

## Cooperative Connections



**Ready to Run:  
Road Races,  
Marathons,  
and Half-  
Marathons  
Hit Region**

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**Celebrating  
Midsummer  
at Dalesburg**

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# What Makes Your Electric Cooperative Board Powerful?



**Joel Janorschke, General Manager**

[jjanorschke@traverseelectric.com](mailto:jjanorschke@traverseelectric.com)

**Your local electric co-op board members also work alongside Minnesota Rural Electric Association lobbyists in St. Paul and Washington, D.C., to make sure our legislators are aware of how energy policy affects the rural community.**

Traverse Electric Cooperative is one of 895 electric distribution cooperatives across America that, collectively, deliver power to 56 percent of the nation's land mass. Electric cooperatives are private, locally operated electric utility businesses that are owned and regulated by their members to provide near-cost electric service and governed by democratically elected, local boards of directors.

There are currently 7,200 electric co-op board directors in America who serve in the community where they live. Unlike investor-owned utilities, they address local electrical energy issues with hometown values – issues like community economic development and setting affordable, sustainable rates for rural residents and farms. Your local electric co-op board members also work alongside Minnesota Rural Electric Association lobbyists in St. Paul and Washington, D.C., to make sure our legislators are aware of how energy policy affects the rural community.

The Rural Electrification Act of 1936 established the cooperative governance model and over the last 83 years, rural America has prospered. Then Texas Congressman Lyndon B. Johnson founded Pedernales Electric Cooperative in 1938. During a speech to National Rural Electric Cooperative Association (NRECA) directors on July 14, 1965, President Johnson said, “Nothing has been more gratifying to me than my association with the rural electrification program. That program stands today as one of the most successful enterprises ever undertaken anywhere, at any time, by anyone.”

Electric co-op board members need education and training, just like line technicians and other energy professionals, to gain and maintain a deep understanding of this complex business. They are responsible for asking questions and seeking outside expert opinions, establishing systems to review current cooperative business information and all board members must consent to the fiduciary duties of care, loyalty and obedience. The essential functions of your local electric cooperative board include:

- Setting the mission, vision and values
- Establishing, maintaining and assessing legal, regulatory and internal compliance programs to mitigate the cooperative's risk
- Setting electric rates
- Policy development including bylaw requirements and CEO selection, appraisal and compensation

Not only is training essential to a board's success but having the right people at the table creates a powerful force, like any other work group with a solid and unified purpose. Former National Rural Electric Cooperative Association (NRECA) President Phil Carson touched on this in his NRECA 2018 annual meeting presentation. He said, “The right people committed to the right principles need stewards, who bring a measured, analytical and reasoned approach to matters and visionaries who like to dream about the possibilities before us, willing to take risks to try new ideas. Both roles are important at our co-ops, and when we get the mix right, stewards and visionaries bring out the best in each other.”

The energy industry has seen unprecedented transformation since 1936. Today, the industry is changing faster than ever and electric cooperatives are rising to the challenge. As electric cooperative boards forge ahead, they're exploring new issues like broadband, battery storage and effectively integrating new technologies. Fortunately, Minnesota's electric co-op board members have training opportunities to stay abreast of new opportunities and Traverse Electric encourages diversity as new board members step forward to serve their community.

# Traverse Electric Cooperative Connections

(USPS No. 018-903)

## Board of Directors

**President:** Alan Veflin, Sisseton, SD  
**Vice President:** Pat Homan, Beardsley, MN  
**Secretary:** Mark Pearson, Rosholt, SD  
**Treasurer:** Karen Kath, Campbell, MN

## Directors

Doug Diekmann, Beardsley, MN  
 Russ Armstrong, Wheaton, MN  
 Terry Monson, Veblen, SD  
 Michael Marks, Norcross, MN  
 Tom Frisch, Dumont, MN

## General Manager

Joel Janorschke - Cell: 320-304-1392  
 Direct: 320-563-1055  
 jjanorschke@traverseelectric.com

## Management Staff

Karen Lupkes - Office Manager  
 Dale Schwagel - Operations Manager  
 Jerrel Olson - Member Service Director

## Office Personnel

Melissa Przymus - Accountant  
 Susan Wilts - Billing Clerk

## Operations Personnel

Richard Davis - Foreman  
 Chris Falk - Journeyman Linemen  
 Joe Gahlon - Journeyman Linemen  
 Josh Shoutz - Journeyman Linemen  
 Lonnie Tekrony - Journeyman Linemen  
 Dennis Koch - Facility Technician  
 Mark Koch - Groundsman

**In case of a power outage call  
 1-800-927-5443**

Traverse Electric Cooperative Connections is published monthly by Traverse Electric Cooperative, PO Box 66, 1618 Broadway, Wheaton, MN, 56296 for its members. Families subscribe to Traverse Electric Cooperative Connections as part of their electric cooperative membership. Traverse Electric Cooperative Connections' purpose is to provide reliable, helpful information to electric co-op members on matters pertaining to rural electrification and better rural living.

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Web site: www.traverseelectric.com. This institution is an equal opportunity provider and employer.

**Our Mission:** To provide dependable service at the lowest possible rates, consistent with sound business principles.

Design assistance by SDREA.



## Member Comments

Thank you for the beautiful Springtime feeling plant we won at the annual meeting in Wheaton. God's blessings to the ladies and good work in the office and to the line crews bearing the weather for maintenance and repair of electricity to our homes, businesses, etc.  
**Dennis and Lois Sumerfelt, Wheaton, MN**

Thank you for the credit, good food, and info (at the annual meeting). Enjoy the warmth. Just heard snow in forecast.  
**Gerald and Janice Faas, Beardsley, MN**

Thanks to the two gentlemen who replaced my yard light. May all the employees of the REA have a very blessed Easter.  
**Ione Schmidt, Wheaton, MN**

Happy Easter. Thank you for the gift we won at the annual meeting. It's so nice to have faces to go along with the names. Thanks to all the line people for doing their best to keep the lights on. Take Care.  
**Laura and Dan Hagelin, Beardsley, MN**

Thanks to the guys for fixing our power during a snow storm.  
**Lloyd Keller, Tintah, MN**

Thank you for drawing my name for the \$100 credit at the annual meeting. It was very much appreciated. Thanks also for the linemen that keep everything going during the winter months. We appreciate their hard work.  
**Stanley Schade, Sisseton, SD**

Thank you for drawing our name for the \$50 credit at the annual meeting.  
**Valley View Golf Club, Inc., Sisseton, SD**

