

FEBRUARY 2024

# Iowa

ELECTRIC COOPERATIVE LIVING

Energy and economic  
insights and trends

How extreme winter  
weather impacts reliability

Soup and stew recipes

High school seniors: Apply for a scholarship ▶ See Page 12



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ON THE COVER

Special thanks to Libby Teunissen, a Lyon REC member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to editor@ieclmagazine.com. You could receive \$100!

# NEW STATEWIDE BOARD PRESIDENT IS NO STRANGER TO THE CO-OP BOARD ROOM

BY KENNY VANDENBERG



We've all heard the saying that when one door closes, another door opens. It certainly applies to my life as the door to cooperative service opened for me when I retired a while back. Thirteen years ago, I was asked to consider serving on the Chariton Valley Electric Cooperative board in Albia. As a lifelong resident of Monroe County, I thought it would be a great opportunity to serve my community and learn more about my local electric cooperative.

After serving on the local co-op board for several years, I had an opportunity to put my name on the ballot for the Iowa Association of Electric Cooperatives' (IAEC) board. I was eager to join the statewide board and expand my industry knowledge and working relationships with others, including our state and federal legislators. Formed in 1942, IAEC is the statewide trade association for Iowa's electric cooperatives, and it provides several services to its member co-ops, including legislative representation, regulatory oversight, training and education services, safety programs, communications support, and advocacy.

## Productive and proactive leadership

Serving on the IAEC board for more than five years, I was honored to take the helm as board president in December. I truly enjoy the camaraderie of working with my fellow statewide directors and the statewide staff. We are productive and proactive in dealing with the issues at hand. In the first half of 2024, the IAEC board will be focused on hiring our next executive vice president/general manager, as Chuck Soderberg plans to retire in July. Identifying the right executive to lead us into the future is one of the statewide board's most important tasks.

This is an unprecedented time of change for the electric industry, and experienced leadership is crucial to successfully navigate the challenges ahead. I look forward to meeting with the directors and managers of Iowa's electric cooperatives throughout the year to learn more about how the statewide association can support them in their mission to provide safe, reliable and affordable electricity for their local member-owners.

## Strengthening lines of collaboration

Additionally, I have been serving on the board of the Iowa Institute for Cooperatives for four years. I'd like to explore more ways for these two statewide cooperative associations to collaborate for the benefit of their members while promoting the cooperative business model.

If you had asked me several years ago what I'd be doing after retirement, I couldn't have imagined that I would be serving in this capacity. But these leadership opportunities all started because I was willing to say yes to a local call to serve. I'm thankful for the family and friends who encouraged me along the way.

Here's my advice for my fellow cooperative member-owners throughout Iowa: Don't be afraid to answer the call to serve your local cooperative. Look for an open door in your local community and walk through it! Your next adventure awaits.

*Kenny Vandenberg is the board president for the Iowa Association of Electric Cooperatives and a director at Chariton Valley Electric Cooperative.*

## EDITOR'S CHOICE CONTEST

### WIN A CAFÉ™ EXPRESS FINISH TOASTER!

For busy mornings, this innovative two-slot toaster has an Express Finish mode. Just push a button and the extra heating elements kick in, toasting bread to your preferred doneness in just 60 seconds. It also has three other preset functions – bagel, reheat and frozen – plus eight browning levels for customized control. Distinguished by sleek designer finishes, this Café appliance from GE features a beautiful cast aluminum housing with brushed copper accents.

#### Visit our website and win!

Enter this month's contest by visiting [www.ieclmagazine.com](http://www.ieclmagazine.com) no later than Feb. 29. 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 HappyLight® Duo Light Therapy and Task Floor Lamp from the December issue was Eugene Sieren, a T.I.P. Rural Electric Cooperative member-consumer.



ENTER ONLINE BY FEB. 29!

# HOW EXTREME WINTER WEATHER IMPACTS RELIABILITY

BY TROY AMOSS



During January, we experienced our first severe winter storm, where temperatures dropped, and electricity use increased. That's because we spent

more time inside, and our heating systems ran longer and more often to counteract the colder outdoor temperatures. Factor in that we all tend to use electricity at the same times – in the morning and early evenings – and that equals a lot of strain on our electric grid.

At Chariton Valley Electric Cooperative (CVEC), we work closely with our local generation and transmission (G&T) cooperative in resource and infrastructure planning to ensure you have the power you need whenever you flip a switch. But the electric grid is much larger than your local co-op and G&T.

