



## Cooperative Connections



**Your Home:  
How Smart  
Is It?**

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**Give Your  
Heart Some  
Love**

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## Four \$1,000 Scholarships Offered

Lacreek Electric in conjunction with Basin Electric Power Cooperative in Bismarck, N.D., will once again offer its members a chance to receive a \$1,000 scholarship.

Applicants must have at least a grade point average of 2.0 and they must be entering their first year of continuing education.

In round one of the competition, all applicants will be judged on goals, work experience, school activities, community involvement and grade point average.

The winner of round one will win the \$1,000 scholarship sponsored jointly by Lacreek Electric and Basin Electric. The second place winner will be judged with other applicants in western South Dakota for a chance to win a \$1,000 scholarship sponsored jointly by Rushmore Electric and Lacreek Electric. If this applicant does not win they will be eligible to compete in round two competition. Round two competition is simply a drawing held at Lacreek Electric. Two applicants will receive \$1,000 scholarships sponsored by

Lacreek Electric.

This is the 26th year the combined scholarship from Lacreek Electric and Basin Electric has been offered through the two cooperatives and the 20th year for one of the scholarships and the 13th year for the other Lacreek Electric scholarship.

Lacreek Electric wants to recognize and encourage the academic achievements of the students in rural areas. It also serves as an investment in the economic future of our area. 712000101

The scholarship may be used at an accredited college, university or technical school. Applications may be obtained from Lacreek Electric's office in Martin, by writing to: Lacreek Electric, PO Box 220, Martin, SD 57551 or by going to [www.lacreek.com](http://www.lacreek.com) and downloading the application and returned to Lacreek's office.

Applications must be returned to Lacreek Electric's office no later than Wednesday, Feb. 23, 2018.

## Win a Trip to Washington, D.C.

Each June, high school students travel to Washington, D.C., to participate in the Rural Electric youth tour. During the week they learn about government, cooperative philosophy and rural electric cooperatives. The students are selected and sponsored by their local electric cooperatives. Arrangements for the South Dakota students are coordinated by South Dakota Rural Electric Association, (SDREA).

Among the sites that will be toured are: the Lincoln Memorial, the National Cathedral, The White House, The Air and Space Museum, The Washington Monument, The U.S. Capitol, Ford's Theatre, The Kennedy Center, the Metro Arlington National Cemetery, the Tomb of the Unknown Soldier, the Smithsonian, the Iwo Jima Statue, the National Archives, the U.S. Supreme Court, the Vietnam Veteran's Memorial and Mount Vernon.

**Who is eligible?** All high school sophomores and juniors whose parents or guardians are members of Lacreek Electric are eligible to enter the contest.

**What does it cost?** The tour is funded by the local rural electric cooperatives which participate in the week-long event. The funding for the tour provides for each participant's transportation, room and board, entertainment and sight seeing. Students are required to provide their own personal spending money (snacks and souvenirs).

**When is it held?** The week long trip will be held June 7 through June 14, 2018. Participants will meet for an orientation meeting on June 7. The group will fly to Washington, D.C., on June 8 and return to South Dakota on June 14.

**How do I qualify?** All applicants must fill out a data sheet and take an open book test on the history and organization of rural electrification. Applications are available at Lacreek's office in Martin, via mail at Lacreek Electric, PO Box 220 Martin, SD 57551 or online at [www.lacreek.com](http://www.lacreek.com), download the application and return it to Lacreek's office. **The deadline for entries is Friday, March 2.**



## Can You Dig it?

### Area students sought for July trip to North Dakota

This summer Lacreek Electric will sponsor two area students at the South Dakota Rural Electric Youth Excursion. This three day event will be headquartered in Bismarck, N.D.

**WHO** is eligible? All 14 to 16 year old students whose parents or guardians are members of Lacreek Electric.

**WHAT** does it cost? The trip is funded by Lacreek Electric. Funding for the trip provides for each participant's transportation, lodging, meals, entertainment, and sight-seeing events. Students are required to supply their own personal shopping money.

**WHEN** is it held? The excursion will be held July 23 through July 26, 2018. Participants will be picked up in the morning on July 23 and arrive back home late afternoon on July 26. Commercial buses will be used for transportation.

**HOW** do I qualify? Contact Lacreek Electric or fill out the application form online at [www.lacreek.com](http://www.lacreek.com) and return it to Lacreek's office for a random drawing.

**Application forms must be filled out and in the Lacreek Electric office by April 6, 2018.**

# Lacreek Electric Cooperative Connections

(USPS No. 018-912)

## Board of Directors

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 Member Service Representative

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 Jesse Byerley – Dane Claussen –  
 Ryan Pettit – Aaron Risse  
 Apprentice Linemen:  
 Aarin Ainsworth – Jordon Bakley –  
 Tyler Brown – Alex Christensen –  
 Lonny Lesmeister – Garrett  
 Metzinger  
 Glenn Smith – Maintenance Man  
 Earl Adair – Warehouse Man

**This institution is an equal opportunity provider and employer.**

This publication is mailed the 15th of the month prior to the issue date. Layout is at least three weeks prior to mailing. LACREEK ELECTRIC COOPERATIVE CONNECTIONS is published monthly by Lacreek Electric Association, Inc., PO Box 220, Martin, SD 57551 for its members. Families subscribe to Lacreek Electric Cooperative Connections as part of their electric cooperative membership.

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POSTMASTER: Send address changes to: Lacreek Electric Cooperative Connections, PO Box 220, Martin, SD 57551; telephone (605) 685-6581; fax (605) 685-6957

## Lacreek Hires Full-Time Warehouse Personnel Cody Larson

Lacreek would like to congratulate Cody Larson on becoming part of the Lacreek family. Cody started out as a 1,000-hour employee and now has joined Lacreek full-time in the warehouse.

We extend a congratulations and welcome Cody to the Lacreek family!



Cody Larson

## 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 meter for display and readings. If the meter is blank, you are probably experiencing an outage and need to call our office immediately.
- 3<sup>RD</sup>:** If your meter has a display, check your breaker below your meter on the yard pole.
- 4<sup>TH</sup>:** Please contact your neighbor to see if they are experiencing a power outage because it would be helpful to know if other members in the area are also out of power.
- 5<sup>TH</sup>:** Make sure you have the name the bill is in, the meter number and /or the account number.
- 6<sup>TH</sup>:** Call Lacreek Electric at 605-685-6581 or if you are calling long distance dial 1-800-655-9324. We now have a 24 hour answering service. First, you will hear an automated message, "Thank you for calling Lacreek Electric. Your call may be recorded or monitored for quality assurance." You will then hear the following menu:
  - If you're calling to report an electrical outage, press 1.
  - If you have a billing question, press 2.
  - If you're calling to report a meter reading, press 3.
  - For all other calls, press 0.

