



Chariton Valley
Electric Cooperative, Inc.
Your Touchstone Energy® Cooperative

DECEMBER 2021

iowa

ELECTRIC COOPERATIVE LIVING

CVEC's annual food drive

Selecting a stove top
for your kitchen

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ON THE COVER

Special thanks to Robyn Byl, a North West REC member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to editor@ieclmagazine.com. You could win \$100!

COOPERATIVE PARTNERSHIPS ARE ESSENTIAL TO OUR PROGRESS

BY STEVE SEIDL



This time of year, we're inclined to look back and reflect on highlights and achievements. This December holds special significance for me as I retire from the board of the Iowa

Association of Electric Cooperatives (IAEC) after 15 years of service.

Commitment to collaboration

IAEC just held its annual meeting of members in early December and our theme was "Partners in Progress." I think it's a fitting theme for what Iowa's electric cooperatives aim to achieve on behalf of the member-consumers we serve every day. As the statewide association works hard to serve, support and advocate for its member cooperatives, much of our success is due to collaboration and working with key partners. Only through teamwork can we identify opportunities and provide the best strategic solutions for the members we serve.

For example, we joined forces with the Iowa Institute for Cooperatives and the Iowa Credit Union League to develop an awareness campaign to celebrate National Co-op Month in October. By partnering together on this initiative, we developed communication resources to educate Iowans on the many benefits of cooperative membership and to share how cooperatives contribute to our state's economy. We look forward to building on this effort by sharing information at www.IowaCooperatives.com.

Supporting youth and recognizing volunteers

When the national Electric Cooperative Youth Tour canceled its student trip to Washington, D.C., in 2020 and 2021 due to COVID

restrictions, we needed to rebuild momentum for the program when it returns in 2022. IAEC worked with our members to develop the Iowa Youth Leadership Academy, which consisted of three virtual sessions in October for rural Iowa high school students. More than 130 students registered for the opportunity to learn more about the co-op business model, electric co-op careers and advocacy. We hope these students will apply for the 2022 Youth Tour trip to D.C.

And as you read in our summer issues of the magazine, the Touchstone Energy Cooperatives of Iowa worked together to celebrate local community volunteers through our new Shine the Light contest. This statewide contest will return in June 2022; learn more at www.IowaShineTheLight.com.

As I step away from the IAEC board, I would like to recognize two other statewide directors who have retired recently. Don Shonka of East-Central Iowa Rural Electric Cooperative and

Darrell Jensen of Farmers Electric Cooperative, Inc. have devoted many years of valuable guidance and direction to Iowa's electric cooperatives through their service on the IAEC board.

I also wish to extend my appreciation and thanks to current and past statewide directors who helped me with their input and guidance. Lastly, and most importantly, I need to recognize the IAEC staff for their dedication to Iowa's electric cooperatives. Without them, we would not be as successful as we are today, and I am gratefully indebted to them.

I encourage you to serve as a board director of your local electric cooperative if you have the opportunity; it's a great way to learn about the electric industry and to support your community. I wish you and your family a blessed Christmas season.

Steve Seidl is the retiring board president of the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

Win a Philips Soup Maker!

Take away winter's chill with whatever soup you crave! The Philips Soup Maker cooks to perfection in as fast as 18 minutes. Just add your ingredients and select one of five automatic programs, including smoothies and cream-based soups.

Visit our website and win!

Enter this month's contest by visiting www.ieclmagazine.com no later than Dec. 31, 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 Instant Pot from the October issue was Kim Gansemer from Chariton Valley Electric Cooperative.





OFFICE CLOSED FOR THE HOLIDAYS

Dec. 23-24
Office closed for Christmas

Dec. 31
Office closed for
New Year's

Although our office will be closed, you can call 641-932-7126, 24 hours a day, seven days a week for answers to billing/account questions, paying your bill and service interruptions.

Have a safe and happy holiday season!



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POWERING OUR COMMUNITIES BY GIVING BACK

BY LEILANI TODD



"The holidays." Just the thought of the holiday season brings a smile to my face and evokes a sense of comfort and nostalgia. Recalling family gatherings and traditions warms my heart and fills my senses. It is also a time of reflection. I am grateful for my own family as well as my cooperative family.

Serving our members and communities

At Chariton Valley Electric Cooperative (CVEC), we are driven by a sense of mission and purpose. Our team feels a strong connection to our communities and our members because we live here too. CVEC's core job is keeping the lights on, but our passion is serving our members. Because we are a cooperative, our purpose is to enrich the lives of our members and serve the long-term interests of our communities. This service focus is at the heart of who we are.

We were built and are led by the members we serve. Whether tested by severe weather events or a pandemic, our cooperative puts people first not just during tough times, but all the time. Over the years, our charitable efforts, staff volunteer service hours and other locally focused projects have supported many local organizations, schools and youth, local food banks, families in need and much, much more.

Local service and spending

In fact, during the past year, we have tallied more than 120 volunteer hours and gave nearly \$20,000 in contributions to local organizations. We have also partnered with several local chambers, businesses and organizations on economic development projects that meet our region's evolving needs. For example,

we used matching grant funds to help CJ3 as they work to renovate the Kendall Place in Albia. This project will make the historic building handicap-accessible for veterans and first responders who can receive mental health and wellness services at no cost.

The money we have spent stays right here and benefits our local economy. We have invested in the infrastructure of our cooperative and communities to ensure the long-term viability of both. Because when the cooperative thrives, our communities thrive and vice versa.