In winter months, when even more electricity is being used simultaneously across the country, electricity demand can exceed supply, especially if an unexpected event like a sudden snow or ice storm or equipment malfunction occurs.

If this happens, which is rare, the grid operator for our region of the country may call for rolling power outages to relieve pressure on the grid, and CVEC will inform you about the situation.

CVEC and our G&T take proactive steps to create a resilient portion of the grid and ensure electric reliability in extreme weather, including regular system maintenance, grid modernization efforts, and disaster response planning, but it takes everyone to keep the grid reliable.

## Ways you can help to relieve grid pressure

To help keep the heat on for you, your family and your neighbors, here are a few things you can do to relieve pressure on the grid (and save a little money along the way):

**1** Select the lowest comfortable thermostat setting and turn it down several degrees whenever possible. Your heating system must run longer to make up the difference between the thermostat temperature and outdoor temperature.

**PRO TIP:** Seal air leaks around windows and exterior doors with caulk and weatherstripping. Air leaks and drafts force your heating system to work harder than necessary.

**2** Stagger your use of major appliances such as dishwashers, ovens and dryers.

**PRO TIP:** Start the dishwasher before you go to bed and use smaller countertop appliances like slow cookers and air fryers to save energy.

**3** Ensure that your heating system is optimized for efficiency with regular maintenance and proper insulation.

**PRO TIP:** Make sure your furnace filter isn't clogged and dirty. Replace it as needed.

**4** When possible, use cold water to reduce water heating costs.

**PRO TIP:** Setting your water heater thermostat to 120 degrees F can help you save energy and reduce mineral buildup and corrosion in your water heater and pipes.

**5** Unplug devices when not in use to eliminate unnecessary energy use. Even when turned off, electronics in standby mode consume energy.

**PRO TIP:** Plug devices into a power strip so you can turn them all off at once with the push of a button.

As we face the challenges posed by winter weather, understanding its impact on energy demand is crucial for maintaining a reliable power supply. By adopting energy conservation practices during periods of extreme cold, you can save money on your electric bills and contribute to the resilience of the power grid, keeping our local community warm and connected.

*Troy Amoss is the CEO/general manager of Chariton Valley Electric Cooperative.*



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# ELECTRIC CO-OPS BRAVE THE STORM TO ADVOCATE FOR LOCAL GOVERNANCE AND ELECTRIC RELIABILITY

Severe winter weather couldn't stop employees and directors from Iowa electric cooperatives as they discussed concerns and priorities with state legislators during our 2024 Welcome Back Legislative Reception in downtown Des Moines. The Iowa Association of Electric Cooperatives hosted the annual reception on Jan. 9 in conjunction with the Iowa Biotechnology Association, the Iowa Communications Alliance, the Iowa Institute for Cooperatives and FUEL Iowa.

The event provided a valuable opportunity to meet with state legislators at the beginning of the 2024 Legislative Session to discuss issues that impact rural electric cooperatives and the communities we serve.

For example, we are concerned about the potential establishment of Integrate Resource Plans (IRPs) in Iowa Code. IRPs would essentially force the early retirement of carbon-based



Marchelle Brown (left), Chariton Valley Electric Cooperative director, is pictured with Sen. Amy Sinclair at the Welcome Back Legislative Reception in Des Moines.

electric generation facilities, resulting in stranded costs and reliability concerns for the member-consumers we serve. Iowa's locally owned and governed electric cooperatives continue to support an "all-of-the-above" power generation strategy that ensures reliable and affordable electricity for our members.

In the coming months, the Iowa General Assembly will address a multitude of issues, including energy-

related matters that are central to Iowa's rural economy. Beginning with the Welcome Back Legislative Reception, Iowa electric cooperatives will again be important advocates for a balanced approach in addressing energy issues as we work to power lives and empower communities. We're hoping for better weather for our annual REC Day on the Hill event on March 12.

Learn more about our advocacy efforts at [www.iaruralpower.org](http://www.iaruralpower.org).

## DIRECTOR VANDENBERG NAMED PRESIDENT OF STATEWIDE BOARD



Chariton Valley Electric Cooperative (CVEC) director Kenny Vandenberg was recently named president of the Iowa Association of Electric Cooperative's (IAEC) board of directors.

Kenny is no stranger to the co-op board room. He has five years of service on the IAEC board, 13 years on CVEC's board and four years on the Iowa Institute for Cooperatives board. Please see Page 3 of this issue for an article by Vandenberg about his new role.

