

COOPERATIVE CONNECTIONS



Former co-op general manager Jim Moore is one of the original organizers of the Line Patrol Charity Ride and was the designated lead rider in 2021 as the group embarked on its adventure

Line Patrol Charity Ride

20 years of assisting
co-op families
Pages 8-9

Food co-ops meet
community needs
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Make safety a top priority in the field during South Dakota's hunting seasons



Ben Dunsmoor
Editor

October ushers in one of South Dakota's most popular seasons. Hunting season.

The third Saturday in October is always the traditional pheasant season opener which is by far the state's most popular hunting season. South Dakota remains one of the top states in the country to hunt pheasants with hunters consistently harvesting more than one million roosters every year for the past ten years. The number of pheasant hunters in South Dakota is also rebounding with more than 130,000 hunters flocking to South Dakota in 2021, which is the highest number of pheasant hunters the state has seen since 2016.

A safe hunt is a fun and enjoyable hunt that will create memories that can last a lifetime.

South Dakota is also a popular place to hunt deer, ducks, and other types of waterfowl. Hunting season delivers hours of enjoyment in the field every fall and has a huge economic impact on the state. But there are some important safety rules hunters should follow as they head into the field for another season. Here are a few tips for a fun and safe hunt.

BE AWARE OF YOUR TARGET AND BEYOND

It is always important for hunters to be aware of their surroundings when they are setting their sights on their target. Hunters should look beyond the bird or animal that is being pursued so that a stray bullet or shotgun shell will not damage nearby buildings or injure or kill any passersby who may be in the area. This is also true for power lines. If a pheasant

is flying near a power line it is important not to pull the trigger. Shooting electrical infrastructure can cause power outages and create a dangerous situation for the entire hunting party and any neighboring homes or properties. Always be aware of your target and beyond before you shoot a firearm.

BE VISIBLE

Electric cooperative line crews wear high-visibility clothing on the job site. They wear bright-colored clothing so their co-workers and members of the public can see them and avoid accidents. The same concept is true for hunters. When you are hunting with firearms it is important to know where everyone is located in your hunting party. Wearing blaze orange clothing is the easiest way to make yourself visible in the field and ensure other hunters know where you are. Blaze orange clothing is required for some hunting seasons. Read local hunting regulations or check with the South Dakota Game, Fish, and Parks department about blaze orange clothing before the season begins.

NEVER USE POWER POLES FOR DEER STANDS

There have been several incidents over the years where Northern Electric Cooperative crews have found deer stands that are attached to power poles. This is a very unsafe practice. Many times, there are underground wires that run up and down the side of the pole and can be damaged by a tree stand. Damaging the wires on the side of the pole can lead to electrocution or an outage on the system. Attaching a deer stand to a power pole also shortens the distance between the hunter and the high-voltage lines on the top of the pole. Always stay ten feet away from high-voltage power lines to avoid electrocution or severe injury. If Northern Electric Cooperative crews find a deer stand attached to a pole, they will take it down to reduce the risk of this unsafe practice.

Keep safety at the top of the priority list as hunting season kicks off this fall. A safe hunt is a fun and enjoyable hunt that will create memories that can last a lifetime.

COOPERATIVE CONNECTIONS

NORTHERN ELECTRIC

(USPS 396-040)

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Northern Electric Cooperative Connections is the monthly publication for the members of Northern Electric Cooperative, PO Box 457, Bath, SD 57427. Families subscribe to Cooperative Connections as part of their electric cooperative membership. The purpose of Northern Electric Cooperative Connections is to provide reliable, helpful information to electric cooperative members on electric cooperative matters and better rural living.

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Northern Electric Cooperative's regular board meeting was held August 22, 2022, at the headquarters in Bath with all directors present. As the first order of business, the Board approved the July 22, 2022, minutes and July expenditures. The Board then reviewed and accepted monthly reports by management.

Directors viewed the East River Power Cooperative video report. East River Director Kirk Schaunaman reported on actions taken by the East River Board at the August 4, 2022, meeting. The next East River Board Meeting will be September 8, 2022, following the East River Annual Meeting September 7, 2022, in Sioux Falls. South Dakota Rural Electric Association Director Nolan Wipf reported that the next SDREA board meeting will be held September 29-30, 2022.

MANAGER'S REPORT

General Manager Char Hager's report to the board included the following items:

- Update on development projects.
- Update on Rural Electric Economic Development (REED) revolving loan fund.
- Legal and Legislative Report.
- Informed directors of the Northeast Rural Utilities Legislative Issues Forum.
- Informed directors of the 2022 Winter School for Directors, December 9-13, in Nashville, TN.

BOARD REPORT

The board considered and/or acted upon the following:

1. Approved the date and time of the next regular board meeting for 8:30 a.m. on Monday, September 19, 2022.
2. Approved payment of legal fees for Harvey Oliver in the amount of \$1,969.13.
3. Approved Work Order Inventories #22-07 for \$139,353.28 and #22-07MC for \$38,683.23 to be submitted to the Rural Utilities Service for reimbursement from loan funds for electric plant construction already completed.
4. Authorized board attendance to the Basin Electric annual meeting, November 8-10, 2022, Bismarck, ND.
5. Authorized board attendance to the Mid-West Electric Consumers Association 65th annual meeting, December 6-8, 2022, in Denver, CO.
6. Approved \$625.00 donation to the Columbia Community Foundation.
7. Held Executive Session.
8. Special Director meeting set for September 6, 2022, at 3:00 p.m. at the Bath headquarters.