As a local business, we are proud of our role in helping bring good things to our communities. I am grateful for so many wonderful community partners and for the positive impact we can continue to make. Speaking on behalf of our team at CVEC, I know the future will be bright because of you, our members!

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



ANNUAL FOOD DRIVE

For the 12th year in a row, Chariton Valley Electric Cooperative (CVEC) is holding a food drive to benefit those who are less fortunate in our community. If you would like to help make a difference, please drop off non-perishable goods at CVEC's office at 2090 Hwy 5, Albia, from 8 a.m. to 4:30 p.m. weekdays. Donations will be accepted Dec. 1-22.

CVEC AWARDS 2021 Q3 OPERATION ROUND UP® FUNDS



Pictured from left to right: Leilani Todd, Dorothy Zaputil, Mary Sue Zaputil, Steve Hoch (Operation Round Up® Board Member).

The Chariton Valley Electric Cooperative (CVEC) Operation Round Up® Foundation Board is proud to announce the recipient of Operation Round Up's 2021 third quarter funds to one local organization.

Operation Round Up rounds members' electric bills up to the nearest whole dollar. Each bill is increased anywhere between \$0.01-\$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 administered in a series of grants by the CVEC Operation Round Up Foundation Board.

In October, the Operation Round Up Foundation Board reviewed all submitted applications and awarded \$4,000 to the Walnut City Church project. The Walnut City Church was built in 1858 and is located in rural Appanoose County. The restoration of the church began in 2009 when

five local couples each committed to taking out personal loans to begin the process of having the church restored. Today, the Walnut City Church does not affiliate with any religion, but functions as a non-profit organization that strives to preserve a piece of history. The \$4,000 awarded will aid in the completion of a unisex bathroom in the iconic and historic building. Once the project is completed, the beautiful building will be available to host weddings, family gatherings, special events and more!

CVEC is grateful our members continue to donate their small change each month. It truly is impacting lives. 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 in Q4, please visit our website at www.cvrec.com to complete the application documents by Dec. 31, 2021.



ARE ALL STOVE TOPS CREATED EQUAL?

BY MARIA KANEVSKY

Stove top options come in a variety of prices, sizes and additional features that depend on specific models. Be sure to research the appropriate stove top options for your culinary needs.

The kitchen is the center of any home, especially during the holiday season, and the stove is a crucial component of a successful kitchen. Determining which type of stove to purchase can be a big decision. There are several stove cooktop options available, each with its own unique benefits. Learning the basics of each stove type can help you determine what works best for your needs.

Electric stove tops

One of the most common stove tops available to consumers is the electric stove top. It uses electricity to heat the element on the stove top, composed of either radiant heat coils or a glass surface. That heat is then transferred to the pan, pot or other cookware.

Electric stove tops with heat coils are relatively durable and can be scrubbed without worrying too much about causing damage. Cleanup is easy for electric stove tops with a glass surface; however, users should be careful not to scratch the glass. Electric stove tops have a moderate energy efficiency rating, where roughly 74% of the heat reaches the food; however, electric-coil stove tops are slightly less efficient than gas.

Gas-powered stove tops

Another common stove top option is the gas-powered stove top, where the flames can be produced using either natural gas or liquid propane. Among the benefits, the most popular aspect of gas-powered stove tops is the ability to heat food more quickly than electric stove tops. Many cooking enthusiasts prefer gas because of the instant heat and ability to control temperatures more easily.

In the rare case of power outages, gas stove tops will still function while electric stove tops will not. However, gas stove tops are the least energy efficient, with about 40% of the heat generated reaching the food. Much of the energy from gas is lost in the air and wasted as lost heat.

It is also important to be careful of the potential safety risks associated with gas stove tops, such as burns, impacts to indoor air quality and gas leaks. Homes with small children or pets should be especially aware of these potential risks. With any gas stove top, an exhaust hood will be important to reduce potential air quality concerns from nitrogen dioxide (NO₂) and carbon monoxide (CO).

Induction stove tops

Although less common, the induction stove top is quickly gaining popularity. An induction stove top uses electromagnetic heating technology to heat the cookware. Only specific cookware can be used on an induction stove top. The cookware needs iron to react properly with the stove top, making stainless steel, cast iron or carbon steel excellent cookware options for induction stove tops.

Underneath an induction stove top is a metal coil that creates a magnetic field, which reacts with the cookware through an electrical current, generating heat. The induction technology works quickly to heat food and is even faster than gas stove tops. Through the induction process,

only the part of the stove top directly touching the cookware becomes heated, while the rest of the stove top stays cool.

One of the best benefits of an induction stove top is safety. There are no open flames and the stove top itself is cool to the touch, making burns much less likely. Induction stove tops are also the most energy-efficient form of stove top cooking, with an energy efficiency rating of about 90%, so most of the

energy goes to heating the cookware and not the surrounding air. Induction stove tops, like glass electric stove tops, are also easy to clean because of the smooth surface.

Despite all these benefits, induction stove tops can be quite expensive – more so than gas or electric stove tops. Since special cookware is also required for the stove top to work properly, the total price tag

becomes even higher.

Stove top options come in various prices, sizes and additional features that depend on specific models. Be sure to research the appropriate stove top options for your culinary needs before making any final decisions. Assessing potential safety concerns in a home can also be the deciding factor between different stove top options. Whether you choose electricity, gas or induction, stove tops are an essential piece for any home.

Maria Kanevsky writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.



One of the most common stove tops available to consumers is the electric stove top.



Photo Credit: Whirlpool

← The most popular aspect of gas-powered stove tops is the ability to heat food more quickly than electric stove tops.