**Please join CVEC as we congratulate Kenny on this achievement.**

## COOPERATIVE EMPLOYEE GRADUATES FROM LEADERSHIP PROGRAM



The Iowa Association of Electric Cooperative celebrated the first 15 graduates of its new Cooperative Leadership in Iowa Program (CLIP) for emerging leaders. Participants committed to a yearlong calendar of in-person, virtual and on-demand training sessions where they gained leadership skills and learned about various co-op roles. CVEC's Human Resources/Administrative Assistant Ashley Tratchel was one of the 15 to complete the new program.

"Ashley put in the hard work and dedication to graduate from this program. Her professional growth, accomplishments and knowledge will continue to help our cooperative thrive," says CVEC CEO/General Manager Troy Amoss.

CVEC is proud to have employees on our team who are dedicated to their work and to advancing the cooperative to better serve our members. **Congratulations, Ashley!**

# OPPORTUNITY OF A LIFETIME: WIN A TRIP TO WASHINGTON, D.C.!



## SOME OF THE THINGS STUDENTS WILL DO AND SEE ON YOUTH TOUR:

- Albert Einstein Memorial
- Arlington National Cemetery
- Boat cruise on the Potomac River
- Ford's Theater
- Franklin Delano Roosevelt Memorial
- Holocaust Memorial
- Iwo Jima Sunset Parade
- Korean War Veterans Memorial
- Lincoln Memorial
- Mount Vernon
- The National Mall
- U.S. Capitol tour
- Vietnam Veterans Memorial
- Washington Monument
- Washington National Cathedral
- White House
- World War II Memorial

Enter the essay contest by March 25



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## THESE ELECTRIC COOPERATIVES ARE SPONSORING THE 2024 YOUTH TOUR

All of the electric co-ops on this list are offering one or more all-expenses-paid Youth Tour trips this year, so check your co-op's website or call the office for more details.

Access Energy Cooperative  
Allamakee-Clayton Electric Cooperative  
Butler County REC  
Calhoun County Electric Cooperative Assoc.

Chariton Valley Electric Cooperative, Inc.  
Clarke Electric Cooperative, Inc.  
Consumers Energy  
East-Central Iowa REC  
Eastern Iowa Light and Power Cooperative





## ONE IOWA YOUTH TOUR STUDENT WILL RECEIVE A \$1,000 COLLEGE SCHOLARSHIP!

During the 2024 Youth Tour this June, a student from each state that participates in Youth Tour will be chosen to serve on the national Youth Leadership Council (YLC). The Iowa YLC representative will be selected during the Youth Tour trip and will receive a \$1,000 college scholarship.

These young leaders will meet virtually throughout 2024 and into early 2025 and participate in leadership training, practice their public speaking skills, attend co-op forums and engage in community activities like voter registration drives.

The YLC experience will culminate at the 2025 NRECA Annual Meeting, held in Atlanta, Georgia. Here, the group will spend a few days reflecting on the experiences they've had throughout the year, attend informational and entertaining conference sessions alongside electric cooperative leaders from throughout the country, and solidify lifelong friendships and connections!

To enter, you will be required to submit an official entry form plus a short (250-word maximum) essay in response to this statement:

Tell us about an issue that impacts the quality of life in your community.

Entry forms are available at [www.iowayouthtour.com](http://www.iowayouthtour.com). You can submit your essay at this website or email it to [youthtour@iowarec.org](mailto:youthtour@iowarec.org). Entries must be received by March 25.

Iowa's local electric cooperatives are just getting started on their selection process for high school sophomores, juniors and seniors from their areas to earn an all-expenses-paid trip for the June 15-21 Youth Tour to Washington, D.C. Unfortunately, there always are more qualified student candidates from these co-ops (as well as deserving students from co-ops that aren't participating in the Youth Tour program) than there are openings on the trip. However, one of those students, for the 10<sup>th</sup> year in a row, will have the opportunity to win a trip through the *Iowa Electric Cooperative Living 2024 Youth Tour Contest*!

Of course, students at participating co-ops first should apply for the Youth Tour through their electric co-ops. However,

students can increase their chances of winning a trip by entering the magazine's contest right after they enter the one for their electric co-op.

