



Volts and Jolts

Published monthly for the members of
RED LAKE ELECTRIC COOPERATIVE, Inc.

One of the Minnkota Power Systems

SERVING THE FOUR-COUNTY AREA OF MARSHALL, PENNINGTON, RED LAKE AND POLK

VOL. 47 – NO. 10

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

JULY 2012

Cooperative members enlightened by power plant tour

On June 12 and 13, 50 members of Red Lake Electric Cooperative and Clearwater-Polk Electric Cooperative participated in a tour that included visiting the Ashtabula Wind Energy Center near Pillsbury, ND and the Milton R. Young Station near Center, ND.

The tour started with a stop at Minnkota Power Cooperative's headquarters in Grand Forks, ND. Tour participants viewed the diesel generators that are on site in Grand Forks and visited Minnkota Power's control center. Control center staff monitor Minnkota Power's transmission lines and load levels throughout NW Minnesota and NE North Dakota. The transmission of signals for the control of off-peak electric heat is done from Minnkota Power's control center.

In addition, the receiving of calls and dispatching of crews for Red Lake Electric's after-hour service is handled at Minnkota Power's control center.

The second stop for the first day was at the Ashtabula Wind Energy Center. The wind center currently sports 218, 1.5 Megawatt (MW), GE turbines. It is approximately 260 feet to the center of each turbine hub. The turbines have a cut-in wind speed of 8 mph. Maximum generation output is achieved with 35-55 mph wind. The cut-out wind



Pictured are members of Red Lake Electric Cooperative and Clearwater-Polk Electric Cooperative, Bagley, who participated in the recently held power plant tour. The tour was held June 12 and 13. Pictured in the background is the Milton R. Young Station near Center, N.D. The station consists of two generating units. It is named for the late North Dakota Senator, Milton R. Young. Additional pictures appear on page 6.

Klipping joins Red Lake Electric staff

Red Lake Electric recently hired Christine Klipping of Red Lake Falls as an Accounting Assistant. Christine is a graduate of the University of Minnesota, Crookston with a Bachelor's Degree in Accounting Information Systems and (2715004.04 Dustin R. and Tara Holmstrom) was employed by Northern Woodwork, Inc.

In this position, Klipping will be handling Red Lake Electric's accounts payable as well as many other accounting duties.

Klipping and her husband, Marvin, live outside of Red Lake Falls on the Klipping homestead. They have four children, Kayla, 16, Brandon, 13, Logan, 10 and Austin, 2.

They are active in sports with their children and are members of Bethany Lutheran Church, Red Lake Falls. Klipping also enjoys camping and fishing with her family.



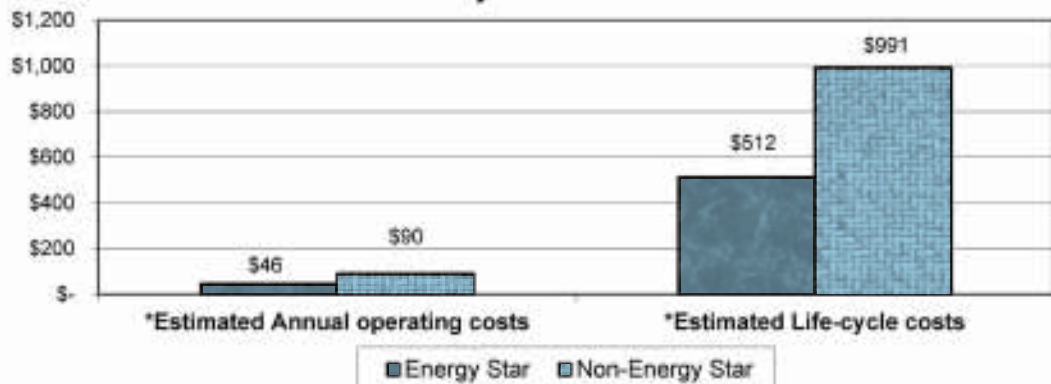
Christine Klipping

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

Red Lake Electric Cooperative, Inc. will pay a \$50 rebate to any member who purchases an Energy Star clothes washer. Clothes washers have qualified for the Energy Star label since 1997. Clothes washers that have earned the Energy Star rating can be 40% more efficient than non-qualified models. If you are in the market for a new clothes washer consider an Energy Star model. Purchasing the most reasonable priced qualifying model will yield you the quickest return on the additional investment for Energy Star.

