

# living with energy

IN IOWA

JUNE 2021



Chariton Valley  
Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative

CVEC awards 2021 Q1 Operation Round Up® funds ► See Page 12



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Chariton Valley Electric  
Cooperative awards  
scholarships

Iowans get creative  
to sell local

Fruit and vegetable  
recipes for summer

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*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](mailto:editor@livingwithenergyiowa.com). *Living with Energy in Iowa* magazine does not assume responsibility for unsolicited items.

**Website:** [www.livingwithenergyiowa.com](http://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.

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# living with energy IN IOWA

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Cooperatives of Iowa  
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### ON THE COVER



Ellie Bockenstedt (left) and Addy Kirby were students of Edgewood-Colesburg High School's 2020 digital multimedia marketing class taught by Jodi Ehlers. The class partnered with Edgewood Locker on real-world marketing activities, such as creating a fundraising brochure. The work inspired several students to take an advanced foods class where they grilled meat and staged food for marketing photography. Cassidy Steger, a fellow student and high school junior at the time, took the photos (including our cover image) and runs her own photography business, Cassidy Leigh Photography. Read more about local meat lockers on Pages 10-12 of this issue. ⚡



# There's no such thing as a free dinner: Beware of energy claims that sound too good to be true

BY CHUCK SODERBERG

*"Save 50% on your energy bills!"*

*"Stop paying your electric utility!"*

*"Save thousands on your heating and cooling costs!"*

Have you ever received a postcard or an email featuring one of these headlines? The postcard usually includes an invitation to a free dinner at a local restaurant where you can learn more about how to "save big" on your energy bills. There's even a local phone number you can call to reserve your spot, causing you to think that a reputable, local company is organizing this effort. It almost always is not.

As we move beyond the pandemic, these types of invitations will likely increase in our communities. It's easy to let our guard down because we want to believe the incredible claims we find in our inboxes and mailboxes. These dubious marketing campaigns will tout power converters for your meter, radiant barriers for your attic and other technologies that promise to save you hundreds or thousands of dollars on your energy bills.

Often, there is some truth to the technology and products being pitched in these postcards. For example, an aluminum radiant barrier placed in your attic can help reduce heat gain during the summer, but the efficiency claims are often overstated, and the product is often overpriced.

## Research the company

Before accepting an invitation or signing a long-term contract or financing program, please research the company on the Better Business Bureau website at [www.bbb.org](http://www.bbb.org). We also encourage you to contact your local electric co-op and speak to their member services department about the offer. As a reliable source



of information you can trust, your local co-op can answer your energy efficiency questions and suggest practical ways to save energy and money on your electric bills.

Locally owned and governed by the member-consumers we serve, Iowa's electric cooperatives fully support energy efficiency efforts. In fact, your local co-op offers several incentives, rebates and programs that can lower your electric bill. We can also provide information about which energy efficiency products may qualify for state or federal tax credits. Our priority is to make sure you're not tricked into spending your hard-earned money on products that don't work as

advertised. Be wary of exaggerated claims and overpriced products in these free dinner schemes.

## Resist pressure tactics

And if you do accept an invitation to a free dinner, don't feel pressured to make a purchase or sign on the dotted line until you've had time to research the company and the claims it is making. Any reputable business would encourage you to take the time you need to make an informed decision.

Please beware of these invitations – the actual cost of your free dinner could be more than you're willing to pay. ⚡

Chuck Soderberg is the executive vice president and general manager of the Iowa Association of Electric Cooperatives.

## EDITOR'S CHOICE CONTEST

### Win a Cuisinart electric smoker!

This electric smoker is perfect for backyard barbecues! A spacious 548-square-inch interior means there is plenty of room to smoke a variety of Iowa-raised meats and fresh vegetables, with 1500 watts of heat to produce temperatures from 100 degrees F to 400 degrees F. The 30-inch vertical footprint makes it a perfect size for patios and decks. Three stainless steel racks can be easily removed for smoking large cuts of meat, and an easy-to-read thermometer on the front door makes monitoring internal temperature convenient. ⚡



### Visit our website and win!

Enter this month's contest by visiting [www.livingwithenergyiniowa.com](http://www.livingwithenergyiniowa.com) no later than June 30, 2021. 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 \$100 Earl May Garden Center gift card from the April issue was Monte Eggers, Grundy County Rural Electric Cooperative.