**Office Hours: 7 a.m.-4:30 p.m. MDT • Open over noon hour  
 Closed Saturday, Sunday and holidays**

# Weathering a Winter Storm

When ice and heavy snow bring down limbs and power lines, safety is a consideration indoors and out. Make sure you know how to weather the storm.

### When outside, stay away from downed power lines:

- A power line does not need to be sparking or arcing to be energized. Equipment near power lines can also be energized and dangerous.
- Lines that appear to be "dead" can become energized as crews work to restore power, or sometimes from improper use of emergency generators. Assume all low and downed lines are energized and dangerous. If you see a downed or sagging line, contact your utility.
- Motorists should never drive over a downed line as snagging a line could pull down a pole or other equipment and cause other hazards.
- Be careful approaching intersections where traffic or crossing lights may be out.
- If you plan to use a generator, know how to operate it safely

### Before a winter storm, you should have supplies on hand and know how to stay warm:

- Always keep a battery-powered radio or TV, flashlights and a supply of fresh batteries. You should also have water, blankets and non-perishable food.
- When power goes out, it often comes back in spikes. This can damage electronics. Keep your electronics safe by unplugging them when the power goes out. Leave one lamp or switch on as a signal for when your power returns.
- To prevent water pipes from freezing, keep faucets turned on slightly so that water drips from the tap. Know how to shut off water valves in case a pipe bursts.
- Never use a charcoal grill to cook or heat with inside the home. Burning charcoal gives off deadly carbon monoxide gas. Charcoal grills should only be used outdoors.
- If you live with a child or elderly person, you may need to take them somewhere with power so they can stay warm. If you are healthy enough to stay home safely, there are ways to stay warm: stay inside and dress warmly in layered clothing.
- Close off unneeded rooms.
- When using an alternate heat source, follow operating instructions, use fire safeguards and be sure to properly ventilate.

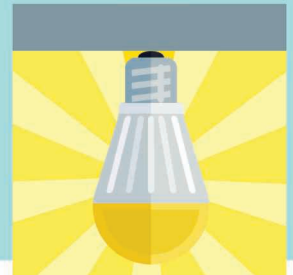
Source: [safeelectricity.org](http://safeelectricity.org)

# DESIGNER ELECTRICITY

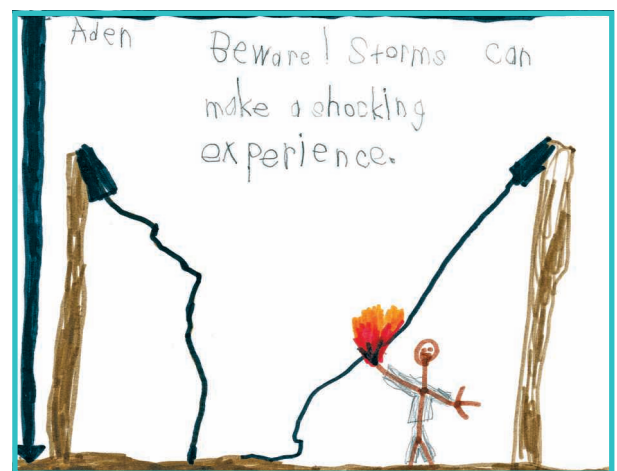
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

### Energy Efficiency

Efficient lightbulbs and other appliances have actually reduced electricity sales, even as the population increases, the economy improves and we use more electronic devices.



## KIDS CORNER SAFETY POSTER



### "Beware! Storms can make a shocking experience."

**Aden Schaeffer, 6 years old**

Aden is the son of Travis and Jessica Schaeffer, Tabor, S.D. They are members of Bon Homme Yankton Electric Cooperative, Tabor.

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.



# Bountiful Brunch

## Butter Brickle Bread

1 box butter pecan cake mix    3/4 cup oil  
1 pkg. instant vanilla pudding    1 tsp. vanilla  
3/4 cup water    4 eggs

Beat together first 5 ingredients. Add eggs, one at a time, beating after each egg. Pour into 2 greased, medium loaf pans. Bake at 350°F. for 35 to 40 minutes. Glaze with powdered sugar frosting, if desired.

Linda Rauscher, Aberdeen

## Cornmeal Waffles

1-3/4 cup flour    2 eggs, beaten  
1-1/4 cup cornmeal    2 cups milk  
1/2 tsp. salt    3 T. vegetable oil  
1 T. baking powder    1-1/2 tsp. vanilla

Whisk together dry ingredients. In separate bowl, beat eggs. Add milk, oil, and vanilla; whisk together. Pour wet mixture into dry mixture, whisking together. Bake on sprayed waffle iron.

Jane Ham, Rapid City

## Quinoa Oatmeal

2 large eggs    1-1/4 cups whole milk  
1/2 cup brown sugar    1 cup quinoa, cooked and cooled  
1/3 cup butter, melted    2 cups old-fashioned rolled oats  
1-1/2 tsp. baking powder    1 T. ground flax meal  
1 tsp. cinnamon    1/4 cup sliced almonds  
1 tsp. vanilla  
1 tsp. almond extract

Spray a 9x9-inch baking pan. Whisk together eggs and brown sugar, removing all lumps. Whisk in the remaining ingredients, except the quinoa, oats, flax and almonds – stir those in with a spoon. Cover and refrigerate at least 8 hours, preferably overnight. When ready to eat, remove dish from fridge and preheat oven to 350°F. Bake 40 to 45 minutes or until it is set and nicely browned. Let stand 5 minutes before slicing and serving. Serve with warmed milk.

Darcy Bracken-Marxen, Hermosa

## Breakfast Tot Casserole

8 eggs    1 (32 oz.) bag frozen potato nuggets  
1/4 cup heavy cream    2 cups shredded Cheddar cheese  
1 package McCormick® Good Morning Ultimate Egg Casserole Slow Cooker Breakfast Seasoning Mix    8 oz. ground breakfast sausage, cooked and drained

Spray 6-quart slow cooker with no stick cooking spray. Mix eggs, cream and Seasoning Mix in large bowl with wire whisk until well blended. Place 1/2 of the potato nuggets in bottom of slow cooker. Pour in egg mixture. Sprinkle top with 1/2 cup of the cheese, then cooked sausage. Layer with remaining potato nuggets and cheese. Cover. Cook 2 -1/2 hours on HIGH or 5 hours on LOW. Makes 8 servings.

