



Cooperative Connections

**Living the
Lake Life**

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**Seniors
Compete**

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Bakley Completes Training

Congratulations to Lacreek Electric lineman Jordon Bakley on completing his four-year Merchant Course. The course is training associated with his work toward becoming a journeyman lineman.



Jordon Bakley

He has completed his apprenticeship and has been promoted to journeyman lineman status.

He attended Mitchell Technical Institute, completing the electrician and power line programs. He began working at Lacreek in May 2015.

Jordon is married to his high school sweetheart, Noelle, and they have a daughter Teagan who is one. Jordon enjoys fishing, hunting and spending time with family and friends.

Lacreek Electric will be closed Thursday, July 4.

Have a Happy Fourth of July!



Find Your Account

A member's account number has been hidden somewhere in this newsletter. If you find your account number, call the office before July 5 and you will receive a \$130 credit on your next month's billing.

If no one finds their account number, the credit will be \$140 in the next issue.

Planting? Select the Right Tree, Right Location

The right tree planted in the right place can add natural beauty to any landscape, but a tree in the wrong place can become expensive to maintain and even dangerous. Safe Electricity encourages everyone to learn more about the benefits of tree planting and selecting the perfect tree for the right place in your yard.

When considering placement, select a planting location that will not interfere with utility lines both in the air and underground. Tree branches can interfere with overhead power lines and roots can do the same with underground utilities.

Power outages or interruptions occur when trees and branches come into contact with overhead lines. Electrical arcing and sparking from a wire to a nearby branch can cause fires.

Tall growing trees with a mature height of greater than 40 feet should be planted at least 50 feet away from lines to avoid future pruning. A mature height of less than 25 feet is recommended if planting near lines. Keep in mind, trees should never be planted directly under power lines, near poles, or too close to electrical equipment.

Trees growing near power lines must be pruned to maintain a safe distance from the wires. If you have trees that are growing into power lines, contact your electric provider. Never try to prune them yourself.

Before the tree planting begins, make sure to call 811. The 811 "Call Before You Dig" campaign is a free service that locates and marks your public underground utilities.

Make sure to call a few work days in advance of any digging project to give ample time for a professional to locate these utilities. Electrical, gas, water, cable and telephone lines can all be found beneath the earth.

For more information on picking out a tree, visit the Arbor Day Foundation's website at www.arborday.com. For more info on safety around electricity, go to SafeElectricity.org.

We clear certain areas in our service territory, known as rights of way, to:

- Keep power lines clear of tree limbs
- Restore power outages more quickly
- Reduce unexpected costs for repairs

Maintaining rights of way improves service reliability for you - our members!

Lacreek Electric Cooperative Connections

(USPS No. 018-912)

Board of Directors

Clarence Allen – President
Wade Risse – Vice President
Brent Ireland – Secretary
Troy Kuxhaus – Treasurer
Melvin Cummings – Scott Larson –
Neal Livermont – Dean O'Neill –
Tom Schlack – Marion Schultz –
Jerry Sharp – Connie Whirlwind
Horse – Donovan Young Man

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Sherry Bakley – Work Order and Billing
Manager
Anna Haynes – Finance and
Benefits Manager
Mike Pisha – Operations Manager
Stacey Robinson – Member Service
Representative Manager and Editor

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Amy Pisha – Right of Way Specialist
Kasi Harris – Benefits Specialist
Terri Gregg – Billing Specialist
Jessica Cook – Billing Specialist
Lisa Jensen –
Member Service Representative
Ashley Turgeon –
Member Service Representative

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Journeyman Linemen:
Dane Claussen – Ryan Pettit
Aaron Risse – Lonny Lesmeister –
Jordon Bakley
Apprentice Linemen:
Aarin Ainsworth – Tyler Brown –
Alex Christensen – Brad Hahn –
Garrett Metzinger – Trace Scott
Glenn Smith – Maintenance Man
Cody Larson – 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.

Subscription information: Electric cooperative members devote 50 cents from their monthly electric payments for a subscription. Nonmember subscriptions are available for \$12 annually. Periodicals Postage Paid at Martin, SD and at additional mailing offices.

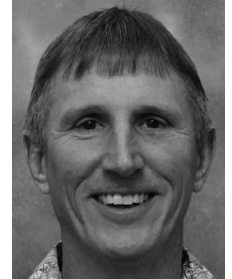
POSTMASTER: Send address changes to: Lacreek Electric Cooperative Connections, PO Box 220, Martin, SD 57551; telephone (605) 685-6581; fax (605) 685-6957

Larson Joins LEA Board of Directors

Scott Larson was born in Pierre, S.D., and raised in Martin, S.D. He graduated from Bennett County High School in 1987, attended Mitchell Technical Institute in Mitchell, S.D., and in 1989, joined the United States Army. That same year, he married Carrie, also a Martin local, and they now have two grown sons.

After serving in the Gulf War, Scott focused his profession in the building trades and has owned his own residential construction company for more than 24 years. Scott also continued his education through the University of South Dakota. He has served as Martin City Forman, Martin Code Enforcement Officer and spent five years as a city councilman. He also served as American Legion Post 240 Commander for four years.

Over the years, Scott has coached American Legion Baseball, flag-football, AAU wrestling and was an assistant coach for high school wrestling. He enjoys his job, hunting and fishing, friends and family and loves life enough to smile infectiously.