Talk to your director or co-op manager with questions on any of these matters.

FINANCIAL REPORT

	July-22	July-21
kWh Sales	24,018,759 kWh	26,756,867 kWh
Electric Revenues	\$2,439,871	\$2,590,556
Total Cost of Service	\$2,306,636	\$2,519,426
Operating Margins.....	\$133,235	\$71,130
Year to Date Margins	\$657,639	\$309,979

RESIDENTIAL AVERAGE MONTHLY USAGE AND BILL

JULY-2022.....	1,591 kWh.....	\$199.71.....	0.1255 per kWh
JULY-2021.....	1,550 kWh.....	\$198.00.....	0.1277 per kWh

Wholesale power cost, taxes, interest, and depreciation account for **81.7%** of NEC's total cost of service.

Practice fire safety this fall and winter

When the weather turns colder, you inevitably start hearing more news about house fires. Even a small fire can be devastating.

Most house fires are caused by cooking that gets out of hand. But the second most common cause is materials in the home that catch fire. This often occurs when a heat source, such as a space heater or flying embers from a fireplace, comes into contact with fabric or paper, which then ignites. Once a fire starts, it can move so rapidly that even the best efforts to put it out may fail.

When it comes to old houses, the risks are even higher. The older the wood is that a house is constructed of, the faster it burns. Once flames invade the walls of an old house, they move with frightening speed.

Fire protection in any home is necessary, but even more careful precautions should be taken if your house is older. Here's how to help ensure the safety of your house and everyone in it.

SMOKE DETECTORS. These are the first and best line of defense; they allow you to get out of the house at the first whiff of smoke. Six in 10 deaths in house fires occurred in homes that did not have working smoke detectors. Go beyond the federal recommendations and put a smoke detector in every room. Stay on the even safer side by opting for those that detect both smoke and carbon monoxide.

FIRE EXTINGUISHERS. Keep small fires from getting out of control with fire extinguishers that are easily accessible. Choose several extinguishers that are light enough for even kids to handle. Make sure they have simple pull mechanisms that don't require much strength. Look for fire extinguishers that work for various parts of the house; for instance, an extinguisher in the kitchen should be able to handle grease fires.

INSTALL ARC-FAULT INTERRUPTERS. These ingenious little gadgets detect the electrical arcing that occurs when an old wire buried deep in your wall begins to fail. Speak with an electrician about where best to install interrupters and how your particular ones work.

MAINTAIN IT ALL. Finally, test everything on a regular basis. Smoke detectors should be tested every month, their batteries replaced every six months, and old smoke detectors replaced every 10 years. Opt to purchase an extra fire extinguisher so your family can take it to the backyard and practice using it.

ELECTRIC COOPERATIVES REPRESENT AT DAKOTAFEST



Electric cooperative representatives were on hand at the 2022 Dakotafest in Mitchell to share information about energy efficiency and electric-powered lawn implements and to showcase a 2022 Ford Lightning electric pickup truck provided by Vern Eide Ford. Shown left to right are Sheila Gross, Jared Rakness, Jennifer Gross, Patrick Soukup, Kristie Hauck, Brett Snyders and Tara Miller.

To see a video of this event and learn more about how electric cooperatives serve our members, visit Cooperative Connections Plus by scanning the QR code at right.



Do not touch power lines

Kendyl Gill

Kendyl knows that electricity always seeks a path to the ground and that all power lines should be treated as if they are energized. Kendyl is the child of Brent and Emily Gill, and they are members of Moreau-Grand Electric based in Timber Lake.

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.

PRIMO PASTA!

PASTA WITH ZUCCHINI AND TOMATOES

Ingredients:

- 7 oz. short whole wheat pasta like penne fusilli or farfalle
- 2 lbs. zucchini, chopped
- 1 lb. grape or cherry tomatoes cut in halves
- 3 tbsp. extra virgin olive oil
- 6 garlic cloves minced
- 1/3 c. Parmesan cheese grated
- 1 c. parsley or 1/2 cup basil finely chopped
- 1 tsp. salt
- Ground black pepper to taste

METHOD

Cook pasta per package instructions undercooking by 2-3 minutes or until pasta is cooked but firm. While pasta is cooking, preheat large ceramic non-stick skillet on medium-high heat and swirl 1 tbsp. of oil to coat. Add zucchini and cook for 5 minutes, stirring occasionally. Transfer to a bowl and set aside. Return skillet to stove, swirl 1 tbsp. of oil to coat, add tomatoes and cook for 3 minutes, stirring occasionally. Add garlic and cook for 1 minute, stirring a few times. Turn off heat and add cooked pasta and zucchini, remaining 1 tbsp. of oil, salt, pepper, cheese and parsley or basil; stir and serve. Adjust seasonings to taste. ifoodreal.com