More than 1,800 students from across America take part in the weeklong educational trip to the nation's capital. Participants will travel to Washington, D.C., meet their U.S. representatives and senators, and watch history come alive as they explore museums, memorials and monuments. They'll also meet student leaders from nearly every state and hear dynamic speakers during Youth Day. Best of all, students will make friendships that last a lifetime and become part of a group that has more than 50,000 alumni in every walk of life, including U.S. senators and CEOs.

## OFFICIAL CONTEST RULES

Our 2024 Youth Tour Essay Contest is open to any Iowa high school sophomore, junior or senior whose family is served by an Iowa electric cooperative AND to any Iowa high school sophomore, junior or senior who attended all three virtual sessions of the Iowa Youth Leadership Academy in October 2023. *Iowa Electric Cooperative Living* magazine will award one all-expenses-paid Youth Tour trip to Washington, D.C. Students at participating co-ops first should apply for the Youth Tour through their electric co-ops. Then, to enhance your chances of earning a trip, we encourage you to enter this contest too. If you're chosen as the winner of a trip sponsored by your local electric cooperative, you'll become ineligible to win the trip sponsored by *Iowa Electric Cooperative Living* magazine.

*Iowa Electric Cooperative Living* magazine and IAEC staff will judge all essays anonymously. The decision of the judges will be final. The winner of the *Iowa Electric Cooperative Living Youth Tour Contest* will be announced on April 4, which is after all sponsoring local electric cooperatives will have chosen their 2024 Youth Tour participants.

Farmers Electric Cooperative (Greenfield)  
Franklin REC  
Grundy County REC  
Guthrie County REC  
Harrison County REC

Heartland Power Cooperative  
Iowa Lakes Electric Cooperative  
Lyon REC  
Midland Power Cooperative  
MiEnergy Cooperative

Nishnabotna Valley REC  
North West REC  
Pella Cooperative Electric Association  
Prairie Energy Cooperative  
Raccoon Valley Electric Cooperative

Southern Iowa Electric Cooperative  
Southwest Iowa REC  
T.I.P REC  
United Electric Cooperative  
Western Iowa Power Cooperative



## BACON POTATO CHOWDER

- 8 slices bacon (½ pound)
- ½-1 cup onion, chopped
- 2 cups potatoes, chopped
- 1 cup water
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 can condensed cream of chicken soup
- 1 cup sour cream
- 1½ cups milk
- cheddar cheese, optional

Cut bacon into ½-inch pieces. In a 3-quart saucepan, cook bacon over medium heat until browned. Add onion and continue cooking, 2-3 minutes until tender, drain. Add potatoes, water, salt and pepper. Continue cooking 15-20 minutes until potatoes are tender.

Reduce heat to low, stir in soup, sour cream and milk. Continue cooking, 3-5 minutes, stirring occasionally until heated through. Season to taste and top with cheese, if desired. Serves 4-6

**Peg Visser • Sheldon  
North West Rural Electric Cooperative**

## CREAMY SQUASH SOUP

- 7 pounds butternut or other winter squash variety
- 2 large, sweet onions, chopped
- olive oil
- water
- ¼ teaspoon rosemary
- ½ teaspoon sage
- 1 tablespoon salt, or to taste
- ⅛ teaspoon cayenne pepper, optional

Bake butternut squash whole at 350 degrees F for approximately 1 hour, until soft when poked with a large fork at the stem end. Remove from oven and let cool. Cut open and remove seeds. Winter squash, if used, will need to be cut in half before baking cut-side down until tender.

Sauté onions in enough oil to keep from sticking. Sauté on high at first to get hot, then on low until onions are clear. Stir more frequently after onions are clear. Sauté until brown and caramelized (do not burn). Blend 1½ cups squash with ⅓ of the onions with just enough water to be smooth and mostly pourable. Repeat two more times. Stir all batches together in slow cooker or heavy-bottomed soup pot. Add rosemary, sage, salt and cayenne pepper, if desired. Simmer for ½ hour or until seasoning flavor comes out. Serve piping hot. Leftovers can be frozen. Serves 6

**Jacque Minikus • Pisgah  
Harrison County Rural Electric Cooperative**



Looking for a new recipe? Search our free archive of tried-and-true recipes from rural Iowa kitchens! Search by keyword, category or main ingredient: [ieclmagazine.com/recipes](http://ieclmagazine.com/recipes)