Photo Credit: KitchenAid

← The induction stove top is quickly gaining popularity. An induction stove top uses electromagnetic heating technology to heat the cookware. Only specific cookware can be used on an induction stove top.

Christmas morning RECIPES

MINI CARAMEL ROLLS

- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ cup butter, cubed
- 2 tablespoons light corn syrup
- $1\frac{1}{2}$ teaspoons milk
- 1 8-ounce tube crescent rolls
- 2 teaspoons sugar
- $\frac{1}{2}$ teaspoon ground cinnamon

In a small saucepan, combine the brown sugar, butter, corn syrup and milk. Cook and stir over medium heat until butter is melted and sugar is dissolved. Pour into a greased 9-inch pie plate; set aside. Separate crescent dough into 4 rectangles, gently pressing perforations to seal. In a small bowl, combine sugar and cinnamon. Sprinkle evenly over rectangles. Roll up jelly-roll style, starting with the long side. Pinch seams to seal. Cut each into 9 slices; place cut side down in prepared pie plate. Bake at 375 degrees F for 15-18 minutes or until golden. Cool in pie plate for 1 minute before inverting onto a serving plate. Serves 8-10

Shirley DeSmet • Alvord • Lyon Rural Electric Cooperative

HOLIDAY BRUNCH CASSEROLE

- 4 cups frozen shredded hashbrowns, thawed
- 1 pound pork sausage, cooked and drained
- $\frac{1}{2}$ pound bacon, cooked and crumbled
- green pepper, to taste
- red pepper, to taste
- onion, to taste
- 2 cups cheddar cheese, shredded
- 4 large eggs
- 3 cups milk
- 1 cup biscuit baking mix
- $\frac{1}{2}$ teaspoon salt

Mix ingredients well and put in 9x13-inch pan. Bake at 375 degrees F for 1 hour. Serves 6-8

Melissa Schultes • Dedham
Raccoon Valley Electric Cooperative

CINNAMON ROLL FRENCH TOAST CASSEROLE

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sugar
- 2 eggs
- $\frac{3}{4}$ cup heavy whipping cream (or half and half)
- 3 teaspoons cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 2 teaspoons vanilla extract
- 2 cans cinnamon rolls
- $\frac{1}{2}$ cup pecans, chopped
- icing from cinnamon roll packages

In a large bowl, melt butter with sugar. Beat in eggs, cream, cinnamon, nutmeg and vanilla. Open canned cinnamon rolls, slice each roll into fourths. Place cinnamon roll pieces into the bowl of egg mixture and toss to thoroughly coat. Then pour the coated pieces into a greased 9x13-inch casserole dish and spread out evenly. Use any leftover egg mixture to coat the casserole. Sprinkle with pecans and bake on a low rack at 350 degrees F for 45-50 minutes or until brown. (For moist rolls, bake for 35 minutes.) Remove casserole from oven. Warm icing from cinnamon rolls in microwave for 15 seconds then pour evenly over bake. You can prepare the night ahead without pecans. Cover and refrigerate. In the morning, add the pecans and bake. Serves 6-8

Tamara Kramer • Le Mars
North West Rural Electric Cooperative

'EPIC FAILURE'

BY ROBERT BRYCE



TEXAS BLACKOUTS A CAUTIONARY TALE FOR CONSUMERS

This past February, residents of Texas suffered through rolling blackouts during a period of unprecedented extreme cold. While power went out there and elsewhere across the Midwest, it continued flowing for members of electric co-ops served by power suppliers Associated Electric Cooperative and Wabash Valley Power Alliance, including Chariton Valley Electric Cooperative. This article from energy expert Robert Bryce serves as a cautionary tale. For this reason, we are reprinting it this month with his permission.

As the postmortem of the blackouts that slammed the state back in February continues, it's apparent that Texans narrowly averted a catastrophe that could have resulted in what biologists call a mass mortality event.

At about 2 a.m. on Feb. 15, the Texas grid came within four or five minutes of a systemwide failure that could have plunged nearly the entire state into a blackout at a time when temperatures were plunging, it was snowing sideways and the roads were impassable. Recovering from such a failure and executing what's known as a "black start" could have taken the Electric Reliability Council of Texas (ERCOT) days or even weeks. Had that occurred, Winter Storm Uri would have killed thousands, even tens of thousands, of people.

As it was, the February snowpocalypse likely cost the state some \$200 billion, according to estimates by economist Ray Perryman, and the final death toll, according to an analysis by BuzzFeed News, could be as high as 700.

The February blackouts should have been a neon-bright wake-up sign for the state's politicians and regulators that the structure of the Texas energy grid is deeply flawed and



that fundamental changes are needed. Alas, the Legislature and Gov. Greg Abbott have largely kicked the electric can down the road. That's a mistake.

The electric grid is the Mother Network. Our most important networks, including food delivery and storage, communications and GPS, depend on the electric grid to deliver cheap, abundant and reliable flows of energy 24/7/365. A prolonged electricity outage due to extreme weather, or malicious actors, would have dire effects on Texas, and because the state provides much of the country's food and fuel, it would also short-circuit much of the American economy.

I've been obsessing about ERCOT and the causes of the blackouts since February when my wife, Lorin, and I, who live in central Austin, were blacked out for about 45 hours. The government failed us, and there are three things the government needs to do to assure that the state has reliable and affordable electricity.

Before going further, a caveat: The blackouts were the result of several interconnected factors and failures. Thus, there are no simple or quick solutions, particularly when it comes to a system as complex as the electric grid. That said, the blackouts were caused by flaws in the way the state's electricity market was designed

and how it has evolved since it was deregulated two decades ago. And that leads to my first point.