Scott Larson

Board of Directors Elects New Officers

The Lacreek Electric Association board of directors held its reorganizational meeting and elected new officers.

Clarence Allen of Martin was elected president and Wade Risse of Martin was elected vice president. Brent Ireland of Martin will serve as the board's secretary while Troy Kuxhaus of Martin was elected treasurer.

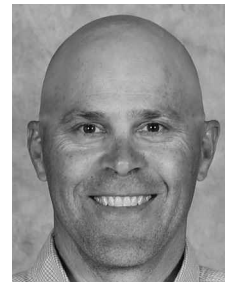
Tom Schlack of Merriman, Neb., will continue to represent the board on the Rushmore Electric Power Cooperative board of directors and Donovan Young Man of Oglala continues as Lacreek's director on the South Dakota Rural Electric Association board of directors.



Clarence Allen
Board President



Wade Risse
Vice President



Brent Ireland
Board Secretary



Troy Kuxhaus
Board Treasurer



Tom Schlack
REPC Director



Donovan Young Man
SDREA Director

Electrical Safety Tips for the 4th of July

Well, it's summer and in just a few weeks the biggest holiday of the season arrives: The Fourth of July! As we prepare for backyard BBQs and poolside fun, there are some important things to remember to make sure it's a safe holiday.

Whether you are hosting or heading over to a neighbor's or relative's house to celebrate, we have a few safety tips to share with you so that your friends and family enjoy your time together and avoid accidents

Summer Poolside Electrical Safety Tips

Spending time in and around the pool is a big part of summer and celebration during the warmest months of the year. Regardless of whether you are hosting a get-together at your home or someone else's, make sure the chances for accidents are minimal by following these simple safety steps:

- Never run electrical cords over or alongside the pool. Water and electricity don't mix!
- If you are decorating the backyard, string party lights a minimum of three feet away from the pool or any water source.
- Store and activate fireworks as far away from the pool as possible.
- Never use a flotation device to support an electrical appliance (fan, etc.).
- Never cross the pool exit or towel storage area with electrical wires.
- Always use safety caps on electrical outlets near water.
- When possible, use GFCI outlets to protect yourself and your electrical appliances outdoors.

Electrical Power Line Safety Tips

Power lines run through neighborhoods and can even pass through overgrown trees. They're often the most dangerous when you don't even notice they're there because you either see them all of the time or they are covered by tree canopies. Stay mindful and remember these safety tips when you're spending time in the backyard or outdoor neighborhoods:

- Never let kids (or adults for that matter) climb trees that are near power lines.
- Make sure your trees are trimmed and out of the way of power lines running through your yard or near your home.
- Never attempt to touch a downed power line. If there is one in your yard, call the electric company immediately. There can still be current running through the line and an active line is highly dangerous.

Source: allstarelectrical.com

HERE'S WHAT
\$1 OF ELECTRICITY
WILL BUY YOU:



250 HOURS
OF BREWING COFFEE

KIDS CORNER SAFETY POSTER



"Don't let your goat eat your extension cords."

Paige Oppelt, 8 years old

Paige is the daughter of Paul and Laura Oppelt, Goodwin, S.D. They are members of H-D Electric Cooperative, Clear Lake, 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.

Delectable Desserts

Rhubarb Dump Cake

- | | |
|---|------------------------------------|
| 1 lb. rhubarb, cut into 1/4-inch slices | 1 (18.25 oz.) pkg. yellow cake mix |
| 1 cup white sugar | 1 cup water |
| 1 (3 oz.) pkg. strawberry gelatin | 1/4 cup margarine, melted |

Spread rhubarb evenly in bottom of a buttered 9x13-inch baking dish. Sprinkle sugar over rhubarb, followed by gelatin mix and finally the cake mix. Pour water and melted margarine over top. Do not stir. Bake at 350°F. for 45 minutes or until rhubarb is tender.

Jean Osterman, Wheaton, MN

Cherry-Pineapple Dessert

- | | |
|---|---|
| 1 (20 oz.) can crushed pineapple with juice | 1 cup coconut flakes |
| 1 (21 oz.) can cherry pie filling | 1 cup chopped pecans or walnuts, if desired |
| 1 box yellow cake mix | 1 cup (2 sticks) butter |

Dump pineapple with juice and spread into bottom of pan. Top with cherry pie filling. Sprinkle top evenly with dry cake mix. Add coconut and chopped nuts. Slice butter over all. Bake at 350°F. for 35 to 40 minutes. Let cool before cutting.

Arlene BaanHofman, Corsica, SD

Mexican Cheese Cake (Sopapilla)

- | | |
|---|---------------------------|
| 2 (8 oz. each) cans refrigerated crescent rolls | 1-3/4 cups sugar, divided |
| 2 (8 oz. each) pkgs. cream cheese, softened | 1 tsp. vanilla |
| | 1/2 cup butter, melted |
| | 1 T. ground cinnamon |

In medium bowl, beat cream cheese and 1 cup sugar and vanilla. Unroll 1 can dough. Place in bottom of ungreased 9x13-inch (3-quart) glass baking dish. Stretch to cover bottom of dish, firmly pressing perforations to seal. Spread cream cheese mixture over dough. Unroll second can of dough. Firmly press perforations to seal. Carefully place on top of cream cheese layer. Pinch seams together. Mix remaining sugar with cinnamon; sprinkle evenly over all. Drizzle melted butter evenly over top. Bake at 350°F. for 30 to 35 minutes or until puffed and brown. Cool before cutting.