Thank you for your donation to our 2018-2019 Campbell-Tintah School yearbook.  
**Campbell-Tintah Publications Class, Campbell, MN**

Thank you for giving to LifeScape! Thank you for helping children with disabilities to learn, grow, become more independent and live much richer lives.  
**Jessica Wells, President, LifeScape Foundation**

Thank you for your donation for our smelt fry.  
**Valley Lake Boys Home, Breckenridge, MN**

The Rosholt Class of 2021 is sincerely thankful for the money you donated to make our 2019 post prom event successful.  
**Class of 2021, Rosholt, SD**



## IN CASE OF OUTAGE

- 1<sup>ST</sup>** Check the fuses or breakers in your home or building in which you do not have power.
- 2<sup>ND</sup>** Check your breaker below your meter on the yard pole. Some residential members may not have breakers.
- 3<sup>RD</sup>** If you still do not have power, call your neighbor to check if their electricity is also off.
- 4<sup>TH</sup>** Call immediately; do not wait for your neighbor to call in the outage.
- 5<sup>TH</sup>** Call Traverse Electric Cooperative at 1-800-927-5443.





# Summer Electrical Safety Tips for Kids

As school begins to let out, families are starting to enjoy some outdoor time with their young children. Backyards, local parks and pools are great places to spend your summer days, but to ensure a happy, healthy and safe summer, parents should be aware of a few electrical safety basics to share with their children.

- Be aware of power lines around you and always assume that wires are "live and dangerous." Never touch an outdoor wire with any part of your body, toys or other objects.
- Do not throw items such as gym shoes onto electric lines and equipment or try to retrieve items from around overhead power lines.
- Fly kites and model airplanes and other toys in large open areas such as a field or a park – safely away from trees and overhead power lines. Also, do not attempt to retrieve balloons, kites or other objects that may get stuck on power lines or other electrical equipment.
- Do not climb trees near power lines. Even if power lines are not touching the tree, they could touch during climbing when more weight is added to a branch.
- Never climb a utility pole or play on or around electrical equipment.
- Never post or tie signs, hang banners or tie ribbons or balloons onto utility poles or other electrical equipment. This can be dangerous to you and endanger utility workers.
- Do not go into an electric substation for any reason – even on a dare. Electric substations contain high-voltage equipment, which can kill you. Also, never attempt to rescue a pet that goes inside. Instead, call your local utility company.
- Never try to rescue a family member, friend or pet that has come into contact with any electrical equipment – Call 911 immediately.
- Keep electrical toys, appliances and tools at least 10 feet away from pools and wet surfaces.
- Never touch any electrical toys, appliance and tools while you are wet or standing in water. Energy flows easily through water, like a puddle or a pool.

Source: [www.ehstoday.com](http://www.ehstoday.com)



## Hazard Recognition

**HAZARDS ARE EVERYWHERE. WHAT RISKS AREN'T YOU SEEING?**

NATIONAL SAFETY MONTH 2019  
nsc.org/nsm

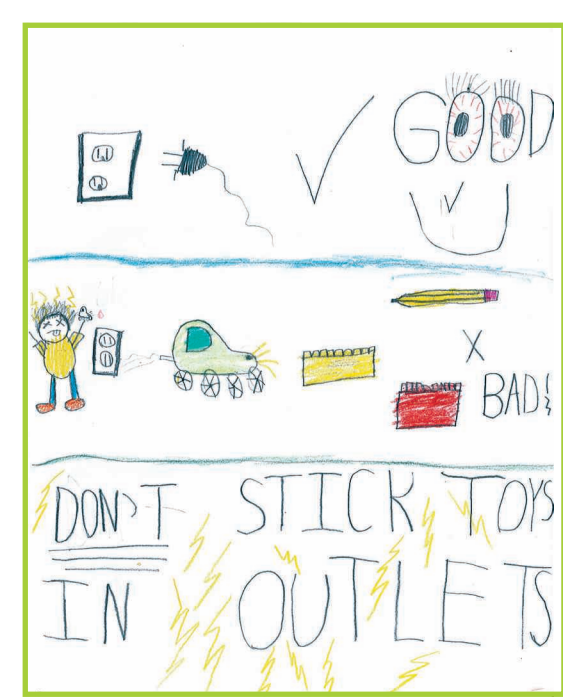



## Falls

**DON'T GET TRIPPED UP! CLEAN UP SPILLS IMMEDIATELY.**

NATIONAL SAFETY MONTH 2019  
nsc.org/nsm

### KIDS CORNER SAFETY POSTER



**"Don't stick toys in outlets"**

**Jarron Kruger,**  
8 years old

Jarron is the son of Jarrod and Cadgie Kruger, Dell Rapids, S.D.

They are members of Sioux Valley Energy, Colman, 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.

# Dairy Delicious

## Orange Cream Chiller

3 oz. orange juice concentrate  
1 cup milk  
1/2 cup plain Greek yogurt

1 small frozen banana  
1 tsp. honey  
1/2 tsp. vanilla extract

Combine all ingredients; blend until smooth. Serves 2.

**Stephanie Fossum, Hudson, SD**

## Rhubarb Dessert

2 cups flour  
2 tsp. baking powder  
1/2 tsp. salt  
4 T. butter  
4 T. milk  
2 eggs, beaten

**Filling:**  
3 cups rhubarb  
1 (6 oz.) pkg. red gelatin

**Topping:**  
1 cup sugar  
1/2 cup flour  
1/3 cup butter

Combine first 6 ingredients. Pat into a 9x13-inch pan. Distribute rhubarb over crust. Sprinkle gelatin over rhubarb. Mix together topping ingredients. Sprinkle over rhubarb. Bake at 350°F. for 45 minutes.

**Roxanna Streckfuss, Mansfield, SD**

## Butter Pecan Pumpkin Dessert

3 cups pumpkin  
3 eggs  
1 cup sugar  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg

1/2 tsp. cloves  
1 (13 oz.) can evaporated milk  
1 butter pecan cake mix  
1/2 cup butter, sliced thin  
1/2 cup chopped pecans or walnuts

Combine pumpkin and eggs. Add spices and salt to sugar. Blend sugar mixture and milk with pumpkin mixture. Pour into a 9x13-inch pan. Sprinkle cake mix over all. Top with butter slices and pecans. Bake at 350°F. for 40 to 45 minutes. Serve with whipped topping or ice cream.