# "See" you at our annual meeting

BY LEILANI TODD



Most of us lead busy lives. We find ourselves multitasking and constantly checking phones and email to keep up with the demands of

modern life. Thanks to technology, we can accomplish many tasks electronically and remotely to be more efficient. And with so many pressing obligations, we like to protect our spare time. Invitations to attend meetings and gatherings are carefully weighed as we decide whether or not our time and effort to attend is beneficial. The answer to the question, "What's in it for me?" must be compelling. You may think attending CVEC's annual meeting would be easy to lump into the "no benefit to me" category. However, I would ask you to think again.

Chariton Valley Electric Cooperative exists to provide safe, reliable and affordable energy to its members (that's you!). Equally important is our mission to enrich the lives of all members and to serve

the long-term interests of our local communities. This is where you can help.

As a member of the community, you have a valuable perspective – and we invite you to share it with the co-op. At the annual meeting, co-op leaders discuss priorities, challenges and financial health for the coming years. Items under consideration include construction and maintenance, cybersecurity efforts, economic development partnerships and charitable giving. Our annual meeting is also the time to vote for new board members who will represent you – the members of the co-op. Board members are local consumers, just like you.

Chariton Valley Electric Cooperative is one of the few local organizations uniquely positioned to bring together all community members. It is worth noting that the health of the co-op and the community's well-being are closely intertwined.

Perhaps you may feel that you have nothing to add to the discussion, so

there is no need to attend the annual meeting. However, every energy bill you pay to the co-op helps ensure better service and reliability for the whole community. Your dollars are reinvested locally into improvements that impact the reliability and

affordability of your energy, and CVEC wants to hear from you to better inform our decisions as we plan for the future. When members of our community come together for a common purpose, we improve the quality of life for all in our

corner of the world.

If you have never attended our annual meeting, or if it has been a while, please tune in this year. Our co-op family looks forward to engaging virtually with you this year as we continue to navigate the pandemic; however, we will still share cooperative news, prizes and more. Please mark your calendar to participate in our virtual annual meeting on Monday, Aug. 2. ⚡

Leilani Todd is the CEO/general manager of Chariton Valley Electric Cooperative.



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#### OFFICE CLOSING

# INDEPENDENCE DAY

Our office will be closed

## Monday, July 5

in observance of  
Independence Day.

Have a safe and  
happy holiday!

#### EMPLOYEE NEWS

## Wyatt McCarty hired full-time

Wyatt McCarty of Albia began working with CVEC as a 1,000-hour employee in November 2020. In May, he accepted a full-time laborer position with CVEC.

Wyatt is an Albia native and graduated from Albia Community High School in 2017. He attended North American Lineman Training Center (NALTC) in McEwen, Tennessee, earning certification in September 2020.

CVEC is fortunate to be able to hire Wyatt in the beginning stages of his career of linework. Please join us in extending an "official" warm welcome to Wyatt! ⚡





# Youth Tour scholarship recipients announced

Each summer, Chariton Valley Electric Cooperative sends two high school delegates on an all-expenses-paid trip to Washington, D.C., where they join 1,500 other students from electric cooperatives across the country as they participate in the Youth Tour program.

However, due to the ongoing uncertainties associated with the COVID-19 pandemic, Iowa's electric cooperatives made the difficult decision not to host the 2021 Youth

Tour for students this year.

In lieu of the trip, CVEC awarded \$1,000 scholarships to two graduating seniors for their continued education plans this coming fall.

Congratulations to the winners:

**Allison Major**, graduate of Albia Community High School and daughter of Josh



and Lynnette Major, who plans to attend Indian Hills Community College and Iowa State University to study accounting.

**Nick Heffron**, graduate of Albia Community High School and son of Steve and Karla Heffron, who plans to attend Iowa State University to major in agricultural business and agronomy. ⚡



## IN THE COMMUNITY

# Shining the Light on community volunteers

Do you know someone in our community who deserves to be recognized for making a difference? Guided by our cooperative commitment to community, Iowa's electric co-ops are launching a new contest to celebrate local volunteers. The Shine the Light contest, sponsored by the Touchstone Energy Cooperatives of Iowa, will accept nominations and select three winners who will each receive a \$1,500 donation to their local charity or nonprofit.

Members and employees of Iowa's electric cooperatives are eligible to nominate local volunteers during the month of June. If you receive electricity from Chariton Valley Electric Cooperative, you are a co-op member, and we encourage you to nominate someone who is making a positive impact in the community. The volunteer being nominated does not need to be a co-op member. Minors may be nominated with consent from their parents or legal guardians.

The three winners will be announced during the Iowa State Fair in August. In addition to the \$1,500 donation, each winner will be featured in the September issue of *Living with Energy in Iowa* magazine.