MEXI-CORN LASAGNA

Ingredients:

- 1 lb. ground beef, browned and drained
- 1 can Mexican corn
- 1 can (15 oz.) tomato sauce
- 1 c. Pace picante sauce
- 1 tbsp. chili powder
- 1 1/2 tsp. ground cumin
- 16 oz. low-fat cottage cheese
- 2 eggs, beaten
- 1/2 c. parmesan cheese
- 1 tsp. oregano
- 1/2 tsp. garlic salt
- 12 corn tortillas
- 1 c. shredded cheddar cheese

METHOD

Combine first six ingredients in large skillet. Simmer 5 minutes, stirring frequently. Combine cottage cheese, eggs, parmesan cheese, oregano and garlic salt; mix well. Arrange 6 tortillas on bottom and sides of a lightly greased 13x9x2 baking dish, overlapping as necessary. Top with half the meat mixture. Spoon cheese mixture over meat. Arrange remaining tortillas over cheese. Top with remaining meat mixture. Bake 375 degrees for 20 minutes or until hot and bubbly. Remove from oven and sprinkle with cheddar cheese. Let stand 10 minutes, serve with additional picante sauce. Serves 8. **Carol and Rollie Smith, Brandon**

BAKED SPAGHETTI

Ingredients:

- 8 oz. package angel hair pasta
- 1/4 c. chopped parsley
- 1 lb. ground beef
- 1 lb. ground pork
- 1/2 tsp. salt
- 1/2 tsp. garlic salt
- 1/2 tsp. black pepper
- 1 1/2 tsp. sugar
- 1 tbsp. Italian seasonings
- 2 c. tomato sauce
- 1 c. water
- 2 c. canned crushed tomatoes
- 2 bay leaves
- 2 garlic cloves chopped
- 1/2 c. green peppers chopped
- 1/2 c. onion chopped
- 1 c. shredded cheddar cheese
- 1 c. shredded Monterey Jack cheese

METHOD

Cook pasta and set aside. Add 1 tbsp. olive oil to pasta and stir in to keep it from sticking together. Precook beef and pork together with salt, garlic salt and black pepper. Drain grease off and set aside. In a large pan add parsley, Italian seasonings, tomato sauce and water, garlic, green peppers, onions and crushed tomatoes. Bring sauce to a boil then reduce to a simmer and continue to cook for 30 minutes. Add cooked meat to the sauce. Let set while preparing the baking pan. Grease a 9x13 inch pan. Layer sauce with spaghetti noodles in the pan. Bake 350 degrees for 30 minutes. At 30 minutes pull spaghetti from the oven and mix cheeses together then pour on spaghetti evenly. Bake 5-10 minutes until cheese is melted **Jane Cave, Sioux Falls**

Please send your favorite 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 2022. All entries must include your name, mailing address, phone number and cooperative name.



The 2022 Bellator Titans Motorcycle Club corn maze is shaped like a motorcycle. The maze is located northwest of Stratford and will be open every weekend in October.

Submitted photo

A-MAZE-ING MAZE

Corn maze near Stratford provides family fun and raises money for charities

Ben Dunsmoor

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It is easy to get lost in a field full of towering stalks of corn in South Dakota in the fall. And a local motorcycle club is using the abundance of tall autumn corn to create a maze near Stratford that will not only provide family fun for the community but also raise money for charities.

“We had enough success with it that people asked if we were going to do another one this year,” Mike Lerew with the Bellator Titans Motorcycle Club said.

The Bellator Titans are a local motorcycle club that helps Toys for Tots, a charity that donates Strider bikes to local schools, and assists a camp for kids with diabetes called Camp Gilbert. The Aberdeen-based

club created a corn maze in 2021 as a way to fund the club’s charities and provide an autumn activity for area families. Organizers are bringing the corn maze back this year because it was so popular in 2021.

“I’m always looking for ways to grow funds for our club and our charities,” Lerew said.

This year’s maze opened on September 10th and will be open every weekend through the end of October. The 2022 maze is in the shape of a motorcycle. The letters B.T.M.C., which stands for Bellator Titans Motorcycle Club, are also cut out of the cornfield just outside of Stratford. The cost of the maze is \$8 for adults, \$6 for children between five years old and 12 years old, and free for kids under the age of five.

Mike Lerew said many people may be intimidated by bikers and

members of motorcycle clubs, however, events like the corn maze show that most clubs care about their local communities.

“The maze last year was one of the most amazing things that brought the bikers and the public together,” Lerew said. “We are about family. We are about fun.”