**Arlene BaanHofman, Corsica, SD**

## Monkey Bread with Sausage

3/4 cup milk  
1 pkg. McCormick® Original Country Gravy Mix  
1/4 cup melted butter  
2 cups shredded Cheddar cheese, divided

3 (7.5 oz. each) cans refrigerated buttermilk biscuits  
1/2 lb. ground breakfast sausage, cooked and drained

Mix milk, gravy mix and melted butter with whisk in large bowl until well blended. Reserve 1/2 cup of gravy mixture; set aside. Cut biscuits into quarters. Add biscuit pieces to gravy mixture in large bowl; gently toss to coat. Stir in 1-1/2 cups cheese and cooked sausage until well blended. Place biscuit mixture into greased 10-cup bundt pan. Pour reserved gravy mixture over top. Bake at 350°F for 35 minutes. Sprinkle with remaining 1/2 cup cheese. Bake 5 minutes longer or until cheese is melted. Cool in pan 5 to 10 minutes. To unmold, loosen sides of monkey bread from pan with a knife. Invert, cheese side up, onto serving plate. Makes 12 servings.

*Nutritional Information Per Serving: Calories 321, Total Fat 17g, Saturated Fat 8g, Sodium 855mg, Cholesterol 37mg, Carbohydrates 31g, Protein 11g, Dietary Fiber 1g*

**Pictured, Cooperative Connections**

## Goat Milk Fudge

1 lb. powdered sugar  
1/2 cup cocoa powder  
1/2 cup butter

1/4 cup whole goat milk (may use cow milk)  
1 tsp. vanilla  
1/2 cup nuts, optional

Combine sugar and cocoa in large microwavable bowl; make a well in the center. Place cut-up butter and milk in well; do not stir. Microwave on HIGH for 2 minutes; add vanilla. Blend with stick blender or mixer until smooth; stir in nuts. Pour into greased 8x8-inch square pan. Refrigerate until firm; cut into squares.

**Jersi Kruger, 5 years old, Dell Rapids, SD**

Please send your favorite dessert, vegetarian or garden produce 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 2019. All entries must include your name, mailing address, telephone number and cooperative name.

# Get Smart!

## Energy-Saving Apps and Devices



Pat Keegan

Collaborative Efficiency

**Don't forget to check with your local electric cooperative on additional programs and services designed to help you save on your energy bills.**

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency.

For more information, please visit: [www.collaborativeefficiency.com/energytips](http://www.collaborativeefficiency.com/energytips).

**Dear Pat and Brad:** It seems like I'm always hearing about some new device or app that will save energy, but I wonder if they're worth the time and money. I want to learn about simple ways I can use technology to save energy. Any advice on where I should start looking? – Lily

**Dear Lily:** Every new piece of technology seems to come with a lot of promise, doesn't it? Then we have to find out for ourselves if it lives up to the hype. Here are a few products we recommend.

### Smart Phone Apps

There are several energy apps available today, but two stand out. They're free, easy to use, effective and available for both Android and iOS devices.

**JouleBug** is a fun app that helps you save energy. You collect points for each energy efficient move you make inside the home, on your daily commute and in daily life. The app helps you make changes and build ongoing energy-saving habits. It's designed as a competition among friends and can help you and your family create an energy efficient household together. The app also includes fun, educational videos and links to helpful articles.

There are several energy cost calculator apps that help you identify where you use the energy most in your home. With the **EnergyCost** app, you can enter how many hours a day you use each appliance or electronic device (some have a dropdown of typical household items) and the rate you're paying for power, which you can find on your energy bill. The app creates a total operating cost for that specific device.

How much is that hallway chandelier costing you every month and how much would you save by turning it off for an additional hour each day? How about that second freezer or the big-screen TV? The answers aren't exact, but they will give you a better idea of your overall energy use and help you focus your efforts on the opportunities that will save the most energy.

### Smart Thermostats

A smart thermostat connects to the internet and your computer and/or smart phone through

your home's Wi-Fi and could shave \$50 off your energy bill every year. Most fall within the \$100 to \$250 range. If the price for a feature-rich model is more than you're comfortable spending, ask yourself if it's worth buying a lower-cost model or if your current thermostat is doing the job.

Here are some features to keep in mind if you're considering a smart thermostat:

- **Learning:** A learning thermostat will figure out your habits and adapt – this is probably the best way to make the most of a smart thermostat's energy-saving potential.
- **Geofencing:** This will detect when you leave home and return and adjust the temperature up or down so energy isn't being wasted.
- **Additional features** include remote room sensors and voice control.

Before you buy, learn what you can about the functionality of the smart thermostat's app. And take a look at how easy it is to program the thermostat unit directly. Finally, consider the installation. Some models are more difficult to install and may require re-wiring.

### Smart Power Plugs and Switches

Smart outlets and light switches are still considered a relatively new technology, and we think there are improvements that will be made over time. That said, if this is a technology you're interested in, there are a couple of options that consumers seem to like.

Hub-based systems like the Curren Dual Smart Outlet and Philips Hue smart lighting systems are highly rated and cost about \$200 or more for eight to 10 smart outlets or light switches. That's a pretty big investment, so we recommend using an energy cost calculator app first to decide if it's worth the additional cost.

We hope these reviews will be helpful as you consider smart technology that promotes energy efficiency. Don't forget to check with your local electric cooperative on additional programs and services designed to help you save on your energy bills.



## Legislative Committee to Study Electric Service

The South Dakota Legislature will take a closer look at diverse issues impacting economic development, mental health, electric services in an annexed area and the consequences of the use of controlled substances through four interim committees and five task forces that will meet this summer.

