




Sioux Valley Energy

Your Touchstone Energy® Partner 

Cooperative Connections

AUGUST 2016 VOL. 17 NO. 4



Berry Delicious
Stewart's Aronia Acres P8-9

Rates to Increase in 2017



Tim McCarthy
General Manager/CEO

One of the things we take pride in here at Sioux Valley Energy is keeping the membership as informed as possible. We do that in several ways--a series of 10 district meetings in the winter, an annual meeting in June, a monthly newsletter, posts on social media, a website and bill stuffers when necessary. Through all of those communication methods we are able to inform members about rate adjustments, construction work plans, RUS loan funding,

cooperative rebate programs, etc.

We have recently been in discussions with our power supplier regarding rate issues. Unfortunately, there will be increases in wholesale power costs in the coming years. The good news is that we will be able to hold those increases off until 2017 because of the efforts of SVE and its power suppliers focusing on internal efficiencies and a revenue deferral plan.

This is an issue we want to be sure our membership knows about well in advance. There is a distinct awareness on the importance of providing members the information necessary to prepare as rates increase. We don't have a specific percentage but we do know that it will be more aggressive than it has been in recent years.

So, what is behind the rise in wholesale power costs and why does it impact your electric bill so significantly?

Well, first off--more than 65 percent of your monthly electric bill goes directly to our power suppliers to purchase

the energy our members use. Increases in the cost of wholesale power have the most significant impact on your bill. Sioux Valley Energy has worked hard and has been successful in keeping costs applied to the distribution system stable.

Our power supplier has described what is happening as "the perfect storm". Currently, a lot of "out-of-the-norm" factors are impacting wholesale power rates. For example, the entire system had a mild winter and spring. This lowers sales and consequently revenues that are necessary to cover the cost of operations. In the past, we have had our subsidiaries such as Dakota Gasification to help us manage through diminishing electric sales. Unfortunately there have been record low natural gas prices as well as commodity prices...so even the co-products such as fertilizer that is produced at Dakota Gas cannot make up the difference.

Even as sales have been reduced, electric usage in the Basin family is still growing and so there are necessary capital expenditures that are needed to support system growth. Finally, we are also experiencing the impact of environmental regulations. Through 2015, Basin Electric and its subsidiaries have invested more than \$1.6-Billion on emission control technology. More than \$181-Million is needed to operate and maintain those controls. None of this even takes into account the potential impact of the Clean Power Plan, which is estimated to cost Basin-member electric cooperatives over \$5-Billion.

So what are we doing? Basin Electric was able to cut \$100-Million from its consolidated operating budget. Sioux Valley Energy is continuing to keep distribution costs stable and monitor budget considerations extremely carefully. We are also working to represent you and electric cooperative member interests in Pierre, St. Paul and Washington, D.C.

We will continue to keep you updated as we know more, but thank you again for taking the time to learn more about your cooperative! Stay safe out there this summer.





A Touchstone Energy Cooperative
The power of human connections

Cooperative Connections

(USPS No. 497-440)

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Sioux Valley Energy Cooperative Connections is published monthly by Sioux Valley Southwestern Electric Cooperative, Inc., PO Box 216, Junction Hwy 34 & 77, Colman, SD 57017, for its members. Customers subscribe to the publication as part of their electric cooperative membership. The purpose of **Sioux Valley Energy Cooperative Connections** is to provide reliable, helpful information to Sioux Valley Energy customers on matters pertaining to electric cooperatives and better living.

Subscription information: Electric cooperative members devote not more than 50 cents from their monthly electric payments for a subscription. Non-member subscriptions are available for \$12 annually. Periodicals Postage Paid at Colman, SD 57017 and at additional mailing offices.

POSTMASTER: Send address changes to:
PO Box 216, Colman, SD 57017.

How to contact us:

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Sioux Valley Energy's headquarters, Colman, S.D.

Annual Ag Appreciation Day Sioux Empire Fair Wednesday, August 10, 2016



Where: Sioux Empire Fairgrounds, Sioux Falls, S.D.

Admission: Free with complimentary ticket*

Complimentary Lunch: 11 a.m.-1 p.m.

Sponsors: Sioux Falls Area Chamber of Commerce, Touchstone Energy Cooperatives and area businesses

Contact: Sioux Valley Energy at 1-800-234-1960

**Members can request tickets by calling Sioux Valley Energy at 1-800-234-1960 or by stopping by one of the three service centers in Colman, Pipestone or Brandon.*

Safety During Harvest

Harvest season can yield higher numbers of electrocution, shock and burn injuries. Safe Electricity urges farm workers to avoid tragic accidents by using caution when completing farm activities that take place around power lines. Equipment contacting overhead power lines is the leading cause of farm electrocution accidents in the Midwest.

Many of these accidents occur near grain bins when augers make contact with power lines. Many types of farm equipment can come in contact with overhead power lines, creating a direct path for electricity. Tractors with front-end loaders, portable grain augers, fold-up cultivators and equipment with antennas can easily become electrical hazards and must be operated with care. Know the location of power lines and keep farm equipment at least 10 feet away from them.

Farm workers should remember the following safety tips:

- Always lower portable augers or elevators to their lowest possible level – under 14 feet – before moving or transporting; use care when raising them.
- Be aware of increased height when loading and transporting larger modern tractors with higher antennas.
- Use a spotter to make sure contact is not made with a line when moving large equipment or high loads.
- Be careful not to raise any equipment such as ladders, poles or rods into power lines.
- Use qualified electricians for work on drying equipment and other farm electrical systems.
- Inspect farm equipment for transport height and determine clearance with any power lines that the equipment must pass.
- Review the possibility of underground utility supplies for new or replacement power lines.
- If you have a standby power system, review its location, operation and importance with all workers.
- Never try to raise or move a power line to clear a path.