Clarice Roghair, Okaton, SD

Spiced Peanut Butter Caramel Pie

- | | |
|---|--|
| 1-3/4 cups graham cracker crumbs | 1/2 cup sugar |
| 1/2 tsp. ground ginger | 2 tsp. apple pie spice |
| 6 T. butter, melted | 2 tsp. pure vanilla extract |
| 2 (8 oz. each) pkg. Neufchâtel cheese, 1/3 less fat than cream cheese, softened | 2 cups thawed frozen light whipped topping |
| 1/2 cup peanut butter | 1/4 cup caramel dessert topping |
| | 1/2 cup chopped peanuts |

Mix crumbs and ginger in medium bowl. Stir in butter until well blended. Press crumb mixture evenly into bottom and up sides of lightly greased 9-inch pie plate. Bake at 350°F. for 10 minutes. Cool completely on wire rack. Beat cream cheese, peanut butter and sugar in large bowl with electric mixer on medium speed until well blended and smooth. Beat in apple pie spice and vanilla until well mixed. Gently stir in whipped topping. Spoon into cooled crust. Drizzle with dessert topping. Using knife, gently swirl topping into pie until marbled. Sprinkle with peanuts. Refrigerate 4 hours or until set. Store leftover pie in refrigerator. Makes 12 servings.

Nutritional Information Per Serving: Calories 401, Total Fat 25g, Sodium 380mg, Cholesterol 42mg, Carbohydrates 34g, Protein 10g, Dietary Fiber 1g

Pictured, Cooperative Connections

Ginger Snaps

- | | |
|-------------------|-----------------|
| 2 cups sugar | 1 tsp. salt |
| 1-1/2 cups butter | 2 tsp. cinnamon |
| 1/2 cup molasses | 1 tsp. cloves |
| 2 eggs | 1/2 tsp. nutmeg |
| 5 cups flour | 3 tsp. ginger |
| 3 tsp. soda | |

Mix in order listed. Roll into small balls the size of walnuts. Roll balls in sugar. Place 2 inches apart. Bake at 375°F. for 15 minutes.

Bonnie Weber, Aberdeen, SD

Please send your favorite vegetarian, garden produce and pasta 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.

Keeping Pets (and Energy Bills!) Comfortable



Pat Keegan

Collaborative Efficiency

We're taking a look at three common energy efficiency questions from pet owners.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on house pets and energy, please visit: www.collaborativeefficiency.com/energytips

We love our pets, and we love saving energy! This month, we're taking a look at three common energy efficiency questions from pet owners.

Q: We've thought about installing a pet door. Will this impact my energy bill?

A: Pet doors are convenient for pet owners and pets, but they can impact energy bills. A pet door that is poorly made or improperly installed will create unwanted drafts that increase energy bills and reduce the overall comfort level of your home. The wrong type of door may also be pushed open during high winds.

Consider installing a pet door that is certified by the Alliance to Save Energy (ASE) or has a double or triple flap. These types of pet doors can reduce energy loss and make life easier for you and your furry friends. The best solution may be a high-quality electronic door that is activated by a chip on your pet's collar.

It's difficult to undo a pet door installation, so before taking the leap, we suggest doing your homework. There may be other strategies that will give you and your pet some of the convenient benefits without the downsides.

Q: To save energy, we keep our home cool during winter nights and warm during summer days. How much "hot and cold" can our pup and tabby handle?

A: Cats and dogs can handle the cold better than humans. The U.S. Department of Agriculture (USDA), which regulates facilities that house cats and dogs, requires these facilities to maintain temperatures above 50 F. Some exceptions are allowed for breeds accustomed to the cold or if some form of insulation for the animals is provided. Your pet's tolerance really depends on their breed and the thickness of their coat.

A report by the Purdue Center for Animal Science says that Siberian huskies can tolerate temperatures below freezing, but some short-haired dogs require temperatures of 59 F or higher. Older animals may require warmer temperatures than younger ones.

During summer, cats and dogs handle the heat in different ways. Cats clearly enjoy warmer temperatures than dogs, and they do a good job of reducing their activity level as temperatures climb. But both cats and dogs can get overheated. The USDA says that room temperatures in facilities housing dogs or cats should not exceed 85 F for more than 4 hours at a time.

Q: Is it okay if my cat or my dog sleeps in the garage overnight?

A: USDA rules suggest this should be fine if your garage temperature stays between 50° F and 85° F. Pets might be able to handle a lower temperature if they have a warm, insulated bed.

I do not recommend heating or cooling your garage for your pet. This could lead to extremely high energy bills, which makes sense because an uninsulated but heated garage could easily cost more to heat than a home. A better solution is a heated pet house, which you can purchase from multiple retailers. If you're willing to spend a little more, you can even find climate-controlled pet houses that include heating and cooling options.

You can also purchase heated beds for cats and dogs. Some beds use as little as 4 watts of electricity, so they won't drain your energy bill.