The Executive Board of the South Dakota Legislature announced member appointments to the groups during its April 23 meeting in Pierre. Studies will be conducted in the following areas:

- **Industrial Hemp:** Chairman: Rep. Lee Qualm, Vice Chairman: Sen. Rocky Blare
- **Special Education:** The committee was authorized by the passage of Senate Bill 3, introduced by 2018's Extraordinary Cost Fund for Special Education Study. Chairwoman: Rep. Nancy Rasmussen, Vice Chairman: Sen. Jim Bolin.
- **Electric Services in an Annexed Area:** Including the options for municipal utilities to provide electrical services in annexed areas and how electrical rates are established. Senate Bill 66 prompted the formation of the committee. Chairman: Sen. Alan Solano, Vice Chairman: Rep. Thomas Brunner. Other committee members include Reps. Shawn Bordeaux, Kirk Chaffee, Spencer Gosh and Tim Reed and Sens. Lee Schoenbeck, Susan Wismer and Jordan Youngberg.
- **Offenses regarding Controlled Substances:** Senate Bill 167 authorized the creation of the committee which will include legislators and non-legislators. The Executive Board expanded the study to include a subcommittee on fighting methamphetamine addiction. Chairman: Rep. Steven Haugaard, Vice Chairman: Sen. Craig Kennedy
- **Sustainable improvements to the Continuum of Mental Health Services:** The passage of Senate Concurrent Resolution 2 continues the work of the 2018 Access to Mental Health Services Study by creating five task forces to address specific mental health service issues. Each task force includes legislators and non-legislators.
  - **Task Force #1** (Chairman: Rep. Michael Diedrich, Vice Chairwoman: Sen. Kris Langer) will redefine acute mental health hospitalizations.
  - **Task Force #2** (Chairman: Sen. Alan Solano, Vice Chairwoman: Rep. Erin Healy) will look at how to reduce overall use of acute mental health hospitalizations.
  - **Task Force #3** (Chairwoman: Sen. Deb Soholt, Vice Chairman: Rep. Herman Otten) will look at how to effectively leverage telehealth and telemedicine services.
  - **Task Force #4** (Chairwoman: Rep. Jean Hunhoff, Vice Chairwoman: Rep. Rebecca Reimer) will redefine nursing home criteria for persons with organic brain damage
  - **Task Force #5** (Chairman: Rep. Tim Reed, Vice Chairman: Sen. Wayne Steinhauer) is charged with studying community services and caregiver supports.

For more information on the committees and their meeting times and agendas, go to: <https://sdlegislature.gov/Interim/Documents.aspx?Session=2019&tab=Detail>

## 2019 Resource Conservation Speech Contest

The 58th annual State Finals of the Resource Conservation Speech Contest were held at the South Dakota State Capitol in Pierre on Saturday, April 27. The theme of this year's contest was, "Ag Technology: Farming and Ranching for a Future."

First place was awarded to Elias Grimsley who received a \$1,100 scholarship. The second place scholarship of \$750 was awarded to Grace Lentz while Taylor Storbakken received the \$450 third-place scholarship. Fourth-place honors went to Connor Hansen and fifth place went to Justice Forster.

Each year the South Dakota Department of Agriculture, Resource Conservation and Forestry Division sponsors a resource conservation-oriented speech contest. Any South Dakota student in grades 9-12 is eligible to enter. This includes public, private and home-school students.

The contest consists of three levels – local, area and state. Two winners from each of the local contests advance to the area contests. Two winners from each of the seven area contests advance to the state competition.

East River Electric Power Cooperative, Rushmore Electric Power Cooperative and the South Dakota Rural Electric Association present the winners with scholarships to be used at any college, university or accredited vocational technical school within South Dakota. Other co-sponsors include the U.S. Fish & Wildlife Service and the South Dakota Association of Conservation Districts.

<http://sdda.sd.gov/conservation-forestry/educational-programs/resource-conservation-speech-contest/>



The Top 5 Winners, from left, are: Justice Forster (5th), Connor Hansen (4th), Elias Grimsley (1st), Taylor Storbakken (3rd), and Grace Lentz (2nd). They are joined by S.D. Department of Agriculture Resource Conservation and Forestry Division Director Bill Smith, far left, and East River Electric and SDREA representative Ken Gillaspie.





The Mickelson Trail Marathon takes runners through the scenic Black Hills.

# RUNNING FOR FUN

## Marathons, Road Races and 5Ks Provide Challenge

By Jocelyn Romey

[jocelyn.romey@sdrea.coop](mailto:jocelyn.romey@sdrea.coop)

Among the runners lining up for the start of a well-known South Dakota marathon – the Deadwood Mickelson Trail Marathon – will be a first-time runner with co-op ties.

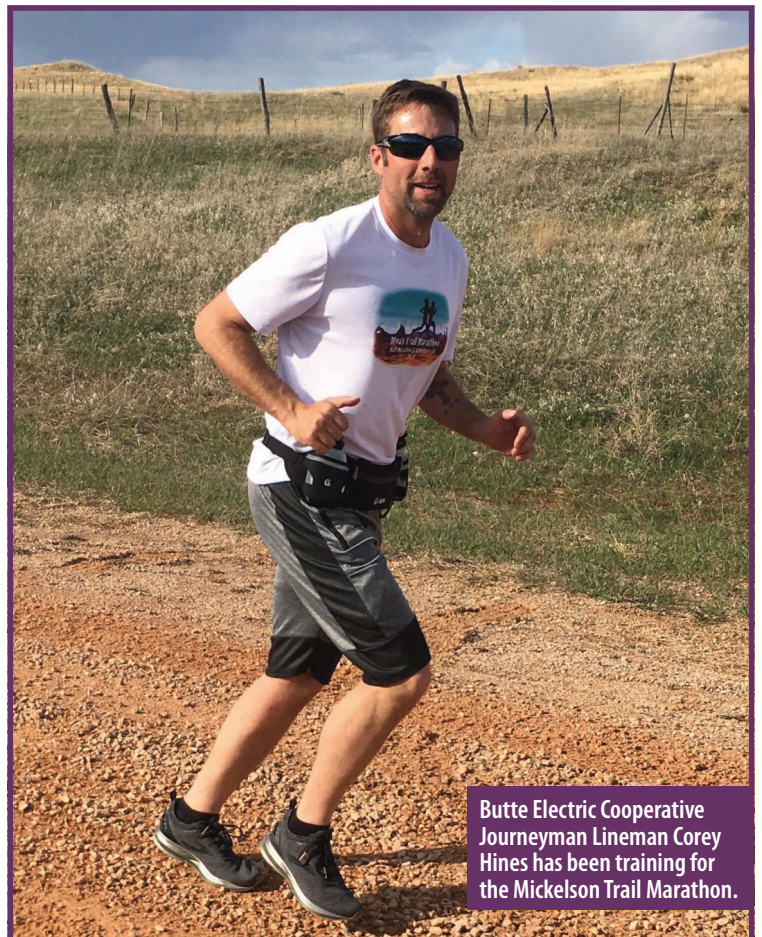
Corey Hines, journeyman lineman from Butte Electric Cooperative in Newell, S.D., will be running the full Mickelson Trail Marathon for the first time this year. He started running recently for the fun of it and it snowballed into a marathon challenge, one he hasn't backed down from.

Previously, Hines ran a half marathon in the same race eight years ago. Otherwise, he has had no competitive racing experience.