What do you do if farm equipment or vehicles come in contact with power lines:

- It's almost always best to stay in the cab and call the local electric utility. If the power line is energized and you step outside, your body becomes the path and electrocution is the result.
- Warn others who may be nearby to stay away and wait until the electric utility arrives to make sure power to the line is turned off.
- If the equipment or vehicle is on fire, the proper action would be to jump out with both feet hitting the ground at the same time. Continue to hop or shuffle to safety, keeping both feet together as you leave the area. Do not allow any part of your body to touch the equipment and the ground at the same time.
- Once away from the equipment or vehicle, do not go back until the electric utility gives permission to do so.

8/11 Day: Reminder to Call Before You Dig

Aug. 11 provides a natural reminder for people everywhere to call 811 prior to any digging project to have underground utility lines marked. Every six minutes an underground utility line is damaged because someone decided to dig without first calling 811.

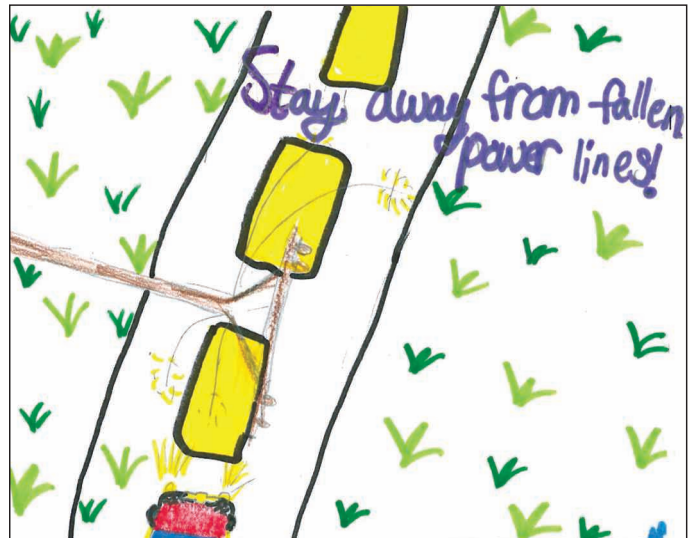
Things to know about making an 8-1-1 call:

- Every digging project requires a call to 811.
- Calling 811 a few days prior to digging notifies utility companies of the intent to dig and gives representatives time to mark the appropriate lines. The call can be called from anywhere in the country.
- A representative from your local one call center will answer the call to find out the location and description of the digging site.
- The affected utility companies will be notified of the intent to dig.
- The utility companies will each send a professional locator to the digging site to identify and mark the approximate location of the underground lines.
- Once lines have been marked, you should respect the marks and dig carefully around them.
- Hitting an underground utility line while digging can cause serious injuries, disrupt service to entire neighborhoods, and potentially result in fines and repair costs.



Kids' Corner Safety Poster

"Stay away from fallen power lines."



Ashley Placek, 11 years old

Ashley is the daughter of Perry and Laura Placek, Ipswich, S.D. They are members of FEM Electric Association, Ipswich.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

Succulent Salads



Layered Summertime Salad

- | | |
|-------------------------------------|-------------------------------------|
| 2 cups gemelli or spiral pasta | 4 cups torn romaine lettuce |
| 1 cup mayonnaise | 1 cup snow peas, trimmed and halved |
| 2 T. lemon juice | 1 cup cauliflower florets |
| 1 tsp. sugar | 1 cup broccoli florets |
| 1/2 tsp. garlic powder | 1 large sweet red pepper, chopped |
| 1/2 cup sliced green onion | 1/2 cup shredded Swiss cheese |
| 4 strips bacon, cooked and crumbled | |

Prepare pasta according to package directions. Meanwhile, in a small bowl, mix mayonnaise, lemon juice, sugar and garlic powder; set aside. Drain pasta and rinse in cold water. Toss with onions and half of bacon. In a large bowl, layer one-half of lettuce, pasta mixture, peas, cauliflower, broccoli, red pepper, mayonnaise mixture and cheese. Repeat layers; sprinkle with remaining bacon. Refrigerate until ready to serve.

Deloris Bachman, Rapid City

BLT Salad

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|--|--------------------------|
| 1-1/2 cups tubetti macaroni, cook until tender, drain and cool | 1 cup chopped celery |
| 1 lb. bacon, cooked and crumbled | 1 cup chopped tomato |
| 1 bunch green onions, sliced thin | Dressing: |
| | 1-1/2 cups mayonnaise |
| | 3 tsp. vinegar |
| | Salt and pepper to taste |

Combine first 5 ingredients. Mix mayonnaise, vinegar, salt and pepper. Add to pasta mixture.

Barbara Angerhofer, Hendricks, MN

Pineapple-Pretzel Salad

- | | |
|-------------------------------|---|
| 2 cups crushed pretzels | 1 (8 oz.) pkg. cream cheese, softened |
| 1 stick butter, melted | 1 (20 oz.) can crushed pineapple, drained |
| 1 cup sugar, divided | |
| 1 (8 oz.) container Cool Whip | |

Combine pretzels, butter and 1/2 cup sugar. Spread in a 9x13-inch pan. Bake at 400°F for 7 minutes. Cool. Break into pieces and set aside. In a large bowl, beat cream cheese and remaining sugar. Add Cool Whip and pineapple. Mix well and refrigerate overnight. Just before serving, add pretzel pieces.