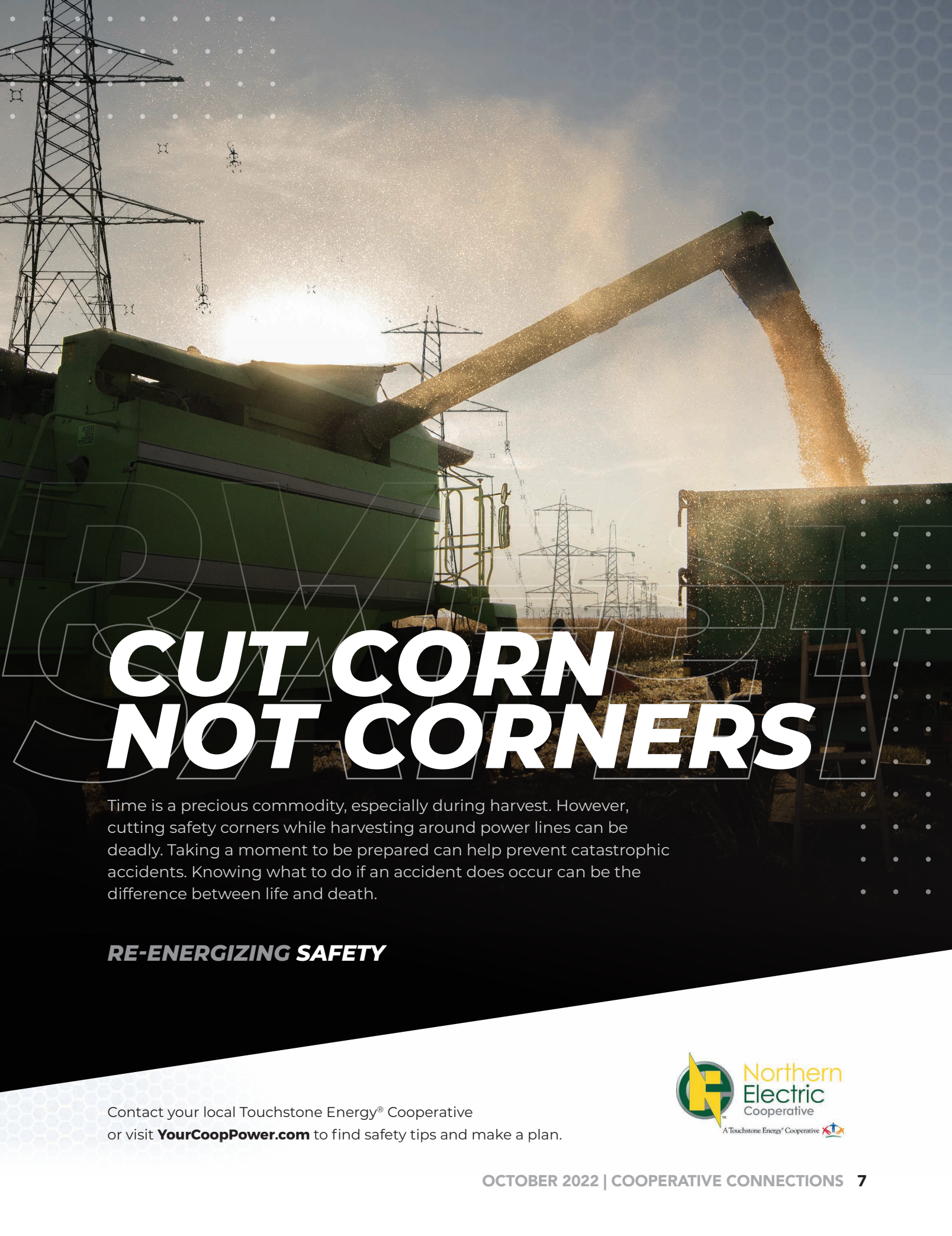
The maze is located on the northwest corner of Stratford. Families that want to get to the maze should take Brown County Road 23 to Stratford and follow the signs on the west side of town.

The maze is open every Saturday and Sunday from 1 p.m. in the afternoon until sunset through the end of October. There will be a haunted maze for Halloween on October 22-23. More information can be found by following the ‘Bellator Titans North Corn Maze’ on Facebook.

CORN MAZE DATES

- **October 1-2**
- **October 8-9 (full moon maze)**
- **October 15-16**
- **October 22-23 (haunted maze)**
- **October 29-30**

*Maze open **1p.m. - Sunset**



CUT CORN NOT CORNERS

Time is a precious commodity, especially during harvest. However, cutting safety corners while harvesting around power lines can be deadly. Taking a moment to be prepared can help prevent catastrophic accidents. Knowing what to do if an accident does occur can be the difference between life and death.

RE-ENERGIZING SAFETY

Contact your local Touchstone Energy® Cooperative
or visit [YourCoopPower.com](https://www.yourcooppower.com) to find safety tips and make a plan.





Roger Lawien and his wife, Kris, are regular participants in the Line Patrol Charity Ride. *Photos by Brad Letcher*

Line Patrol Charity Ride marks 20 years of serving those in need

Billy Gibson

billy.gibson@sdrea.coop

When Roger Lawien encountered some unexpected health problems, his fear and anxiety were assuaged by the assurance that he had several key factors in his favor.

He knew he could rely on his faith. He knew he could rely on his family. And he knew he could rely on his fellow cooperative employees across the state.

Lawien, member services manager at Moreau-Grand Electric based in Timber Lake, is a part-time volunteer and full-time advocate of Line Patrol, Inc., a charitable organization that exists to provide financial relief for South Dakota electric cooperative employees and their families in times of need.