"I figured for whatever reason, God gave me the ability to run, so I will enjoy it while I can," Hines said.

On June 2, Hines will be racing with more than 3,000 runners from across the nation as well as Canada, Germany, Russia and Denmark. These runners have the option of competing in the Mickelson Trail full marathon, half marathon or relay race. Beginning in Rochford, S.D., runners will experience the beauty of the Black Hills before finishing at the historical Engine House in Deadwood. Black Hills Electric Cooperative in Custer, S.D., is a sponsor of this event.

Other prominent co-op runners throughout the state are Russell Gall, manager of Charles Mix Electric Association in Lake Andes, S.D.; Dick Johnson, general manager and CEO of



Butte Electric Cooperative Journeyman Lineman Corey Hines has been training for the Mickelson Trail Marathon.



### Did you Know?

The modern marathon that many competitive runners enjoy has historical roots. The name itself is derived from a Greek legend in 490 B.C. that tells the story of a messenger who raced nearly 25 miles from the site of Marathon to Athens to deliver news of a Greek victory over invading Persians. Unfortunately, the story ends poorly for the messenger who died from exhaustion after delivering his news.

From this legend, a formalized race called a marathon was created. The official length we know today of 26.2 miles was originated in the 1908 Olympics hosted in London when Queen Alexandra planned the route – which was consequently 26.2 miles. Since then, the length of the race stuck.

West River Electric Association in Wall, S.D.; and Tim McCarthy, general manager and CEO of Sioux Valley Energy in Colman, S.D.

Gall has a history of competing in Tough Mudders, which entail a 12-mile run through various obstacles that include racing with a partner through mud, water, ice and electric fencing while climbing barriers, swinging from ropes, pushing blocks and lifting a number of heavy items.

“My training was foremost running. I tell anyone wanting to do a Tough Mudder that the first thing you have to do is be able to run a 5k without stopping,” Gall said. “The second part of training for the Tough Mudder is upper body strength, as in lots of push-ups and pull ups.”

Johnson is another runner who began running half marathons around his 50th birthday during the half Mickelson Trail Marathon. He finds enjoyment in running to relieve stress.

“It’s something I can do pretty much whenever I can fit it in, although I do most of my running early in the mornings,” Johnson said. “I don’t especially like later in the day as I struggle to motivate myself to do it then.”

He also noted that running was good for his overall health, even while jokingly stating that you cannot “outrun a bad diet!”

McCarthy is a well-known runner in many national marathons and was featured in the October 1996 edition of Runner’s World magazine after participating in a marathon in Illinois.

“On any given day, I will run about three miles up to about a half marathon (13.1 miles) depending on the time I have and how I feel,” McCarthy said.

“Running is a place I can go to sort out a lot of things whether the issues I’m facing are personal or professional.”

Even though he has retired from his more competitive marathons, McCarthy is still addicted to running and says he runs for physical and mental health.



Medals commemorate some of the races Tim McCarthy has run over the decades.

## Tough Mudder

Russell Gall, manager of Charles Mix Electric Association in Lake Andes, S.D., is a veteran of Tough Mudder races which combine a 12-mile run with an obstacle course. Gall said the obstacles encountered in the race rely on that strength. “The Tough Mudder had lots of obstacles with funky names.”

### Here is a list of Gall’s (least) favorites:

- **Funky Monkey** – 30 feet of monkey bars over a pool of muddy water.
- **Augustas Gloop** – traverse a small pool of muddy water, duck under obstacles and then climb the inside a 20-foot tube with water cascading down.
- **Hold Your Wood** – Carry a big hunk of log for 300 feet
- **Artic Plunge** – slide down a 10-foot tube that ends in ice water. “And I mean ICE – as in bags and bags of ice are poured into the small pool of water so you have to swim through the cubes, and duck under two obstacle walls. I drank a lot of muddy water on that one since I kept inhaling as I tried to catch my breath.”
- **Hero Carry** – carry one of your team mates for a couple hundred feet then switch off. “My daughter had blisters by the time we hit this obstacle, so I just carried her the whole way.”
- **Electro Shock Therapy** – This obstacle is just as it sounds: you run through a 50- to 75-foot of mud over hay bales. There are electric fencing strings hanging down every three feet and yes they are connected to an electric fencer. “That one is tough as the first time I went through it, it knocked me down to my knees.”
- **Berlin Wall** – A 20-foot high wooden wall that you have to ascend on one side, using a rope, go over the top and down the other side with another rope.
- **Block Ness Monster** – Two 4-foot by 4-foot rolling pin blocks that are half submerged in a pool of muddy water. The teams have to push the block from one side and hang on it as you go over the top. This keeps it rotating so your team can make it over.

And a tie for the worst obstacle goes to:

- **The Death March** – In Colorado it was a 5 mile trek up the side of a mountain. “By the time we made it to the summit we were all sunburned and tired.”
- **Everest** – It’s a half pipe about 15-foot high (Google Tough Mudder Everest) that you have to try to get over. “Mind you are wet and usually covered in mud so this obstacle is definitely a team effort. I would never have made it was it not for the group of strangers that pulled me up.”

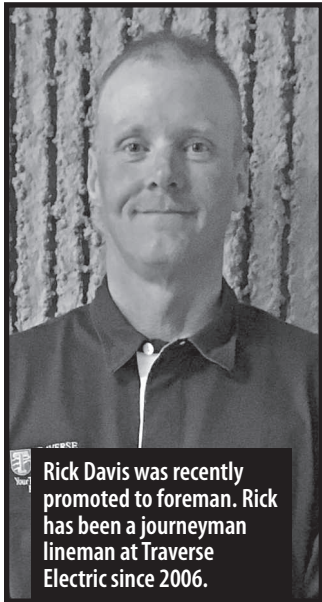
<https://toughmudder.com/obstacles>

# March Board Meeting Highlights

The March board meeting was held on Tuesday, March 26, 2019, at 9 a.m. Absent: None.

Staff members present were General Manager, Joel Janorschke and Karen Lupkes.