Cindy Krakow, Strandburg

Texas New Potato Salad with Grilled Red Onions

- | | |
|---|---|
| 3 lbs. small red potatoes | 1 bunch fresh cilantro, thick stems discarded, coarsely chopped |
| 1 red onion, cut into thick slices | |
| 1 T. coriander seed | Dressing: |
| 1 pinch cumin seed | 1/4 cup olive oil |
| 1 T. oregano | 1 T. red wine vinegar |
| 2 serrano chiles or 2 jalapeño chiles, minced | 1 tsp. salt |
| 3 slices bacon, crisply cooked and coarsely chopped | 1/2 tsp. black pepper |

Cook potatoes in boiling water 20 to 25 minutes or until tender. Drain and cool to room temperature. Quarter the potatoes; set aside. Grill onion slices over high heat until lightly caramelized. Toast coriander and cumin seeds in small dry skillet on medium heat 1 minute or until fragrant. Add oregano; lightly toast about 20 seconds, watching for burning. Immediately remove spices from skillet. Mix oil, vinegar, toasted spices, salt and pepper in large bowl with wire whisk until well blended. Add potatoes, onions, chiles, bacon and cilantro; toss lightly. Yield: 8 servings

Nutritional Information Per Serving: Calories 212, Total Fat 8g, Saturated Fat 1g, Cholesterol 3mg, Sodium 381mg, Carbohydrates 30g, Dietary Fiber 4g, Protein 5g

Pictured, Cooperative Connections

RECIPE AND PHOTO COURTESY OF MCCORMICK GOURMET

Snicker Salad

- | | |
|--|--|
| 1 (3 oz.) pkg. instant vanilla pudding | 3 to 4 apples, peeled, cored and cut into small pieces |
| 1 cup milk | 6 Snickers bars, cut into small pieces |
| 1 (8 oz.) container Cool Whip | |

In a large bowl, mix together pudding, milk and Cool Whip. Chill for 1-1/2 hours. Add apples and candy bars; stir and serve.

Amy Schoenfelder, Cavour

Sunrise Salad

- | | |
|-------------------------------|-------------------------------|
| 1 large can crushed pineapple | 1 cup green grapes, sliced |
| 1 pkg. lemon jello | 1 cup miniature marshmallows |
| 1 (8 oz.) pkg. cream cheese | 1 (8 oz.) container Cool Whip |

In a saucepan, bring pineapple to a boil. Add jello; mix well. Add cream cheese, stirring until melted. Put in a bowl and refrigerate until thick. Add sliced grapes and miniature marshmallows. Stir in Cool Whip. Refrigerate until set.

Sally Hlavka, Howes

Please send your favorite garden produce, pasta and crockpot recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Three Students “EmPOWERed” in Washington D.C.

Three students participated in Sioux Valley Energy’s EmPOWER Youth Leadership Program traveled to Washington D.C. to take part in the Rural Electric Youth Tour. Ethan Geraets, Chester Area School, Carter Schmidt, Colman-Egan High School and Ashton Krueger, Luverne High School attended.

The students joined 1,700 teens from across the country on the tour of the nation’s capital. This year’s event consisted of in-depth touring of Arlington National Cemetery, Mount Vernon, the Presidential Memorials, VIP seating at the USMC Sunset Parade, the Holocaust Museum, multiple Smithsonian museums and many others. The participants also had a full day devoted to Capitol Hill where they were able to meet with their congressional delegation, listen in on committee hearings and tour the United States Capitol building.

In addition to attending the tour, both Carter and Ethan were selected as finalists for the National Rural Electric Cooperative Association’s (NRECA) “Youth Tour Famous” video. Ethan Geraets was selected to represent NRECA in the Youth Tour Famous video.

Youth Tour participants visited the monuments in Washington D.C. In this photo, Minnesota students pose in front of the Iwo Jima Memorial.



Excerpts from Youth Tour Essays

Ashton



Pictured: Ashton Krueger (third from left) and other Minnesota youth tour participants

knowledge of politics and see how cooperatives fit in at Capitol Hill. Making new friends from all over Minnesota and meeting other people from all over the country is something that not a lot of kids my age have the opportunity of doing. Youth Tour not only brought me out of my little town of Luverne, but it has changed me into a better person. For that, this trip definitely meant more to me than just simply a vacation.

This past week was filled with adventure and a lot of new faces. Having the honor to represent Sioux Valley Energy at my nation’s capital has made for some remarkable memories I will never forget. I started knowing how much this trip was going to mean to me when I took a step onto my first ever plane ride. From there, everything just kept building up into one amazing experience. Being able to tour endless memorials and museums was really eye opening and educational. After seeing all the graves from all the wars at Arlington Cemetery, I am so grateful for all those who gave their lives for my freedom. It was a humbling experience. Talking with Minnesota representatives and senators allowed me to expand my

Carter



Going on the rural electric youth tour was an amazing experience for me! I had so much fun with other students from across the state traveling to our nation's capital to learn more about co-ops and touring many different historic landmarks.

My favorite part of the youth tour was touring all of the different memorials in the National Mall. It is so much different seeing these memorials in person compared to pictures. It was a breathtaking view standing at the base of the Lincoln Memorial and looking across to the Washington Monument, and it will be an image in my mind that I will never forget! We also had the privilege of meeting Mike Rounds, John Thune, and Kristi Noem on Capitol Hill. It was very interesting what they had to say about co-ops and the government.