Since the program was launched in 2003, hundreds of co-op employees have contributed to the emergency response fund by staging golf tournaments, bowling tournaments, auctions, trap shoots, 5K runs, raffles,

bake sales and more. One of the most popular and highly anticipated events is the annual Line Patrol Charity Ride held each September.

This year's 20th annual event took place on Sept. 10 and was co-hosted by Rushmore Electric, Butte Electric and Grand Electric. More than 200 riders and other participants gathered in Whitewood at the Iron Horse Inn and spent the afternoon motoring through the picturesque northern Black Hills.

Lawien was there perched aboard his prized Indian Roadmaster, soaking in the experience with his co-op friends and feeling grateful to have a dependable network of support that can be counted on not only to help rebuild lines and poles after a storm but also render aid in a personal crisis situation.

"Having been a recipient of funds from this program, it means a lot to be among these fellow co-op employees who are all so eager and willing to demonstrate their kindness and sincerity by showing up every year to contribute

Estimated amount of Line Patrol funds

\$580,000

donated to electric co-op employees

to a worthy cause like this," Lawien said. "It's that same cooperative spirit that bonds us all together. It's the can-do attitude they bring to their jobs every day in service to their members and their ongoing efforts to improve the quality of life in their communities. They are salt-of-the-earth people who care deeply for one another and the people around them."

Lawien said more than 240 families have received assistance through the fund totaling roughly \$580,000. He is one of three directors of the program along with Jessie Tucker (West Central Electric) and Tim Neises (Central Electric).

Jerry Swartz was one of the first



Jerry Swartz, pictured above-left, was the first recipient of Line Patrol funds after he was injured in 2004.

recipients of Line Patrol funds after he was involved in a workplace accident. He expressed what the charitable organization has meant to him and his family.

“Back in 2004, I had an extreme accident at work. I spent six months in recovery and this foundation gave us a check for \$500 to help us out. It may not seem like much money, but at the time it meant everything to me and my family. It’s amazing. God bless this fund and the people who donate to it and keep it running,” Swartz said.

One of the original organizers of the Charity Ride is former Northern Electric General Manager Jim Moore. Each year, as is the custom, Moore leads the cavalcade of dozens of motorcycles

away from the gathering site and along the chosen route.

“The ride has just gotten bigger and better over the years,” Moore said. “The money goes to help co-op employees in need. One person had a tornado damage their home, another lineman from Yankton was killed in Afghanistan and we set up a scholarship fund for his three children. I always tell my wife, Janice, this is the one thing I look forward to every year and truly love because we’re helping employees and their families get back on their feet.”

Laine Mitchell, communications director at Butte Electric, said helping to host the Charity Ride was an honor for the cooperative and something the organization was happy to support.

“Having many of our own employees benefit from the Line Patrol fund over the years, we are thrilled to co-host this year’s event and help raise money for other cooperative families across South Dakota. The ride is just one of the many ways the foundation bonds our cooperatives together and has touched countless lives in the last 20 years,” Mitchell said.

The weekend began with a social on Friday evening and concluded the following night with a buffet dinner and charity auction.

Sponsors for this year’s ride were Irby, Altec, RESCO, Dakota Supply Group, Border States Electric, WESCO and The Okonite Company.



Hundreds of riders from across the state participate in the annual Line Patrol Charity Ride each year. The program exists to provide financial support for electric cooperative employees and their families in times of need.



Staying Cyber Smart

October is Cybersecurity Awareness Month and there are a few simple steps you can take to boost your cyber hygiene

Abby Berry
NRECA

In today's digital world, cyberattacks are unfortunately nothing new. Cyber criminals can attack on a multitude of levels, from large-scale attacks targeting corporations to smaller phishing attacks aimed to gain an individual's personal information.

October is Cybersecurity Awareness Month, but good cyber hygiene should be practiced year-round. This year's theme of Cybersecurity Awareness Month is "See Yourself in Cyber" – because we all have a part to play in cybersecurity. When we hear about massive data breaches, it can feel overwhelming and lead us to think we're powerless as individuals to stop cyber criminals.

The truth is, there are several practical steps we can take to safeguard our devices and data. Here are four easy ways to boost your cyber hygiene:

MULTI-FACTOR AUTHENTICATION

Enable multi-factor authentication. Also known as two-step verification, multi-factor authentication adds a second step when logging into an account (to prove you're really you), which greatly increases the security of the account. This second step could include an extra PIN, answering an extra security question, a code received via email or a secure token. Regardless of the type of

authentication, this additional step makes it twice as hard for cyber criminals to access your account. Not every account offers multi-factor authentication, but it's becoming increasingly popular and should be utilized when available.

STRONG PASSWORDS

Use strong passwords and a password manager. Remember, passwords are the “keys” to your personal home online. Your passwords should always be long, unique and complex. Create passwords using at least 12 characters, never reuse passwords for multiple accounts and use a combination of upper- and lower-case letters, numbers and special characters. If you have a lot of accounts, consider using a password manager to store them easily and securely in one place.