We hope these tips will be helpful as you work at saving energy while caring for your favorite furry friend!

S.D. Entities Create Partnership to Hire Cyber Intelligence Analyst

A South Dakota state government agency, a South Dakota university and a South Dakota city police department are joining together in a new partnership to fight the ever-increasing problem of cybercrime.

The state Department of Public Safety and the Sioux Falls Police Department will provide funding for a new cyber intelligence analyst working at the state Fusion Center in Sioux Falls. The analyst will also partner with cybersecurity efforts now being undertaken at Dakota State University in Madison.



Officials said the new staff member will focus on both incident response and incident prevention, using open-source cyber intelligence to help citizens, businesses, and law enforcement entities address cybercrime. At the Fusion Center, the analyst also will work with alongside federal agencies. This day-to-day contact will provide South Dakota with important insight and be a useful tool in the effort to help support and protect critical infrastructure.

“Businesses of all sizes, in cities and towns large or small, are targets of cybercriminals,” said Craig Price, Cabinet Secretary of the Department of

Public Safety. “This position will be a great asset to keep South Dakota citizens and businesses safer from the threat of cybercrime.”

Cybersecurity Ventures, a leading researcher in the global cyber economy, estimates that cybercrime will cost the world \$6 trillion annually, up from \$3 trillion in 2015. Police Chief Matt Burns of the Sioux Falls Police Department said this new analyst will give his department another resource to fight cybercrime.

“As one department, we can deal with many, but not all, of the cyber threats we see each year,” he said. “To have a dedicated person canvassing the Dark Web and the internet will be of great benefit to small and large businesses, as well as private citizens.”

The analyst also will be a welcome partner to the cybercrime security efforts being undertaken at Dakota State University.

“Methods used by cyber criminals are always changing, so the connection with the law enforcement technology and cyber research at Dakota State University will be an invaluable resource for the analyst to remain current with cyberattack techniques,” said Trevor Jones, the director of Digital Forensics Services at Dakota State’s DigForCE Lab.

Officials hope to have the position filled by July 1, 2019.

S.D. Century Farm & Ranch Recognition Deadline is Aug. 9

The South Dakota Farm Bureau (SDFB) and the South Dakota Department of Agriculture will again recognize and honor longstanding South Dakota families at the South Dakota State Fair.

South Dakota families having ownership of their farm or ranch for 100, 125 or 150 years have the opportunity to be honored on Thursday, Aug. 29, during the 2019 South Dakota State Fair in Huron.

To qualify as a South Dakota Century Farm or Ranch, a family must have retained continuous ownership of at least 80 acres of original farmland for 100 years or more. If the family ownership of land has reached 125 or 150 years, they may apply to be recognized as a Quasiquicentennial or a Sesquicentennial Farm or Ranch, respectively. Documentation of the original date of purchase must be included with the application.

Application forms are available online at www.sdfbf.org by clicking “Century Farms” or by calling the SDFB at 605-353-8052. The application deadline is Friday, Aug. 9, 2019.

Agriculture is a major contributor to South Dakota’s economy, generating \$25.6 billion in annual economic activity and employing over 115,000 South Dakotans. The South Dakota Department of Agriculture’s mission is to promote, protect and preserve South Dakota agriculture for today and tomorrow. Visit us online at sdda.sd.gov or find us on Facebook, Instagram and Twitter.





Elm Lake in northern Brown County has seen steady growth.
Photo by Ben Dunsmoor

LIVING THE LAKE LIFE

Scenic Views, Tranquil Living Inspire Many

Brenda Kleinjan & Ben Dunsmoor

brenda.kleinjan@sdrea.coop and
bdunsmoor@northernelectric.coop

Minnesota may be known as the Land of 10,000 Lakes, but for increasing number of South Dakotans are also making the connection to the water.

Some lakes in the Rushmore State have had developments associated with them for several decades while other lakes are relative new-comers to the year-round-home lake life.

Northern Electric Cooperative serves four major recreational lakes within Brown and Spink counties. The co-op serves nearly 1,000 lake-area homes and businesses at Elm Lake, Richmond Lake, Mina Lake, and Cottonwood Lake combined.

Elm Lake in northern Brown County has seen steady growth in popularity over the past 12 years. Elm Lake Association President Mike Jung says Elm Lake is not as busy as other lakes in the



Fishing is a popular pastime on many area lakes.
Photo by www.TravelSouthDakota.com

county and believes the quiet lifestyle is what is appealing to many people.

“I think the biggest thing up here is it’s so quiet all week long,” Jung said. “If you want to go fishing you can go a half mile down the lake and not have any jet skis near you.”

Mina Lake boasts the largest lake population within Northern Electric’s service territory. More than 400 homes and businesses are part of the small community between Aberdeen and Ipswich.

Mina Lake has been developing since the late 1930s when Julie Johnson’s grandfather built the first two cabins on the lake. Johnson currently lives at the lake and her family has been involved with developing the lake throughout her lifetime. She says the improvements in electric, water, and wastewater infrastructure has transformed the lake from a weekend destination to a full-time home for many residents.

“There are just a whole lot more people living out (at Mina Lake) all year long,” Johnson said.

Richmond Lake is also a popular place to

live, work, and play in Brown County. The 200-acre state-run Richmond Lake Recreation Area is open to campers, swimmers, and fishing enthusiasts. Nearly 300 homes and businesses are located around the Richmond Lake shoreline.

