




Sioux Valley Energy

Your Touchstone Energy® Partner 

Cooperative Connections

MARCH 2017 VOL. 17 NO. 11



A Lineman's Guide to
Good Eats!

Renewable Energy Credit Program Rolled Out at SVE



Tim McCarthy
General Manager/CEO

One of the top questions we get from members at our district meetings deal with renewable energy. People are curious as to how much of their electricity comes from wind, solar and other renewable energy sources. In fact, we've had enough interest over the last several years that we are now offering a new program to allow members to purchase up to 100 percent renewable energy to

offset their current electrical usage.

"RECs" or Renewable Energy Credits represent the valuable renewable attributes of energy which come from regional wind farms. That doesn't mean your electricity comes from a different source—you just get the chance to support current and future renewable projects in the area.

There is a market for renewables and as a result numerous third party entities are trying to sell consumers over-priced RECs. For example, we know of instances where companies charge up to \$0.015 per kWh and they require a minimum

monthly charge of \$5.00. While the market for renewable energy changes continuously (like the stock market), the actual cost for RECs is much less than \$0.015 per kWh. Those companies make a profit off your purchase of renewable energy. In contrast, Sioux Valley Energy is offering the same RECs at only \$0.002 and if there are any margins at the end of the year (depending on how the market shifts), it will be invested in a future renewable project at the Cooperative.

So how would that impact your bill? Sioux Valley Energy allows members to purchase RECs at four different levels. If you used 1,200 kWh a month, this is how it would impact your monthly bill:

- **100% Renewable:** **\$2.40**
- **75% Renewable:** **\$1.80**
- **50% Renewable:** **\$1.20**
- **25% Renewable:** **\$0.60**

The Sioux Valley Energy REC program does not require any special equipment and its billed monthly based on your kWh usage.

Most of the RECs that you purchase will come from the Basin Electric wind projects in both North Dakota and South Dakota—so it's a local renewable source that comes from your Cooperative's power supplier.

If you would like to "green-up" your electricity, please give us a call at 1-800-234-1960—we can help! Paul Mantz at Sioux Valley Energy is the main contact (paul.mantz@sioux-valleyenergy.com).

We hope to see you at the upcoming district meetings, enjoy this beautiful winter and stay warm!

NOTICE TO SMALL POWER PRODUCERS, CO-GENERATORS IN MINNESOTA

In compliance with Minnesota Adopted Rules Relating to Co-Generation and Small Power Production Chapter 7835, Sioux Valley Energy is required to interconnect with and purchase electricity from co-generators and small power producers that satisfy the conditions of a qualifying facility. SVE has available and will provide free information to all interested customers regarding rates and interconnection requirements. An application for interconnection is required for a qualifying facility to interconnect and operate in parallel with the Cooperative's distribution system and is subject to approval by the Minnesota Public Utilities Commission. For further information contact SVE at: P.O. Box 216 Colman, SD 57017 or call 1-800-234-1960





SIoux VALLEY
ENERGY

A Touchstone Energy® Cooperative
The power of human connections

Cooperative Connections

(USPS No. 497-440)

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

REC PROGRAM

SIoux VALLEY ENERGY

Choose Renewable Energy for Your Home or Business

You can easily purchase renewable energy from your local electric cooperative, Sioux Valley Energy. Sioux Valley Energy has Renewable Energy Credits (RECs) available for purchase to offset your current usage with 25%, 50%, 75% and 100% renewable energy options.

The electricity you receive will still be the same reliable, affordable energy you have always received from Sioux Valley Energy but, by participating in this program, you will be supporting current and future renewable projects in our area.

Your home or business will be joining hundreds of other people from across the nation who are supporting renewable energy. By purchasing RECs, your business could add value to your products or services, promote future regional renewable projects and showcase your support for renewable energy sources.



SIoux VALLEY
ENERGY

A Touchstone Energy® Cooperative

1.800.234.1960

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Protect Your Family

According to the National Fire Protection Association, electrical cords and temporary wiring account for more than 25 percent of the estimated 81,000 electrical system fires that occur each year. These fires can be prevented by following these essential home electrical safety tips.

Extension cord safety

- Don't use extension cords as a substitute for repairing building wiring.
- Inspect extension cords for broken connectors, damaged insulation and missing hardware before each use.
- Do not run extension cords through walls, over beams, around corners or through doorways.
- Only use extension cords approved for the environment and loads expected.
- Equip extension cords with ground fault interruption (GFI) devices.
- Don't use coiled extension cords.
- Discard damaged extension cords; Don't try to repair them.
- Use only surge protected power strips. Inspect the power strips regularly for damage or signs of overloading.

Temporary wiring

- Don't substitute temporary and flexible wiring for repairing building wiring.
- Use temporary wiring only when needed for maintenance, repair or demolition activities.
 - Limit temporary wiring for holiday or ornamental lighting to no more than 90 days.
 - In outdoor settings, use only outdoor approved temporary wiring and extension cords.
- Don't route temporary wiring across floors, around doors or through walls.
- Locate temporary wiring at least 7 feet above any walking or working surface.
- Protect temporary wiring from sharp edges, heat and sunlight to avoid breakdown of the insulation.



Equipment power cords

- Inspect equipment cords for damage before each use.
- Don't operate equipment cords without a ground connection unless they are double insulated.
- Don't splice equipment cords to repair damage or to extend the original length.

Maintenance and inspection

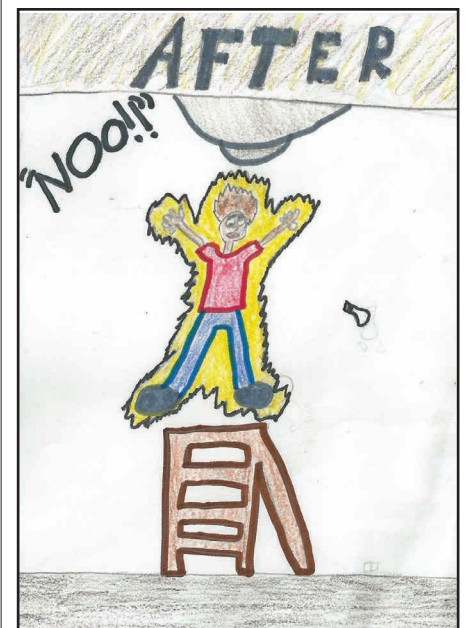
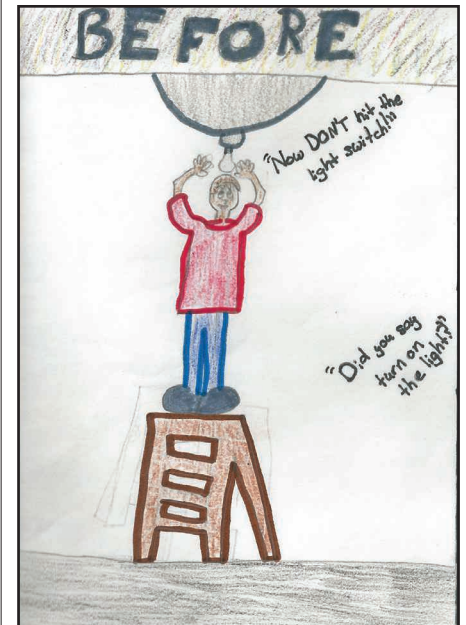
- Lock out or tag all electrical equipment or lines while they are being serviced, maintained or adjusted.
- Inspect all electrical appliances to ensure they're properly grounded. Cords that are frayed or damaged should be removed and replaced immediately, not spliced or taped. Shut down main power source when replacing fuses.