- The following board members were elected to officer positions: Alan Veflin, president; Pat Homan, vice president; Mark Pearson, secretary; and Karen Kath, treasurer.
- The board appointed Tom Frisch to complete the District 1 term on the board.
- The minutes of the February board meeting were approved.
- The February check register was approved.
- The board viewed the Basin Electric board report.
- Homan reported on East River board and Basin Electric business.
- Pearson reported on the NRECA annual meeting.
- Janorschke gave the Operations Report. Items discussed included:
  - ▶ February outages were reviewed.
  - ▶ Crews are doing overhead line patrol.
  - ▶ Two linemen assisted Lake Region Electric with outage restoration.
  - ▶ Altec is performing our annual boom inspections.
  - ▶ Reviewed our safety program and meetings.
  - ▶ Reviewed and gave an update on the new RF metering system.
  - ▶ Terry Ehli is retiring after nearly 32 years at Traverse Electric.
  - ▶ Rick Davis has been promoted to foreman.
- Accepted the 2018 State of Safety Report presented by Janorschke.
- Discussed Board Policy 300 regarding line construction charges.
- Approved the Minnesota Cooperative Group Retention Plan Agreement.
- Discussed the new Generator Program and financing to members.
- Reviewed our recent annual meeting.
- The board reviewed and approved Board Policy 105 Nomination and Election of Officers of the Board of Directors with no changes.
- Janorschke presented the Manager's Report, which included:
  - ▶ Recapped the East River manager's meeting topics.
  - ▶ Updated the board on Minnesota and South Dakota legislative issues.
- Reviewed and approved the February Financial Report.
- Jennifer Findlay was selected to attend the 2019 Washington, D.C., Youth Tour.
- A committee will be formed to review our bylaws and recommend any changes for approval by the membership at next year's annual meeting.
- The board will be issued iPads and company email addresses.
- A list of upcoming meetings and attendees was reviewed.



Rick Davis was recently promoted to foreman. Rick has been a journeyman lineman at Traverse Electric since 2006.



Traverse Electric would like to introduce Josh Shoutz. Josh started with us on April 22 as a lineman. He comes to us with five years of experience. Welcome, Josh!



Courtney Heath, daughter of Traverse Electric member Eric Heath, is a student at Sisseton High School and was selected as Touchstone Energy® Scholar of the Week. Pictured above are Jerrel Olson from Traverse Electric and Courtney Heath receiving her \$100 award.

### New Mobile Customer App

- Members can view and pay their bills and see usage history with the app.
- Current online users use the same user name and password with the app as they do viewing their account online.
- New users can also register and create their user names and passwords with the app.
- The app can be downloaded from the App store for apple and android devices.



## Jerrel Olson Graduates from Management Internship Program

Jerrel Olson has completed an intensive program in electric utility management with the University of Wisconsin – Madison.

The Robert I. Kabat Management Internship Program (MIP) is a series of workshops offered by the National Rural Electric Cooperative Association in conjunction with the University of Wisconsin. The program guides participants through all facets of the electric utility industry, including the many changes occurring around the nation.

Olson is one of only a few electric cooperative employees that will graduate from the Management Internship Program this year.

MIP participants go through three 10-day sessions designed to challenge and educate participants in new, innovative management techniques. Participants leave with a better understanding of what consumers want and how to ensure they get it.

By also covering the unique principles that govern the operations of electric cooperatives, the program helps the co-op analyze other business ventures it may want to enter as well as enhancing the core organization. Emphasis of study is focused on management challenges and the aspects of consumer-ownership that cooperatives enjoy. Participants learn focus on member value as part of day-to-day decision making.

Olson has completed one of the most exclusive educational programs in the nation for electric cooperative management.



Above: Gary Pfann with the National Rural Electric Cooperative Association presents Jerrel Olson, right, with his Management Internship Program completion certificate.

## Findlay Wins Trip-of-a-Lifetime



Traverse Electric is proud to announce that Jennifer Findlay will be attending the Washington, D.C., Youth Tour in June. Jennifer is the daughter of Gary and Rhonda Findlay of Herman, Minn., and a sophomore at Wheaton Area High School in Wheaton, Minn.

Congratulations, Jennifer!

Below is Jennifer's essay answering the following question:

*"If chosen, what do you hope to learn from this experience and how will this help you in your future?"*

I would first like to thank Traverse Electric for giving teenagers the opportunity to broaden their horizons.

When I first heard of this trip, I was very excited as Washington, D.C., has always been a destination which I wanted to go to. My older siblings have all made it to Washington, D.C., and told me so much about all the sites they visited. Some of the stories they have told me about include seeing "Old Glory," the White House, touring the Capitol and seeing many other museums. My dad has also described how Arlington National Cemetery was the most impressive site to visit when in Washington, D.C.

While in Washington, D.C., I would have the opportunity to learn about rural cooperatives and how Washington, D.C., impacts these cooperatives. I would also be able to meet with congressional representatives to learn about their experiences while in office. By having a background with a political family, I have learned to ask questions, listen to others and when a multitude of information is presented, I am able to form my own opinion.

Having the opportunity to take part in this trip with multiple other peers would have many positive effects.

First, I would be able to see firsthand where all the discussions about Washington, D.C., originate from. I would also be able to further understand what my parents talk about when they discuss political debates and views as well as the effect that one vote has.

Gaining new friendships and extending my horizons beyond Traverse County would also be a positive effect of going on the Government in Action Youth Tour that I would be able to apply to my future for years to come.

# Celebrating Midsommar

For 150 Years, Dalesburg Community Has Gathered in Celebration

**Brenda Kleinjan**

editor@sdea.coop

**It was important to the first Swedes who came to Dakota Territory in the 1860s.**

For the past 150 years, the community of Dalesburg in the southeast corner of South Dakota has gathered to celebrate Midsommar with a distinctly Scandinavian flair.

Every summer, the community holds the Dalesburg Midsommar Festival to honor its heritage and to celebrate its future.

The first Swedes arrived in the area of Dakota Territory in 1868, so the first Midsommar was celebrated June 24, 1869, said Ron Johnson, a member of the committee who organizes the Dalesburg Midsommar Festival set for Friday, June 21.

“We have oral history written down in the 1940s that the first Midsommar picnic was held in 1882,” said Johnson, noting that Midsommar was observed before that picnic.

Johnson noted that one settler’s memoir noted that a Swedish man arrived by train in Beresford and then headed southwest until he encountered the Midsommar



A Moeller pipe organ was added to the Dalesburg church in 1916.

gathering at Dalesburg.

By 1896, the festival had expanded to include a ball game and foot races.

“It was considered important to the first Swedes that came to this county,” said Johnson.

Around World War I, the festival moved to the grounds of the Dalesburg Lutheran Church.

“The holiday observance is older than the church,” Johnson said.

The Clay County church, located north of Vermillion, was formed in 1871 to serve a largely Swedish community in what was then Dakota Territory. The congregation first met in a



Dancing around a midsummer pole with ring dances is part of the celebration.