The blackouts were due to government failure of epic proportions. The most obvious example of government failure was the decision by the Public Utility Commission to set the clearing price of electricity in ERCOT at \$9,000 per megawatt-hour — and to leave it at that extremely high level for several days despite the fact that it did not bring more generation into the market.

The result of that blunder: Texas electricity consumers were overcharged by roughly \$26.3 billion. The burden of paying for those costs will fall most heavily on regular Texans, who will see surcharges on their utility bills for years to come to pay down the bonds the state is issuing to spread out the cost of those overcharges.

Second, deregulation wasn't a boon for consumers. That conclusion is controversial, but studies have shown that Texans paid more for the electricity they used than they would have in a regulated market. A recent Wall Street Journal analysis estimates that Texans paid \$28 billion more for home electricity in the 20 years of deregulation than they would have, if they had only been charged the average regulated rate for the rest of the country.

The deregulation of the Texas electricity sector opened up the utility sector — an industry that is at root, a power-plant-poles-and-wires business — to “retail electric providers.” In a flash, entrepreneurs could get into the electricity game, with no hard assets or knowledge of how the electric grid works required.

One hundred and forty years ago we had Thomas Edison. Deregulation gave us Griddy.

The deregulation of the electricity sector resulted in a market in which the buck doesn't stop anywhere. Under the old regulated utility model, when big companies owned all of the components of the grid, there was accountability. After the blackouts, all we've seen is finger-pointing. That's not a bug; it's a feature of a market that's so complex that no one understands how it really works. As Ed Hirs of the University of Houston has noted, “The 1,876 pages of regulations and rules contained in the ERCOT Nodal Protocols apparently mean nothing.”

Deregulation distorted the type of generation that was added to the ERCOT grid. Over the past two decades, the generation capacity added to the grid wasn't built for reliability or resilience, it was built to collect subsidies.

Since 2006, about \$66 billion was spent building wind and solar capacity

in Texas. Over that same time period, according to a recent report by Bill Peacock of The Energy Alliance, Big Wind and Big Solar collected roughly \$22 billion in subsidies of one kind or another, including state tax breaks and federal tax credits. But when the ERCOT grid was on the brink of collapse on Feb. 15, that \$66 billion was worth next to nothing. There was no solar production, and of the 31,000 megawatts of wind capacity installed in ERCOT, only about 5,400 megawatts, or roughly 17% of that capacity, was available when the grid operator was shedding load to prevent the state's grid from going dark.

The \$66 billion spent on wind and solar resulted in big changes in the state's generation capacity. Between 2006 and 2020, the amount of electricity generated with wind went up by about 20% and coal-fired generation fell by about the same amount. Meanwhile, thanks to booming population growth and increased electricity demand in the Permian Basin, electricity use was soaring.

Over that same time, according to the Energy Information Administration, electricity use in Texas jumped by

about 67 terawatt-hours per year, far more than any other state in the country. (For comparison, North Dakota, which had the second-largest demand growth over that time frame, saw electricity use rise by about 10 terawatt-hours per year.)

The surge in electricity demand put more strain on the ERCOT grid, which was not maintaining enough reserve generation capacity, that is, standby generation that can be utilized during peak times. Making matters worse, no new dispatchable capacity is being built. Instead, ERCOT is adding more weather-dependent generation. About 24,000 megawatts of solar and 11,000 megawatts of wind capacity are slated to be added to the ERCOT grid between now and 2023. Thus, over the next two years, the amount of renewable capacity in Texas will nearly double.

So what must happen to assure reliability and resilience?

First and foremost, the state must step up its oversight and regulation of the energy sector. The electric grid and natural gas grids have merged. The February blackouts proved, again, that the electric and gas grids are deeply

intertwined and interdependent.

Since 2001, when Enron went bankrupt, the amount of natural gas consumed by the U.S. electric sector has more than doubled. Despite that fact, the two grids are not being regulated to assure that they are singing from the same hymnal. During the February blackouts, some gas infrastructure froze. Some gas processing plants and pipelines had their electricity cut off. That, in turn, reduced the amount of fuel available to produce power when electricity was needed the most.

In the wake of the 2011 winter storm, the Federal Energy Regulatory Commission and the North American Electric Reliability Corporation issued a report that warned about the "interdependency of the electric and natural gas industries" and urged "regulatory and industry bodies to explore solutions to the many interdependency problems which are likely to remain of concern in the future." It's well past time for state regulators to heed that warning.

Second, the lavish federal tax incentives for wind and solar

When the ERCOT grid was on the brink of collapse on Feb. 15 ... there was no solar production, and of the 31,000 megawatts of wind ... only about 5,400 megawatts, or roughly 17% of that capacity, was available.

energy production — the production tax credit and the investment tax credit — should be eliminated immediately. Between 2010 and 2029, those tax credits will cost the federal treasury about \$140 billion.

Designed to stimulate nascent industries, the production tax credits and income tax credits have become blatant examples of the crony corporatism that is undermining the integrity of the electric grid. The subsidies reward weather-dependent generation at the cost of dispatchable generation. In 2015, Congress agreed on a five-year phaseout of the PTC. After that deal was struck, Sen. Charles Grassley, an Iowa Republican and alleged deficit hawk, said, “As the father of the first wind-energy tax credit in 1992, I can say that the tax credit was never meant to be permanent.”

But the PTC keeps getting extended, including yet another extension granted recently by the Internal Revenue Service. For years, Big Wind and Big Solar have claimed that they can produce the cheapest electricity. It’s time for them to prove it.