*Nutritional Information Per Serving: Calories 502, Total Fat 34g, Saturated Fat 14g, Sodium 1,238mg, Cholesterol 234mg, Carbohydrates 31g, Protein 18g, Dietary Fiber 3g.*

Pictured, Cooperative Connections

## Brunch Baked French Toast

3 eggs, beaten    2/3 cup brown sugar  
1 cup milk    1 (16 oz.) loaf French bread, cut into 1-inch slices  
1/4 tsp. salt    2 tsp. ground cinnamon or to taste  
1/2 cup butter, softened

Preheat oven to 350°F. Whisk eggs, milk and salt together in a bowl; pour into a shallow dish. Soak bread slices in egg mixture until saturated. Spread softened butter over the bottom of a 10x15-inch jelly roll pan. Sprinkle brown sugar over the butter. Arrange bread slices onto sugar in a single layer; sprinkle with cinnamon. Bake in preheated oven until beginning to firm, 25 to 30 minutes.

Cortney Reedy, Tea

Please send your favorite seafood, appetizer and beverage 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 2018. All entries must include your name, mailing address, telephone number and cooperative name.

# Hiring the Right Contractor



**Pat Keegan**

Collaborative Efficiency

**Your electric co-op may be able to provide a list of approved contractors in your area.**

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on thermostats, please visit: [www.collaborativeefficiency.com/energytips](http://www.collaborativeefficiency.com/energytips).

## Sources

<sup>1</sup> <https://energy.gov/energysaver/insulation>

<sup>2</sup> <https://insider.energytrust.org/technical-tip-explain-heating-efficiency-ratings/>

<sup>3</sup> <https://energystar.zendesk.com/hc/en-us/articles/212111387-What-is-SEER-EER-HSPF->

**Dear Pat:** We're wanting to make renovations to our home that will improve aesthetics and overall energy efficiency. How can we make sure we hire a contractor who will do a good job and stay within our budget? – Bridget and Neil

**Dear Bridget and Neil:** Great question! Renovations can be the perfect time to improve your home's energy efficiency. To make sure you get those energy savings, it's important to do some planning right from the beginning.

The first step is to educate yourself so you can be in control of your project. Helpful, easy-to-understand energy efficiency information is available for virtually any area of your home and any renovation project. Just be sure to use reputable sources, like [energy.gov](http://energy.gov), [energystar.gov](http://energystar.gov) or your local electric co-op.

You'll need that knowledge so you can judge the solutions each potential contractor proposes. Some products or methods that are sold as effective energy efficiency solutions may not work as well as they claim or may be too expensive relative to the energy savings they provide.

It's important to talk to your local building department to find out if your project requires a permit and inspections. Some contractors may suggest doing the work without a permit, but unpermitted work can cause problems if you need to file an insurance claim down the road or when you get ready to sell your home.

You can also use your newfound knowledge to ask the right questions of potential contractors. Ask about the product to be installed, the energy savings it should yield and whether it will improve comfort. Because energy efficiency installations and construction are specialized, most measures are unlikely to be installed correctly unless the installer has experience and hopefully some appropriate training or certification.

Finding a contractor can be a challenge, especially in rural areas. To find them, use your online search engine to "find a contractor in your area." If you're in a sparsely-populated area, the right contractor may be located an hour or two away. Your electric co-op may be able to provide a list of approved contractors in your area. You can also check with a local energy auditor for contractor names.

You may decide you'd like to hire a small specialty contractor or a larger general contractor. Either way, it's crucial to hire someone with a contractor's license, a local business license and three types of insurance: liability, personal injury and workers' compensation. Check references to verify the contractor has a solid history of cost-control, timeliness, good communication and excellent results, including significant energy savings. You might learn that your lowest bidder has a tendency to increase the price after the job has begun.

As you choose between contractors, quality should be an even more important consideration than price. Poor-quality energy efficiency work will not deliver maximum savings.

Once you have settled on a contractor, be sure to get a written contract. It should include "as built" details and specifications that include energy performance ratings you have researched ahead of time, such as:

- The name of the individual doing the installation.
- The specific R value<sup>1</sup> if you're insulating.
- The make, model, the AFUE (annual fuel use efficiency) and COP<sup>2</sup> (coefficient of performance) ratings if you're replacing a furnace (and ask that an efficiency test be conducted before and after the work).
- The make, model and EER (energy efficient ratio) rating<sup>3</sup> if you are replacing the air conditioner. (Some contractors are able to check for duct leakage in the supply and return ductwork with a duct blaster if you're doing any furnace or AC work.)
- Whether the contractor must pay for the necessary building permits.

Finally, be cautious about pre-paying. Keep the upfront payment as low as possible, set benchmarks the contractor must meet to receive the next payment and make sure a reasonable amount of the payment is not due until the project is completed, passes building inspections and you are fully satisfied. If you don't feel qualified to approve the project, you could even require testing or inspection by an independent energy auditor.

Then, enjoy your new energy efficient space!

# Johnson Elected to Touchstone Energy® Cooperatives Board

Dick Johnson, West River Electric Association CEO/general manager, was elected to the Touchstone Energy® Cooperatives board of directors Dec. 14 during Touchstone Energy's annual electronic business meeting.

West River Electric is headquartered in Wall, S.D.

Johnson said he's humbled to be elected to the seat by fellow Touchstone Energy members.

"I will be a strong voice for cooperatives around the country, from the largest to the smallest," Johnson said. "I am passionate about Touchstone Energy and will work hard to move the brand forward and continue the tradition of providing the tools and services to help cooperatives engage with their member-owners."

Also elected to the board were Bob Perry, general manager, West Oregon Electric Cooperative; and incumbents Deb Mirasola, communications and marketing director, Dairyland Power Cooperative; and Doug Miller, vice president statewide services, Ohio's Electric Cooperatives.

Touchstone Energy's first 2018 board meeting will be held following the National Rural Electric Cooperatives Association annual meeting Feb. 25-28 in Nashville, Tenn.

Carrie Law, director of communications and government relations for Sioux Valley Energy in Colman, S.D., is also on the nationally-elected board.

Johnson had served as the chairman of the Touchstone Energy Cooperatives Standards and Best Practices Committee. Employees of Basin Electric Power Cooperative in Bismarck, N.D., also serve on national committees: Paul Cook (Brand Strategy Committee), Jeremy Woeste, (chairman of the Cooperative Relations Committee) and Chad Reisenauer (Energy Solutions Committee.)