"We're beyond excited to participate in this statewide effort



to celebrate our cooperative commitment to community," says Leilani Todd, CEO/general manager of Chariton Valley Electric Cooperative. "There are many volunteers throughout our service area who deserve to be recognized."

### How to nominate

Go to [www.IowaShineTheLight.com](http://www.IowaShineTheLight.com) by June 30 to make a nomination and to review the contest rules. Nominators will need to provide



contact information and answer this question in 500 words or less: **How has your nominee made a positive difference in the community, and why do they deserve to be recognized?**

A panel of judges will review all contest entries and will announce the three winners during the Iowa State Fair in August.

Help us shine the light on community volunteers; make a nomination by June 30! ⚡

# Drilling down — four efficient cordless tools for dad

BY PAT KEEGAN AND BRAD THIESSEN



A cordless drill is one of the handiest tools for home projects.

With Father's Day this month, you might be thinking about buying some rechargeable power tools for the dad in your life whether that's your husband or father.

If your loved one enjoys tackling home projects, rechargeable tools are an excellent gift idea.

Rechargeable cordless tools are worth the investment when the corded version is the least convenient option. For example, a power drill is something you usually move around with and often use outside, so a cordless drill is much more convenient and a worthy investment. On the other hand, a table saw is usually not the first choice for cordless tools because it doesn't need to be moved repeatedly during a home project.

Quality cordless tools are usually less expensive if you buy them as part of a set instead of one tool at a time. And you can't typically mix and match between brands because each line of tools uses a unique battery. So, it may cost less in the long run to buy a cordless starter kit with a few helpful tools and a battery, then add tools to the set as needed.

Here are a few cordless tools that the father in your family will love!

## 1 Power drill

As one of the most-used power tools, a drill should be everyone's first cordless tool. Using a corded drill can mean constantly moving the cord around furniture, other tools

or your own feet, which can be dangerous. Cordless drills are easy to use, and the technology has improved so they have more power and hold a charge longer. Light-duty drills are smaller and less powerful but easy to use for smaller projects.

## 2 Leaf blower

If the father in your family uses a gas-powered leaf blower, you can do him (and your neighbors!) a favor by giving him a cordless leaf blower. This option is more energy efficient, much quieter and less polluting.

## 3 String trimmer

A string trimmer is a quick way to trim weeds and grass



2

near walls, bricks and rocks. If your family uses an outdated gas trimmer around the yard, it's time for a change. Two-stroke engines pollute the air and require regular maintenance. Electric trimmers are more energy efficient and quieter. You can find a variety of models between \$50 and \$150, and it's worth paying a little more to get a highly rated model that will last longer.

#### 4 Flashlight

Today's LED technology is amazing – LED flashlights can produce 20 times as much light as incandescent ones. And they come in a variety of options, from tiny key chain lights

to headlamps to waterproof spotlights. A flashlight can usually give better light than a cell phone, especially if you're working in a tight space like under a sink. A flashlight often comes as part of a cordless tool set, or you can buy a single unit that recharges using a USB port on a charger, USB wall socket or mobile phone battery.

Batteries make cordless tools possible. Lithium-ion batteries are more expensive, but they're gaining popularity because they hold a charge longer. While they hold a longer life, they still degrade over time and may need to be replaced in about three years.

It's worth buying a reputable brand of cordless tools so you can be

confident you will be able to find a replacement battery. Lithium-ion batteries should not be disposed with trash because they are a fire hazard and contain toxic chemicals. Your local waste disposal service can provide information on how to dispose of these batteries properly.

It goes without saying, but these cordless tool gift ideas aren't just for dads or Father's Day. All DIY enthusiasts would enjoy any of these gifts any time of the year and hopefully put them to good use! ⚡

Pat Keegan and Brad Thiessen of Collaborative Efficiency write on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.



A rechargeable string trimmer is quieter and more energy-efficient than a gas-powered model.



A rechargeable flashlight can bring full light into small spaces.