## TATOR TOT SOUP

- 1 32-ounce bag tater tots
- 1 cup cheddar cheese, shredded
- 1 can cream of celery soup
- 8 ounces sour cream
- 2 cups milk
- 1 pound ham, chopped or cooked bacon
- 1 tablespoon parsley flakes
- 1 teaspoon onion powder
- salt, to taste
- pepper, to taste

Combine all ingredients in a slow cooker. Cook on high for 4 hours or low for 5-7 hours. Add more milk during cooking if a thinner consistency is desired. *Serves 6-8*

**Stacy Venteicher • Glidden  
Raccoon Valley Electric Cooperative**

## CREAMY CHICKEN TACO SOUP

- 1 15.25-ounce can no salt added black beans
- 1 15.25-ounce can no salt added whole kernel corn
- 1 10-ounce can mild diced tomatoes and green chilies
- 3 cups chicken broth
- 3-4 chicken breasts, cooked and diced
- 1 ounce taco seasoning
- 1 tablespoon dry minced onion
- 8 ounces cream cheese
- corn chips, optional
- cheddar cheese, optional

Drain and rinse beans, drain corn. Add the first seven ingredients to a slow cooker. Cook on low for 6 hours. Stir in cream cheese, and top with corn chips and cheddar cheese, if desired.

**Angie Graeve • Reinbeck  
Grundy County Rural Electric Cooperative**

## HUNTER STEW

- 2 pounds venison
- 4 carrots
- 2 onions, sliced
- 2 stalks celery, chopped
- 4 potatoes, chunked
- 2 cups stewed tomatoes
- 1 can cream of mushroom soup

Chop venison into 1-inch cubes. Cut carrots into 1-inch chunks. Mix all ingredients together in roaster pan. Cook at 250 degrees F for 4 hours.

**Jeff Gropper • Chelsea  
T.I.P. Rural Electric Cooperative**

## HEARTY HAM SOUP

- $\frac{1}{4}$  cup butter
- $\frac{1}{4}$  cup onion, chopped
- 2 cups raw potatoes, diced
- 1 cup water
- $\frac{1}{4}$  cup flour
- 3 cups milk
- 1 10-ounce package frozen peas, thawed
- $1\frac{1}{4}$  cups cooked ham, diced
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon marjoram
- $\frac{1}{8}$  teaspoon pepper
- $\frac{1}{8}$  teaspoon celery salt
- blue cheese wedge, optional

In a heavy, 2-quart saucepan, melt butter. Add onion, potatoes and water. Cover and bring to steam. Lower heat to simmer, then cook about 15 minutes, until potatoes are tender. Stir in flour, then slowly add milk. Cook until thickened, stirring constantly. Stir in peas, ham, salt, marjoram, pepper and celery salt. Let simmer until peas are cooked, about 5 minutes. Serve hot and add a wedge of blue cheese crumbled over soup, if desired. *Serves 4-6*

**Marcia Rich • Lockridge  
Access Energy Cooperative**

**WANTED:**

## TURKEY DISHES

**THE REWARD:**

**\$25 FOR EVERY ONE WE PUBLISH!**

**Deadline is Feb. 29**

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](mailto:recipes@ieclmagazine.com)

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

**MAIL:** Recipes

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# INDUSTRY LEADERS SHARE ENERGY INSIGHTS AND TRENDS

In December, the Iowa Association of Electric Cooperatives (IAEC) held its 2023 Annual Meeting at the Sheraton West Des Moines Conference Center with more than 350 registered attendees. At the event, which carried the theme “Powerful Connections,” board directors and employees from Iowa’s locally owned electric co-ops received informative updates from the statewide board and staff, in addition to learning about industry trends and best practices from invited speakers.

## Leaders share insights and perspectives on future trends

The IAEC Annual Meeting also provided the opportunity for attendees to learn more about the electric industry and future trends that may impact rural Iowa’s economy and quality of life.

IAEC presented several educational sessions, including hearing from the following industry leaders:

- Author, podcaster and film producer **Robert Bryce** discussed the physical and barriers to a rapid transition from carbon-based energy sources. He provided a realistic forecast about how our electric grid will change in the coming decades.
- **Kavi Chalwa** and **Jeff Kappen** from Bâton Global discussed disorder in geopolitics and how it will influence economic growth on various scales. They provided insights on how Iowa’s electric cooperatives can best navigate these challenges for organizational success.
- **Mark Tiemeier** of the Midwest Reliability Organization (MRO) informed attendees about how changes in the electric generation mix and resources challenge grid operators. Tiemeier is responsible for leading MRO’s annual regional risk assessment.