Touchstone Energy is the brand of America's electric cooperatives. Touchstone Energy Cooperatives represents a nationwide alliance of member-owned electric co-ops. Collectively, it delivers power and energy solutions to more than 750 unified local electric cooperatives across 46 states.



**Dick Johnson**

# Fiegen Gains Leadership Position in RTO

South Dakota Public Utilities Commission Chairperson Kristie Fiegen has been named vice president of the Southwest Power Pool's Regional State Committee. The committee provides state regulatory agency input related to the development and operation of regional bulk electric transmission in 14 states in the central U.S. Fiegen previously served as the group's secretary.


SPP oversees the bulk electric grid and wholesale power market among its members in Arkansas, Iowa, Kansas, Louisiana, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas and Wyoming. The Regional State Committee is charged with recommending cost allocation policies that determine the amount electricity customers pay for the cost of building and operating transmission lines that cross several states in the SPP region.

"The work of the Regional State Committee is particularly important now as transmission projects are being planned and developed across our region," Fiegen said. "The cost of transmission accounts for a significant portion of the rate electric customers pay. As state regulators, we are especially keyed into fairly weighing the electric reliability demands of our region and the impact to customer bills," she stated.

Fiegen is serving her sixth year on the PUC. She was appointed to the commission in August 2011 and won election to a six-year term in November 2012. Fiegen is a member of the National Association of Regulatory Utility Commissioners' Committee on Gas and Subcommittee on Pipeline Safety and serves on the Gas Technology Institute's Public Interest Advisory Committee.




**Kristie Fiegen**

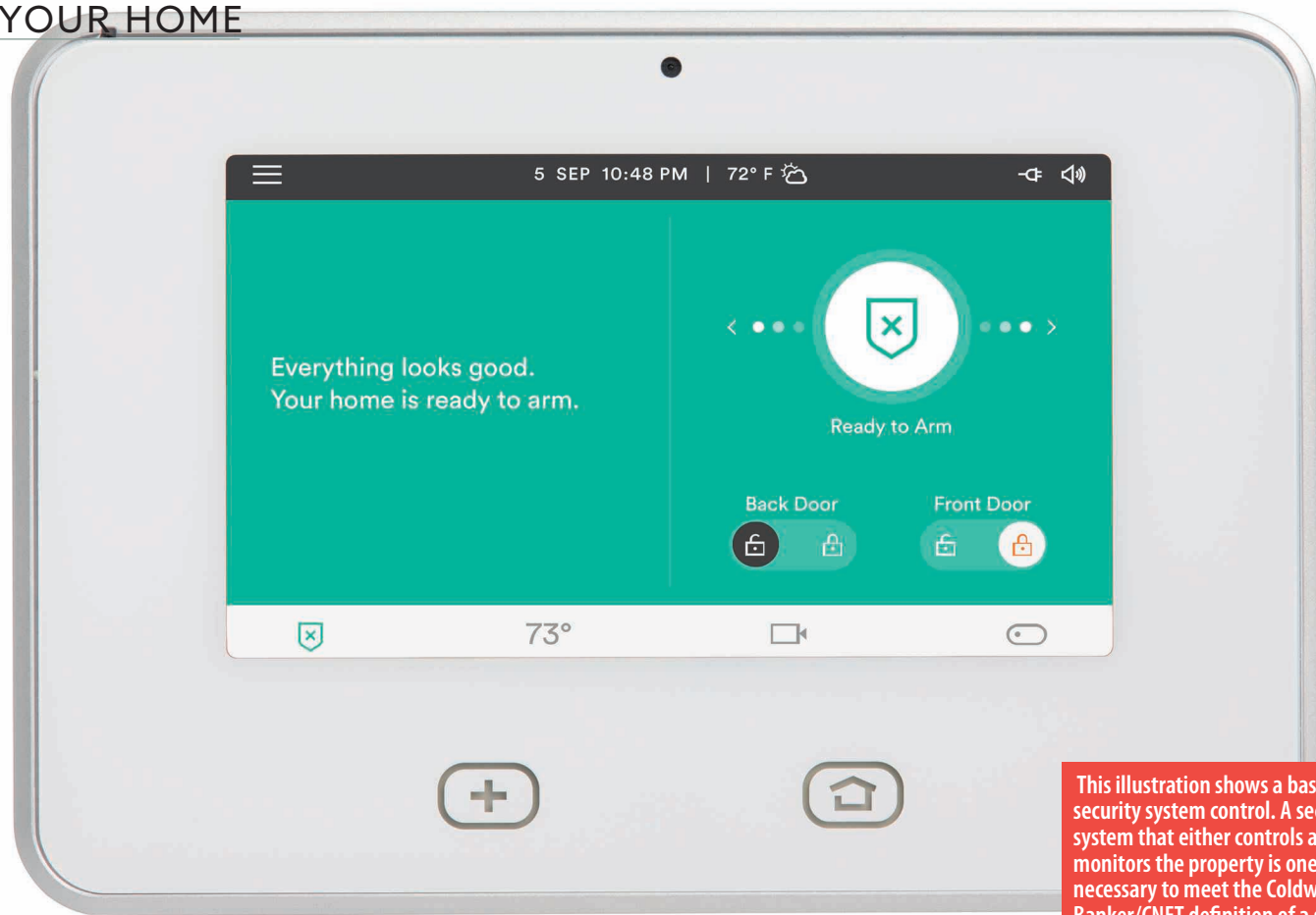


## Putting Energy Where it Matters Most

Touchstone Energy® Cooperatives.  
Your source of power. And information.







This illustration shows a basic security system control. A security system that either controls access or monitors the property is one feature necessary to meet the Coldwell Banker/CNET definition of a smart home. (Vivint Smart Homes)

# WHAT MAKES A SMART HOME?

**Terry Woster**

Freelance Writer

Everyone has an idea about what the phrase “smart home” means, but experts recently defined and identified the basic features and systems that make a home fit the phrase.

A dependable Internet connection is an essential piece, necessary for the connections that make the features of the home interact with each other and with the homeowner to get the most from each feature, whether it's the doorbell camera, the thermostat or the sound system.