Clothes Washer Comparisons



*Annual costs are estimated using Energy Star's calculator with a 10 cent per kilowatt hour electric rate, washing six loads of clothes per week and heating water with an electric water heater. Annual costs exclude the initial purchase price. Life-cycle is considered to be 11 years.

speed is 56 mph.

Of the 331 MW of wind generation, Minnkota Power has a 25-year contract to purchase 60 percent or 197 MW. Other recipients of energy from the wind center include Otter Tail Power Company and NextEra Energy. The wind center began operation in 2008.

The final destination of the first day was Seven Seas Hotel in Mandan, ND. Tour participants were treated to a delicious evening banquet, courtesy of Minnkota Power. The evening program consisted of a (3425001.09 Ryan Haugen) power point presentation on the role Minnkota Power plays in the generation and transmission of electricity

for Red Lake Electric, Clearwater-Polk Electric and nine other electric Cooperatives in NW Minnesota and NE North Dakota.

The second day of the trip included a tour of the Young Station. The station includes two coal-fired electric plants with a combined net generating capacity of 705,000 KW. Unit I began operation in 1970 with Unit II being completed in 1977. The Young Station consistently ranks as one of the lowest-cost, coal-fired electric generators in the United States.

The next segment of the tour included a visit to the open-pit lignite (4402004.03 Hwy 59 Fix It Shop) coal mines of BNI Coal. BNI

has the contract to supply the lignite for the Young Station. Combined, the two electric generating plants consume approximately 4.5 million tons of lignite coal annually.

BNI has several very large pieces of equipment that are used in the lignite mining process. Equipment used for stripping the overburden include an 8200 Bucyrus electric dragline with a 77 cubic yard bucket and a 757 Page electric dragline with a 70 cubic yard bucket.

Coal is hauled to the Young Station with six CH180 Kress unibody diesel trucks. The trucks have a load capacity of 180 tons. Additional equipment includes D11 Caterpillar track dozers and 992 Caterpillar front end loaders.

Mother nature was very cooperative allowing an excellent visit/tour of the open-pit lignite coal mines and the 8200 Bucyrus dragline.

Members of Red Lake Electric who participated in the tour were: Jim Fisher, Mr. and Mrs. Kenneth Poole, Vergil Poole, Kenneth and Marlys Kain, Marland and Sharon Johnson, Milton and Della Burstad and Arvid and Jan Lee all of Thief River Falls; Brady and Katie Lee of Erskine; Ken and Shirley Boucher and Walter and Cindy Novak of Brooks; Delbert and Eunice Schmitz and Kevin Reich of Red Lake Falls; Rodney and Sharon Wayne of Goodridge; and Kent and Lori Benitt of Warren.

Participants of Clearwater-Polk Electric included: Steve and Ruth Sundbom, Russel and Sharon Lembke, Ron and Mary Ann Juve, Floyd and Evelyn Woolliscroft, Ken and Laurie Brein, James and Janice Paulson, Barbara Brooks and Justin Engebretsen, Mary Waggoner and Elnora Paulson, Carol Niewinski and Edie Olson, Grace Borud and Sylvia Larson, Dennis Moser, Cheryl and Steve Netland and Larry and Karla Netland.

Being able to see the process first hand gives participants a much better understanding and often a better appreciation of what is involved in the generation and transmission of electricity. It is a complex process to get energy from a coal field in SW North Dakota to an appliance in NW Minnesota.



Gazette photo

Natalie Beyer, Red Lake Falls, was the top dairy exhibitor earning a grand champion ribbon at the Red Lake County Fair which was held July 13 through 15 in Oklee. She is the daughter of Neil and Polly Beyer and a member of the Huot Hustlers 4-H Club. In recognition of her accomplishments, she received a cash award from Red Lake Electric Cooperative.