“I think the biggest thing up here is it’s so quiet all week long.”

Cottonwood Lake in Spink County serves as a Redfield-area retreat. More than 100 homes dot the shores of Cottonwood which is a busy spot for boating and fishing throughout the summer months.

Head to the south and one of the state’s largest lakes, Lake Poinsett, has been increasing in popularity over the years, with a growing number of year-round homes.

Settled into the southern part of Hamlin County and northern part of Brookings County, S.D. Highway 28 provides easy

access to the lake from Interstate 29 while U.S. Highway 81 provides a north-south corridor from Watertown to Madison and points south.

To the west, growth along Lake Oahe – the stretch of the Missouri River extending above the Oahe Dam at Pierre up into North Dakota – has also seen considerable growth.

And with that growth can be challenges.

“We’ve experienced it in the past, when the reservoir gets full, the hills shift on us and can tear our cable apart. It’s torn on us three times already,” said Cam Wal Electric Manager Terry Keller. The western boundary of the co-op’s area is formed by Lake Oahe in Campbell, Walworth and Potter counties.

Keller said that some of the areas have residents year-round, while others are occupied in the spring, summer and fall.

“We have a few that come stay a couple of weeks and then go home,” Keller said.

“Even with the challenges, the real growth we have is along the reservoir,” said Keller.



Lake Poinsett provides inspiring vistas for photographer Greg Latza.
Photo and Cover by ©Greg Latza

BOARD ROOM

April 2019 Board Meeting

The regular meeting of the Board of Directors of Lacreek Electric Association, Inc. was held in the office of the Cooperative, located in the Town of Martin, South Dakota, April 16, 2019, beginning at 1 p.m.

The meeting was called to order by President Schlack and the following directors were present: Clarence Allen, Troy Kuxhaus, Brent Ireland, Dean O'Neill, Wade Risse, Melvin Cummings, Connie Whirlwind Horse, Jerry Sharp, Neal Livermont and Marion Schultz. Absent was Donovan Young Man. Also present were Operations Manager Mike Pisha, Interim General Manager/Member Services & Procurement Manager Josh Fanning, Finance & Benefits Manager Anna Haynes, Member Services Representative Manager Stacey Robinson, Work Order and Billing Manager Sherry Bakley and Scott Larson.

A motion was made, seconded and carried to approve the March 2019 minutes.

There were no additions to the agenda.

The Operating Report for February and the List of Disbursements for March were presented by Finance and Benefits Manager Anna Haynes and reviewed by the board.

A motion was made, seconded and carried

to accept the check audit committee's review of the list of March checks and disbursements. The April 2019 Check Audit Committee will be (Troy "chairman", Tom and Jerry).

Anna presented the March Analysis of Investments which was reviewed by the board. 2202119312

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

Sherry reported that the capital checks have been mailed.

Stacey reported that the member service representative girls are both attending training in May to be held in Pierre.

Mike reported on work in progress; on the storms that came through Lacreek's territory; that the new big bucket truck #3 has arrived along with the walk behind trencher and the mini excavator and on personnel.

The safety report was presented by Mike.

Tom reported on the Rushmore Electric meeting he attended.

Clarence and Marion reported on the Rushmore Electric Annual Meeting they attended.

Josh reported on the T-Mobile lease; on the reassigned workload in the office; about the South Dakota Bill 66; that Mike Bowers with Rushmore has been working on Lacreek's NERC compliance form; that Basin Electric is starting to look into promoting solar; on the roofing bid for the building, the new bucket truck purchase, mini excavator purchase and the walk behind trencher purchase; that the scholarship winners were: Basin Electric/Lacreek - Cameron Good, Rushmore/Lacreek - Jessica Begeman, Lacreek - Erica Bakley and Tee Allen and the second year winner was Fawn Cross; the Youth Excursion winners were Paige Pettit and Grace Jager; he also thanked the board for system improvements which has been an asset in keeping the lights on with minimal outages and gave an update on upcoming events he may be attending.

A motion was made, seconded and carried to approve a team from Lacreek to participate in the West River Golf Tournament benefit for the SDREA victim's fund.

Josh gave an annual meeting update.

Next Board Meeting – May 21, 2019, at 4 p.m.

Is Your HVAC Ready for Summer?

Ah, summer. Cookouts, swimming pools, camping – it's the perfect time to enjoy the outdoors with family and friends. And when it's time to come back indoors, there's nothing better than that cool blast you feel from your home's air conditioning unit.

Your heating, ventilating and air conditioning (HVAC) system is essential to keeping your home comfortable during summer months, and if it breaks down, it's also the most expensive equipment to repair or replace. Luckily, there are simple steps you can take to lengthen the life of your HVAC system.

■ **Change or clean filters.** Dirty filters block airflow, which can greatly decrease the efficiency of your system. The Department of Energy recommends changing or cleaning filters every month or two during the cooling season. If your unit is in constant use or is subjected to dusty conditions or

pet hair, consider checking filters more frequently.

■ **Clean the HVAC unit.** Outdoor condenser coils can become clogged with pollen, dirt and small debris. Use a hose to spray the HVAC unit once each season to ensure maximum airflow. (Warning: Do not use a pressure washer to do this, as it can damage the equipment.)