“You can't have a smart home if it can't connect to smart appliances,” says David Sirotty, vice president of North American Communications



An illustration of the Smart Home Staging Kit available from the Worthington Group to sellers who list with Coldwell Banker. The kit includes a Nest Learning Thermostat, Nest Protect smoke and carbon monoxide alarm, Nest Cam Indoor security camera, August Smart Lock, August Connect, and Lutron-Caseta Wireless Lighting Starter Kit. More information is available at [SmartHomeStaging.com](http://SmartHomeStaging.com). (Illustration courtesy of Coldwell Banker)



## You can't have a smart home if it can't connect to smart appliances.

for Coldwell Banker Real Estate. He also said more and more people are interested in smart-home features in the homes they buy and in the renovation projects they undertake.

To come up with a definition of a smart home, Coldwell Banker Real Estate LLC in 2016 collaborated with CNET, a media website that produces news and reviews of consumer technology.

"For a time, we were stumped," Siroty said. "There simply was no definition of what it was. It needed to be broad enough and simple enough to be understandable." If you have certain specific and basic features or systems, if I can call your property a smart home, I can market your home very differently. That's significant."

A commonly accepted definition of the term is important because it provides "a clear and unified designation to keep up with rapidly evolving technology in the home," he said.

In a prepared release on May 10, 2016, Coldwell Banker and CNET outlined the definition they wrote:

**Smart Home:** A home that is equipped with network-connected products (that is "smart products," connected through Wi-Fi, Bluetooth or similar protocols) for controlling, automating and optimizing functions such as temperature, lighting, security, safety or entertainment, either remotely by a phone, tablet, computer or through a separate system within the home itself.

To be considered a smart home, the property must have a smart security feature that either controls access or monitors the property or a smart temperature feature, in addition to a reliable Internet connection. The property also must have at least two additional features from the following list:

- Appliances (smart refrigerators and

## You have the power with Smart Home Technologies



### 1 Smart Hub/Bridge

If you are looking to make your home smart without having to hire a company to install an interconnected system, then an internet-connected smart hub is the first thing you'll need. A smart hub will allow you to control all your smart devices from one app by acting as a middle man that facilitates communications between all your smart home devices.

### 2 Smart Lighting

Like most items in a smart home, smart lighting can be controlled with a few swipes of a smart phone app. But smart lighting is more than just convenient. Smart light bulbs are more energy efficient than standard incandescent bulbs. Some bulbs use GPS on your phone to determine your location, and can turn on or off depending on where you are located. Some bulbs are even voice controlled!

### 3 Smart Blinds

Smart blinds can be useful for those who have tall, hard-to-reach windows; for those who have difficulty moving around the house; or for those who simply want

to smarten their home. Smart blinds allow you to schedule your blinds to open and close during certain times of day – a bonus if you are trying to be energy efficient – or control them via an app.

### 4 Smart Locks

Smart locks allow you and anyone else you wish to enter your home with ease. Some smart locks let you open your doors with your cell phone. Some let you see who is coming and going while you are out of the house. Some even allow you to assign security privileges to certain people.

### 5 Smart Thermostat

A smart thermostat is a great way to keep your home smart and energy efficient. Many smart thermostats can learn your heating and cooling behavior and will auto-schedule based on your preferences.

### 6 Smart Cooking Appliances

Smart cooking appliances, like smokers, allow you to cook a perfect meal away from home, without burning the house down! Wi-Fi technology makes these cooking appliances smart!

- smart washer / dryers)
- Entertainment (smart TVs and TV streaming services)
- Heating/Cooling (smart HVAC system, smart fans or vents)
- Lighting (smart light bulbs and lighting systems)
- Outdoors (smart plant sensors and watering systems)
- Safety (smart fire/carbon monoxide detectors and nightlights)
- Security (smart locks, smart alarm systems or cameras)
- Temperature (smart thermostats)
- The term "smart home" can be intimidating and overwhelming," Lindsey Turrentine, editor-in-chief of CNET.com, said in the prepared statement. "We want to make it easy for everyone to better understand what a smart home is, in order to simplify the process in helping them choose the right devices for their homes."

# November Board Meeting Minutes

The regular meeting of the board of directors was held on November 21, 2017.

.Also present were General Manager Derek Sorley, Finance & Administration Manager Anna Haynes, Member Services & Procurement Manager Josh Fanning, Administration Assistant Stacey Robinson, Vic Simmons with Rushmore Electric Power Cooperative and Mike McQuiston from Basin Electric Power Cooperative.

Motion was made, seconded and carried to approve the minutes as mailed.

Additions to the agenda were asked for by President Schlack.

The following additions were made:

1. Revenue Deferral approval from RUS
2. Mike McQuiston with Basin Electric Power Cooperative

Motion was made, seconded and carried to approve the agenda after the additions were approved.

Anna reviewed the Revenue Deferral approval letter received from RUS.

The Finance & Administration Manager Anna Haynes presented part of the Operating Report for September.

Vic Simmons with Rushmore Electric Power Cooperative and Mike McQuiston with Basin Electric Power Cooperative provided a presentation on Rushmore and Basin's business operation; not only today, but in the future and what is the driving force behind some key decisions being made at the executive levels.

The Finance & Administration Manager Anna Haynes presented the remaining Operating Report for September along with the List of Disbursements.

A motion was made, seconded and carried to accept the check audit committee's review of the list of October checks and disbursements, which Donovan went over with the board.

Donovan reported on the SDREA board meeting he attended in September.

Anna presented the Analysis of Invest-

ments. The investments were reviewed by the board.

The Finance & Administration Manager Anna Haynes went over the 2018 Budget Financials in a power point presentation.

General Manager Derek Sorley gave a Power Point presentation on the 2018 Budget requested items.

A motion was made, seconded and carried to approve the 2018 budget.

Motion was made, seconded and carried to approve the list of new members, attached hereto.

Anna reported that the office will be going to the drop box locations for member appreciation day; collections have slowed down and now only dealing with 60-day past due accounts; that the energy programs are processing applications and gave an update on past due accounts and payment promises from the energy programs.

Mike reported on the Wanblee tap and the work that WAPA is doing inside and outside the sub along with the work Lacreek is also doing (pictures were also provided showing the progress); on the New Work Plan, which the Environmental Report was reviewed with only minor changes; working on the Wanblee West Step Station as weather permits; Truck #6 replaced a window and Truck #17 replace a hose.

The safety report was presented by Mike.

Josh said would like to take a group of directors to the Basin Power Plant in Gillette, WY upon completion; about a conference call he had with Cherry-Todd and Rushmore on load control; that we sponsored a volleyball game and t-shirts were randomly given out; that the Christmas party is December 8th with a sports theme; about the Parade of lights December 2nd and on the 2018 Lacreek Scholarships.

