers, arms and legs. (Presumably, this last injury occurs when un-wrappers use their legs to stabilize the offending product.) These wounds include punctures, lacerations, cuts, and burns from untwisting the approximately 180 cable ties holding that doll against a cardboard lining.

Safety experts continue with a list of safety precautions that begins sternly ("Wear protective eyewear."



If I need to wear protective eyewear to open a box, doesn't that indicate that something is terribly wrong?) and ends up throwing in the towel ("Buy the kid a sweater."). Really.

Even Consumer Reports has joined the harangue, initiating the Oyster Awards for the year's hardest-to-open packages.

Packaging companies maintain that stiff clamshell coverings and tough blister packets not only deter shoplifters but also ensure the product arrives intact. They also make it possible for the buyer to see exactly what is being purchased.

But it's worth noting that the

online merchandising giants are turning more often to user-friendly packaging – pull tapes and plain cardboard boxes without excess stuffing.

I'm patiently waiting, hopeful that more companies will jump on the bandwagon to provide packages that are easier to open. In the meantime, I've got my butcher knife ready. But I don't think I really need protective eyewear. ⚡

Valerie Van Kooten is a writer from Pella who loves living in the country and telling its stories. She and her husband Kent have three married sons and two incredibly adorable grandsons.



SMALL SAVINGS
LEAD TO BIG ONES

Touchstone Energy®
Cooperatives of Iowa
www.touchstoneenergy.coop



Your local electric cooperative helps you find more ways to save energy, save money and help the environment. So small savings today lead to big savings tomorrow.