Photo Credit: Makita Tools

# FRESH

VEGETABLE & FRUIT

## RECIPES



### Green Beans and Bacon

**Fresh Facts Source:**  
Iowa State University  
Extension and  
Outreach, Spend  
Smart. Eat Smart.

- 2½ pounds green beans, trimmed**
- kosher salt**
- ½ pound bacon, roughly chopped**
- 1 small onion, finely chopped**
- 3 cloves garlic, minced**
- 1 teaspoon red pepper flakes**
- juice of ½ lemon**
- freshly ground pepper**
- salt, optional**

Add green beans to a large pot of boiling salted water. Cook until bright green in color and crisp-tender, about 5 minutes. Drain, then shock green beans in a large bowl of ice water to stop the cooking. Drain again, pat dry, then set aside. Cook bacon in a large, heavy sauté pan until crisp, about 5 minutes. Remove bacon and place on a paper-towel lined plate to drain. Spoon off excess grease from the pan, leaving 2 tablespoons. Add onion and sauté until soft, about 4-5 minutes. Sprinkle in garlic and red pepper flakes and sauté 1 minute. Add green beans and cook until heated. Return bacon to the pan. Add lemon juice, pepper and salt, if desired. Stir well. *Serves 6-8*

**Kathleen Steele • Hedrick**  
**Access Energy Cooperative**

### Fresh Basil Cucumber Salad

- 1 English cucumber, diced**
- 2-3 Roma tomatoes, cubed**
- ¼ cup fresh basil, chopped**
- 1 cup bread cheese, cut into small cubes**
- 2-3 tablespoons olive oil**
- Himalayan salt**
- pepper**

In a bowl, combine the cucumber, tomatoes and basil. On medium-low heat, warm cubed bread cheese until hot. Once hot, add to veggies. Drizzle with olive oil, add salt and pepper to taste and blend. Best served while cheese is hot. *Serves 3-4*

**Amy Rudolph • Renwick**  
**Boone Valley Electric Cooperative**

### Awesome Marinated Tomatoes

- 1 pound cherry tomatoes, halved or quartered**
- 1 tablespoon garlic, minced**
- ½ green pepper, diced (more if you prefer)**
- 2 tablespoons olive oil**
- ½ tablespoon cilantro**
- ½ tablespoon parsley**
- ½ tablespoon lemon juice**
- ½ tablespoon lime juice**
- salt and pepper, to taste**

Toss all ingredients together. Refrigerate for 2-3 hours, or 24 hours for full flavor.

**Becky McClenathan • Toledo**  
**T.I.P. Rural Electric Cooperative**

### Grandma's Pasta Salad

- ½ pound spaghetti**
- 1 onion, chopped**
- 1 green pepper, chopped**
- 1 cup celery, chopped**
- 7 grape tomatoes, chopped**
- 1 cup fresh peas**
- 1 cup cheese, shredded**
- 8 ounces creamy Italian dressing**
- ⅓ cup sugar**
- 1 teaspoon dry mustard**

In a large bowl, combine cooked spaghetti, vegetables and cheese. In a separate bowl, mix Italian dressing, sugar and mustard then pour over salad. Cover and chill.

**Marlene Burns • Swisher**  
**T.I.P. Rural Electric Cooperative**

#### RIPEN TO SWEETEN

Avocados, unripe melons and tree fruits (pears, plums, peaches and nectarines) should be kept at room temperature to ripen and become sweeter. Once fully ripened, store in the refrigerator until you are ready to eat them.



## Carrot Raisin Salad

- 4 cups carrots, shredded (4-5 large)
- $\frac{3}{4}$ -1 $\frac{1}{2}$  cups raisins
- $\frac{1}{4}$  cup Miracle Whip
- 2 tablespoons sugar
- 2-3 tablespoons milk

Combine carrots and raisins in a bowl. In a separate bowl, mix remaining ingredients, then spread over carrots and raisins. Mix thoroughly.

Sonya Colvin • Ames • Consumers Energy

## Blackberry Salad

- 3 ounces cherry Jell-O
- 1 cup boiling water
- 1 cup blueberry yogurt
- 1 tablespoon lemon juice
- 1 cup fresh blackberries

Dissolve Jell-O in boiling water. Add yogurt, lemon juice and blackberries. Mix and refrigerate for 30-60 minutes. *Serves 4*

Deanna Foreman • Rock Valley  
North West Rural Electric Cooperative

## Cucumber Salad

- 1 cup mayonnaise or salad dressing
- $\frac{1}{4}$  cup sugar
- 4 teaspoons vinegar
- $\frac{1}{2}$  teaspoon dill weed
- $\frac{1}{2}$  teaspoon salt, optional
- 4 medium cucumbers, peeled and sliced thin
- 3 green onions, chopped

Combine mayonnaise, sugar, vinegar, dill and salt. Mix well, then toss in cucumbers and onions. Cover and chill for at least 1 hour. *Serves 8*

Esther Miller • Alvord • Lyon Rural Electric Cooperative

## Sautéed Summer Squash

- 2 tablespoons canola oil
- $\frac{1}{4}$  cup onions, diced
- $\frac{1}{4}$  cup green peppers, diced
- $\frac{1}{4}$  teaspoon Italian seasoning
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon garlic salt
- 4 cups zucchini and summer squash, sliced  $\frac{1}{4}$ -inch thick
- 2 tablespoons water
- 1 cup mozzarella cheese, shredded