Wade reported on the Basin Annual Meeting he attended with Tom, Clarence and Derek.

Tom reported on the Rushmore Electric Board Meeting he attended.

Derek reported on the progress of the Blanket Purchase Order request for bids; had a conference call with CFC on Compass Forecasting; that he attended a Freshman Impact Community Meeting; meet with the line crew for an informative breakfast on current/upcoming projects; on the Cherry-Todd Annual Meeting he attended; also sat in on a conference call with Member Services & Procurement Manager Josh Fanning, Cherry-Todd and Rushmore on load control; about a meeting he had with IRBY on organizing the warehouse and materials including bar coding; that he attended the Basin Electric Annual Meeting; about the annual physical inventory which is resulting in the warehouse office being moved to the warehouse to ensure accurate inventory control; that NRECA offers to the member's "free" Will preparation; he conducts monthly staff meetings and invited the board to attend; about the need for a server upgrade and gave an update on upcoming vacation.

A motion was made, seconded and carried to approve upgrading Lacreek's services based on Rushmore Electric Power Cooperative's suggestion.

The NRECA Annual Meeting is Feb. 25th-28th in Nashville, TN with Troy being the Delegate and Derek being the Alternate. Mike and Josh are also planning to attend.

The SDREA Annual Meeting is Jan. 11th-12th in Pierre with no one planning to attend at this time. This will be reviewed at the December meeting.

Discussion was held on the SD Farmers Union Foundation donation request with no donation approved at this time.

The Legislative Banquet has been changed to Dec. 6th due to an unforeseen conflict and Neal Livermont will now also be attending. Confirming Clarence, Troy, Marion, Derek, Melvin, Tom and Neal plan to attend.

Derek said AFLAC will be in the office on Dec. 19th, which is also board meeting day.

Derek went over the 2018 calendar that is provided on the Call to Order and also in the board room for directors to review upcoming events.

Derek discussed legal issues with the board.

Next Board Meeting – Dec. 19, 2017, at 1 p.m.

## Electrical Safety Tips for Kids

At Lacreek Electric, we understand your child's health and well-being are your top priority. With more than 140,000 electrical fires occurring each year, knowledge of electrical safety is necessary to ensuring your loved ones stay safe. Here are a few tips you can share with your little ones:

- Electrical fires are caused when a wire or electrical device overheats. It is important to make sure your children understand that water cannot extinguish this type of fire. Only fire extinguishers can be used to remedy this situation.
- In addition to the previous tip, it is never a good idea to mix water with electricity. Keep blow dryers, radios and any other electrical devices away from all water, especially those used in a bathroom.
- Keep metal objects out of appliances and plugs. If a piece of toast gets stuck in the toaster, never use a metal knife to retrieve it. Unplug the toaster, and use a different tool or utensil to remove the toast.
- Remember, only plugs should go in outlets. Sticking fingers or other objects in outlets may result in an electrical shock.
- It's always a good idea to turn lights off when they are not in use. This will save your family money on your electric bill and prevent electrical fires from overheated bulbs.
- Kids will be kids, and they love the great outdoors. Remind them to avoid overhead power lines. Whether they are climbing trees or flying kites or remote-controlled toys, they should always be mindful of what is above.

Talk to your children about the importance of electrical safety, and more importantly, lead by example – because you never know who's watching.



## Where is your account number?

A member's account number has been hidden somewhere in this newsletter. If you find your number, call the office before Feb. 28th and you will receive a \$20 credit on your next month's billing. If no one finds the account number, the



credit will be \$30 in the next issue. Happy searching!



## Read Your Heat Meter

Please read your heat meter to receive your heat credit during the heat season which is

October through April. If you would like to have an office-read heat meter, please contact our office at 605-685-6581. A \$25 charge is required to install this type of meter.

## Don't be a statistic. Call 811 before digging.

45 percent of American homeowners who plan to dig this year said in a recent survey that they would NOT call 811 beforehand, putting themselves and their communities at risk.







Adding exercise to the daily routine is good for the heart.

# HEART HEALTH

## The Undeniable Truths of Heart Health: Diet and Exercise Remain Keys

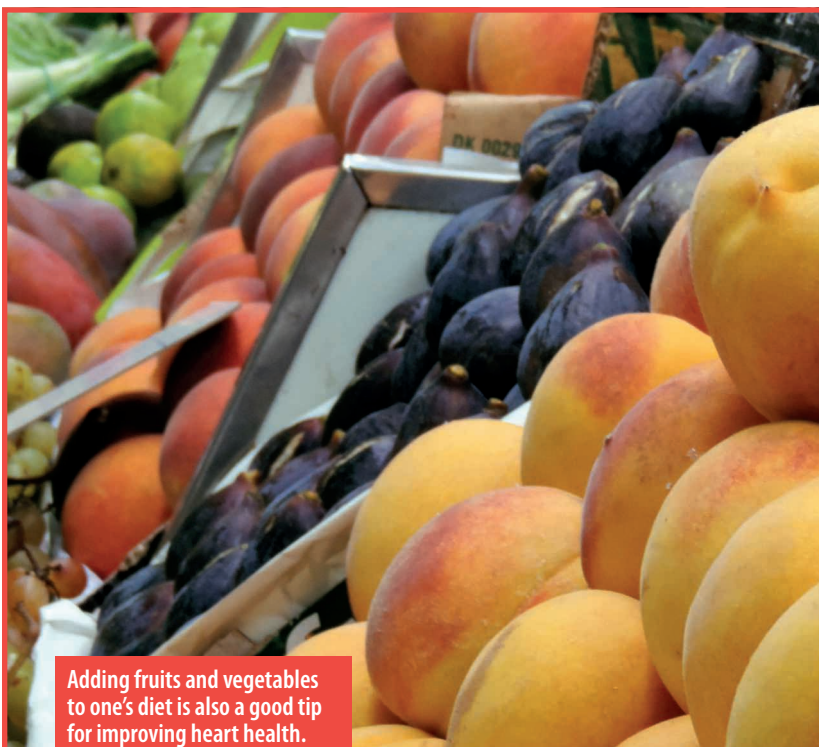
**Debra Gibson Isaacs**

*Always consult your doctor for any matters relating to your health. This information is not intended to diagnose any medical condition or to replace your healthcare professional.*

### How to Sneak More Exercise into Your Day

Sonya Angelone, a registered dietitian nutritionist (RDN) who holds a masters of science degree, is on the other end of the phone, explaining ways to sneak exercise into already-crowded days.