Safeguards to install

- Write the purpose of each circuit breaker, fuse or switch on the panel board.
- Label all disconnecting switches and circuit breakers.
- Make sure there is sufficient access and working space around all electrical equipment for safe operation and maintenance.
 - Cover all unused electrical openings (including conduit knockouts) with electrical enclosures and fittings.

Source: nationwide.com

Kids' Corner Safety Poster



Ashton Massey, Fourth-grader at Menno School District

Ashton is the daughter of Frank and Stacey Massey, Olivet, S.D. They are members of Southeastern Electric Cooperative, Marion, S.D.

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.

Savory Seafood



Lemon Pasta with Spinach and Shrimp

- | | |
|--|--------------------------------------|
| 2 T. butter | 1/4 cup freshly squeezed lemon juice |
| 2 T. olive oil | 1 T. grated lemon zest |
| 1 lb. uncooked large shrimp, peeled and deveined | 1/3 cup ricotta cheese |
| 1/4 tsp. salt | 1/2 tsp. black pepper |
| 8 oz. pasta such as fusilli | 8 oz. baby spinach leaves, fresh |
| 1 cup finely chopped onion | 1 cup fresh grated Parmesan cheese |
| 1 cup chicken broth | |

Melt butter in large skillet. Add olive oil and heat until very hot. Add shrimp and salt; saute until shrimp turns pink. Remove shrimp and set aside. Cook pasta in well-salted water until al dente. While pasta is cooking, add onion to butter and olive oil mixture; cook over medium heat until onion is soft. Add broth to pan, along with lemon juice and zest. Cook and stir until mixture reduces slightly and takes on a thicker consistency. Add ricotta cheese and pepper, stirring until smooth. Pull the al dente pasta out of the boiling water with a strainer. Drop it into the sauce. The little bit of starchy water that goes in with the pasta will help thicken the sauce. Stir in shrimp and spinach. The spinach will wilt as it heats up. When well combined and heated through, stir in Parmesan cheese. Makes 4 servings.

Deborah Rieck, Edgerton, MN

Simple Salmon Soup

- | | |
|--------------------------------------|------------------------------------|
| 1 (14-3/4 oz.) can salmon, undrained | 1/2 tsp. dried dill weed |
| 1 (10-3/4 oz.) can celery soup | Chopped fresh parsley or chives |
| 4 cups milk | Sliced, hard-cooked eggs, optional |

Remove and discard skin and bones from salmon. Break salmon into small pieces. Place into a large 4-quart saucepan. Combine soup, milk and dill weed; add to salmon. Heat over medium until hot, stirring occasionally.

June Herke, Watertown

Tuna and Noodles – On the Light Side

- | | |
|------------------------------|--------------------------|
| 1 T. diet margarine | 1 can tuna, drained |
| 2 T. flour | Salt and pepper to taste |
| 1/2 cup evaporated skim milk | 4 oz. cooked peas |
| 1/2 can mushrooms, drained | 1/2 cup cooked noodles |
| 2 tsp. onion flakes | |

Combine margarine and flour in saucepan. Gradually add milk. Cook over medium heat, stirring until thickened. Remove from heat and add remaining ingredients. Place in casserole dish. Bake at 350°F. for 30 minutes.

Mary Ellen Luikens, Scotland

Baked Fish Dijon

- | | |
|--|--|
| 1-1/2 lbs. firm white fish fillets, such as cod, pollock, flounder or sole | 1 tsp. McCormick® Dill Weed |
| Juice of 1 lemon | 1/2 tsp. McCormick® Black Pepper, Ground |
| 1 T. Dijon mustard | 1/4 tsp. McCormick® Garlic Powder |
| 1 T. olive oil | 1 carrot, peeled and shredded |
| | 3 T. grated Parmesan cheese |

Rinse fish and pat dry. Set aside. Mix lemon juice, mustard, oil, dill, pepper and garlic powder in small bowl. Brush dressing on both sides of fish fillets. Arrange fish, overlapping thinnest portions, in 13x9-inch baking dish. Drizzle remaining dressing over fish. Arrange shredded carrot over fish. Sprinkle with cheese. Bake at 350°F. about 12 minutes or until fish flakes easily with fork. Makes 6 servings.

Nutritional Information Per Serving: Calories 131, Total Fat 4g, Cholesterol 54mg, Sodium 154mg, Carbohydrates 2g, Dietary Fiber 1g, Protein 20g

Pictured, Cooperative Connections

Crab Quiche

- | | |
|------------------------------------|-------------------------------------|
| 4 eggs, beaten | 6 oz. imitation crab |
| 3/4 cup milk | 1 cup shredded Cheddar cheese |
| 1/2 tsp. salt | 1 cup shredded Monterey Jack cheese |
| 1/2 tsp. ground thyme | 2 T. minced onion |
| 1 T. chopped pimento | 1 unbaked 10-inch pie shell |
| 1-1/2 cups fresh broccoli, chopped | |

Combine eggs, milk, salt, thyme and pimento; set aside. Toss chopped broccoli, crab, cheeses and onion together; place in pie shell. Pour liquid mixture over all. Bake at 350°F. for 50 to 55 minutes. Let cool 10 to 15 minutes before cutting. The red and green are pretty for a Christmas brunch.

Barbara Angerhofer, Hendricks, MN

Salmon Casserole

- | | |
|--------------------------------|-----------------------------|
| 1 can salmon | 1 tsp. Worcestershire sauce |
| 1/8 tsp. pepper | Milk Gravy: |
| 1 cup crushed saltine crackers | 2 T. butter |
| 1 egg | 2 T. flour |
| 1/3 cup chopped onion | 2 cups milk |
| 1 can cream of mushroom soup | Salt and pepper, to taste |
| 2 T. chopped celery | 2 slices cheese, if desired |

Combine all casserole ingredients; put in loaf pan. Bake, uncovered, at 350°F. for 30 to 40 minutes. For gravy, in skillet combine butter, flour, salt and pepper. Add milk slowly; cooking until thickened. Add cheese if desired. Serve over top of casserole.