Add oil to a large skillet. Sauté onions and green peppers with Italian seasoning and salts until the vegetables are tender. Add zucchini, summer squash and water. Cover and cook over low heat for 15 minutes, or until squash is tender. Top with cheese. Keep on low heat until the cheese melts. Serve immediately. *Serves 4-6*

Gloria Moser • Larchwood  
Lyon Rural Electric Cooperative

## Angel Food Strawberry Dessert

- 1 small package strawberry Jell-O
- 1 tablespoon lemon juice
- 1 cup boiling water
- 1 cup cold water (can have ice in it)
- 2 cups whipped topping
- 4 cups angel food cake, torn into pieces
- 2 cups strawberries

Dissolve Jell-O and lemon juice in boiling water. Add cold water to thicken (can be refrigerated to help thicken). Once thickened, whip Jell-O until light and fluffy. Fold in whipped topping, angel food cake pieces and strawberries. Add mixture to a 9x13-inch pan. Chill before serving. *Serves 12*

Karen Heiden • Dows • Prairie Energy Cooperative

### STORE IN CRISPER DRAWER

Keep your refrigerator at or below 40 degrees F and use the crisper drawer for produce when possible.

FRESH FACTS

### STEM SIDE DOWN

Tomatoes will keep longer when stored stem side down.

FRESH FACTS

### REFRIGERATE CUT PRODUCE

Any cut produce must be refrigerated to prevent foodborne illness.

FRESH FACTS

### USE RUNNING WATER

Wash produce under running water rather than putting it in a container of water. This increases the likelihood of washing away potential contaminants.

FRESH FACTS

## Wanted: Flavorful Pork Recipes The Reward: \$25 for every one we publish!

Pork is a versatile protein that pairs perfectly with any flavor profile! No matter if it's tangy, herbaceous or fruity, we want your favorite recipe for a flavorful pork dish. 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.livingwithenergyiniowa.com](http://www.livingwithenergyiniowa.com).

The deadline is June 30, 2021. Please include your name, address, telephone number, co-op name and the recipe category on all submissions. **Also provide the number of servings per recipe.**

**EMAIL:** [recipes@livingwithenergyiniowa.com](mailto:recipes@livingwithenergyiniowa.com)  
(Attach your recipe as a Word document or PDF to your email message.)

### MAIL: Recipes

*Living with Energy in Iowa* magazine  
8525 Douglas Ave., Suite 48  
Urbandale, Iowa 50322



### WASH ALL PRODUCE

Wash all produce before you eat it. Even fruits that have thick peels, such as oranges, bananas and melons, should be washed.

FRESH FACTS

# Iowans get creative to sell local

BY KAY SNYDER

Farmers, agribusinesses and meat lockers innovate to meet consumer demand

Nothing says summertime like pork chops or ribeye steaks sizzling on the grill! With grilling season in full swing, Iowans are sure to find high-quality and flavorful protein options no matter if they shop at the grocery store, local meat locker or purchase from a neighboring farmer.

The movement to “buy local” foods – especially meat – skyrocketed when the COVID-19 pandemic hit and consumers were preparing more of their own meals. The increased demand for animal protein exposed gaps in meat processing systems, causing the traditional farm-to-fork cycle to derail. There wasn’t a shortage of livestock; the supply chain was disrupted by worker shortages at processing facilities due to the pandemic. As a result of the disruption, food insecurity increased and consumers wanted more control over the source and supply of their food. The trend to buy local is expected to continue throughout 2021 and beyond.

Iowa’s livestock farmers lead the nation in pork production and are in the top 10 states for beef production. Globally, Iowa meats are recognized as the standard of high quality and flavor. With the challenges large meat processing plants faced during 2020, Iowans turned their attention to sourcing meat from small local lockers.

In general, local demand for meat has far outweighed capacity. Local meat lockers – many in electric cooperative-served areas – have developed unique offerings and business model responses to strengthen Iowa’s overall food processing supply chain, support rural communities and help meet consumer demand.

## Expansions in Edgewood

Edgewood Locker is embarking on the construction of a 19,000-square-foot facility in Edgewood. The additional space will help satisfy demand from wholesale and retail customers. It is expected to quadruple the volume of wholesale

business, increasing the production of products such as jerky, sausage and more. As of early this year, Edgewood Locker’s processing capacity for individual farmer-owned beef was sold out through 2021 and 2022. Owners expect the new facility to open sometime next year and anticipate adding 14 full-time jobs for the community.