It was a weeklong trip that only felt like a few days, so we had to make the most out of every minute we had in this great city. I had so much fun learning, exploring, and interacting with others on the youth tour. Thank you to Sioux Valley Energy for sponsoring me on this once in a lifetime opportunity! It was something that I will never forget!

Pictured: Carter Schmidt and Senator John Thune

It has barely been a week since the Youth Tour trip to Washington D.C. and I still cannot believe I had been to and toured our nation's capital. Not only is it a separate region cartographically, but it is also its own little world. It was a whole different experience to enter the world of D.C. The excitement of waking up bright and (a bit too) early and knowing that you'll see something new was exhausting and exhilarating at the same time. We always see the capital as just still pictures, nothing more than just images in a book or on a screen. When seeing it myself with my own eyes, I realized the pictures were nothing compared to what I saw; they could not capture what I was seeing and experiencing on those days. I guarantee most of the time I was either saying, "Wow," or my jaw was dropped in awe. Not only did I see

amazing sites like the presidential memorials and other wondrous monuments, but I also gained more knowledge. Capitol Hill, the Holocaust Museum, and the Smithsonian museums were just a few that expanded my mental capacity on historic events, South Dakota's representation in the national government, and our capital as a whole. I was and still am humbled, honored, and thankful to have been a representative for South Dakota and Sioux Valley Energy Cooperative.

Pictured: Ethan Geraets and Carter Schmidt

Ethan



Stewart's Aronia Acres:

Spreading Berry Goodness

By
Brenda
Kleinjan

A SMALL PLOT OF LAND IN SOUTH CENTRAL SOUTH Dakota is packing an antioxidant wallop for Jeff and Jolene Stewart of Wagner, S.D.

Shortly after purchasing land near Wagner about a decade ago, the Stewarts planted field wind breaks and included a row of aronia berries to see how the fruit would fare.

It did well. Very well.

For Jeff, a forester by trade and Jolene, a nurse, pursuing the production of the berry made sense and they moved forward with planting 10.5 acres of the specialty crop in 2010 and 2011.

"Most people wouldn't consider them a first choice if picking berries to eat fresh," Jeff acknowledges. "The tannins in the skin leave a bit of an

astringent taste. That actually helps keep the antioxidant in the berry high."

Since most of the market for aronia berries is in the juice market, the Stewarts freeze much of the crop in two refrigeration units on site.

"Right now the biggest use for the aronia berry is juice. You get more juice after the berry is frozen, so they go straight to the freezer," Jeff said. "The freezing breaks down the fibers more."

But, before hitting the freezer, the thousands and thousands of pounds of berries must first be cleaned and destemmed, then bagged and boxed.

The berry is native to North America and was used by indigenous people to make pemmican and also to help keep meat from spoiling while traveling.





Left: Stewart's Aronia Acres near Wagner, S.D., includes 10.5 acres of aronia berry bushes. **Below:** Haskap bushes – also known as honeyberries – are a new addition to the Stewarts' operation. They are experimenting with five varieties on a 1.5 acre plot and will add two more varieties next season as they work to determine which variety will fare best in the southern reaches of the berry's growing zone. **Opposite Page:** Jeff and Jolene Stewart stand among their Stewart's Aronia Acres operation. **Cover photo:** The aronia berry is high in antioxidants.

"Aronia has the highest antioxidants of any other cultivated berry in the world," said Jeff.

He added that antioxidants can lower cholesterol, lower blood pressure and stabilize blood glucose along with providing other health benefits.

While they have had good harvests up until now – they harvested 32,000 pounds of aronia in 2015 – the fruit is really hitting its stride as it enters its fifth growing season, which should have the bushes yielding their full potential.

An extreme drought in 2012 took its toll on the berries and the plants are finally recovering.

"Timely precipitation is important for growing berries," said Jeff noting that the 11 inches of rain received in May and June set a good foundation for a good harvest.

In addition to the aronia berries, the Stewarts also have an acre of black currants.

Like the aronia berries, the black currants have health benefits that appeal to the Stewarts and others.

"Black currants have four times the amount of Vitamin C than the same amount of an orange," Jeff said. "They are very, very nutritious as far as vitamins."

This season, the Stewarts added an experimental stand of honeyberries – also known as haskap – to the mix. The bush thrives in more northerly climes as a Zone 2 plant, so growing it on the Nebraska border is pushing its southern boundaries.

"We are at the southern edge of where we think we can grow them," Jeff noted.

The Stewarts are experimenting with five different varieties of honeyberries on 1.5 acres to see which will do best. They plan on adding an additional two varieties in the 2017 season to further their experiments, which was funded in part by a South Dakota Department of Agriculture Specialty Crop block grant.

The three berries each have slightly different, yet complimentary, harvest seasons.

"The honeyberry ripens before most others,

so they'll be ready to harvest before the black currants in mid-July.

The aronia berry is the last to ripen with their harvest in mid-August.

"It takes a full two weeks to harvest the berries," Jeff said.

The Stewarts have a berry harvesting machine – originally designed for currants, but has been modified to accommodate the aronia berries as well.

But before the harvest begins, the Stewarts embark on a cleaning and disinfecting process for their certified organic operation.

"It's quite the process," Jeff notes as he lists the equipment which includes totes used in the harvester, the refrigeration units, bagging areas and other aspects.

"Everything has to be disinfected," he said.