Mary Jessen, Holabird

Please send your favorite appetizer, beverage or casserole recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Easy steps to greater efficiency

By Anne Prince

Do you want to save money and electricity but have limited time, money and patience? According to the Department of Energy, a “typical American family” spends nearly \$2,000 per year on their home energy bills. Much of that money, however, is wasted through leaky windows or ducts, old appliances or inefficient heating and cooling systems.

Luckily, there are several relatively easy ways to save energy without a substantial commitment of time and money. These efforts will help you save whether you own or rent an older or newly constructed home. And, you won't have to hire a specialist or call in a favor from someone who is handy with tools to help you.

Where to start

According to Money Magazine, “improving the envelope” of your home is a good place to start. Sunlight, seasonal temperature changes and wind vibrations can loosen up even a tight home, increasing air leakage. Doors and windows may not close tightly, and duct work can spring leaks, wasting cooled and heated air. By placing weather stripping and caulk around windows and doors, you can keep cool air inside during warm months and prevent chilly air from penetrating the indoors during colder months. Sealing gaps around piping, dryer vents, fans and outlets also helps to seal the envelope and creates greater efficiency. Apply weather stripping around overlooked spaces like your attic hatch or pull-down stairs.

Replacing incandescent bulbs with LED bulbs can make a big difference in home efficiency and is one of the fastest ways to cut your energy bill. Known for their longevity and efficiency, LED bulbs have an estimated operational life span of typically 10,000 to 20,000 hours compared to 1,000 hours of a typical incandescent. According to the Dept. of Energy, by replacing your home's five most frequently used light fixtures or bulbs with models that have earned the ENERGY STAR rating, you can save \$75 each year.

Wrapping up savings

Installing a blanket around your water heater, if it is not a Marathon, could reduce standby heat losses by 25 to 45 percent and save you about 7 to 16 percent in water heating costs, according to the Dept. of Energy. For a small investment of

about \$30, you can purchase pre-cut jackets or blankets and install them in about one hour. On a safety note, the Dept. of Energy recommends that you not set the thermostat above 130 degrees Fahrenheit on an electric water heater with an insulating jacket or blanket; the higher temperature setting could cause the wiring to overheat.

Given that a large portion of your monthly energy bill goes toward heating and cooling your home, it makes sense to ensure your home's heating, ventilation and air conditioning (HVAC) system is performing at an optimal level. Checking, changing or cleaning your filter extends the life of your HVAC system and saves you money.

Air filters prevent dust and allergens from clogging your HVAC system. Otherwise, dust and dirt trapped in a system's air filter leads to several problems, including: reduced air flow in the home and up to 15 percent higher operating costs; lowered system efficiency; and costly duct cleaning or replacement. Many HVAC professionals recommend cleaning the system filters monthly. A simple task like changing the filters on your HVAC system makes your unit run more effi-


ciently, keeping your house cooler in the summer and warmer in the winter.

Take control of your energy savings

Take a look at your programmable thermostat. When was the last time you checked to make sure it was programmed for the current season and family schedule? This is one of the best energy-saving tools at your fingertips. It enables you to fine tune the temperature during particular hours of the day. Many models allow you to differentiate between weekday and weekend schedules, and internet-connected thermostats can learn your schedule and make adjustments automatically. Most models come with an override option so you can make manual adjustments without losing overall programming. You can only achieve these efficiencies and savings if it is programmed properly and adjusted periodically to keep pace with changes in household routines.

Remember, there are easy steps you can take now to improve the energy efficiency of your home. To learn about additional ways to save, contact Sioux Valley Energy at 1-800-234-1960.

Energy Efficiency
Tip of the Month



Heating your living space uses more energy than any other system in your home – typically making up about 42 percent of your utility bill. By combining proper equipment maintenance and upgrades with recommended insulation, air sealing and thermostat settings, you can save about 30 percent on your energy bill.

Source: energy.gov



Sioux Valley Energy 2017 District Meetings

All Members Welcome

A Touchstone Energy® Cooperative 

Complimentary Meal: 5:30 - 7:00 p.m.
Meeting: 7:00 p.m.

**Menu: Beef Brisket,
cheesy hashbrowns, vegetable, & cookie**



Monday, March 6

District 8- Location: Luverne High School Cafeteria (Meal), High School Auditorium (Meeting) - Luverne, MN

Tuesday, March 7

District 10- Location: Edgerton Public School - Edgerton, MN

Monday, March 13

District 2- Location: Sioux Valley Middle School Gym - Volga, SD

Tuesday, March 14

District 4- Location: Dakota Prairie Playhouse - Madison, SD

Thursday, March 16

District 9- Location: Pipestone High School - Pipestone, MN

Monday, March 20

District 3- Location: William J. Janklow Community Center -Flandreau, SD

Tuesday, March 21

District 1- Location: Elkton Community Center - Elkton, SD

****Thursday, March 23**

District 7- Location: West Central School HS Gym - Hartford, SD

****Thursday, March 30**

District 5- Location: Taopi Hall - Colton, SD

****Tuesday, April 4**

District 6- Location: Brandon Valley High School - Brandon, SD

A Lineman's Guide to Good Eats

WHEN ONE'S 'MOBILE OFFICE' CAN TAKE ONE MILES and miles away from home in a given day, grabbing a quick bite to eat at home at noon isn't always an option.

For the hundreds of co-op linemen in the state, their work environment may often mean a sack lunch packed at home. But sometimes, the worksite is close enough that a lunch break at a favorite dining spot can happen. And, given that many towns in cooperative areas don't have a national chain restaurant in them, local eateries delight locals and visitors alike.

(At one time, according to the consumerist.com, a point east of Bison, S.D. was the furthest point from a McDonald's in the lower 48-states. But, when a California McDonald's closed its doors, a point in Nevada edged out the South Dakota loca-

tion by eight miles in 2013, measuring 115 miles to the closest golden arches.)

We asked a few linemen in different parts of the state for some recommendations for their favorite places to grab a bite to eat.

The responses varied and by no means does it provide a comprehensive list to the hundreds of great places to eat in South Dakota and western Minnesota, but below are a few of the recommendations.

The stretch of S.D. Highway 34 extending west from Fort Pierre to Sturgis doesn't look like it would yield many culinary offerings, but the food is good at Nellie's in Enning and down the road at Bull Creek in Union Center, said West River Electric Association Line Foreman Lane Butler, who works out of the co-op's Enning outpost.