■ **Clear space around the HVAC unit.** Dryer vents, falling leaves and grass left behind from the lawnmower can create buildup. Remove any debris around the HVAC unit. If you have foliage near the unit, trim it back at least 2 feet around the condenser to increase airflow.

If you want to evaluate the efficiency of your HVAC system, try this quick test. You should also have your HVAC system periodically inspected by a licensed

professional. The frequency of inspections depends on the age of your unit, but the Department of Energy recommends scheduling tune-ups during the spring and fall, when contractors aren't as busy.

When HVAC equipment fails, it's inconvenient and uncomfortable – especially during the dog days of summer. Remember, your HVAC system runs best when it's regularly cleaned and serviced. With a little maintenance along the way, you can add years to your system's lifespan.

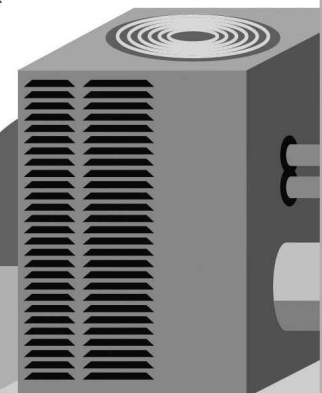
Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development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

3-Step HVAC Test

As summer temperatures rise, so do electric bills. Follow these steps to test the efficiency of your HVAC unit.

The outdoor temperature should be above 80 degrees, and you should set your thermostat well below the room temperature to ensure the system runs long enough for this test.

1. Using a digital probe thermometer (about \$12), measure the temperature of the air being pulled into your HVAC filter.
2. Measure the temperature of the air blowing out of your A/C vent.
3. Subtract the A/C vent temperature from the HVAC filter temperature. You should see a difference of about 17 to 20 degrees. If the difference is less than 17 degrees, you may need a licensed technician to check the coolant. If the difference is greater than 20 degrees, your ductwork may need to be inspected for airflow restrictions.



AMERICA'S ELECTRIC
COOPERATIVES

Seniors Staying in Shape

Fellowship, Competition All Part of Senior Games

Brenda Kleinjan

editor@sdrea.coop

For more than 35 years, South Dakota seniors have been gathering in fellowship and competition in the South Dakota Senior Games.

The state senior games will be held in September in Watertown, while regional competitions take place throughout the state from May through August. (Minnesota's Senior Games are Aug 1-4 in St. Cloud.)

The South Dakota games got their start in 1984 when the Division of Adult Services and Aging within the South Dakota Department of Social Services established the competition. The purpose was to encourage seniors to become involved in, as well as maintain, on-going physical exercise.

By 1996, state funding for the games was withdrawn, but the games continued on. A Senior Games board of directors was formed, comprised of participants from across the state. The non-profit establishes the rules and regulations for the games and provides financing and developing local, regional games as well as the state games which features 21 different sports.



Team and partner events as well as individual competitions are part of the 21 sports offered at the South Dakota Senior Games.

Since then, hundreds of South Dakotans aged 50 and up have been lacing up their sneakers and heading to the field, court or track to compete.

During the South Dakota Senior Games state competition, participants will compete in 21 different events within five-year age divisions (50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+).

Every two years, a national event is scheduled and the state games are the qualifying event for the national stage.

The 2019 National Games were set for June 14-25 in Albuquerque, N.M.



SOUTH DAKOTA SENIOR GAMES



South Dakota Senior Games

Thursday, Sept. 5

7:30 a.m. – Golf and Shuffleboard

8:30 a.m. – Disc Golf and Bean Bag Toss

12:15 p.m. – Swimming

12:30 p.m. – 8-ball pool

2:30 p.m. – Bowling Mixed Doubles and Jump Rope

5 p.m. – Pickelball mixed doubles

5:30 p.m. – Table Tennis and Strength contests (Pull ups, timed plank, push ups, arm curls, timed wall sit, bench press reps)

Friday, Sept. 6

7:30 a.m. – Horseshoes

8 a.m. – Pickelball (Doubles and Singles)

8 a.m. – Cycling (5k, 10k, 20k, recumbent bikes)

9 a.m. – Bowling (Men's and women's singles)

12:15 p.m. – Track and Field

12:30 p.m. – Tennis and Badminton

2:30 p.m. – Volleyball

3 p.m. – Softball (Men's 60+)

6:30 p.m. – Banquet and Annual Awards Presentations

Saturday, Sept. 7

7 a.m. – 5k race walk and 5k power walk; 5k road race; 10k road race

7:30 a.m. – Track and Field

9 a.m. – Basketball shoot

11:30 a.m. – Picnic for athletes

1 p.m. – Three-on-Three Basketball

2 p.m. – Racquetball

2 p.m. – Mens Softball

3 p.m. – Womens Softball

Sunday, Sept. 8

8:15 a.m. – Archery

10 a.m. – Men's and Women's Softball Continues



Table tennis is one of 21 sports at the South Dakota Senior Games.