Central Iowa Power Cooperative has applied for possible U.S. Department of Agriculture (USDA) support of this project. Maquoketa Valley Electric Cooperative, Allamakee-Clayton Electric Cooperative and Dairyland Power also offered to provide support from their revolving loan funds, if needed.

## New opportunities in Camanche

Naeve Family Beef in Camanche plans to construct a 14,000-square-foot, state-of-the-art processing and packaging facility this year. The startup company will provide locally raised protein products to local consumers, retailers, restaurants,





grocery stores and food distributors. It will also offer custom processing and packaging to farmers across the Midwest. The new plant is expected to process 50 head-per-day and create 45 to 50 new jobs for the region.

### Customer service in Osage

S&S Meats & Spirits has a vending machine filled with meat products that are available to the community of Osage all year. No matter if the shop is open, this vending machine offers a rotating stock of beef sticks, bacon, cured pork and other locker-made products. In addition to the vending machine, they offer curbside pick up and meat bundles for customers who may not have the finances or freezer space to buy a half or quarter of beef or pork. The meat bundles provide a larger selection of meat at a reduced per pound price. Throughout COVID-19 shutdowns, S&S owners and staff used social media to stay connected with customers.

### Mobile meat processing in Hull

Old Parlor Meat Company is a custom meat-processing business with a unique twist – its mobile unit travels to livestock when it is

time for slaughter. Bringing the processing facility to the farm saves time and is less stressful for the animals. The carcass is brought back to a permanent location on the Van Grouw family farm between Rock Valley and Hull, where meat can be aged, cut, trimmed and packaged to customers' specifications.

### Program expands market opportunities

In May 2020, the Iowa Department of Agriculture and Land Stewardship adopted the Cooperative Interstate Shipment (CIS) Program, designating Iowa as the seventh state to enter the program. CIS allows meat processed at state-inspected plants to be sold outside of Iowa. To qualify for the program, a meat processor must have less than 25 full-time employees and comply with all federal food safety, sanitation and facility regulations.

This means that livestock producers can sell their meat and poultry across state lines if processed at a CIS facility. Before this program, farmers had to use a USDA-inspected facility to sell out of state, but small and mid-sized livestock farms could rarely

access those plants due to volume requirements and logistics tailored to larger producers. The CIS program allows farmers to grow their business, move more products and access new markets. It also gives consumers more access to Iowa-raised processed meats.

"Local meat lockers play an important role in their communities and the food supply chain," says Iowa Secretary of Agriculture Mike Naig. "We pursued the CIS program to help small Iowa businesses grow and give consumers more access to Iowa-grown meat and poultry products."

Story City Locker was Iowa's first meat processor to be approved for the CIS program. They originally were interested in the CIS program to fill a 15% lag in their schedule, but with COVID-19-related product demand, the locker quickly gained traction and experienced a 25% increase. Story City Locker is now booking well into 2022 for custom processing. Being approved for the program has positioned the locker well for future growth. ⚡

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Kay Snyder is the director of marketing and communications for the Iowa Area Development Group.



# Scholarships awarded to local graduating seniors

Chariton Valley Electric Cooperative is pleased to announce this year's \$1,500 scholarship winner that is offered specifically for Electrical Hot Line Work.

**Stephen Conley**, graduate of Albia Community High School and son of Amy and Matt White, plans to attend the North American Linemen Training Center in Tennessee to become an electrical lineman.



Chariton Valley Electric Cooperative, Inc. is also pleased to announce this year's \$1,000 scholarship winners:

**Katelyn Gibbs**, graduate of Wayne High School and daughter of Jason and Stacy Gibbs, plans to attend Southwestern Community College and major in business management.



**Gracie Hoffman**, graduate of Moravia Community High School and daughter of Eric and Tara Hoffman, is undecided where she will attend college, but plans to double major in secondary education and biology.



**Allison Major**, graduate of Albia Community High School and daughter of Josh and Lynnette Major, will attend Indian Hills Community College and Iowa State University to study accounting.



**Jessica McDaniel**, graduate of Seymour High School and daughter of David McDaniel, plans to attend the University of Southern Mississippi and major in forensic sciences.