Third, the Texas Legislature will have to pass measures that incentivize companies to build and maintain plants that can be dispatched during times of peak demand. Those incentives should include provisions for on-site fuel storage at power plants. This was one of the recommendations put forward by ERCOT in its 60-item “Roadmap to Improving Grid Reliability” report that was released on July 13.

During the February disaster, the most reliable power plants were the ones that had on-site fuel: the coal and nuclear plants. Thus, the state should give incentives for fuel storage near power plants. For instance, diesel fuel can be stored easily and relatively cheaply. That fuel could be used in turbines or quick-start reciprocating engines like the ones made by outfits like Caterpillar, Cummins and Wärtsilä.

In summary, the mistake made by Texas regulators was to treat electricity as a commodity. That’s wrong. Electricity isn’t like sneakers or hot dogs. Electricity is a critical service. The grid is the backbone of modern society, a complex and delicate machine that connects all of our homes and businesses to each other. Without reliable power, modern society falls apart.

The February blackouts were the result of a government failure to properly manage our most important network. If Texas’ elected officials don’t fix the problems in ERCOT, more blackouts, and even cost burdens for low- and middle-income Texans, are certain.

Bryce is a Texas-based author, journalist, podcaster, film producer, and public speaker who often writes about energy issues. This story first appeared Aug. 1 in the Dallas Morning News and is reprinted with permission.



In summary, the mistake made by Texas regulators was to treat electricity as a commodity. That’s wrong. Electricity isn’t like sneakers or hot dogs. Electricity is a critical service.

MERRY CHERRY BARS

- 1 cup butter
- 1¾ cups sugar
- 4 eggs
- 1 teaspoon vanilla
- 2¼ cups flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 can cherry pie filling
- powdered sugar icing

Cream butter and sugar together. Add eggs one at a time, beat well. Add vanilla and dry ingredients, beat well. Reserve 1½ cups batter, pour the rest of batter into greased 10x15-inch pan. Spread pie filling over top. Drop remaining 1½ cups batter on top of pie filling. Bake at 350 degrees F for 35 minutes. Add powdered sugar icing on top.

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

GRANDMA'S CHRISTMAS ROLLS

- 1 24-count bag frozen dinner rolls
- 1 small box butterscotch pudding mix (not instant)
- ½ cup butter
- ¾ cup brown sugar
- ¾ teaspoon cinnamon
- ½ cup nuts, chopped

Arrange rolls in greased, fluted tube pan (you may use your own frozen yeast dough). Sprinkle dry pudding mix over rolls. Cook butter and remaining ingredients over low heat until sugar is dissolved and mixture bubbles; pour over rolls. Cover tightly with foil and let stand on countertop overnight. Next morning bake at 350 degrees F for 30 minutes. Let stand for 5 minutes and then invert carefully over a serving dish.

Pat Lynch • New Hampton
Butler County Rural Electric Cooperative

CHRISTMAS MORNING BREAKFAST CASSEROLE

- 9 eggs
- 1 teaspoon dry mustard
- ½ teaspoon salt
- 2 cups ham, diced
- 4½ cups milk
- 1 box dry hashbrowns
- 1 cup shredded cheese

Mix all ingredients and add to a 9x13-inch pan. Cooked sausage can be substituted for ham. Cover and refrigerate overnight. Bake at 350 degrees F for 1 hour.

Sue Koster • Gladbrook
Grundy County Rural Electric Cooperative

JACK FROST WARMER

- 1 quart apple cider
- ¼ cup brown sugar
- 5 whole cloves
- 1 cinnamon stick

Heat ingredients slowly for 15-20 minutes. Remove spices and serve warm.

Natalie Rassi • Rock Rapids
Lyon Rural Electric Cooperative

QUINOA EGG BREAKFAST MUFFINS

- 6 eggs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup Swiss cheese, shredded
- ½ cup onion, diced
- ½ cup green or red peppers, finely diced
- ½ cup ham, diced
- 1 cup quinoa, cooked

In large bowl, whisk together eggs, salt and pepper. Stir in remaining ingredients. Spoon into well-greased muffin cups. Bake at 350 degrees F for 20-25 minutes until knife inserted comes out clean. Can be baked ahead and popped into microwave to reheat. You can substitute the vegetables and cheese to suit your family, such as cheddar and broccoli or feta and zucchini with dill instead of salt and pepper. Make your own combination! *Yield 12 muffins*

Karla Colby • Ackley
Grundy County Rural Electric Cooperative

WANTED:

FAVORITE LETTUCE SALAD RECIPES



THE REWARD:

\$25 FOR EVERY ONE WE PUBLISH!

Deadline is Dec. 31, 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@ieclmagazine.com

(Attach your recipe as a Word document or PDF to your email message.)

MAIL: Recipes

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ENTREPRENEURIAL LEADERS HONORED WITH IOWA VENTURE AWARDS

BY KAY SNYDER



The Iowa Area Development Group (IADG) and its electric cooperative, municipal utility and independent telecommunication company sponsors annually recognize outstanding companies and individuals with the Iowa Venture Awards.

Since 1989, the awards have provided an opportunity to uphold the courage, innovation, social responsibility, vision and contribution these people and organizations make in their community, region and state.

The following companies were honored at a luncheon celebration during the Iowa Association of Electric Cooperatives' annual meeting in early December. Visit the Iowa Venture Award Hall of Fame at www.IADG.com/HallOfFame to view current and previous award recipients.