*Editor’s note: The information on the next page is a high-level overview of some points covered during each speaker’s presentation and are the perspectives and opinions of the speakers based on their knowledge and research. Their points address what they believe to be issues or concerns of interest for utilities, including electric cooperatives.*

# POWERFUL CONNECTIONS

BY ANN FOSTER THELEN



## ROBERT BRYCE



Robert Bryce is a Texas-based author, journalist, film producer, and podcaster. The host of the Power Hungry Podcast, Bryce has been writing about energy, power, innovation and politics for more than 30 years. His articles have appeared in many publications, including the Wall Street Journal,

New York Times, Forbes, Time, Austin Chronicle and Sydney Morning Herald.

### Key points

- There are significant land use conflicts when it comes to building more wind, solar and high-voltage transmission. In the past nine years, at least 603 wind and solar projects have been rejected in the U.S.
- Since 2000, the U.S. has reduced CO2 emissions the most of the world's six largest economies. Four countries – the U.S., U.K., Germany and Japan – have reduced emissions, while India and China have increased emissions. In fact, China has increased more than eight-fold over U.S. emissions.

- The U.S. Department of Energy says the nation needs a 57% increase in high-voltage transmission. Currently, there are 240,000 miles of high-voltage transmission in the U.S. From 2008 to 2021, 1,700 miles per year were built in the U.S. At this rate, it will take 80 years to meet the forecasted need for high-voltage transmission.
- Utility product cost inflation is at an all-time high, increasing by 33% since 2020. There is a one- to three-year wait for transformers. Foreign companies dominate the high-power transformer market.
- Since 2008, when then Gov. Arnold Schwarzenegger mandated renewable energy use, California's electric rates have grown 3.2 times faster than the rest of the U.S.
- China dominates the entire downstream electric vehicle battery supply chain.
- For the first time, the North American Electric Reliability Corporation cited “energy policy” as a threat to the reliability and resilience of the bulk power system.
- Energy security is national security.

## KAVI CHALWA



Kavi Chalwa has spent the majority of his career as a strategy advisor and consultant to private and public-sector organizations, supporting them with the development and execution of their global growth strategies. Prior to transitioning into an advisory role, Kavi was in the investment banking industry. Kavi's sector expertise includes energy. His

regional expertise is focused on high-growth markets, especially the Middle East, South and Southeast Asia, and Sub-Saharan Africa.

### Key points

Recommends businesses and energy providers pursue an aggressive “Iowa and Me” internationalization strategy by:

- Diversifying our trade relationships to target countries that align with Iowa's economic growth clusters and that have high levels of current and projected future alignment to U.S. policies on the Chinese Communist Party.
- Building relationships with third-country-based investors to attract investment into Iowa-based business, Iowa-based innovation and Iowa-based research.
- Flexing Iowa's muscle to protect and mitigate downside impacts of restrictive policies on Iowa businesses.
- Flexing Iowa's muscle to create favorable conditions for accelerating entry into new growth markets for Iowa businesses.
- Mobilizing the collective power of commodity and association groups to serve as a force multiplier for Iowa businesses.

## MARK TIEMEIER



Mark Tiemeier, P.E., MBA, is a highly experienced electrical professional with focused expertise in the power systems and regulatory fields. He has extensive knowledge in modeling transmission components. The Midwest Reliability Organization is a non-profit organization dedicated to the reliability and security of the bulk power

system in the central region of North America, including parts of both the U.S. and Canada.

### Key points

Extreme weather, consumer demand, and changes in technology and generation resources continue to present a rapidly increasing number of challenges to grid planners and operators. Physical and cybersecurity risks also continue to evolve at an unprecedented pace. The top risks to electric reliability are primarily being impacted by the following factors:

- Conventional, baseload generation (e.g., coal) is being retired and replaced with dispersed, variable generation (e.g., wind and solar), tightening reserve margins.
- Increasingly bold cybercriminals seek to exploit vulnerabilities in utilities' networks to disrupt normal operations of the grid.
- Extreme weather continues to cause generating resource outages, limiting energy supply at the same time as demand increases.
- Increasing amounts of generating resources that are physically distant from load is straining transmission capacity and limiting import capability.

# HIGH SCHOOL SENIORS: DON'T MISS YOUR CHANCE AT A SCHOLARSHIP!

Are you or do you know a graduating high school or home-schooled senior? If so, don't miss your chance to apply for one of Chariton Valley Electric Cooperative's (CVEC) scholarships. We will award a total of \$5,500 in scholarships to graduating high school students this May.