Brenda Kleinjan



Eats and Drinks from South Dakota Tourism

Heading to the northeast, the Burger Shack in Faulkton hit the recommendation list. Located along U.S. Highway 212, the eatery specializes in different types of burgers.

Looking for a Mom and Pop type dining experience in northeast South Dakota?

Depending on the season, you may find Northern Electric Cooperative journeyman lineman Tyler Marken and his colleagues eating at one of several places, including the Wake Side Resort at Mina Lake west of Aberdeen. (Other places on the list? Pounders in Aberdeen, Anchors Away at Richmond Lake and the Airport Cafe made Marken's list.)

Heading south along the Interstate 29 corridor, H-D Electric lineworker Josh Risty offered a few suggestions.

The Sioux Land Bar and Grill along the shores of Lake Poinsett in Hamlin County made his list as did the State Line Bar and Grill on Lake Cochrane near Gary on the South Dakota/Minnesota border.

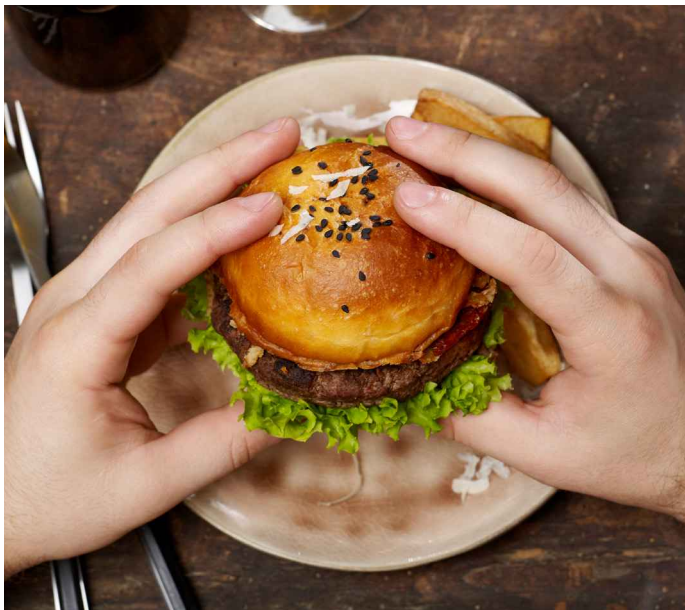
Having worked several storm jobs assisting other cooperatives, Risty had this observation.

"The local diners have always done a great job. I would say at times it is better than the restaurants anywhere," said Risty.

Getting into the Sioux Falls area there scores of options, but as one heads a bit to the west, The Battle Creek Steakhouse on Lake Vermillion near Canistota was one recommended by employees at Southeastern Electric Cooperative at Marion.

Looking for local recommendations and possibly meal deals?

The Touchstone Energy® Cooperative Connections Card has hundreds of restaurants participating. Many restaurants listed offer deals for co-op members. (There's even an app for Android and Apple devices so you have easy access to listings, even when on the road.)



Still seeking more? Check out the featured "Eat and Drink" listings at travelsouthdakota.com. Among the 169 places listed are:

Aberdeen: The Brass Kettle

Arlington: 1481 Grille

Belle Fourche: Belle Fourche Country Club

Brookings: Cafe Coteau; Nick's Hamburger Shop; The Pheasant Restaurant and Lounge

Crazy Horse: Laughing Water Restaurant

Custer: Bavarian Inn; Black Hills Burger and Bun; Blue Bell Lodge; Bobkat's Purple Pie Place; Legion Lake Lodge; Oliver's Twist Ice Cream and Eatery State Game Lodge; Sylvan Lake Lodge

DeSmet: Oxbow Restaurant

Elk Point: Edgar's Old Fashioned Soda Fountain and Pioneer Drug; H&S BBQ N More; Los Amigo's Restaurant

Gettysburg: Bob's Resort

Hartford: Hartford Steak Co. Tavern

Hill City: Alpine Inn, Hubcap Diner; Miner Brewing Company

Huron: 21 Baker Street; 444 Bar & Grill/Elks Lodge; Big D's Timeout Sports Bar & Grill; Burger Plus; Don't Spill the Beans; Putters and Scoops

Keystone: Mount Slushmore; Teddy's Deli

Lead: Stampmill Inn, Restaurant and Saloon

Milbank: Millstone Family Restaurant

Mitchell: Chef Louie's

Oacoma: Cedar Shore Resort

Philip: Badlands Trading Post

Pierre: Cattleman's Club Steakhouse; La Minestra; Mad Mary's Steakhouse and Saloon; Spring Creek Resort and Marina; View 34

You can also download the "Pints and Platters" e-guide at <https://www.travelsouthdakota.com/things-to-do/eat-drink>

Rapid City: Botticelli Ristorante Italiano; Everest Cuisine; Firehouse Brewing Company; Kathmandu Bistro; Kol; Tally's Silver Spoon; ¿Que Pasa? Cantina

Sioux Falls: Bracco World Cafe and Island Bar; Camille's Sidewalk Cafe; CH Patisserie; Foley's Fish, Chop and Steakhouse; Phillips Avenue Diner; Sanaa's 8th Street Gourmet

Vermillion: Cafe Brule; Old Lumber Company Grill and Bar; RED Steakhouse; The Silk Road Cafe

Wall: The Wall Drug Store, Inc.

Wessington Springs: Springs Inn Cafe and Lounge; Sweet Grass Bakery and Coffee Shop

Whitewood: Bullwacker's Saloon

Yankton: The Landing Restaurant and Lounge

Check out the full listing at <https://www.travelsouthdakota.com/things-to-do/eat-drink/list>

No such thing as a miracle heater

by Tim McCarthy

While spring is getting closer, we still have a few months of cold temperatures to deal with. Members are always looking for ways to lower heating bills, including purchasing space heaters that claim significant savings. While electric heat is a great choice, there are a few things to consider before purchasing a space heater.

Relying on space heaters may disappoint

This colder weather makes the staff here at your cooperative brace for calls from members concerned about the higher bills. I will concede that some of those calls will come from disappointed members who expected to save money by relying on space heaters to heat their homes. Let's talk about heating your home in general and the use of electric space heaters.

Best way to heat is sealing home's envelope

Space heaters are generally not the most cost-effective option when it comes to electric heat. We recommend installing an even more efficient system--either an air source heat pump or geothermal unit. Beyond installing an extremely efficient HVAC system, you can seal up the cracks. Sioux Valley wants its members to recognize their home is a living and breathing system. The best way to heat (or cool) your home is to seal the home's envelope and use a properly installed and efficient whole house system.