Weather permitting, Midsummer performances take place on the grounds of Dalesburg Lutheran Church.

sod house before building it's first church in 1874. By 1897, the current sanctuary was constructed.

The farming community of Dalesburg (in Swedish: Dalsborg) is from Dalarna – the name of the province from where many of the first homesteaders came in central Sweden. Today the residents of the Dalesburg Community are served by the Vermillion, Beresford, Centerville, and Burbank Post Offices.

About 600 people attend the festival each summer. More than 300 people eat at the Scandinavian smörgåsbord held in the church's basement while others visit one of several food stands on the church grounds at 30595 University Road, Vermillion.

“The smörgåsbord supper features Swedish-American dishes typical of what people ate 100 to 125 years ago,” Johnson said. “We still try to remember these old recipes and things.”

Several community members gathered in May to help make potatis korv, a Swedish potato sausage that will be served in June.

The festival starts at 1 p.m. and concludes with a ballgame that night.

This year's featured performer is Church Suchy, a performer and songwriter from Mandan, N.D.

“He does stories about rural life in the 1950s into the 1970s,” said Johnson, noting that past performers at the festival have included visiting groups from Sweden, Norway and Denmark.

High water in the area will make the trek to the festival a bit tricky, but well worth the drive.

Among the routes Johnson recommended were to turn off of Interstate 29 at the Beresford exit and go west a ways and then south on University Road or alternatively go to Vermillion and head north on University Road.

Johnson had one last bit of advice for those venturing to the 2019 festival.

“It's a good idea to bring your own lawn chairs and insect repellent, especially this year with the water.”

## Midsommar at Dalesburg

Each year the Dalesburg community celebrates the traditional Midsummer (or Midsommar) Festival. The event includes afternoon programs, a Swedish meatball dinner and a free evening concert. It is held on the grounds of the Dalesburg Lutheran Church.

### Schedule

#### Friday, June 21

- 1 p.m. – Food Stand/Inflatables/ Country Store Opens
- 2 p.m. – Afternoon Program
- 4:30 p.m. to 6:30 p.m. – Scandinavian Smorgasbord
- 7 p.m. – Evening Program
- 8:30 p.m. – Ball Game





West River Electric Association in Wall, S.D., also added an electric car to its fleet. Sioux Valley Energy in Colman, S.D., has also leased a Nissan Leaf and named her "EVie." The car will appear at co-op events to allow members to kick the tires and maybe even test drive her!

# IS AN ELECTRIC VEHICLE RIGHT FOR YOU?

The Economics of Electric Vehicles Are Affected by Geography, Climate and How Your Electricity Is Generated.

**Paul Wesslund**

NRECA

Should your next car be an electric vehicle? The answer could depend on where you live.

Electric vehicles account for just 1.2 percent of the U.S. vehicle market, but sales are booming, growing 25 percent last year. And they're getting better and cheaper as researchers improve the batteries that power them. Here's a guide to help you decide if an electric car is for you – or if you just want to be smarter about one of the next big things in energy.

The first thing to realize about electric cars is they can drive more than enough miles for you on a single charge, even if you live out in the wide-open countryside.

## Location issue #1: The Distance Myth

Try keeping track of your actual daily use, advises Brian Sloboda, a program and product manager at the National Rural Electric Cooperative Association.

"If you're an insurance salesman, you're logging a lot of miles, so an electric car's not going to be for you," he says, noting that a typical range for an electric car today is more than 100 miles and ranges of 150 to 250 miles are becoming common. "But if you look at how many miles you drive in a day, for most people in the United States, even in rural areas, that number is under 40

miles per day. So if your car has a range of 120 miles, that's a lot of wiggle room."

According to the Federal Highway Administration, the average American drives 25 miles a day and for rural areas, that average is 34 miles a day.

Sloboda says another reason it's worth thinking realistically about your daily mileage comes from the most likely way an electric car would be refueled. When an electric car is done driving for the day, you can plug it in to recharge overnight. Essentially, you're topping off the gas tank while you sleep, giving you a fully-charged battery every morning.

### There are three ways to charge an electric car:

- **Level 1** – The simplest charging technique is to plug the car into a standard home outlet. That will charge the battery at a rate that will add from two to five miles to its range each hour. That's pretty slow, but Sloboda notes the battery might start the charging session already partly charged, depending on how far it's driven that day.
- **Level 2** – Faster charging will require a professional installer to upgrade the home's voltage for a unit that will add between 10 and 25 miles of range for each hour of charging – a rate that would fully charge the battery overnight. Sloboda says installing a Level 2 charger in a house or garage would run \$500 to \$800



for the equipment, plus at least that much for the labor. Timers can also be used to charge the vehicle in the middle of the night when electric consumption is typically lower.

- **Level 3** – DC fast charge requires specialized equipment more suited to public charging stations and will bring a car battery up to 80 percent of capacity in 30 minutes. Sloboda warns this high-speed technique should only be used for special long-distance driving, since it can degrade the battery over time. That's also why DC chargers shouldn't be used to bring the battery up to 100 percent.

## Location issue #2: Off-peak Electric Rates

What you pay to charge your electric car could also depend on where you live, says Sloboda. He advises checking to see whether your local electric co-op offers a lower rate to charge an electric vehicle overnight, when the utility has a lower demand for electricity.

"It's different depending on where you are in the country," says Sloboda. Some local co-ops have fairly stable electric demand throughout a typical day, so they may not offer a special electric vehicle rate. He adds, "There are areas of the country where the on-peak, off-peak difference in price is extreme," so that it might make financial sense for the utility to offer an overnight charging rate.

Another factor affecting the economics of an electric car is, of course, the cost of the vehicle.

"These cars are really in the luxury and performance car categories," says Sloboda. As electric cars improve, projections put their cost coming down to match conventional vehicles by about the year 2025. But today, the average electric car costs close to \$40,000, compared with less than \$30,000 for an internal combustion engine.

## Location issues #3 and #4: Environment and Geography

For many people, one of the biggest selling points for electric cars is their effect on the environment and that can also depend on where you live.

The sources of electricity for a local utility vary across the country – some areas depend heavily on coal-fired power plants, others use larger shares of solar or wind energy. One major environmental group analyzed all those local electric utility fuel mixes and determined that for most of the country, electric vehicles have much less of an effect on the environment than conventional vehicles. That study by the Union of Concerned Scientists shows that in the middle part of the country, driving an electric vehicle has the equivalent environmental benefits of driving a gasoline-powered car that gets 41 to 50 miles per gallon. For much of the rest of the country, it's like driving a car that gets well over 50 miles per gallon.