Hinterland Dairy

Nominated by Access Energy Cooperative

Ralph and Colleen Krogmeier's dairy farm sits on 400 acres near the southeast Iowa town of Donnellson.

They are committed to raising healthy cows fed non-GMO crops grown on their farm, caring for the land and producing high-quality, 100% natural milk.

In 2019, Hinterland opened a new cheese production facility and an on-farm store. Hinterland Dairy weekly produces cheese, Quark, a low-calorie, high-protein spreadable cheese, cheddar and Happy Jack (a take on Monterey Jack). They direct market cheese products to local grocery stores, markets, its on-farm store and an online store.

Industrial Packaging Corporation

Nominated by Eastern Iowa Light & Power Cooperative

Industrial Packaging Corporation was founded in Tomahawk, Wisconsin, in 1989 to produce a product for the packaging market. In 2002, it expanded operations with a new plant in Wilton. This facility

specializes in honeycomb cardboard, a rigid board with hexagonal cells providing a high vertical compression resistance and load-bearing capacity.

The Wilton facility remains a profit center for the company and is approaching capacity as its customer base expands. In 2019, they more than doubled their Wilton operation with a 30,000-square-foot addition, adding a second honeycomb panel line.

ProPulse

Nominated by Maquoketa Valley Electric Cooperative

ProPulse, a Schieffer Company, began in Germany in 1923. In 1998, the third generation of Schieffers and managing partner Jeff Theis located their first U.S. manufacturing plant in Peosta. Starting with a 12,000-square-foot building, the company has consistently grown, and in 2015, it underwent a rebranding to become ProPulse.

Combined with rental space, ProPulse has more than 135,000-square-feet under roof today.

ProPulse manufactures hoses and fittings for high-pressure fluid conveyance used mostly in industrial applications. It serves world-class OEMs, including John Deere, Equalizer and Tommy Gate. The company also manufactures the popular Flexzilla-brand garden hose.



RiverView Ridge

Nominated by North West Rural Electric Cooperative

RiverView Ridge is an independent and assisted living facility owned by a group of approximately 50 local investors. Construction of the new facility was nearly complete in June 2019. Tragically, the building was destroyed in a fire just days before opening.

Investors boldly moved forward with rebuilding plans and completed the project in fall 2020. Residents moved into this 39-unit facility in October 2020. RiverView Ridge is meeting an important need for housing in Rock Valley.

Rolinda Acres

Nominated by Allamakee-Clayton Electric Cooperative

Rolinda Acres, owned by Tara and Pat Reisinger, is located near the northeast Iowa town of Waterville.



The Reisingers have five hog buildings, farm 1,500 acres, milk 785 cows and operate a dog breeding business.

In 2001, the Reisingers milked 150 cows. Today, that number has climbed to 785 cows, with plans to nearly double in 2023. To grow the herd and shorten their workdays, they constructed a 96,000-square-foot barn housing eight robotic milkers in 2020. Approximately 550 cows are milked robotically, while 260 are still milked in the existing parlor. Rolinda Acres plans to add another building and eight additional robotic milkers by 2023.

Sister's Home Style Entrees

Nominated by Midland Power Cooperative

Deb Davis, owner of Sister's Home Style Entrees, turned her hobby of preparing meals for family and friends into a statewide business in 2011. Today, 47 employees prepare more than 70,000 meals per month and serve all of Iowa and its bordering states.

Sister's Home Style Entrees strives to provide delicious meals at an affordable price. Its core customers are elderly and homebound populations, but families also love the convenience and flexibility of its savory meals.

RAND FISHER

Leadership in Economic Development Award Recipient

Rand Fisher, president of IADG, has presented Iowa Venture Awards to deserving leaders from across Iowa for 25 years. This year, he is recognized with an Iowa Venture Award for Leadership in Economic Development.



With Fisher retiring on Jan. 31, 2022, it is fitting to recognize his contributions over this quarter-century of leadership and support for economic development. Partnerships are the bedrock of economic development, and Fisher has been a part of creating many important partnerships to support business development and community vitality. Fisher has been a resource and advocate for rural Iowa and a mentor to many.

During his tenure, IADG and its partners have supported 1,756 projects totaling \$9.25 billion in investment and creating or retaining 40,000 jobs. In addition, 358 awards were secured through the USDA Rural Economic Development Loan & Grant program totaling more than \$159 million in project support across Iowa. Fisher's efforts will live on through the businesses, communities and people he supported throughout his career.



TRINITYRAIL NAMED "OUTSTANDING BUSINESS OF THE YEAR"

Nominated by Butler County Rural Electric Cooperative

Trinity Industries selected Butler Logistics Park near Shell Rock as the location of TrinityRail, a \$60 million state-of-the-art rail maintenance facility to serve the upper Midwest. This facility is the largest and most equipped maintenance facility in the Trinity Industries network serving Class 1 railroads and shippers. Activity at the facility ranges from repairs and maintenance to coatings, cleaning, inspections, testing and full rebuilds.

The facility includes 370,000-square-feet of manufacturing floor space and 7 miles of rail track. It currently employs 150 with plans to expand to 260 employees and beyond based on demand.

INVESTING IN YOUR ELECTRIC SYSTEM

Electricity is first generated at power plants, then transmitted through transmission lines to substations and is finally delivered to our members through distribution lines. Power travels on Chariton Valley Electric Cooperative's (CVEC) distribution lines to transformers that drop the voltage level down so that it can be safely delivered directly to homes and businesses.

Distribution lines are the lines many people see along highways, gravel roads and city streets that are supported by wooden poles. These lines and poles deliver the power that turns on and runs the appliances we use every day to keep our food fresh, clothes clean and homes cool or warm.