No such thing as miracle heaters

Turning our focus to space heaters, I want to make one thing clear to our members. Now, this may upset some salespeople and manufacturers out there but here goes.... there is no such thing as a "miracle heater." Yes, I said it! These in-home flyers, magazine and newspaper advertisements (designed to resemble news articles), e-mail blast, TV infomercials, and mall kiosk are marketing efforts designed to do only one thing and that is separate you from your hard earned money!

A watt is a watt is a watt

While technology has improved and heaters may have become more efficient over time, the laws that govern electricity are much like those of physics. Neither sees a lot of amendments! With this in mind, here is another fact and a great quote I will attribute to an energy advisor I once worked with: "A Watt is a Watt is a Watt." In other words, if a person plugs in a 1500 watt space heater it is going to use 1500 watts of energy. Putting a very nicely built mahogany cabinet around a \$30 space heater and charging people \$350 for it doesn't change the amount of power that unit is going to use. It's not a miracle. Let's be nice. For the sake of argument we'll call it a misrepresentation of a product's true potential to perform.



Greg Brooks, Walton EMC

Do a cost analysis before making a purchase

If you are using these units, our wiring department can do a cost analysis for you. I think you will be shocked to see what these will actually cost you. Oftentimes people tell us things like, "the salesperson told me these heaters would cost me pennies a day." If this sounds familiar, think about this...did they quantify how many pennies per day?

Efficient does not equal cost-effective

Don't get me wrong, electric resistance heaters are efficient. For every unit of electricity that is consumed by these devices, they will produce one unit of heat. The problem is they are just not very cost-effective. Again, and I can't emphasize this enough, no matter how you slice it, a watt is a watt. It doesn't matter what kind of heater or appliance you have. If you put 1,000 watts in, you get 3,412 British Thermal Units of heat out.

Multiple heaters multiply costs

We often visit homes after receiving calls from members and we find three to five electric space heaters in their home. Because these members have been misled, they wonder how their electric bills could be so high. The simple fact is the cost of operating multiple electric heaters is almost always significantly more than most central heating systems.

An energy audit could save you money

If this article hits close to home I would encourage you to contact the Sioux Valley Energy Services department. They have the experience and knowledge to help guide you in your quest to save on your heating bills. In closing, I implore you to ask questions and do some research before you buy any "miracle heaters." I think you will find that facts will cut through a lot of marketing hype and could save you a significant amount of money and frustration in the end.

Chester Area School Student Selected Scholar of the Week

Cole Anderson, a student at Chester Area School, has been chosen as a Touchstone Energy Cooperative 'Scholar of the Week'. Cole was recognized with a cash award by Sioux Valley Energy and will be featured on the KSFY news for his accomplishments. He is the son of Brian and Darla Anderson of Wentworth.

Touchstone Energy Cooperatives, like Sioux Valley Energy, and KSFY Television have joined together to recognize the achievements of high school seniors throughout the region. Recipients are highly motivated high school seniors who excel in the classroom and community. This program was founded on the four pillars of Touchstone Energy: Integrity, Accountability, Innovation and a Commitment to Community.

"Cole has given selflessly to others and should be proud of his accomplishments both in and out of the classroom. He is an example of what we need in our future leaders," said Tim McCarthy, Sioux Valley Energy General Manager/CEO.

Adam Gale, teacher and coach at Chester Area School, appreciates Cole's giving personality.

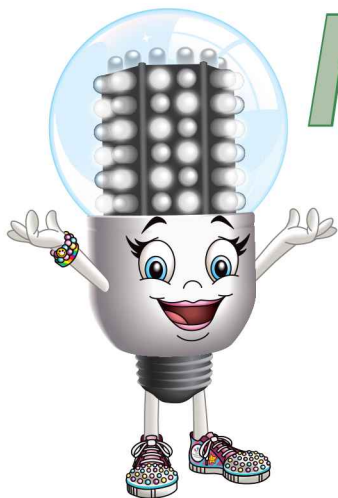
"Cole is a great young man with a strong work ethic, both in the classroom and outside the classroom. I have had the privilege to coach and teach Cole for over five years. He is the type



Carrie Law presents Cole Anderson with a cash award for being chosen as a Touchstone 'Energy Scholar of the Week'.

of student-athlete coaches and teachers love to have because of the un-coachable tangibles that he possesses. Not only does he work hard in school and in extra-curricular activities, but in addition is a great member of the Chester community."

Gale added, "Cole is able to see beyond himself and his needs. For example, he participated in a mission trip last year to Guatemala with a group to work at an orphanage to help build homes for children who had been abandoned and living on the streets. He also took part in digging a trench for a new water system the orphanage was going to install," Gale said.



Meet LED Lucy!

Get to know this bright gal and save on your lighting bill!

Learn more about Sioux Valley Energy's rebate program for LED lightbulbs.

- Up to \$5 rebate per bulb
- Must be 60 watt incandescent equivalent or higher
- Maximum rebate of \$75
- Will be issued as a bill credit

Area Co-ops Represented by Trio

Three area men among 11 directors guiding Basin Electric Power Cooperative

By Chris Gessele and Tracie Bettenhausen
Basin Electric Power Cooperative

AS A COOPERATIVE MEMBER, YOU PROBABLY REALIZE THAT the board of directors of your local electric cooperative is comprised of people you probably call “neighbor.” But did you know that your cooperative makes up one of the largest cooperatives in the nation?

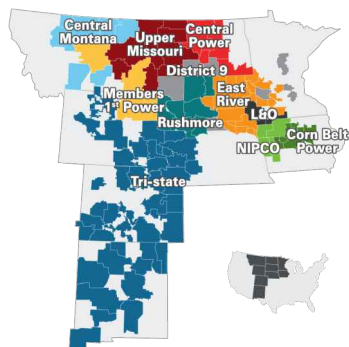
Rural electric cooperative pioneers in the Missouri River basin created Basin Electric Power Cooperative in Bismarck, N.D., in 1961 to provide supplemental wholesale power to their distribution cooperatives. Basin Electric’s growth and success during the past 50-plus years is due to the commitment, support and resolve of these visionary co-op leaders and their consumers.

Basin Electric’s 11-member board of directors are elected by its members – more than 140 cooperatives in nine states. These directors have been elected to the boards of their local distribution systems and then, with the exception of District 9, to their respective intermediate generation and transmission systems. Many of the Class A members are generation and transmission (G&T) electric cooperatives.

Basin Electric’s member systems’ service territories span 540,000 square miles from the Canadian to the Mexican borders. Its members constitute a vital network of generation, transmission and distribution systems that deliver electricity to 3 million consumers in parts of North Dakota,

South Dakota, Wyoming, Colorado, Minnesota, Iowa, Nebraska, Montana and New Mexico.

Here are profiles on three directors representing South Dakota and Minnesota electric cooperatives.