**"Chariton Valley Electric Cooperative congratulates this year's deserving scholarship recipients," says CVEC Board President Kenny VandenBerg. "As a cooperative, we are thrilled to offer scholarships to students, whose families are CVEC members, as they strive to further their education."** ⚡

## IN THE COMMUNITY

# CVEC awards 2021 Q1 Operation Round Up® funds

The Chariton Valley Electric Operation Round Up® Foundation Board is proud to announce the recipient of Operation Round Up's 2021 first quarter funds to one local organization – American Legion Post 136 in Albia.

This program, Operation Round Up, rounds up members' electric bills to the nearest whole dollar. Each bill is increased anywhere between \$0.01 and \$0.99 for the nearly 80% of CVEC members that participate in the program. The money collected through Operation Round Up is then pooled together and distributed in a series of grants administered by the Chariton Valley Electric Operation Round Up Foundation Board.

In April, the Operation Round Up Foundation Board reviewed applications. The American Legion Post 136 in Albia was awarded \$6,000 to fund its building improvement project, which includes ceiling tile replacement, new ceramic tile flooring in the restrooms, a new toilet in the



Pictured from left to right: CVEC CEO/General Manager Leilani Todd, with members of American Legion Post 136 in Albia, including Jim Bell, Clarence Rockwell, ORU Board President Jerry Power, Tom Preston, Max Cox and Gary Dustin.

women's restroom, and a new stove and deep freeze in the kitchen area. The Legion's goal is to enhance the building for the numerous events that are held there each year, including wedding receptions, family reunions, funeral dinners, fundraising events, graduation parties, Christmas parties and more.

CVEC is grateful our members continue to donate their small change

each month that is changing lives and local organizations continue to apply to receive these beneficial funds. We hope our membership continues to see the value and benefit this program brings to the communities we serve.

If you would like your organization to be considered for a grant, please visit our website at [www.cvec.com](http://www.cvec.com) to complete the application documents by June 30, 2021. ⚡



# SWIMMING POOL ELECTRICAL SAFETY CROSSWORD



Water and electricity never mix! When you're cooling off in the swimming pool, remember to practice electrical safety. Complete the pool safety crossword puzzle below.

**Hint:** Check your answers in the key below.

## 1 Down:

When possible, use \_\_\_\_\_ operated devices when outside near a swimming pool.

## 2 Across:

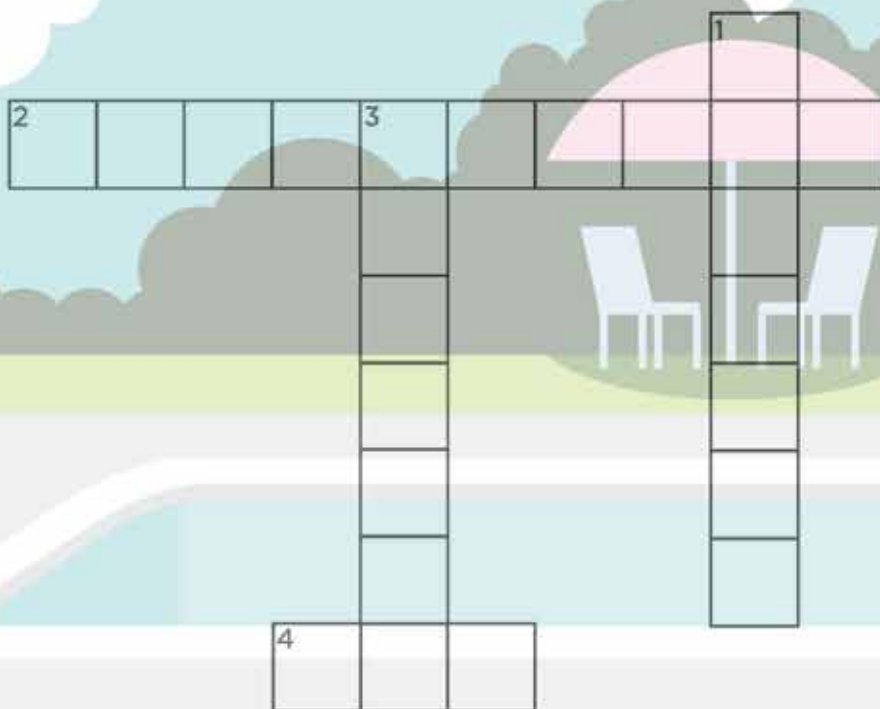
Never bring \_\_\_\_\_ devices near a swimming pool. If they come in contact with water, electric shock could occur. Devices should be kept at least 10 feet away from water sources.

## 3 Down:

If you hear \_\_\_\_\_, immediately exit the swimming pool. Storms may be near.

## 4 Across:

All outdoor electrical outlets should be covered to keep them \_\_\_\_\_.