And as the prep work for harvest takes place, the Stewarts will welcome others to learn from their operation as part of the South Dakota Specialty Producers Association's Berry and Vegetable Tour.

"It's a slow process to inform people about the berry," Stewart said.

The tour should help spread the word.

On July 30, the Stewarts, along with a nearby vegetable and melon grower, Pesicka's Farm, will open their doors – or rather gates – for those interested in learning more about South Dakota's growing specialty produce providers.



If You're Going...

The South Dakota Specialty Producers Association is hosting a Berry and Vegetable Tour on July 30 in the Wagner, S.D., area.

Participants will tour Stewart's Aronia Acres near Wagner and Pesicka's Farm, a vegetable and melon grower, near Lake Andes.

1 p.m. Tour: Stewart's Aronia Acres (29870 393rd Ave., Wagner)

2 p.m. Lecture: *Better Living Through Fruit* – Dr. Rhoda Burrows (SDSU Extension)

2:30 p.m. Depart for Pesicka's Farm

3 p.m. Tour: Pesicka's Farm (29139 389th Ave., Lake Andes)

4 p.m. Lecture: *Dakota Fresh Food Hub* – Kari O'Neill (SDSU Extension), Cornie Hofer and Tracy Pesicka

Pre-registration required by July 27.

Contact Cory Tomovick at ctomovick@hotmail.com

Chefs can earn 2.0 continuing education hours at each location through the American Culinary Federation.

Power & Hope Donation Given to Make-A-Wish SD

Sioux Valley Energy member, Twila Perkinson of Sioux Falls, makes her community a better place to live which is why she was awarded with the 2016 Sioux Valley Energy Power and Hope award. She truly demonstrates the characteristics of charity. She is described as a person who has a positive and bubbly personality and is always eager to lend a helping hand. Edane Bowman, who nominated her for the power and hope award, said, “Twila has a personal touch to bring warmth to all of the hearts that she touches.” In addition to her career as a Child Life Specialist, she makes time to volunteer at the school library and the church youth education office. Twila also helps with painting and maintaining many historical sites including Prairie Village and the Thresherman grounds. Twila also enjoys baking pies for fundraisers, making quilts to give to others, and sending notes to brighten someone’s day.

As the winner, Twila was able to choose an organization in which Sioux Valley Energy would donate \$1,000. She didn’t hesitate to gift Make-A-Wish South Dakota with the money. Every 38 minutes Make-A-Wish® grants the wish of a child diagnosed with a life-threatening medical condition in the United States and its territories. Twila has seen first-hand how granting wishes can impact children who are ill.

Make-A-Wish South Dakota President and CEO, Paul Krueger, said the average “wish” will cost approximately \$7,000. Last fiscal year they granted 63 wishes. This year they project to fulfill that same amount of wishes. In total, more than 1,200 wishes have been granted since 1984.

Shirley Top of Luverne, Minn. was also nominated and recognized in her district. Shirley is described as an individual who cares deeply about others and will always make the time for a friend or someone in need. She was nominated by Glenda Schomacker. Her kind heart lead her to purchase 12 tickets to the Amy Grant and Michael W. Smith concert and she gave those tickets to friends with special needs, those dealing with cancer, and others going through difficult times. She is the type of person who wouldn’t hesitate to mail a check or slip it into the hand of someone who is struggling financially. She never seeks recognition for these instances. Sioux Valley Energy will donate \$100 to the organization of Shirley’s choice.

For more information on Make-A-Wish South Dakota, call 605.335.8000 or log on to, <http://southdakota.wish.org/>.

Pictured below (L to R): Paul Krueger, President and CEO of Make-a-Wish South Dakota, Twila Perkinson, Power and Hope award winner and Tim McCarthy, Sioux Valley Energy General Manager and CEO.



Lighting Choices That Work for You

by Sheila Gross

Do you remember the days when light bulbs were light bulbs and your only choice was the wattage of the incandescent bulb? Times have changed and technology has brought new options, more energy efficiency, and longer lasting bulbs. As incandescent bulbs are being phased out, prices on the more energy efficient alternatives have become more affordable. Since lighting can contribute as much as 25% of your total electric consumption, changing out those old incandescent bulbs can save you money. The most popular choices out there are CFLs and LEDs—so let's compare the two.

Compact Fluorescent Lights (CFLs)

Unlike the incandescent bulb that runs an electric current through a wire filament, CFLs drive an electric current through a tube that contains argon and mercury vapor. This process creates an ultra-violet light, but it takes a few minutes for the bulb to warm up to reach its full brightness. CFLs can be sensitive in cold temperatures and don't work with dimmer switches. CFLs use about 70% less energy than incandescent bulbs and last about 8,000 hours. For a standard 60 watt equivalent, you can expect to pay around \$2 per bulb. CFLs should not be disposed of in your regular household trash since they contain a very small amount of mercury. Place your spent CFLs in a plastic sealable bag and recycle them at a Sioux Valley Energy Service Center (broken bulbs are not accepted).

Light-Emitting Diodes (LEDs)

LEDs came on the retail shelves just a few years ago. Prior to that they were commonly used in electronic displays. LED bulbs work by bringing currents with a positive and negative charge together to create energy released in the form of light. The electrical current passes through a semiconductor material which illuminates the tiny light sources called LEDs. This produces an instantaneous light that is more directional and not as spread as other sources. They are cool to the touch, not sensitive to cold temperatures and some are compatible with dimmer switches. Unlike CFLs, they don't contain argon or mercury vapor and can be disposed of in your regular trash. You can find many standard 60 watt equivalents for under \$5 per bulb now. LEDs can last anywhere from 20,000 - 50,000 hours which is up to five times longer than CFLs.