Kermit Pearson:

The more he got involved, the more he realized serving rural electric cooperatives was what he was meant to do.

When Kermit Pearson was asked to join the Webster, S.D.-based Lake Region Electric Association board in 1981, it was something he didn’t expect.

He had no experience in the electric cooperative world and had no family history there either. He was 35 years old and says even at that time, most of the directors on electric cooperative boards were nearing retirement age.

He was filling the seat of Art Jones, a pioneer in electric cooperative history. Jones helped to organize Lake Region Electric, East River Electric Power Cooperative and finally Basin Electric where he served as the first board president.

“There was some legacy there to follow,” Pearson says. He felt young, but the more he got involved, the more Pearson realized serving rural electric cooperatives was what he was meant to do.

In addition to the Lake Region Electric board, Pearson has served on the East River Electric board since 1989 and has served on the Basin Electric board since 1997, representing District 1. Currently he serves as the Basin Electric board’s vice president and represents Basin Electric on the South Dakota Rural Electric Association board of directors.

Since that unexpected phone call, Pearson has never been involved with another board. His energy is directed into the rural electrics. “Electric cooperatives are so well run and well organized and there are quality people in these organizations throughout,” he says. “Being around good people is fun and it’s fun when you’re all fighting for the same cause – to improve the quality of life for rural people.”

Pearson farms and ranches in partnership with his brother, Neal. The Pearson Gelbvieh Cattle Company sits a dozen miles east of Britton, S.D., in the northeastern corner of the state. Off the road leading to Fort Sisseton State Park, the farmstead has a nice thick buffer of trees, some that have been planted over the past 67 years by a Pearson, and at least one that was a good 25 years old before the Pearsons ever set foot on the place. There are lakes in almost every direction and many are named for the distance they are from the fort – Four Mile Lake, Nine Mile Lake and so on. In addition to the purebred Gelbvieh herd, Pearson grows soybeans, wheat, oats and alfalfa.

He hasn’t always lived this life, though. After college at South Dakota State University, Pearson taught vocational agriculture in Redfield, S.D., and then managed the South Dakota State Fair in Huron, S.D.

Kermit and Peggy Pearson were starting their lives together about that time and decided life in Huron would not be a long-term thing. The desire to farm and ranch pulled Pearson back toward his home. “Neal and dad were working together at that time. If we were to grow and expand, it took another hand and that was me,” he says. “I had an interest in the purebred aspect of the cattle operation. I guess you can’t take the farm out of a boy.”

Thinking back, Kermit Pearson says his state government experience with the South Dakota State Fair and his previous teaching experience is what made the Nominating Committee at Lake Region Electric think of him for a board seat.

From the days when Art Jones was the first president of the Basin Electric board, to his Lake Region Electric successor’s work today, Pearson says, “Basin Electric has always survived and not only have we survived, but we have grown and prospered as a result of the way we tackled those issues. We have a good cause to fight for.”

Pearson serves as the Basin Electric vice president.



Gary Drost:

Drost represents District 2, L&O Power Cooperative, and serves as Basin Electric's secretary/treasurer.

Gary Drost and his co-op companions stepped into the Longworth House Office Building cafeteria — a noisy and bustling expanse of well-dressed people. The cafeteria didn't seem much different than the rest of Capitol Hill.

Drost represents Basin Electric's District 2, L&O Power Cooperative of Rock Rapids, Iowa, and serves as Basin Electric's secretary/treasurer. He also serves on several Basin Electric subsidiary boards. He represents Sioux Valley Energy of Colman, S.D., on the L&O board of directors.

Drost's cafeteria stop was part of a mid-September 2014 trip to Washington, D.C., with other cooperative colleagues to visit legislators and attend the annual Fall Fly-In reception for congressional staffers, which is coordinated by Basin Electric. During the visits, the group visited the Minnesota, South Dakota and North Dakota congressional delegation and Roger Johnson, National Farmers Union president.

Each legislator was joined by at least one staff member who would take notes and ask visitors questions about the issues they face.

"We've been told by legislators, 'When you folks come in, we listen. You don't come in with three or four people — you come in with a delegation that's much larger.' There's strength in numbers," Drost says.

It was warm outside as the group moved between buildings. That fact and the day's frantic pace didn't wear down Drost: He's busy enough on his farm near Luverne, Minn., where he and Debra grow corn and soybeans. They farm with their son, who also raises beef cattle and hogs. Gary and Debra also have a daughter and three grandchildren.

Drost's life as a co-op director can take him far from home, but he knows the importance of these trips: co-ops were born in politics, linking co-op leaders and the nation's leaders.

It was a nonstop, tightly scheduled stay in D.C. for Drost and his cooperative counterparts, though well worth the effort to visit about topics that could have profound effects on the energy industry.

"The rural electric program was born in politics and will survive or die in politics," Drost says.

Drost, a former lineman and retired U.S. Navy Reserve serviceman, has been a Basin Electric director since 1999 and electric cooperative board member since 1987. He remembers his first visit to Basin Electric's annual meeting of the membership as a new cooperative board director.

"I was just awestruck by what Basin Electric was and everything Basin Electric was doing. I wouldn't have dreamed that 12 years later I'd be a director on the Basin Electric board," he says.

In 1987, the cooperative and its members were challenged by surplus generation. Drost and the other directors face challenges of a different sort today.

"It's a pretty exciting time because of the challenges of growth and capacity shortages we face going forward. Everything is continually changing, and we must meet the membership's needs while also recognizing needs of the future member," Drost says. "I'm comfortable looking toward the future because we have a committed staff and board at Basin Electric, and a membership that is committed to Basin Electric and is very much a part of our future."



Mike McQuiston:

McQuiston's first co-op memories are tied to needing the cooperation of neighboring homes.

The drive to Mike McQuiston's ranch in central South Dakota is similar to a trip into a national park. Prairie scenery gives way to bluffs and hills and valleys, roads wind and get more rugged and the sky opens up to endlessness.

Out in the pasture, driving in four-wheel over lumps and bumps, suddenly the land in front of your windshield gives way to the view of Lake Oahe sprawling as far as your eyesight can stretch.

"This part of the world can humble you pretty quickly," says McQuiston, Basin Electric director for District 7, Rushmore Electric Power Cooperative in Rapid City, S.D.

McQuiston is showing off the artesian well system on his land. Wells 2,400 feet deep, flowing 35 to 40 gallons per minute. The water is potable but "it's got a taste to it. You don't have to take your vitamins," he jokes.

The wells keep the cattle watered and a reverse osmosis system in the house allows his family to use the water as well.