South Dakota Regional Senior Games

Sioux Falls	May 30- June 1	Nick Brady Sioux Falls Parks and Rec Phone: 978-6924
Northern Hills Senior Games, Spearfish	June 7-8	Brett Rauterkus – Spearfish Rec Center 722-1430
Madison Interlake Games	June 28-29	Bernie Schuurmans 270-3327
Aberdeen	July 11-13	Gene Morsching – Aberdeen Parks and Rec 626-7015
Black Hills Senior Games	July 24-27	Rapid City Parks and Rec – Kristi Lintz 394-4268
Brookings	July 26-27	Brookings Activities Center – Traci Saugstad 692-4492
Yankton	Aug. 3-4	Yankton Parks and Rec – Brittany Orr 668-5234
Huron	Aug. 9 – (Pickleball) Aug. 10 – Track and Field and other events.	Howard Bich – Call for information and Registration Form – 605-275-6891 or 605-491-0635 – Cell or LaRon Clock 605-353-8533
Watertown	Aug. 22-24	Watertown Parks & Rec – Andrew Magedanz

State Senior Games

Minnesota State Senior Games, St. Cloud	Aug. 1-4	Contact Info: Fritz Butkowski Phone: 320-762-2868 Web Site: Minnesota Senior Games http://mnseniorgames.com http://www.mnseniorgames.com/page/Schedule-of-Events-x-274-21-287.html
South Dakota State Games, Watertown	Sept. 5-8 (Online registration is Aug. 30. There is no on-site registration)	Howard Bich, Executive Director e-mail: sdsrgames@gmail.com or habich@sio.midco.net 605-491-0635



Today, while exploring and adventuring, you can also stay connected. Nature already provides energy that can power various on-the-go gadgets. Outdoors enthusiasts can harness power from the sun, wind and water to charge devices that make camping even better.

ELECTRICITY ON THE GO!

Maria Kavensky

NRECA

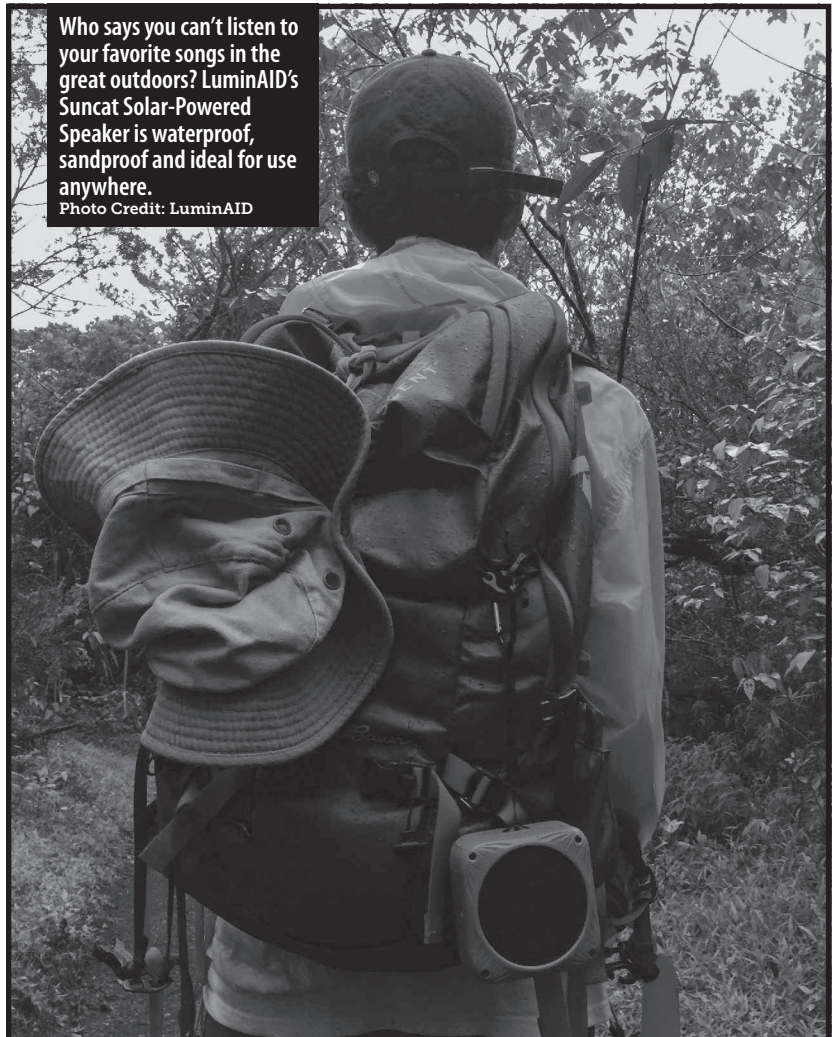
Everyone enjoys the great outdoors. The fresh air, getting in touch with nature and physical exercise are key highlights of camping. Today, while exploring and adventuring, you can also still stay connected. Although the great outdoors does not come equipped with ready-to-use electricity, nature already provides energy that can power various on-the-go gadgets. While spending time outside, you can harness power from the sun, wind and water to charge devices that can make your camping experience even better.

One example is a portable light powered by the sun, like BioLite's portable solar light. The device includes a built-in solar panel that can be placed on a backpack during the day. In about seven hours of charging in the sun, you can reach 50 hours of burn time from the small device. Just think, after a full day of exploring, you can relax in your tent and enjoy a new book. This product is just one of many by BioLite, which sells various products meant for off-grid households and recreational use of fuel-independent charging.