Choosing the Right Bulb for You!

Cost is the biggest factor when most people need to replace light bulbs. You should not just consider the upfront cost of each bulb, but how much the bulb will cost you to operate over the years. Often a little extra upfront cost can lead to substantial savings in the long run.

This chart below shows how much each type of bulb would cost to purchase and operate over a 25,000-hour lifespan (about 23 years at 3 hours per day).

	Incandescent	CFL	LED
Approximate Cost per Bulb	\$1	\$2	\$8 or less
Average Lifespan	1,200 hrs.	8,000 hrs.	25,000 hrs.
Watts Used	60 W	14 W	10 W
# of Bulbs Needed for 25,000 hrs of Use	21	3	1
Total Purchase Price of Bulbs of 23 Years	\$21	\$6	\$8
Total Cost of Electricity Used	\$136.50	\$31.85	\$22.75
Total Operational Cost over 23 Years	\$157.50	\$37.85	\$30.75

As you can see from the chart, buying longer-lasting, more efficient lighting pays off. Now consider that those savings are over the lifetime of just one bulb. Think about the number of bulbs in your house—some fixtures, like chandeliers or ceiling fans, require multiple bulbs. If you replace 20 incandescent bulbs with LED bulbs, you could save up to \$2,535 over their 23-year lifespan!

Sioux Valley Energy can help you make the transition to efficient, long-lasting LED bulbs. Members can take advantage of our LED rebate program to replace old lights with LED's virtually 'FREE'. You can receive a rebate up to \$100 that will be applied as a credit to your electric bill. The process is simple: 1) Purchase LED bulbs that are 60 watt incandescent equivalent or larger 2) complete the rebate application; and 3) attach a copy of the receipt for LEDs purchased/verification of wattage. The rebate can not exceed the cost of the bulb before taxes up to \$5 per bulb. Each account is eligible to receive a maximum lifetime rebate of \$100 for the LED lighting rebate program. The program is available for both replacement and new construction—some restrictions apply.

Visit Sioux Valley Energy's website at www.siouxvalleyenergy.com for the LED rebate application and to learn more about energy efficiency programs and services offered to save you money. You can also call an Energy Services Specialist at 800-234-1960. (Reference - The Simple Dollar)

Aberdeen Water Ski Troupe is Making a Splash

By
Brenda Kleinjan

FOR THE PAST 20 YEARS, THE ABERDEEN AQUA ADDICTS water skiing team has been wowing summer audiences near the Hub City.

One of two water skiing clubs in South Dakota (Catfish Bay Water Ski Team near Sioux Falls was formed in 1990), the Aqua Addicts formed in 1995 and began their public shows the following summer.

The team has competed at regional and national water skiing competitions and performs shows throughout the summer at their home lake – Dahme Lake south of Aberdeen, S.D., – and in various communities. (The team signed an 85-year lease on the private lake about six years ago.)

But, before the Addicts take a bow on their 2016 season with their anniversary show celebrating the team's 20th year of performance on Aug. 20, team members will spend the day in the water making sure people who may not otherwise have the chance to water ski can experience the thrill of skimming

along the water behind the boats' powerful engines.

From 10 a.m. to 4 p.m., the Aqua Addicts will host their second "Escape to the Lake" Adaptive Ski Event. In 2015, 30-plus skiers attended the event that was hampered a bit by weather. There, individuals of various physical abilities were able to shed their wheelchairs or other devices and ski using various adaptive equipment provided by the team.

Already this summer, 44 individuals have skied with the Aqua Addicts through the YMCA Dream-Makers program.

"We're hoping for more than 60 skiers this year," said Todd Thorson, who serves on the Aqua Addicts board of directors and is the primary contact for the adaptive ski event.

Half of the proceeds from the evening's 20th anniversary show are being donated to the ASPIRE program in Aberdeen. ASPIRE, Inc., is a nonprofit agency that provides services to people with devel-





Above: The Aberdeen Aqua Addicts Water Ski Team will host an “Escape to the Lake” Adaptive Ski Event from 10 a.m. to 4 p.m. on Aug. 20 at Dahme Lake south of Aberdeen, S.D., on U.S. Highway 281. Organizers hope to have 60 people register for the event. **Inset:** Female skiers perform during a July 2016 show. **Opposite page:** Skiing in a pyramid formation is one of the more iconic portions of the Aqua Addicts’ show.

opmental disabilities.

For 18 years prior to establishing the Aberdeen adaptive ski event, the team had been taking Hub City residents to North Dakota to participate in a similar event. Two years ago, they decided to bring the experience to northeast South Dakota.

For Thorson, the show and the adaptive event are about promoting the sport he has been involved with nearly his entire life.

The son of three-event skiers who competed in tournaments, Thorson started skiing at age 2. He’s spent the past 43 summers in the water and notes that his dad still performs in the show at age 72 doing a turn around on a trick ski.

There are more than 100 USA water skiers affiliated with the Aqua Addicts and each week 60 people are needed to put on the show which consists not only of the skiers, boat drivers and spotters, but also dock help, music and comedy performers.

The Aqua Addicts use six boats and will utilize more than 10,000 feet (nearly 1.9 miles) of rope in the course of the show. The final act alone uses 2,400 feet of rope (nearly a half mile) as 24 skiers enter the water at one time for the finale.

The 2016 theme for the show is “Camp Aqua Addicts” and includes not only the expected skiing, but also a skit and music.