CVEC currently owns and maintains just over 1,300 miles of line that safely provides reliable power to our more than 6,000+ members!

How much does it cost to construct one mile of overhead power line?

- A. \$15,000
- B. \$20,000
- C. \$30,000
- D. \$45,000

Answer: C

TRICK OR TREAT



On Oct. 29, Chariton Valley Electric Cooperative (CVEC) participated in Albia's trick-or-treat around the town square. CVEC employees, along with LED Lucy and Bolt the Bucket Truck, were on hand to pass out candy to all the little ghosts and goblins.



June 18-24, 2022

Are you ready to take advantage of this incredible leadership opportunity? Win a weeklong summer trip to explore our nation's capital, historic sites and visit with elected legislators!



Who Can Attend?

Any full-time sophomore, junior or senior that attends a high school located in CVEC's service territory!



How Do I Apply?

Head to our website and fill out an application and send it to CVEC.



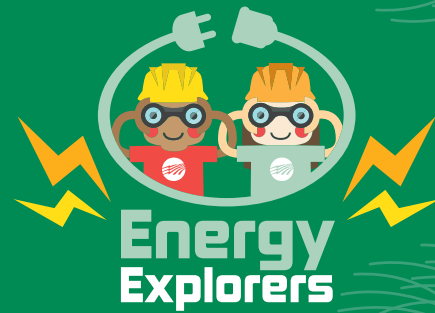
When is it due?

Applications must be postmarked no later than Feb. 28, 2022.

HOLIDAY SAFETY WORD SEARCH

Remember to keep electrical safety in mind this holiday season!

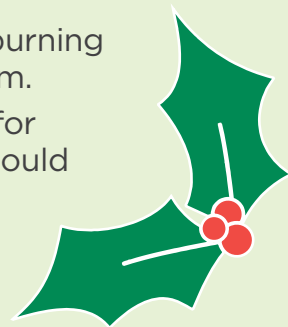
Read the safety tips below, then find and circle the **bolded** words in the puzzle.



D	T	T	X	M	L	N	L	W	V	B	H	G	P	M
P	E	Y	E	N	H	S	A	G	E	T	Q	W	C	O
D	C	R	A	K	P	T	C	K	J	X	N	C	J	Q
E	X	R	E	I	O	J	I	T	B	S	L	E	Y	I
M	P	W	W	T	W	F	R	V	V	Z	U	U	V	J
X	R	K	Z	Z	A	T	T	L	X	W	L	M	X	Y
D	T	Z	G	P	N	W	C	C	N	L	Z	A	H	Z
I	N	S	P	E	C	T	E	D	P	F	R	R	Z	T
D	P	G	V	B	E	E	L	L	Q	P	H	V	W	F
A	J	K	F	L	B	A	E	S	K	H	I	Z	W	M
N	M	V	D	T	W	V	X	R	I	R	B	H	U	C
C	O	N	B	B	R	W	O	H	O	W	Q	N	Q	P
X	A	W	X	S	N	O	I	T	A	R	O	C	E	D
C	K	L	B	T	K	R	A	J	B	C	M	D	Y	P
X	C	M	A	Y	S	K	B	O	Y	Q	M	Q	K	Q



- Do not overload electrical outlets with too many **decorations** or appliances.
- Make sure your Christmas tree is **watered** daily.
- Turn off all **electrical** decorations before leaving home or going to sleep.
- Never leave a **candle** burning if you're not in the room.
- Extension cords used for holiday decorations should always be **inspected** for damage or exposed wires.



NEW PROGRAM ENGAGES HIGH SCHOOL LEADERS

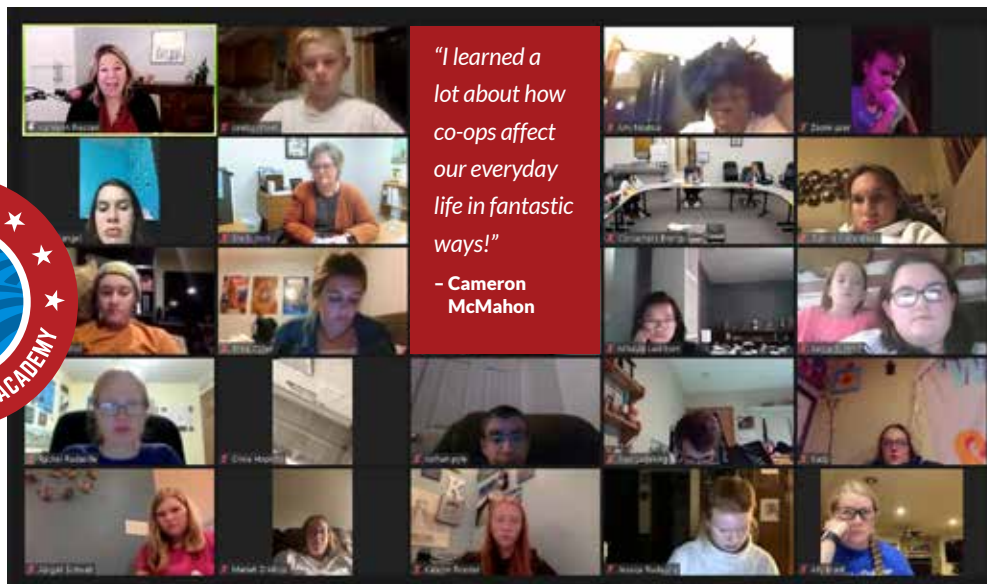
Rural Iowa high school students gathered for the first-ever Iowa Youth Leadership Academy (IYLA) in October as part of National Co-op Month. The virtual, three-part academy explored the cooperative business model, electric cooperative career opportunities, civic involvement and how to advocate for issues impacting rural Iowa.