LuminAID offers a similar product, the PackLite Firefly USB, which is an inflatable lantern with five lighting modes. The device is compact, waterproof and portable in size for easy charging on the go. The Packlite Firefly USB needs about 10 hours of sunlight to fully charge.

If you want a smaller solar-powered gadget for lighting, try products like Davis Instruments LightCap. This

Who says you can't listen to your favorite songs in the great outdoors? LuminAID's Suncat Solar-Powered Speaker is waterproof, sandproof and ideal for use anywhere.
Photo Credit: LuminAID



cap fits any 2-inch water bottle, like those sold by Nalgene or Camelback, and it's extremely convenient since you don't need to worry about the gadget as long as you keep it on your water bottle. At night, the water bottle lights up from the cap shining through. A few different versions are available on Amazon for about \$30 or less.

To power all your USB-based devices, such as cell phones, speakers, camp lights or GoPros, you can walk around with a USB solar backpack. There are several varieties of backpacks available from different manufacturers, ranging in price from \$50 to more than \$200, and normally taking about four to six hours to fully charge.

For longer camping trips, there are portable showers that can be heated by the sun. The reservoir bag holds five gallons of water, which can be used for multiple showers, and warms up through a heat-locking material when left in the sun. These are convenient for camping but could also come in handy for emergencies

While spending time outside, you can harness power from the sun, wind and water to charge devices that can make your camping experience even better.

when hot water isn't accessible. Solar-powered portable showers are available from different manufacturers. Visit Amazon.com or check local retail stores like Walmart and Cabela's to review your options.

When the skies are cloudy or there's a lot of tree coverage, there are additional energy sources to be found in nature. Although less common, another way to charge your

USB devices is by using a small turbine by Waterlily that harnesses either wind or hydro energy. By letting the turbine run in the wind or in a fast-moving stream, you can charge any of your devices. Even when there isn't a strong gust or a fast stream, the turbine comes with a hand crank that generates power as well. Visit www.waterlilyturbine.com for more information.

Just five years ago, many of these gadgets were still prototypes, and now most of them are easily accessible to buy online. Thanks to these advances, we can enjoy the outdoors and stay connected while keeping a clean footprint.

Maria Kanevsky is a program manager 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.



LuminAID's PackLite Firefly USB is an inflatable lantern with five lighting modes. The device is compact, waterproof and portable for easy charging on the go. It can be charged by direct sunlight (about 10 hours) or through a micro USB input (one to two hours).
Photo Credit: LuminAID

June 2-August 11

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

June 27-29

74th Annual Crystal Springs
Rodeo, Performances every
night at 8 p.m., Clear Lake,
SD, 605-874-2996,
crystalspringsrodeo.com

June 27-30

Camaro Rally, Sturgis, SD,
605-720-0800

June 28-29

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

June 28-30

Annual Main Street Arts &
Crafts Festival, Hot Springs,
SD, 605-440-2738

June 29

Farm Fun Day at the Zoo,
Watertown, SD,
605-882-6269

June 29-30

Archeology Awareness Days,
Mitchell, SD, 605-996-5473

July 2-4

Sitting Bull Stampede Rodeo,
Mobridge, SD, 605-845-2387

July 2-7

100th Annual Black Hills
Roundup, Belle Fourche, SD,
605-723-2010

July 5-7

Badlands Astronomy Festival,
Interior, SD, 605-433-5243

July 5-7

Sisseton Wahpeton Oyate
Annual Wacipi, Agency
Village, SD, 605-698-8284

July 5-7, 12-14, 19-21

Laura Ingalls Wilder Pageant,
De Smet, SD, 800-776-3594



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

Photo courtesy: Scavenger's Journey Committee

July 6

Rivercity Rumble #4
Demolition Derby, 1 p.m.,
Chamberlain, SD,
605-220-9391

July 6-7

Prairie Village Railroad Days,
Madison, SD, 800-693-3644

July 9-14

3 Wheeler Rally, Deadwood,
SD, 605-717-7174

July 11-13

Annual Hot Harley Nights,
Sioux Falls, SD, 605-334-2721

July 11-13

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

July 13

Cruiser Car Show & Street
Fair, Rapid City, SD,
605-716-7979

July 13-14

Summer Arts Festival,
Brookings, SD, 605-692-2787,
www.bsaf.com

July 17-20

Black Hills Corvette Classic,
Spearfish, SD, 605-759-4530

July 18-21

Corn Palace Stampede Rodeo,
Mitchell, SD, 605-770-4919

July 19-20

Storybook Land Festival,
Aberdeen, SD, 605-626-7015

July 19-20

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

July 19-21

Stampede Rodeo, Burke, SD,
605-830-0304

July 19-21

Annual Festival in the Park,
Spearfish, SD, 605-642-7973

July 20-11

Hills Alive, Rapid City, SD,
605-342-6822

July 20-21

JazzFest, Sioux Falls, SD,
605-335-6101

July 23-27

Days of '76 Rodeo and
Parades, Deadwood, SD,
605-578-1876

July 24-27

Senior Games, Rapid City,
SD, Contact Kristi Lintz at
605-394-4268

July 26-27

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

August 3-4

Senior Games, Yankton,
SD, Contact Brittany Orr at
605-668-5234

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.