Thorson notes that while skiers navigating the lake in the shape of a pyramid is one of the biggest icons of the show, the ballet swivel portions are crowd pleasers.

“We have the reigning national free-style jump skier on the team, won the last two years in a row, plus the winner from the year before that,” Thorson added, noting the talent of team members, some who have skied professionally.

The Aqua Addicts perform most Thursday nights June through August at Dahme Lake. For their complete schedule, visit <http://aquaaddicts.org/2016-show-schedule>



Water Ski Show Basics

Show skiing has been called the most entertaining discipline in the sport of water skiing. It is fast-moving, exciting, graceful and most of all, fun to watch. Water ski shows feature several water ski acts choreographed to music and built around a theme that tells a story. Shows involve amateur performers with usually 30 or more members. Some shows even have more than 200 members! Age is not a factor since ski club performers can range from children to grandparents.

The show incorporates numerous types of water skiing, however they generally focus on five major areas which include:

1. Team Jumping — For spectators, this is the most thrilling event. Usually three to five skiers will perform spins and flips over the 5-1/2-foot ski jump. Distances can exceed 100 feet and frequently spectacular falls occur during this act. Fortunately, the skiers wear protective clothing and know how to handle the falls safely.

2. Ballet and Swivel — Generally performed by young women, this act features a line of skiers choreographed to music. Some skiers may be using swivel bindings which allows them to make 180-degree turns or 360-degree spins.

3. Barefooting — Just as the name implies, this act involves skiers skimming across the surface of the water on nothing but the bare soles of their feet. Boat speeds are usually in excess of 35 mph. Watch for multi-skier barefoot lines and barefoot pyramids.

4. Doubles — Features a man and woman team performing various lifts (similar to ice skating) while being pulled by the boat. The male skier either holds onto a handle or is pulled along by a harness, thus freeing his arms to perform the overhead lifts.

5. Pyramid — Is the ultimate in team work. Using hundreds of feet of rope, skiers actually build a human pyramid on water. Look for pyramids up to five levels high where the top skier often is 25 feet above the water — a spectacular display of teamwork.

Source: Aberdeen Aqua Addicts Water Ski Team
<http://aquaaddicts.org/about-show-skiing/>

Making Your Energy Dollar *STRETCH*

WHAT DOES THE HOME OF THE FUTURE LOOK LIKE to you? Perhaps the home of George and Jane Jetson comes to mind, where dinner and laundry are taken care of with the mere press of a button.

Today, the average home may not quite be “Jetsons-esque,” but household appliances are becoming smarter and more energy efficient than ever before. A growing number of appliances now connect to the internet and offer new capabilities. In many cases, purchasing a new television, refrigerator or other large appliance will result in lower energy use, assuming you properly dispose of the

old appliance. Many of these smart appliances offer features aimed at comfort, convenience and sometimes, energy savings.

Manufacturers are adding communication modules inside many appliances, which often use Wi-Fi to communicate simple messages to a home’s wireless network. The messages vary from device to device, but typically include energy usage information, power control and thermostat settings. Efficiency-savvy consumers can potentially save energy and money using one of these systems.

The bulk of the savings will come from the ability

By Brian Sloboda



to remotely control your air conditioning system's thermostat. Studies have shown that consumers generally do not program their programmable thermostat, but smart phone apps associated with internet-enabled thermostats are often easier to use. These thermostats can also learn your daily routine by sensing when you are away from home and adjusting your thermostat to save energy and money.

There are many devices you can install in your home's electric panel that can educate you on the energy consumption of various appliances. These in-home monitoring devices provide more information to consumers about their household energy costs and have been shown to help people reduce their energy consumption. One study of 36 energy feedback programs concluded that when presented with information on energy consumption, consumers reduce their home energy use by an average of 4 percent to 12 percent. Consumers should note that in-home monitoring devices should be installed by a licensed and qualified electrician.

Technology by itself will not save a significant amount of energy, but other activities, such as weather sealing and turning off lights when not in use, will save significant amounts of energy and money. Technology has an important role to play, but the key will be finding the right mix of technologies that fit your lifestyle and budget.

Improving energy performance of new homes

Purchasing a newly constructed home is an exciting process and a major milestone. Whether you are building a custom home or buying a spec home, you will be making dozens of important decisions before moving in – from purchasing the perfect kitchen countertops to selecting a home financing package.

The decisions you make about the energy efficiency of your new home will have lasting consequences. These energy-related decisions, such as how you heat, cool, light and insulate your home, are often overlooked.

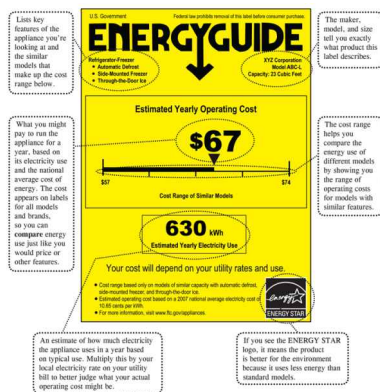
The first step to maximizing energy efficiency is to select a properly sized home that meets your family's needs. America is known for its sizeable homes, but after hitting a peak of 2,268 square feet in 2006, the median size of new single-family homes started to trend down.

According to a recent report by the U.S. Energy

Information Administration, “as square footage increases, the burden on heating and cooling equipment rises, lighting requirements increase and the likelihood that the household uses more than one refrigerator increases. Square footage typically stays fixed over the life of a home, and it is a characteristic that is expensive, even impractical to alter to reduce energy consumption.”