Living along the Missouri River, just north of the Oahe Dam, means McQuiston has the kind of views people will drive for hours to see. His family has a history on this land going back five generations. In the 1960s, his grandparents moved their house and barn to a higher altitude so that when the dam was built, they wouldn't be flooded. The house remains on that far-off hill, nobody living there for 40 years now.

McQuiston's first co-op memories are tied to needing the cooperation of neighboring homes. "Probably the first co-op function I went to was rural water and what is now Golden West Telecommunications. They were our phone provider," he says. "I can remember taking an old phone, going over to the neighbor's and there was a pole with a little deal at the bottom where you could wire the phone in. That's what we did when we had to make a phone call. And that was just the way it was."

Today, he takes his children, Zach and Ally, to electric co-op annual meetings. Zach went on the Rural Electric Cooperative Youth Tour to Washington, D.C., in 2016.

And since McQuiston has been on the Basin Electric board since 2013, he made the choice to put his cattle out on shares so he has the time to attend Ally's soccer games and Zach's football and basketball games. "I decided, until they are out of school, I'm going to do electric stuff and I'm going to chase them and go where they go," he says.

McQuiston first got into "electric stuff" in 1996, when he was elected to the board of West Central Electric Cooperative, headquartered in Murdo, S.D. He knew quite a few of the co-op's members then because he spent his high school years working for the veterinarian at the local sale barn.

In 2010, McQuiston was elected to the Rushmore Electric Power Cooperative board, a Class A Basin Electric member. He also served on the South Dakota Rural Electric Association board from 2003-2010.

He was 26 years old when elected to the West Central Electric board. "You go to the meetings, you meet the people and you talk ag, so I really enjoyed it," he says. "Once you know your goal is to keep the lights on and the rates down, that fit me really well."



Updates to Garrison Dam Keep the Power Flowing

Investments being made in the six dams along the Missouri River should keep the power flowing from these workhorses for the next several decades.

Garrison Dam, located in North Dakota, is the first of the six dams that will have had significant rehab projects completed, according to information reported in the U.S. Army Corps of Engineers' Omaha District Hydropower Master Plan final submittal released in August 2016.

The rehab projects at Garrison are scheduled to be complete by 2020, with many of the major pieces of the more than \$110 million in projects completed or in process.

The Hydropower Master Plan provides current and future requirements, describes constraints, and depicts future facility and infrastructure development plans.

Along the Missouri River, the U.S. Army Corps

of Engineers (USACE) operates a total of 36 generator units capable of producing approximately 2.4 million kilowatts of power. Through many years of Federal water resource legislation, several acts influenced or guided how the system has developed and its regulation. The 1944 Flood Control Act, commonly called the Pick-Sloan Program, authorized construction of all of the Missouri River System projects with the exception of Fort Peck, which was authorized by the River and Harbors Act of 1935 and the Fort Peck Power Act of 1938.

The Western Area Power Administration (WAPA) markets and delivers reliable, cost-based hydroelectric power for a 15-state region of the central and western United States, including hydroelectricity generated by the Pick-Sloan dams. WAPA transmits this power to rural electric cooperatives, municipal entities, public-owned systems, Native

From the
Omaha District
Hydropower
Master Plan

Garrison Dam Statistics

(Cubic Feet per Second = CFS; Mean Sea Level = MSL; Kilowatts = Kw; Revolutions per Minute = RPM)

Significant Dates: Operating Since: 1955 • Construction Start: 1946 • Closure: April 15, 1953

Reservoir filling initiated: December 1953

Reservoir first at minimum operating pool: Aug. 7, 1955

Initial Power Generation — First and Last Units: January 1956 — October 1960

Powerplant: Number of turbines: 5 Francis, 90 rpm • Max power generation capability: 583,300 Kw

Size: Ranking: 42nd largest reservoir in the world, 3rd largest reservoir in the United States

Length of Dam: 11,300 feet (excluding spillway) • Maximum width at base: 3,400 feet (total)

Damming Height: 180 feet (low water to maximum operating pool) • Maximum Height: 210 feet

Elevation at crest: 1,854 feet msl

Construction: Abutment formations (under dam & embankment): Fort Union clay shale

Type of Fill: Rolled-earth fill • Amount of Fill: 66,500,000 cubic yards of fill

Amount of Concrete: 1,500,000 cubic yards



Surge tanks at Garrison Dam hydropower plant near Riverdale, N.D. The power plant has five generating units that produce an annual average 2.6 million mega-watt hours of electricity, valued in excess of \$39 million in revenue.

American tribes, and federal/state agencies.

Section 212 of the Water Resources Development Act of 2000 authorizes USACE to accept customer funds to maintain and operate the hydroelectric power plants. The U.S. Army Corps of Engineers entered into Contract No. 04-UPGR-65 which provides for the Western States Upper Great Plains (UGP) to contribute funds for activities necessary to maintain the reliability and good operating condition of the power facilities to include operation, maintenance, replacement, additions, and construction of features at USACE UGP Region power plants where such activities will optimize the efficiency of energy production or increase the capacity of the facility.

In the last few years, the Garrison Power Plant received funding to address a systemic turbine blade cracking problem and grew to include generator replacements after stator winding failures occurred during the turbine fabrications phase of the project. In 2015, customer funding was provided for the rewind of the Garrison autotransformer. The only other customer work was projects to provide a system-wide transformer assessment, and to provide new PPCS servers to the plant.

The main work at Garrison is completing the major rehab requirement. Additionally a project to replace the intake structure roof and structural deck is under way.

Assuming Garrison continues to be well maintained and carefully operated, it is expected that the plant will operate with good reliability throughout its design life until 2045, the Master Plan authors concluded.

In 2015, the six dams that comprise the Pick Sloan System (Fort Peck, Garrison, Oahe, Big Bend, Fort Randall and Gavins Point) had an availability factor of 87 percent when it came to power production and had a net generation of more than 9.3 million MWh.

For more on the Hydropower Master Plan, go to <http://www.nwo.usace.army.mil/Missions/Dam-and-Lake-Projects/Hydropower/>

PICK-SLOAN HISTORY

Between 1932 and 1957, U.S. Army Corps of Engineers Omaha District built six main stem dams and many smaller dams along Missouri River tributaries. These, along with a system of federal and private levees, provide flood risk reduction for urban and agricultural property.

In 1943 a spring thaw caused eight of the Missouri's tributaries to spill over the banks. The main stem itself flooded between Pierre, S.D., and Rulo, Neb. A total of 700,000 acres were submerged with damages reaching almost \$8 million.

Later that year, two separate downpours inundated 540,000 and 1.2 million acres. The estimated damages amounted to \$32 million. The floods interrupted wartime training, production, and ruined crops needed by American allies overseas. The combined torrents, known as the "Flood of '43" had a long-term impact on the Missouri River basin. The flood became the catalyst in markedly changing the mission and program of the Civil Works program within the Omaha District.