Although most of us wish it weren't true and wish there were a magic pill to keep our hearts healthy, diet and exercise remain the undeniable keys to a healthy heart. We know that but ... we're too busy for one more thing, can't afford a gym membership, are too tired after work, want to spend



Adding fruits and vegetables to one's diet is also a good tip for improving heart health.

## The key is to avoid just being sedentary.

what little time we have with our children.

“Incorporate subtle exercises into things you already do,” Angelone suggests, rejecting the notion that we have to have chunks of time or money to improve our heart health.

“For example,” she says, “do a wall chair when on the phone or while brushing your teeth.”

What I don’t know at the time is that she is practicing what she teaches as we talk. “I’m doing a wall chair as we speak, she tells me a bit later. “I just put my back against the wall, my feet on the floor, and slid down the wall until you could set a book on my knees or a child could sit on my lap. This is engaging my quadriceps, lowering my blood sugar from just eating lunch, burning extra calories and strengthening my legs so I am less likely to fall.”

Angelone, a spokesperson for the Academy of Nutrition and Dietetics and a practicing nutritionist in the San Francisco Bay area, has more examples – all simple and cost-free or very low cost.

“Lunge down the hall,” she suggests. “It only takes a few lunges a day to make a difference. Or alternately stand on your tiptoes and flat on your feet. This strengthens your lower legs.”

Another idea is to hold both arms out to your side with a book in one arm. Your body will look like a “T.” Hold that position until your arms shake. Stop and repeat.

How many can you do? It doesn’t matter, according to Angelone. The idea is to go from where you are to an ability to do more.

### Another few examples:

- While sitting in a chair or watching television, contract your abdominal muscles 20 times.
- While sitting in a chair, lift your toes, put them back on the floor, and repeat. This strengthens your shins.
- While sitting at the table, pedal a foot cycle.

“The key is to avoid just being sedentary,” the nutritionist says. “If you have a sedentary job, get up every half hour. Do something. Go outside and walk around the building, go up and down a flight of steps. Engage your muscles.

**Important Note:** *The only caveat is to make sure you have no limitations or injuries. If you do, check with your physician before trying any of these ideas.*

## How to Sneak More Nutrition Into Your Diet

Eggs are packed with protein; they are good for you. Egg yolks have cholesterol; eggs are not good for you.

Butter is better than margarine or is it that margarine is better than butter?

What is the difference between monosaturated, saturated, partially hydrogenated and trans fats?

Confusion abounds about nutrition. Sometimes it is hard to keep up with the latest science, sometimes the science changes and sometimes we just can’t remember what the science says.

Sonya Angelone, a registered dietitian nutritionist (RDN), spends her days counseling people in the San Francisco area about nutrition. Before she reveals the answers to some of the biggest nutritional conundrums, Angelone says there is one important point to remember about nutrition: There is no one-size-fits all. Each of us is different and can process food differently. Age and activity level make a difference. Medical conditions can also alter nutritional recommendations.

Now, drumroll please, here are Angelone’s answers to two of the most common and perplexing questions about nutrition:

### Eggs

Although the newest dietary guidelines remove the limit of eggs and dietary cholesterol, they still recommend avoiding excess. Eggs are a nutritious food, but whether they are good or bad depends on the person. Genes help determine how someone metabolizes nutrients, including cholesterol. Some people absorb excess dietary cholesterol and should limit eggs (one of the richest source in our diets). But, most people can consume eggs regularly. They just need to be sure it isn’t cooked in excess oil and doesn’t come with bacon, hash browns, white toast and butter!

Also, the recommendations are different for a healthy person wanting to eat a healthy diet versus someone with heart disease who is trying to reverse their disease. For the latter, I limit dietary cholesterol, including eggs. The American Heart Association is a good site for great information.

**On Balance:** Neutral.

**Suggestion:** Ask your physician to run a cholesterol balance test. This will tell you whether your high cholesterol is because your liver makes too much cholesterol or because you absorb too much cholesterol.

### Butter or Margarine

I do not like margarine ever. It has trans fats. That simply means that something has been artificially added to make the margarine harden into a stick or tub. The producer transformed liquid oil into a solid fat by adding hydrogen atoms – thus the term hydrogenated. This process changes the fat into an unhealthy fat.

Now there has been so much pressure from the government that producers are going back to using transformed fats. While they are not using palm oil, which is not healthy, coconut oil is not healthy either. The liver uses saturated fats to make cholesterol.

Some people believe that coconut oil is not bad because of a study. There were two groups, one which substituted sugar for fat and another group which substituted coconut oil for fat. It wasn’t that the coconut oil was better. It was that the sugar is so bad.

**On Balance:** Butter is always the best choice.

**Suggestion:** Try nut butter instead.



# Youth Entrepreneurship Is Alive and Well

BIG Idea  
Celebrates 10th  
Anniversary

Kelly Weaver

[www.BIGideaSD.com](http://www.BIGideaSD.com)

**South Dakota student entrepreneurs compete for scholarships with their big plans.**

The 10th Anniversary BIG Idea Competition was a BIG success with 243 entries involving 357 students from 37 schools. The event wrapped up Thursday, Dec. 7, at Northern State University.

Christian Westhoff of McCook Central High School took first place with Dakota Cubs, customized and handmade teddy bears. Second place went to Soap Opera Laundromat & Dry Cleaning by Julia Neuharth of Eureka High School, offering laundry services not currently available in a 75-mile radius. Third place was awarded to Taylor Evans of Pierre T. F. Riggs High School for Hot Look, an app that suggests an outfit from your wardrobe to wear based on the weather. The Marketing Design winner was Learning 101 by Meadow Smith from West Central High School, Hartford, and the Wellness Award went to Personal Plate by Conlan Rendell of Pierre T. F. Riggs High School. The winners were awarded more than \$5,000 in cash and scholarships.

Other finalists included Pribyl Pool by Morgan Selchert, Lexi Pinkert and Reed Hartman from Milbank High School; Anti-social-Eats by Michael Crawford, Angelica Jones and Kaelin O'Leary from Lead-Deadwood High School; Safe Haven Shelters by Jasmine Gengerke of Groton High School; Hire a Ranch-Hand by Colt Brink of Pierre T.F. Riggs High School; Know-How by Danielle Eliason and Bess Seaman of Warner High School; and Kharel's Colors by Dhvani Kharel from Brookings High School.

In celebration of the 10th anniversary, Michael Grabham with



Christian Westhoff of McCook Central High School in Salem, S.D., delivers her "elevator pitch" for her "Dakota Cubs" business plan. Westhoff took home the first-place \$1,000 scholarship in the competition.