UPDATE SOFTWARE

It may seem obvious, but regularly updating software is one of the easiest ways to keep your personal information secure. Most companies provide automatic updates and will send reminders so you can easily install the update. If you're not receiving automatic software updates, set a reminder to do so quarterly. Be aware that some cyber criminals will send fake updates; these typically appear as a pop-up window when visiting a website. Use good judgement and always think before you click.

RECOGNIZE PHISHING

Recognize and report phishing attacks. Don't take the bait when cyber criminals go phishing. The signs of

Did you know?
91%
of successful data breaches begin with a spear phishing attack sent via email.
-Source: KnowBe4

a phishing attack can be subtle, so take the extra time to thoroughly inspect emails. Most phishing emails include offers that are too good to be true, an urgent or alarming tone, misspellings and poorly-crafted language, ambiguous greetings, strange requests or an email address that doesn't match the company it's coming from. Most platforms like Outlook, Gmail and Mac Mail allow users to report phishing emails. If you suspect a phishing attempt, take

an extra minute to report it.

Cyber criminals are here to stay, but when we all take a risk-based approach to our cyber behavior, we're creating a safer internet for all. Visit www.staysafeonline.org for additional cybersecurity tips.

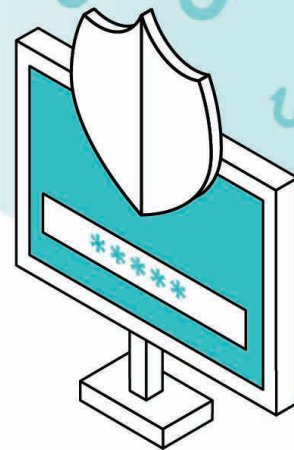
Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association (NRECA), the national trade association representing 900 local electric cooperatives.

See Yourself in Cyber.

October is Cybersecurity Awareness Month

Improve your cyber hygiene by doing these four things:

1. Enable multi-factor authentication
2. Use strong passwords and a password manager
3. Update software regularly
4. Recognize and report phishing attacks





CO-OPS OFFER HEALTHY CHOICES

The Sioux Falls Food Co-op has persevered for 50 years by adhering to the co-op model. *Photo by Sioux Falls Food Co-op*

Food co-ops meet the need for nutritious, healthy choices

Billy Gibson

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Back in the 1930s, rural community leaders all across the country began traveling from farm to farm knocking on doors and asking for \$5 as seed money to build out a network of electric distribution systems.

It was not an insignificant sum to solicit from many farmers and ranchers contending with substandard soil conditions, the vagaries of weather patterns and fairly primitive mechanization compared to today's operations.

But in exchange for that investment, those same community leaders turned the promise of rural power into a reality and presently there are more than 750 locally-owned electric cooperatives serving roughly 40 million Americans.

Bess Pallares keeps that electric co-op success story close to mind as she embarks on establishing a grocery store in Brookings County using the

cooperative business model as her template.

Pallares is president of the Dakota Community Market board of directors, whose members have been working since 2019 to bring a food cooperative to the Brookings area. She reports that the endeavor hasn't been a cake walk, but she continues to be inspired by the way like-minded electric co-op leaders back in the '30s managed to gain popular support for locally-owned, independent entities created to provide a valuable service.

The board's market analysis indicates that a "low food access zone" exists within Brookings County when it comes to full-service retail grocery stores with just two providers in a 50-mile radius.

"On average, there are typically 2.84 grocery stores per 10,000 population. We have .68 in this area," she said. "People keep saying they're sick of having to drive miles and miles to get to a full-service grocery store that stocks



Bess Pallares

what they want and need for their families."

To generate start-up capital, the board is offering memberships at \$150, a little more than a week's worth of groceries for many families. Meanwhile, Pallares and her board members are scouring the landscape for additional financing sources and federal grant opportunities with plans to have a retail store up and running as soon as possible.

She has had discussions with East River Electric in Madison about accessing available funds through the Rural Electric Economic Development Fund (REED). The REED program



Caselli's Garden is among a growing list of fresh food suppliers for Dakota Community Market. *Photo by Caselli's Garden*

is designed to provide financing to help build the economic base of rural communities within East River Electric's regional service area. Hundreds of organizations, businesses, medical facilities, housing projects and many more have received financial support through the REED program over the past 20 years.

Hundreds of organizations, businesses, medical facilities, housing projects and many more have received financial support through the REED program over the past 20 years.

Pallares said she sometimes feels exactly like those early electric cooperative pioneers, attempting to pave the way for providing a reliable source of quality, low-cost food in the Brookings area. She has become active in the Billie Sutton Leadership Institute Rural POWER program to help tap into the regional business community with the goal of developing an optimum financial strategy and making connections with future suppliers and other partners.

"The Institute opens up a giant network across the state where you can meet a lot of people doing the same kinds of things you're doing, and they've

got great ideas and big goals and a fearless entrepreneurial spirit. One of our board members has gone through the class and I'm doing it now. It's been transformational," she said.

The Dakota Community Market is not the only fearless group striving to launch a locally-owned and locally-controlled food cooperative. The Coteau Community Co-op is also trying to establish a food co-op to serve the Watertown area. Both have plenty of successful models and supporters to help guide and inspire their efforts.