"The response was overwhelmingly positive," says Shelly York, Iowa Association of Electric Cooperatives (IAEC) office manager and Iowa Youth Tour director. "We are encouraged by the level of student engagement and look forward to hosting IYLA again in 2022."

IYLA was developed by IAEC to connect with students while building momentum and excitement for the upcoming national Youth Tour trip to Washington D.C.

Recordings of the three IYLA sessions are available at www.iowarec.org/youth-tour/iyla-resources.



BY THE NUMBERS

REGISTRATIONS: 133

SESSION 1
ATTENDEES: 75

SESSION 2
ATTENDEES: 65

SESSION 3
ATTENDEES: 54

ATTENDED AT LEAST
ONE SESSION: 90

ATTENDED ALL
THREE SESSIONS: 42

COOPERATIVES REPRESENTED: 23

SCHOLARSHIP WINNER

Kadence Parizek from Belle Plaine was randomly selected as the IYLA \$1,000 college scholarship winner! Students who attended all three virtual sessions were entered to win.

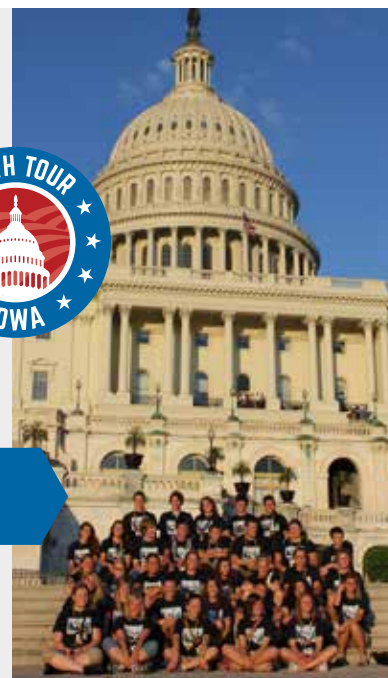
2022 YOUTH TOUR

Giving back to the community and investing in the next generation of leaders is part of every electric cooperative's mission. To put this mission into action, Iowa's locally owned electric cooperatives send approximately 40 high school students on the national Electric Cooperative Youth Tour trip to Washington, D.C., each year.

During the weeklong tour, students learn about electric cooperatives, meet with elected leaders and participate in National Youth Day. Alongside 1,800 students from co-ops across the nation, participants walk away with a greater understanding of their role as an American citizen.

The 2022 Youth Tour will be held June 18-24, with an orientation the evening of June 18 in Des Moines.

Students with a passion for government and public service are encouraged to apply to attend the Youth Tour. Each cooperative sets its own selection criteria, so students should contact their local electric co-op for application details.



CHRISTMAS CRAFTS GONE WRONG

BY VALERIE VAN KOOTEN

I have a friend who has “homemade” Christmas celebrations with her family. Each member lovingly crafts or creates something for the others, while everyone “ooh and ahhs” over each gift, marveling in the talent of the creator.

Good thing I’m not in that family.

Once – and only once – did I try a homemade gift for Christmas. It was 2006, and my son had a bedroom with a Western theme. After catching an episode of Martha Stewart creating a bulletin board from ripped paper bags and polyurethane, I figured I could do it as well. (*Insert hysterical laughter here.*) In retrospect, my faith in my creative abilities was severely overestimated.

Craft-time trial and error

It looked incredibly easy. Tear paper grocery bags into strips, dip them in polyurethane and then lay them at angles on a cork bulletin board. They would dry into a craggy, suede-like appearance that would be perfectly at home in a 12-year-old boy’s cowboy bedroom.

Oh, if only it had been that easy. I tore the strips – simple enough – and dipped them into a container that I’d poured the polyurethane into. Trying hard to keep that goo from dripping onto the floor, I put the strips across the bulletin board in a hodge-podge pattern.

Even though I had the sense to put strips with letters on them face down, the ink showed through. Soon, random “Y”s and “H”s were floating up through the paper. Could I pretend that this was some sort of new branding wave? You know, like kids wearing product names on their T-shirts? Somehow, I didn’t think I’d get away with that.

By the time the entire 24x36-inch board was covered, I was almost overwhelmed with fumes. The cat had brushed past the container, getting polyurethane in her fur, and the



bulletin board appeared to be a hot mess. My faith in Martha was waning.

But hope springs eternal. By the time it dried, I surmised, it would magically turn into the bulletin board I had coveted. But where to dry it? I knew a warm room would be better, but I didn’t want my son to see it. I placed it in the garage, on top of a high shelf.

Discovered and discarded

A few hours later, when my son came home from school, he detoured through the garage to take off his boots. He came flying into the house with a pronouncement: “There’s something really stinky in the garage,” he sputtered. “I climbed up to see what it was, and it looks like an alphabet

board with varnish on it!”

I hemmed and hawed and took no ownership of said malodorous object. He continued, “Can I throw it out? We’re all going to die of fumes!”

Permission granted. I never did fess up to what was really going on. For all he knew, someone had broken into our garage and left a reeking paper-bag-soaked bulletin board, intending to kill us all with the stench.

That Christmas, everyone got gift cards.

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.



IOWA ELECTRIC COOPERATIVE LIVING

The magazine
for members of
Iowa's electric
cooperatives.

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