Red Lake County 4-Hers receive awards

Each year, Red Lake Electric Cooperative provides cash awards (6023003.02 John M. Nelson) for 4-H livestock exhibitors at the Red Lake County Fair.

This year the recipients of the awards included: Natalie Beyer, Red Lake Falls, Top Dairy; Mikayla

Miller, Red Lake Falls, Top Beef and Top Horse; and Alexxis Rosnow, Plummer, Top Rabbit.

Congratulations to these 4-H exhibitors.

Additional pictures appear on page 5.



Manager's Comments

by Roger Johanneck



Fourth of July fireworks

Red Lake Electric Cooperative (RLEC) members living in North and Norden townships just north-west of Thief River Falls got a dose of nature's fireworks when lightning strikes caused damage to our electric system and service interruption to their homes on July 4th. While there is no good time to experience an electric service interruption, the timing of this outage was not good, coming on the heels of a service interruption just hours earlier.

The service interruption occurred on a power-line along Pennington County road number 64 (new 31), a road ditching and widening project that is in progress in the two townships. The road construction required RLEC to move some of its line along this 4.5 mile stretch and replace 1.5 miles of underground cable along another part of the project.

On July 3rd, members served by this line were without power for about three hours so that RLEC crews could cut service over from the old line to the new line. When the lightning rolled through the

next day, on July 4th, a lightning strike blew the cable connection in one of the underground cabinets, stopping the flow of power to members served by that line.

It was unfortunate and unusual that a line in service less than 24 (7601002.02 Linda Bakken) hours would be damaged and cause the same group of members to go without power for another four and a half hours.

Part of the problem members were without power for so long was due to faulty phone equipment at our after-hours call center located at Minnkota Power in Grand Forks. The phone problem went undetected because it had only affected incoming calls and call-center staff were not aware that calls were not coming through. That phone problem delayed the RLEC crews from getting called into service about one and half hours later than if the phone system had worked properly. When you call and can't get through to a live voice on the other end, or a busy signal, or an option to leave a message and let us know you have called; we understand your frustra-

tion.

I apologize to our members for the problem you may have experienced with the phones and the delay in getting your power restored in a timely manner over the Holiday. When the phone system is working properly and the dispatch center is busy taking out-age calls from other members and cannot take your call, or you get a busy signal, there is a good chance the problem has been reported. If you receive a recording; please be sure to leave your name, account number and a phone number that we can reach you at to verify later that your service has been restored.

I can assure you our crews and all of us here at RLEC plus those working at Minnkota's dispatch center, take great pride in providing good service and responding to your needs in a timely fashion. We think the phone problem has been remedied. Let's hope that mother-nature will be gentle on our area so that crops can be harvested soon and our electric service equipment can reliably deliver the energy you count on from RLEC.

Thinking of doing your own electric work? Please read on

If you plan on doing your own electrical wiring, it is your responsibility to know the laws. Any questions regarding electrical installations should be addressed before starting work so you know all the requirements. Building permits do not include electrical wiring.

A separate Request for Electrical Inspection must be filed with the Board of Electricity at or before commencement of any electrical wiring.

An owner filing a Request for Inspection is signing an affidavit saying they are physically going to perform all of the electrical work and that the person owns and occupies their residence or owns and will occupy their residence upon completion of construction.

An owner shall not install electrical wiring on property that is

rented, leased or occupied by others. If help is employed, said help must be licensed by the State of Minnesota as an electrical contractor.

Persons other than the owner performing electrical work under the Request for Electrical Inspection signed by the owner, and persons who file fraudulent Request for Electrical Inspection forms, are subject to prosecution in district court.

Safety! Remember, all wiring needs to be inspected for your safety and the safety of others.

Area electrical inspectors include Scott Stenvik, 218-689-5406, Marshall and Pennington Counties; and Robert Orgon, 218-556-3829, Red Lake and Polk Counties.