The National Food Co-op Startup Network and the National Co-op Grocers based in Minneapolis are both available to provide resources and expertise. Additionally, there are a few successful stores already operating in South Dakota, including Natural Abundance in Aberdeen, Breadroot Natural Food Co-op based in Rapid City and the Sioux Falls Food Co-op.

Patrick Saylor is general manager of the Sioux Falls Food Co-op on West 18th Street, an operation that has been going strong for the past 50 years through several relocations, growing competition and even a fire. Saylor sees food co-ops across the region as sharing the same common goals and working together to accomplish those goals.

"We tend to put a different twist on things, but in the end we all want the families we serve to have a better way of

accessing the food they eat to maintain good health and a healthy lifestyle," said Saylor, who used to frequent the store as a teen and replaced long-time manager Molly Langley in 2016. "It's always encouraging to see different leaders working hard to do what we've been able to do. It takes a lot of effort and it takes tireless visionaries to stay focused and committed to achieving what you want to accomplish together."

In meeting its commitment to improve the quality of life in the community, the co-op has a program called Big Change, where shoppers are invited to round up their expenditures to the next whole dollar amount. The difference is added to a fund that goes to support local charities such as the Teddy Bear Den, Mobile Pantry of Sioux Falls, Bishop Dudley Hospitality House, SD Voices for Peace and many more. The co-op even has a space available for public meetings and workshops.

The store recently celebrated an expansion and re-opening, and Saylor said he's optimistic about the future while keeping an eye on industry trends.

"We're growing. There's a lot of competition, but we've got a great location, great employees and a great product," he said. "The co-op model is alive and well. We have members who support us and are committed to our mission of providing a source of healthy, affordable good choices."



Black Hills State University is one of four higher ed institutions to adopt the Build Your Base with Beef program. *Photo by BHSU Athletics*

Beef is what's for lunch in many local school district cafeterias

Billy Gibson

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Beef. It may be what's for dinner, but now it's what's for lunch in many school cafeterias across the state.

In January of 2019, the Wall School District launched a program called "Beef to School" in an effort to add locally-raised beef to the weekly lunch menu and provide protein-rich meals to meet the nutritional needs of the students. At the time, it was billed as the first program of its kind in South Dakota.

The pandemic threatened to scuttle the initiative before it had the chance to gain momentum, but school district leaders, parents and supporters stuck to their mission and today the program has spread to nearly 20 local school districts.

Wall Meat Processing located just north of town is at the center of the action, identifying and working with local ranchers to deliver beef products for hungry students.

Inflation and rising market prices have also presented challenges, but Food Services Director Lynn Dunker stresses that community support has been key to success.

"The price of groceries and the price of everything just keeps going up," Dunker said, "but we've had individuals donate monetary funds out of their own pockets, and Wall Meat Processing is doing what they can to help us and to get other processors involved. We have a very supportive community and they've really been backing this program because they know how important it is that children get good nutrition."

In fact, it was local rancher and concerned citizen Josh Geigle who brought the Beef to School idea to the district leaders after learning about a similar program in Nebraska.

Dunker said the program is part of a popular farm-to-school model that emphasizes locally-grown fresh foods that are generally healthier for young students and their cognitive, behavioral

and physical development.

Besides benefiting from quality nutrition, students also have the opportunity to learn more about where their food comes from and the importance of ranching and farming to the overall success of the community.

"Some maybe don't even realize where beef comes from in the first place," said Wall School District Superintendent Dan Baldwin. "And now when they found out it's their dad, their uncle, a family member, it's actually someone from their ranch, I think that's a really neat thing."

BUILD YOUR BASE WITH BEEF

Another protein promoting program reaching both high school and college students is called Build Your Base with Beef and is specifically directed at athletes who rely on good nutrition to perform at their maximum level.

The South Dakota Beef Industry Council, Sanford Health and the Sanford Sports Science Institute have teamed up to develop a comprehensive tool kit for student-athletes that includes ready-to-use educational materials that help students and their

AFTER WORK BEEF POT ROAST

Ingredients:

- 1 beef Bottom Round Rump Roast (3 to 3-1/2 lbs.)
- 1 envelope (0.7 z.) Italian dressing mix
- 2 large onions, each cut into 8 wedges
- 2 cloves garlic
- 2 red bell peppers, cut into 1-1/2 inch pieces
- 1/2 cup beef broth
- 2 zucchini, cut into 1/4-inch thick slices
- 2-1/2 tbsp. cornstarch dissolved in 2 tbsp. water

Directions

Press dressing mix evenly onto all surfaces of beef roast. Place onions and garlic in 4-1/2 to 5-1/2-quart slow cooker; top with roast. Add bell peppers and broth. Cover and cook on high 5 hours or low 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender. Remove roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened. Carve roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

families adopt more healthy lifestyle choices, practices and habits.

Build Your Base has been endorsed by the National Scholastic Athletics Foundation (NSAF) and recently expanded its reach by appearing at the 2022 Nike Indoor Nationals in New York City last spring. Jack Links serves as the official snack sponsor of the program.