Answer Key — 1 Down: battery 2 Across: electrical 3 Down: thunder 4 Across: Dry

# Nominate a community volunteer by June 30!



## Step 1:

Go to [www.IowaShineTheLight.com](http://www.IowaShineTheLight.com) from June 1-30 to make a nomination and to review the contest rules.

## Step 2:

As a nominator, provide your contact information and answer the following question in 500 words or less.

**How has your nominee made a positive difference in the community, and why do they deserve to be recognized?**



### It's time to nominate a community volunteer!

Iowa's electric cooperatives are excited to announce a new statewide contest, which celebrates our cooperative commitment to community. Called **Shine the Light**, the contest will accept nominations in June and award three winners with a \$1,500 check to their local charity or community organization.

"We're excited to launch this cooperative effort to shine the light on local volunteers," says Erin Campbell, director of communications for the Iowa Association of Electric

Cooperatives. "So many people throughout the areas served by Iowa's electric cooperatives deserve to be recognized for making a positive impact."

Sponsored by the Touchstone Energy Cooperatives of Iowa, the Shine the Light contest will accept contest entries online during the month of June. The three winners will be announced during the Iowa State Fair in August. In addition to receiving a \$1,500 donation for their charity or nonprofit of choice, the winners will also be featured in the September issue of *Living with Energy in Iowa* magazine.

### How to nominate

Member-consumers and employees of Iowa's electric cooperatives are eligible to nominate local volunteers. If you receive electricity from an electric cooperative in Iowa, you're a co-op member-consumer and invited to nominate someone who is making a positive impact in the community. The volunteer being nominated does not need to be a co-op member-consumer. Minors may be nominated with consent from their parents or legal guardians. ⚡



# INSIDE A REAL-LIFE FARMHOUSE

BY VALERIE VAN KOOTEN

It's impossible not to notice the farmhouse decorating craze has taken over. On Instagram, you're invited to vote for your favorite farm kitchens. In magazines, you have an opportunity to win the items pictured in the spread. On home decorating TV shows, you can hold your phone camera up to the screen to find out where to buy the items featured.

I often chuckle when viewing these glossy creations. In my opinion, not one of those houses has come within 100 miles of a real farm. How do I know?

Both Kent and I grew up in farmhouses on real farms with real animals and crops and buildings. And we know that a real farmhouse contains the following at one time or another:

- **A mud porch or breezeway.** Now, that's not to say that some of these illustrious houses don't sport those as well, but a real farmhouse has a spot for mud-encrusted boots sitting on a scrap of rug or some newspapers. It holds an old refrigerator full of animal serums and other veterinary medicines. Syringes for administering the meds litter the countertops, along with a variety of work gloves. On the floor is a gunny sack or an old box with bulbs that haven't yet been planted and starts of the neighbor's flowers that need to get in the ground.

- **Evidence of animals in the house.** This is in addition to any pampered pet you may have roaming the premises. Real farmhouses are known to harbor piglets in a bushel basket behind the oil burner stove or a calf born too early in cold temperatures lounging in the bathtub. Real farmhouses have a bucket of eggs that have been recently gathered but still retain evidence of their origins clinging to the shells.

- **A pile of farm publications.** The pile starts in the kitchen and expands from the desk to the floor to beside the rocking chair. Not the carefully placed and curated tomes that the photographers want you to see. These include the oldies that your grandfather also read to the new ones that propose more modern methods of agriculture to those catering to the women in the family. There's 4-H information mixed in, along with the local shopper, open to an upcoming auction bill. You will notice that some of these publications have gaping squares, where a recipe or a phone number was clipped out and stuck inside the cupboard door.

- **A less-than-picturesque laundry room.** The laundry room in a real farmhouse isn't the neatly ordered shelves, clean appliances and cheery oversized words

tacked on the wall that you'll see in these various media. Instead, it has filthy, grease-encased blue jeans in a heap on the floor. In a sink next to the washer, soak ancient towels used to stanch the bleeding of the dog, who had wandered into some sort of scrape with a larger animal and is bearing the wounds to prove it. The detergents piled on top of the dryer are all extra heavy-duty grease lifters, bleaches and soda-based concoctions to get rid of the smells.

So, I'll smile and give a condescending glance at the farmhouses that are proffered for my decorating wants. And then I'll wonder how a pile of dirty blue jeans would look in that magazine spread. 🌿

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, two incredibly adorable grandsons and a lovely granddaughter.





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of Iowa

# LIKE FATHER, LIKE DAUGHTER

Join Touchstone Energy Cooperatives in celebrating  
the power of human connections.