"Seventy-five percent of people now live in places where driving on electricity is cleaner than a 50 MPG gasoline car," says the report from the Union of Concerned Scientists.

Other local factors that will affect an electric car's performance include climate and geography, says Sloboda. The range of the vehicle will be affected by whether you regularly drive up and down mountains or make a lot of use of the heater or air conditioner.

Sloboda concedes that electric vehicles are not for everybody – yet. One limit to their growth is that no major carmaker offers an espe-

cially popular choice, a pickup truck.

Sloboda says there's no technological barrier to making an electric pickup. He even suggests possible advantages: a heavy battery in the bottom would lower the center of gravity for better handling and at a remote worksite, the battery could run power tools.

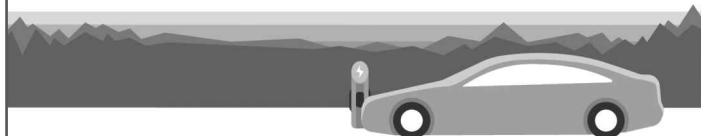
"Within the next 24 months, I believe there will be a credible pickup truck on the market," says Sloboda. "It's just a matter of time."

Paul Wesslund writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation's landscape.

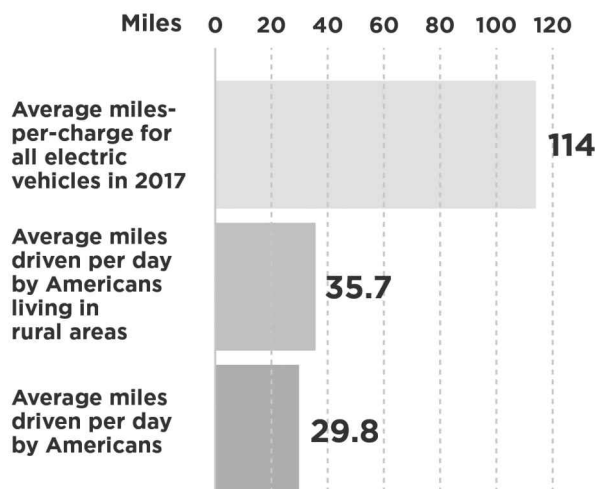
## Easing Electric Vehicle Range Anxiety

Range anxiety—fear of the battery running out before you're able to recharge—is a roadblock to wider use of electric vehicles.

But statistics show this fear is overblown, even if you live in a rural area. While extra planning may be needed for vacations or longer trips, nearly everyone's daily driving needs can be met with one charge.



### AVERAGE MILE COMPARISON



And when you're done driving your electric vehicle for the day, you can plug it in to recharge overnight, "topping off the tank" while you sleep!

Sources: Dept. of Energy, Energy Information Administration, AAA Foundation for Traffic Safety.

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**May 23-25**

Music Fest, Lake Benton, MN,  
507-368-9627

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**May 24-26**

South Dakota Kayak  
Challenge, Yankton, SD,  
605-864-9011

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**May 25-26**

Annual SDRA Foothills Rodeo,  
Wessington Springs, SD,  
605-770-4370

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**May 30-June 1**

Senior Games, Sioux Falls,  
SD, Contact Nick Brady at  
605-978-6924

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**May 31-June 2**

Fort Sisseton Historical  
Festival, Lake City, SD,  
605-448-5474

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**May 31-June 2**

Wheel Jam, Huron, SD,  
605-353-7340

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**May 31-June 3**

Fish Days, Lake Andes, SD,  
605-487-7694

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**June 1**

Dairy Fest, Brookings, SD,  
605-692-7539

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**June 1**

Annual Casey Tibbs Match of  
Champions, Fort Pierre, SD,  
605-494-1094

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**June 1-2**

Spring Volksmarch, Crazy  
Horse, SD, 605-673-4681

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**June 2**

Mickelson Trail Marathon,  
Deadwood, SD, 605-578-1876

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**June 2**

Buffalo Ridge Chorale  
Concert, 4 p.m., St. John  
Cantius, Wilno, MN,  
605-479-3438



Photo courtesy: McPherson County Herald

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**June 2-August 11**

Red Cloud Indian Art Show,  
Pine Ridge, SD, 605-867-8257

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**June 6-9**

South Dakota Shakespeare  
Festival, Vermillion, SD,  
605-622-0423

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**June 7**

East of Westreville with  
Kenny Putnam Kiwanis  
Club Concert, 7 p.m., Riggs  
Theatre, Pierre, SD,  
605-280-0818

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**June 7-8**

Senior Games, Spearfish, SD,  
Contact Brett Rauterkus at  
605-722-1430

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**June 7-9**

Annual Black Hills Quilt  
Show & Sale, Rapid City, SD,  
605-394-4115

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**June 8**

Festival of Cultures, Sioux  
Falls, SD, 605-367-7401

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**June 8-9**

Siouxland Renaissance  
Festival, Sioux Falls, SD,  
1-866-489-9241

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**June 13-15**

Czech Days, Tabor,  
SD, 605-463-2478,  
[www.taborczechdays.com](http://www.taborczechdays.com),  
[taborczechdays@gmail.com](mailto:taborczechdays@gmail.com)

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**June 15**

International Vinegar Museum  
Festival, Vinegar Museum will  
be open all day, Roslyn, SD,  
320-808-8873

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**June 21**

Dalesburg Midsummer  
Festival, Dalesburg Lutheran  
Church, Rural Vermillion, SD,  
605-253-2575

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**June 21-23**

Scavenger's Journey, A  
treasure trove event with  
antiques, rummages and  
more stretching from  
Mt. Vernon to Kadoka,  
SD, Contact Elaine  
Titze at 605-999-7287,  
[www.scavengersjourney.com](http://www.scavengersjourney.com)

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**June 28-29**

Senior Games, Madison, SD,  
Contact Bernie Schuurmans  
at 605-270-3327

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**July 10**

Tracy Area Gardens and  
Quilts Tour, 2 to 8 p.m.,  
Garvin/Lake Shetek Area,  
Maps and tickets at Bitton  
Road House, Garvin, MN,  
507-629-3252

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**July 11-13**

Senior Games, Aberdeen, SD,  
Contact Gene Morsching at  
605-626-7015

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**July 19-20**

Gumbo Ridge Bronc Ride and  
Ranch Rodeo, Murdo, SD,  
605-669-3031

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.