Four \$1,000 individual scholarships will be awarded to students who plan to pursue a post-secondary education in any field of study. In addition, CVEC will award a \$1,500 individual scholarship to a graduating senior who plans to attend an accredited electrical lineworker program and/or climbing school or training center or major in electrical engineering.

### Applicant qualifications

- Must be graduating from an accredited high school or home-schooling program.

- Parents or legal guardians must be members of CVEC.
- Must plan to attend an accredited institution of higher learning, including vocational school, technical school, junior college or university.
- Must complete an application **and** a 500 to 600-word essay describing who **EMPOWERS** you, why and how you will strive to empower others.
- Must maintain a 2.5 GPA during the first semester of college and provide proof of enrollment in the second semester to receive the disbursement.
- All forms must be completed and returned to the cooperative by March 29.

The selection will be based on a combination of academic achievement,

leadership and initiative, goals and aspirations, and the prepared essay. The selection committee is comprised of leaders from surrounding cooperatives.

For more information, check with your high school guidance counselor, call CVEC at 641-932-7126 or visit our website at [www.cvrec.com/scholarship-program](http://www.cvrec.com/scholarship-program).



## EMPLOYEES AND DIRECTORS RECOGNIZED FOR YEARS OF SERVICE

Each year, Chariton Valley Electric Cooperative (CVEC) recognizes and thanks its employees and directors for their years of service and dedication to the cooperative. This year, during our annual holiday gathering, the following individuals were presented a service award in recognition of their years of service and achievement.

The successful growth of CVEC is a direct result of our valued employees and directors. Their continued dedication and commitment serve as a vital link in our chain.

CVEC congratulates these individuals as they celebrate these significant milestones in their cooperative careers!



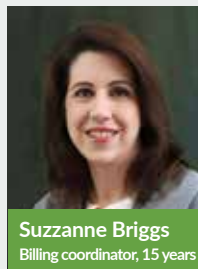
**Kyle Kirchner**  
Lineman, 5 years



**Ryan Romanco**  
Line foreman, 5 years



**Lance Henderson**  
GIS coordinator, 10 years



**Suzanne Briggs**  
Billing coordinator, 15 years



**Thad DeMoss**  
Line foreman, 25 years



**Mike Gible**  
Safety and material coordinator, 25 years



**Marchelle Brown**  
Treasurer, 5 years



**Wes Green**  
Director, 10 years



**Norm Major**  
Secretary, 10 years



# WINTER SAFETY WORD SEARCH

Did you know most home fires happen during colder months? Play it safe this winter season.

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



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

Never overload electrical outlets with too many **electronics**.

Test smoke and carbon monoxide **alarms** every month.

Never leave a **candle** burning in an empty room.

Keep flammable items at least three feet away from a **space heater**.

**Extension cords** should only be used temporarily. Damaged or frayed cords should be thrown away.

# CYBERSECURITY BEGINS WITH PROACTIVE MEASURES



Electric cooperatives recognize the evolving cyber threat landscape that poses disruptions to the nation's electric grid. As responsible providers of power to our member-consumers, co-ops are taking proactive measures to secure the grid.

Cyber threats, ranging from phishing to compromised passwords, can disrupt power reliability. That's why electric co-ops continually assess vulnerabilities, monitor emerging threats and implement cybersecurity defense measures. By securing the grid against cyber threats, co-ops ensure a more reliable power supply, reducing the risk of disruptions.

Electric co-ops implement multiple cybersecurity strategies to utilize a defense-in-depth approach, emphasizing concern for our local communities and the importance of reliability for our members.

Co-ops deploy advanced monitoring and protection systems that

continuously analyze network traffic, detect suspicious activity and alert security personnel to potential problems. Additionally, co-ops regularly practice security audits to identify vulnerabilities, assess risks, and implement necessary updates and patches to safeguard critical infrastructure.

### A collaborative effort

Electric co-ops regularly engage with other co-ops, industry organizations, government agencies and cybersecurity experts to share best practices, develop lessons learned and stay current on the latest threats.

We also understand the importance of educating all employees on the latest cybersecurity issues, best practices and the significance of adhering to security protocols.