Chris Nilsen, a pole vault record-holder, Olympic silver medalist and former University of South Dakota student, has endorsed the program along with other prominent Olympic athletes such as hammer thrower Deanna Price and shot putter Payton Otterdahl.

“Build Your Base prepped me so well, and without this nutritional approach I wouldn’t be in such great shape. Eating well is such a big part of competing well, and they absolutely do their part,” Nilsen said.

Along with four colleges and universities, more than 25 South Dakota high schools have adopted Build Your Base and integrated it into their athletic departments and lesson plans.

Athletes learn how to determine the proper amounts of beef protein to consume for optimal effect in the maintaining, building and repairing of muscle.



Co-op leaders visit Southwest Power Pool facilities in Arkansas

A contingent of more than 35 electric cooperative leaders from throughout South Dakota and western Minnesota recently visited the facilities of the Southwest Power Pool based in Little Rock, Ark.

The Southwest Power Pool (SPP) is the Regional Transmission Organization (RTO) responsible for managing the electric grid and wholesale power market throughout a 13-state region that spans from the Canadian border to northern Texas.

While RTOs seldom attract much public attention, the polar vortex that swept across the country in the winter of 2021 placed grid operators closer to the spotlight. The roles and responsibilities of RTOs have also come to the fore with concerns over extreme weather events, changing market forces, aging infrastructure, grid congestion, the emergence of renewable power sources and other issues.

The tour was organized by Codington-Clark Electric General Manager Dave Eide. He said he initiated the event because he believed electric cooperatives that transmit and distribute power within the SPP’s footprint would benefit from engaging in face-to-face interactions with those responsible for moving electricity across the grid.

“This was a very eye-opening visit, as we were able to see first-hand how the Southwest Power Pool operates,” Eide said. “Coordination is key, and having personal interaction with the professionals at SPP helps in preparation for the next storm event.”

Eide explained that in the real-time generation, transmission and delivery of electricity, supply and demand must balance out to provide 24-hour continuous service that is safe, efficient and affordable for consumers. When situations develop that threaten to throw the system out of equilibrium, RTOs work in collaboration with utilities throughout the service area to keep the network stable.

The process includes communicating with those entities under the RTO’s umbrella to take decisive measures to modulate either the supply or the demand.



September 29-October 1
Buffalo Roundup and Arts Festival
Photo Credit: Chad Coppess

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.

To view the publication's master event calendar, scan the QR code below:



Or visit <https://sdrea.coop/cooperative-connections-event-calendar> to view more upcoming events.

SEPT. 29-OCT. 1
Custer State Park Buffalo Roundup & Arts Festival
 Custer, SD
 605-255-4515

SEPT. 30-OCT. 1
Oktoberfest
 Citywide, Deadwood, SD
 605-578-1876

SEPT. 30-OCT. 2
SiouxperCon
 1201 N West Ave.
 Sioux Falls, SD

OCT. 1
Prairie Village Hobo Marlin Pumpkin Train
 45205 SD Highway 34
 Madison, SD
 605-256-3644

OCT. 1-2
Magic Needlers Quilt Festival
 Codington County Extension Complex, Watertown, SD
 605-881-3273

OCT. 7
The Pumpkin Patch
 Rapid Valley United Methodist Church, Rapid City, SD
 605-393-1526

OCT. 7-9
Great Scarecrow Festival
 Campbell Park
 Huron, SD
 605-353-8530

OCT. 7-9
Black Hills Powwow
 444 Mt. Rushmore Road
 Rapid City, SD
 605 341-0925

OCT. 7-8
Holman Acres Pumpkin Fest & Vender Show
 Philip, SD
 605-441-1060

OCT. 8
Fall Festival
 Fairburn United Methodist Church, Fairburn, SD
 605-255-4329

OCT. 8-9
Crazy Horse Marathon & Races
 Crazy Horse Memorial
 12151 Avenue Of The Chiefs
 605-390-6137

OCT. 15
Fall Festival
 18473 US Hwy 83, Onida, SD

OCT. 22
Ladies Day
 The Crossing Bar, Mina, SD
 605-390-2939

OCT. 28-30
ZooBoo
 Great Plains Zoo
 Sioux Falls, SD
 605-367-7003

NOV. 3-5
Yankton's Harvest Halloween
 Downtown, Yankton, SD
 harvesthalloween.com

NOV. 3-5
Huron Ringneck Festival & Bird Dog Challenge
 100 4th Street SW, Huron, SD
 605-352-0000

NOV. 5-20
Rustic Designs & More Christmas Show
 9 a.m.-5 p.m. daily
 Ethan, SD
 605-770-2411

NOV. 11-13
Christmas at the Barn
 Front Porch 605, Groton, SD
 605-216-4202

NOV. 12
Black Hills Meat Festival
 Black Hills Harley Davidson
 2820 Harley Dr., Rapid City, SD
 605-390-7917

NOV. 18-20
Deadwood's Big Whiskey Festival
 Deadwood, SD
 605-578-1876

DEC. 2-3
Christmas in the Hills
 Mueller Center, Hot Springs, SD
 605-745-4140

Note: Please make sure to call ahead to verify the event is still being held.