GOPHER STATE



ONE CALL

Call before digging!
It's the law!

1-800-252-1166

After-Hours Outage Phone
218-253-2200

Mission Statement

It is the mission of Red Lake Electric Cooperative to enhance the quality of life for people of our service area by consistently providing quality electric service and other valued services while holding our employees, our community and our environment in high regard.



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

WE PROUDLY PRESENT TO YOU The Red Lake Electric Cooperative Customer Service Guarantee



It's short and simple! Red Lake Electric Cooperative employees will meet or exceed your expectations of friendly, courteous service and will meet any commitments they make to you. If your expectations of the service provided by our employees is not met, please contact me at the Red Lake Electric Cooperative office, 253-2168. You will receive \$5.00 for your inconvenience and our promise to serve you better in the future. Our employees' commitment to quality customer service makes this guarantee possible.



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ROGER JOHANNECK
General Manager

RED LAKE ELECTRIC COOPERATIVE, Inc. VOLTS & JOLTS

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NOTICE

Hidden within the text of the articles of this issue of the Volts & Jolts are the names and account numbers of five RLEC members. They will appear within the articles in parenthesis as such (9999999.99 Roger P. Member). If you find your name and account number, clip it out and send it with your next payment. You will be credited with \$5 on your electric bill.

From the Mail Bag

Dear RLEC:

Thank you for choosing me as the recipient of your scholarship. I will be using the money awarded to continue my education at Bemidji.

Thanks again,
Tyrell Hamrum
Brooks

Dear RLEC:

Thank you for selecting me to receive the generous scholarship of \$500. I very much appreciate it. I will be going to the University of Minnesota, Duluth next year and this scholarship will be very useful to me there.

Thanks again,
Courtney Krohn
Viking

Dear RLEC:

Thank you for the very informative and enjoyable tour to the Milton Young power plant. The two-day excursion was just the right length.

Thanks again,
Arvid and Jan Lee
Thief River Falls

Dear RLEC:

Thank you for the excellent power plant tour in June. It was very educational and interesting to see the source of the electricity we use.

Ken and Marlys Kain
Thief River Falls

Dear RLEC:

We would like to thank Red Lake Electric and Kevin for the great tour this year. It was well planned, lots of information and the food was great.

Ken and Shirley Boucher
Brooks

Dear RLEC:

Thank you for donating the medals for the Pennington County Fair Herdsmanship program. The kids will feel honored to receive them as an award.

Thanks again,
Emily Bakke
Herdsmanship Coordinator

Dear RLEC:

I would like to thank you so much for the donation of \$100 that you have given to the 4-H Youth Development program here in Red Lake County. This means so much to the 4-H members. It is a great incentive for them to work hard on their fair exhibits. Thanks again for your donation.

Sincerely,
Sharon Weiss
4-H Program Coordinator

Dear RLEC:

Thank you for joining us in our fight against cancer by becoming a sponsor of the 2012 Relay For Life in Red Lake County. Cancer touches so many in our community. Eleven teams participated, raising over \$66,000. As this success shows, Relay For Life is a great way to help fight this terrible disease. We thank you for your participating in 2012 and look forward to your joining us in our Relay once again in 2013.

Carolyn Myhre
RLC Relay For Life
Sponsorship Chair

Bringing home a safe baby

By Kelly Trapnell

Preparing for a baby—whether you're a new parent or an extended family member—is no small task. Along with a little bundle of joy comes a big responsibility for feeding, cleaning, and providing a secure environment.

Bumps and boo-boos will be part of a child's life. But make the effort to keep a baby safe from critical dangers like electricity.

Splish, Splash Safely

A baby's first bathtub may be on a countertop or in the kitchen sink. Be mindful of outlets in the area. Be sure they are special ground fault circuit interrupter (GFCI) outlets that will minimize a shock if exposed to water during splashy bath time adventures. Also, set your water heater to 120 degrees or below to help prevent scalding and save energy.