The Package Guard from Seattle was the featured keynote speaker along with local business owners Heath Johnson with Dakota Plains Companies and past BIG Idea winner Ellen Schlechter, creator of the Calving Book app. Grabham advised the students to 'celebrate your weirdness' and build your network and emphasized that conviction and compassion are critical for a successful business launch.

Students from the following high schools participated: Aberdeen Central, Belle Fourche, Bowdle, Brookings, Canistota, Chester, Custer, Deuel, Doland, Eagle Butte, Edmunds Central, Ethan, Eureka, Faulkton, Gregory, Groton, Hamlin, Ipswich, Madison Central, McCook Central, Milbank, James Valley Christian, Lead-Deadwood, Leola, Mobridge-Pollock, Montrose, Northwestern, Pierre T.F. Riggs, Sully Buttes, Sunshine Bible Academy, Vermillion, Wagner, Warner, Watertown, Waverly/South Shore, West Central and Yankton.

For more information about the BIG Idea competition, visit [www.BIGideaSD.com](http://www.BIGideaSD.com); on Facebook at @BIGideaSD or on YouTube at <https://www.youtube.com/user/BIGideaSD/playlists>





BIG idea winners and sponsors pose for a photo. Pictured are: (standing from left) Kelly Weaver, BIG Idea Committee; Andrew Miller, Presentation College; Christian Westhoff, 1st Place; Troy McQuillen, McQuillen Design; Julia Neuharth, 2nd Place; Brian Carda, Sanford Health; Taylor Evans, 3rd Place; Kila Legrand, Sanford Health and Dr. Tim Mantz, Northern State University and (seated) Meadow Smith, Marketing Design Winner and Conlan Rendell, Wellness Award.

## What is the BIG Idea Competition?

To promote entrepreneurship, spur creative thinking and encourage students to start a business.

- A business idea competition for high school students
- A 1,075-word description of a business idea
- An optional Marketing Design competition which includes an ad for their idea
- An opportunity to learn about business concepts and entrepreneurship
- A chance to win cash and scholarships

This competition, launched in 2007, was created through the collaborative efforts of many organizations in South Dakota. This competition is about exposing youth to new ideas and innovation in the hopes that you will view entrepreneurship as an option for your future. Rather than leaving the region to look for a job, you can have the confidence to create your own opportunities close to home and know that there is support for you should you choose to do so. Homegrown businesses are key to the success of our rural communities.

### Contest Timeline:

Completed online business ideas are due in October. Students who are selected as finalists will be invited to present their ideas to entrepreneurs and the awards ceremony will take place that same day. The final competition is in early December.

### What is in it for Students?

- Learn about business development and planning
- Meet with other students and future business

mentors

- Be a part of the cutting edge – young future entrepreneurs
- Be recognized for your business smarts
- Attend a wrap-up event with other participants
- Win great prizes

### What is in it for Teachers and Schools?

- Specially developed resources to enhance entrepreneurship or business studies
- Recognition for your school team's efforts
- A networking and learning opportunity for like-minded educational professionals
- A chance to help area youth explore their options!



## December 15-March 31

South Dakota snowmobile trails season, Lead, SD, 605-584-3896

## January 17-25

Winter Art Show, Spearfish, SD, 605-642-7973

## January 19

Portland Cello Project Concert, Spearfish, SD, 605-642-7973

## January 19-20

Media One Funkski, Sioux Falls, SD, 605-339-0000

## January 19-20

ISOC Deadwood SnoCross Showdown, Deadwood, SD, 605-578-1876

## January 20

Bark Beetle Blues, Custer, SD, 605-440-1405

## January 21

REO Speedwagon, Deadwood, SD, 605-559-0386

## January 26-February 4

Annual Black Hills Stock Show and Rodeo, Rapid City, SD, 605-355-3861

## January 27

Sioux Empire on Tap, Sioux Falls, SD, 605-367-7288

## January 27

Lakota Games on Ice, Mitchell, SD, 605-996-5473

## February 3

Don McLean, Deadwood, SD, 605-559-0386

## February 3

Tomahawk Snow Jam, Deadwood, SD, 605-569-2871

## February 6-10

Winter Farm Show, Watertown, SD, 605-886-5814



## February 2-4

10th Annual Winterfest of Wheels, Convention Center, Sioux Falls, SD, 605-231-3100, [www.winterfestofwheels.com](http://www.winterfestofwheels.com)

## February 9-11

Black Hills Sport Show and Outdoor Expo, Rushmore Plaza Civic Center, Rapid City, SD, 605-394-4111

## February 15-17

Sno Jam Comedy Festival, Sioux Falls, SD, [siouxfallssno-jamcomedyfest@gmail.com](mailto:siouxfallssno-jamcomedyfest@gmail.com)

## February 16-18

2018 National Pheasant Fest and Quail Classic, Sioux Falls, SD, 651-209-4933

## February 16-18

Annual Frost Fest, Brookings, SD, 605-692-6125

## February 24

Snow Jam, Lead, SD, 605-569-2871

## February 24

Farm and Home Show, 10 a.m. to 3 p.m., Presho, SD, 605-895-9445

## February 24

Annual Outhouse Races and Chili Cook-off Contest, Nemo, SD, 605-578-2708

## March 3-6

2018 Summit League Basketball Championship, Sioux Falls, SD, 605-367-7288

## March 10-11

2018 Gun Show, American Legion Hall, Saturday 9 a.m. to 5 p.m., Sunday 9 a.m. to 3 p.m. MST, Philip, SD, 605-859-2280 or 605-441-8466

## March 16-17

28 Below Fatbike Race, Lead, SD, 605-584-3435

## March 16-17, 23-24

60th Annual Schmeckfest, Freeman, SD, 605-925-4237

## March 17

Annual Ag Day at the Washington Pavilion, Sioux Falls, SD, 605-367-6000

## March 27

Socks in the Frying Pan Concert, Spearfish, SD, 605-642-7973

## March 31

Eggstravaganza, Rapid City, SD, 605-716-7979

## April 5

McCrossan's Wildest Banquet Auction in the Midwest featuring A Night Out with the PBR, 5:30 p.m., Arena, Sioux Falls, SD, Tickets: \$75 each, 605-339-1203, [www.mccrossan.org](http://www.mccrossan.org)

## April 6-8

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

## April 20-21

Craft Beer Fest, Deadwood, SD, 605-578-1876

**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.**