In addition to internal measures, co-ops establish dedicated cybersecurity points of contact so members can easily identify

individuals to discuss any cyber-related concerns. Co-op members are regularly targeted by energy scammers, whether through dishonest claims, messages sent as emails or phone scams from people falsely claiming to represent the co-op. By identifying and reporting these incidents, you can help keep our co-op community safe from cyber threats and scams.

### Commitment to reliability and security

Electric co-ops remain committed to providing reliable power to the members we serve. Our top priority is to keep your information secure and your lights on.

We will continue working hard to strengthen the grid, keep data safe and ensure the long-term well-being of our local communities. In the face of increasing cyber threats, these proactive measures provide a foundation for a robust and secure electric grid.

## ENTER TO WIN

### RECEIVE \$100 FOR A PUBLISHED PHOTO

We're always looking for stunning images for the cover of *Iowa Electric Cooperative Living* magazine. If we select your photo for a cover, we'll award you \$100. The photos must be clear, of an Iowa place served by an electric cooperative and in high resolution. To be considered, email photos to [editor@ieclmagazine.com](mailto:editor@ieclmagazine.com) with "Cover Submission" in the subject line.

Please also include the name of the electric cooperative that serves you.





# FOR THE LOVE OF BOOK CLUBS

BY DARCY DOUGHERTY MAULSBY

With Valentine's Day just around the corner, I'm intrigued by surveys showing that more people (especially younger generations) plan to spend the holiday with friends. It's a different approach that's far less focused on romance.

To me, that's a good reminder of the many forms of caring and love. One of the most inspiring stories I've heard lately came from my friend Marlene Armbrecht, who mentioned she's been a member of a local book club since the fall of 1973.

## Once a novel concept

While book clubs are common today, this was a novel concept (no pun intended) 50 years ago.

"All of us were stay-at-home moms or worked part time, so we enjoyed meeting in the afternoon the third Thursday of every month," recalls Marlene, one of the club's original members.

There had been no grand plan to start the club. Arlene Christensen of Lake City and her friend Marilyn Willis (also a Lake City resident) had been reading the new novel, "My Name Is Asher Lev" by Chaim Potok. They decided to invite a few friends to join them.

Within a few years, the club had grown to about nine members, including several newcomers who had moved to Lake City and Rockwell City in the late 1970s. For years, the club met once a month at members' homes. Each member had the opportunity to choose a book every few months. The member who chose the book would purchase copies for her fellow club members, who would then reimburse the hostess at the meeting. The club "modernized" its system when books became available through interlibrary loans at the local library.

Fast forward to March 2020, when club members gathered at Karen Willis's home in Lake City. No one



Marlene Armbrecht (back row, right) is pictured with members of her book club.

knew everything was about to change forever due to COVID-19. As the pandemic spread, club members decided to keep meeting via Zoom video calls – a tradition they still maintain.

"Zoom has allowed several members who had moved out of the area to be active in our group again," says Marlene, who notes that club members are responsible for getting their own books.

The ladies maintain an impressive record book listing the titles they've read through the years. Marlene estimates the total is close to 500 books. No time to read the entire book before the club's next gathering? No worries!

"Everyone is always encouraged to come and just listen," Marlene says. "Sometimes our book discussions are fairly short, but we always share what's going on in our busy lives. What a fabulous support group we were – and still are – for each other!"

## A club extending far beyond books

These friends know a book club is much more than books. It's a support system, a second family. Once you're in, you're in for life.



Lake City area book club members in 1986.

"I love these ladies," says Diane Ely of Iowa City. The former Lake City resident is grateful to reconnect with the club, thanks to Zoom. "The richness comes from sharing life experiences. These women feel like extended family."

I had the chance to visit with these ladies this past summer at the Lake City Country Club, where they reminisced, shared updates about their family (including their grandchildren) and looked ahead to the club's 51st year. It's clear their connections become more precious as the years go by.

Author Louis L'Amour once said, "Once you read a book you care about, some part of it is always with you." I love how this truth is also reflected in the cherished friendships that have endured a lifetime, thanks to one remarkable book club.

*Darcy Dougherty Maulsby lives near her family's Century Farm northwest of Lake City. Visit her at [www.darcymaulsby.com](http://www.darcymaulsby.com).*

Visit our website at [www.cvrec.com](http://www.cvrec.com)



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WILL EMPOWER OUR MEMBERS TO

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As your **Touchstone Energy® cooperative**, we are your energy community. The power we provide is much more than a way to keep the lights on, it plugs into the family, friends, and neighbors that make up your local co-op.