According to the Department of Energy, appliances account for about 13 percent of the average household's energy use. Clothes dryers, refrigerators/freezers, computers, microwaves, dishwashers

and washing machines tend to use the most energy in a typical American home. Every appliance you purchase has an operating cost (i.e., the cost of the energy needed to power that appliance). To facilitate more informed shopping, the federal government requires many appliances to include an EnergyGuide label stating the approximate energy consumption and operating cost of the appliance. Appliances with an ENERGY STAR label use 10 to



50 percent less energy than standard appliances.

Another efficient option is a residential geothermal system. While they do not generate electricity, geothermal systems save energy by using heat from the earth to replace conventional heating and cooling systems. Throughout the year, the earth remains a constant, moderate temperature (i.e., 50 degrees Fahrenheit) just below the ground. Geothermal heating and cooling systems, also known as ground source systems, make use of this constant underground temperature by circulating water in a loop to exchange heat between your home, the ground source heat pump and the earth – providing highly efficient heating, cooling and hot water.

Installing an easy-to-use programmable thermostat is also a great way to efficiently operate your home. ENERGY STAR estimates a typical household can annually save \$180 by properly using a programmable thermostat.

Regardless of the number of energy efficiency features in your home, occupant behavior is still a major factor in how much energy your household consumes. From unplugging appliances you rarely use, like a mostly empty second refrigerator, to making sure you run full loads in the washing machine, dryer and dishwasher, to turning out the lights – it all adds up in energy savings.

Brian Sloboda is a program manager specializing in energy efficiency for the Business Technology Strategies (BTS), a service of the Arlington, Va.-based National Rural Electric Cooperative Association.

Regional Dateline

July 21

Party Like It's 1945 Hanger Dance, 7 to 11 p.m.
Maverick Air Center at
Sioux Falls Regional Airport
Sioux Falls, SD, 605-594-2978
www.cafjoefoss.com

July 22-23

South Dakota Senior Games
Brookings, SD, Traci Saugstad
at 605-692-4492

July 29-31

Bruce Honey Days, Erik Aplan
and Shawn Cable July 29,
Street Dance July 30, Check out
on facebook or contact
605-627-5671

July 30

Doug Allen Nash Country
Music Concert, Prairie Village
Madison, SD, 605-256-3644

July 30

Women in the Outdoors
8 a.m. to 5 p.m., Hunter's
Pointe, Humboldt, SD
605-553-3634 or
605-366-8528

July 30

RSVP Outdoor Vendor and Craft
Show, 9 a.m. to 5 p.m.
In conjunction with Crazy Days
Mitchell, SD, 605-995-8440

August 1

Gardening with the Masters
"Baby It's Hot Outside"
Outdoor Campus
Sioux Falls, SD, 605-362-2777

August 6

Gardening with the Masters
"Garden Harvesting in Situ"



PHOTO COURTESY OF SOUTHEASTERN ELECTRIC COOPERATIVE

To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.

Lincoln El Community Garden
Sioux Falls, SD, 605-362-2777

Must be 21 years or older to
attend! IDs required!

Wolf Pack Team
Sioux Falls, SD, 605-261-9341

August 7

23rd Annual Madison Car
Show, Prairie Village
Madison, SD, 605-256-3644
www.prairievillage.org

August 9

Izaak Walton League
Annual Corn and Fish Feed
Doors open at 5 p.m.
Clubhouse, \$10 per person
5000 North Oakview Place
Sioux Falls, SD, 605-332-9527

August 20

Third Annual Rock River Beer
Fest, 2 to 6 p.m., Blue Mound
Ice Arena, Advanced tickets are
\$25 and \$30 day of, DD
tickets are \$10 at the door
Tickets are available at Laverne
Area Chamber, Take 16 Brew-
ery and Blue Mound Liquor or
online at
www.rockriverbeerfest.com
Laverne, MN, 507-283-4061

August 25-28

54th Annual Steam
Threshing Jamboree featuring
the Massey Expo of North
America, Parades, largest
flea market in the area, over
700 antique tractors, antique
car show, horse and steam
powered threshing, saw mill &
machinery demonstrations
wagon train, tractor pulls
train & carousel rides, musical
entertainment, food and
family fun, Prairie Village
Madison, SD, 605-256-3644
www.prairievillage.org

August 25-28

National Park Service's 100th
Birthday, Fee Free Days
Pipstone National Monument
Pipstone, MN, 507-825-5464

August 27

Poker Run/Supper/Silent
Auction, Special Olympics United

Events of Special Note

July 28

Ag PhD Field Day
Baltic, SD, 605-529-5412
www.agphd.com

August 12-14

26th Annual Old Fashioned
Threshing Show, Bahnson
Farm, Humboldt, SD
605-526-3495 or 605-251-9974

August 27

McCrossan Boys Ranch Xtreme
Event Rodeo, 4 p.m. - Gates
open, 4:30 p.m. - Pre-show
entertainment, 5:30 p.m. -
Rodeo Show Begins, McCrossan
Boys Ranch Campus
605-339-1203

September 12

Gardening with the Masters
"Putting It to Bed" Outdoor
Campus, Sioux Falls, SD
605-362-2777

September 24

National Public Lands Day, Fee
Free Day, Pipestone National
Monument, Pipestone, MN
507-825-5464

October 1

Pumpkin Train, Ride the train
to the pumpkin patch and kids
pick pumpkins, Prairie Village
Madison, SD, 605-256-3644
www.prairievillage.org