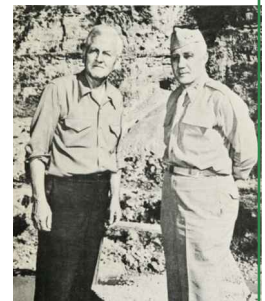
Colonel Lewis A. Pick's concern as Missouri River Division Engineer focused on flooding. Pick had served as the New Orleans District Engineer just after the record-breaking Mississippi River floods of 1927 and had served as the engineer assistant to Secretary of Commerce Herbert Hoover on the Relief Commission to the area.

Pick's experience with the lower Mississippi River garnered credibility toward his 13-page proposal that addressed managing the Missouri River. Previous river developments in the valley had been oriented toward specific projects rather than a broad program. Pick's plan shifted the emphasis from a single to multiple-purpose concept. It envisioned a vastly expanded federal water policy in the basin.

Pick recommended that the USACE construct multiple-purpose dams in the Dakotas. These dams would store flood-producing water and use it to provide hydroelectric power, wildlife and recreation facilities, a navigable channel and irrigation, plus water for domestic and sanitary needs. He expected other benefits as well, including protecting lives and property, and stabilizing and encouraging economic development.

His plan proposed a progressive development. Pick concluded that it would not be feasible to construct all the multiple-purpose units simultaneously. He recommended an orderly, four-phase approach as circumstances and funds permitted.

Also focused on taming the Missouri was William G. Sloan, assistant director of the Region 6 office of the Bureau of Reclamation in Billings, MT. After the passage of the 1939 Reclamation Act, Sloan was assigned to prepare a basinwide water resources development plan in order to bring the greatest good to the greatest number of people. The Bureau's report assumed that farming would remain the primary basis of the basin's economy.



William G. Sloan, left, and Col. Lewis Pick

The USACE and Bureau Join Forces:

The Pick plan, with its emphasis on flood control and navigation, drew its strength from lower basin interests and their advocates in Congress. Support for Sloan's plan for irrigation and hydroelectricity came from upriver and had congressional backing.

Both of the original plans proposed a series of big dams and reservoirs on the main stem above Sioux City. Both would develop hydropower, where feasible, after meeting primary demands for irrigation or navigation and flood control. The two agencies made major compromises on proposed main stem dams between Fort Peck and Sioux City. They agreed on five in the Dakotas, which would impound 72 percent of the new water storage in the entire basin. The USACE and the Bureau settled additional differences in the original proposal, bringing together both groups through the Pick-Sloan Plan.

On Dec. 22, 1944, President Roosevelt approved the Flood Control Act, authorizing the Pick-Sloan Plan. The legislation provided the framework for the development of water resources on the Missouri River and the basis for Omaha District major undertakings on the main stem in the years to come with eight authorized purposes: flood control, navigation, fish and wildlife, irrigation, hydropower generation, recreation, water supply, and water quality.

Regional Dateline

December 15-March 31

South Dakota Snowmobile Trails Season, Lead, SD 605-584-3896

February 24-25

SD State High School Wrestling Tournaments, Sioux Falls, SD 605-224-9261

February 25

Annual Ham Dinner with Wild Game, Doors open at 5:30, meal at 6:30 p.m. Izaak Walton Clubhouse Annual fund-raiser for the conservation of soil, air woods, waters and wildlife Sioux Falls, SD, 605-261-8700

February 25

11th Annual Outhouse Races and Chili Cook-off Contest 10 a.m. to 3 p.m. Nemo, SD, 605-578-2708

March 8-12

SD State Pool Tournament Rapid City, SD, 605-394-4115

March 9-11

SD State High School A Girls Basketball Tournament Brookings, SD, 605-224-9261

March 9-11

SD State High School B Girls Basketball Tournament Huron, SD, 605-224-9261

March 11-12

2017 Gun Show, American Legion Hall, Saturday 9 a.m. to 5 p.m., Sunday 9 a.m. to 3 p.m. MST, Philip, SD 605-859-2635, 605-859-2280 605-859-2892



PHOTO COURTESY OF MAKENZIE HUBER/SDSU/ COLLEGIAN

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.

Events of Special Note

March 4-7

2017 Summit League Basketball Championship Sioux Falls, SD, 605-367-7288

March 19

17th annual "Gift of Hope Concert" featuring Mark Schultz, 2 p.m., O'Gorman Performing Arts Center Sioux Falls, SD 605-988-3465

March 16-18

SD State High School AA Boys and Girls Basketball Tournament, Rushmore Plaza Civic Center, Rapid City, SD 605-224-9261

March 16-18

SD State High School A Boys Basketball Tournament Premier Center Sioux Falls, SD, 605-224-9261

March 16-18

SD State High School B Boys Basketball Tournament Barnett Center, Aberdeen, SD 605-224-9261

March 18-19

Black Hills Motorcycle Show Rushmore Hall, Rushmore Plaza Civic Center Rapid City, SD, 605-394-4115

March 23-25

SD All-State Band Concert Sioux Falls, SD, 605-224-9261

March 24-25, March 31-April 1

59th Annual Schmeckfest Freeman, SD, 605-925-4237

March 24-26

Black Hills Home Builders Home Show, Rushmore Plaza Civic Center, Rapid City, SD blackhillshomebuilders.com

March 25-26

SD State AAU Wrestling Tournament, Rushmore Plaza Civic Center, Rapid City, SD 605-394-4115

March 30

McCrossan Banquet Auction "Wildest Banquet Auction in the Midwest" featuring "A night out with the PBR" 5:30 p.m., \$75, Ramkota Exhibit Hall, 3200 W. Maple Sioux Falls, SD 605-339-1203

March 30

I Love The 90's Tour Rushmore Plaza Civic Center Rapid City, SD, 605-394-4115

March 31-April 1

Holiday Arts Spring Craft Show Mitchell, SD, 605-248-2526

March 31-April 2

Professional Bull Riders Built Ford Tough Series Sioux Falls, SD, 605-367-7288

April 8

Shop, taste, play, mingle and more at the Love the Ladies Expo, 9 a.m. to 4 p.m., Grand Prairie Events, Free admission Free brunch served 10 a.m. until gone courtesy of Sanford Luverne, Drawings for 4 \$100 Luverne Chamber gift cards, Seminars throughout the day, Food and beverage tastings throughout the day Luverne, MN

May 13

Cinco De Mayo Fiesta Falls Park, 11 a.m. to 7 p.m. Sioux Falls, SD, Contact Jen Rothenbuchler 605-271-0468 www.cincofiesta.com