While You Were Sleeping

Sleep may be fleeting with a new baby, but there are precautions. Install smoke alarms and carbon monoxide alarms outside all bedrooms and near fuel-burning heaters. Follow current guidelines



Source: NRECA

Remember to place safety caps on electrical outlets—they're at eye-level for babies, who don't understand that they're not another toy.

on crib and mattress safety and sleep positions.

Techie Baby

New and improved electronics come out every day to make parenting easier, especially for monitoring a baby in another room. Follow manufacturer-recommended safety measures, keeping cords contained and properly mounting gear. Take care not to overload outlets with new electronics.

Don't Blink

Your baby won't be little for

long. Before you know it, he or she will be mobile and new responsibilities arise. You may think a room looks safe, but peer down to a baby's level to see what else catches your eye. The new perspective may alert you to outlets, cords, and other hazards within a child's reach.

You can't plan for everything, and it may not be possible to test all products and baby items before a baby comes home. Look for the Underwriters Laboratories (UL) mark on home

electronics. UL tests items for product safety to give you a degree of comfort in new purchases.

For more advice, visit www.safetyathome.com.

Source: Underwriters Laboratories

Kelly Trapnell writes on safety and energy efficiency issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.



Red Lake Electric
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Things you should know about your electric service

BILLINGS AND COLLECTION

You will receive your energy bill on or near the 20th of each month.

Payment of your monthly energy bill is due on the 20th of the month. You may pay your bill in person at RLEC during office hours, use the 24-hour drive-up drop box located next to the RLEC office, by Auto Pay, or by mail. Payment must be in the office, drop box, Auto Pay, or in the mail, as evidenced by the postmark, by the 5th day of the following month to avoid a late payment charge. A 1 1/2% monthly late payment charge will be computed on delinquent energy bills, the minimum late payment charge will be \$1.00.

If your payment is not received by the 15th of the month, a final notice of disconnection statement will be included on your following bill. The final notice statement will notify you when your electric service will be disconnected if the delinquent amount remains unpaid. If an employee is sent to disconnect your electric service, a \$50 collection fee will be charged to your account, even if you pay the collector.

To have a disconnected service reconnected, all amounts owing, a \$50 reconnection fee, and a security deposit must be paid. If the service must be reconnected after normal working hours, a \$100 reconnection fee must be paid.

BAD CHECKS

A \$15 charge will be levied each time a check is returned because of nonsufficient funds, account being closed or payment stopped.

OUTAGES

In case your electricity goes out, please do the following:

1. Check your fuses or breakers at the yard pole or meter pedestal.
2. Call your neighbor to see if they are out of electricity also.
3. Call the RLEC office (218-253-2168 or 1-800-245-6068) during working hours or 218-253-2200 after hours. We will accept collect calls for outages only.

METER TESTS

RLEC has a schedule in place to have its meters periodically tested for accuracy. Results from these tests show that meters generally slow down with age; however, if you think that your meter is recording too much usage, RLEC will test it for accuracy. You must pay a test fee in advance of the test. If the meter test shows that the meter was inaccurate, the test fee will be refunded to you.

STOPPED METERS

If you find your meter has stopped and you are using electricity, please contact the office immediately so we can replace it. Average consumption will be billed to the member for the time the meter was stopped so there is no advantage in not reporting a stopped meter.

METER READINGS

An automated meter reading system is utilized to obtain monthly meter readings. Although the system is normally reliable, there is always a chance that the correct reading has not been transmitted to the office for billing. Customers should periodically read their meter and compare it to the reading on the billing statement. If the actual reading is not close to the billing statement reading, please call the office.

GENERAL SERVICE RATES

Facilities charge variable \$27 to \$35 month
April-December9.5¢ Kwh
January-March9.9¢ Kwh
Multiphase users add \$22/month cost of service charge.

Standby, \$12/month (meter disconnected but the power line retained; standby is not available on services larger than 15 KVA transformer capacity).

Security light: high pressure sodium, \$8/month; mercury vapor, \$9/month; water heater flat credit, \$7/month (January-April billing); off-peak equipment charge, \$5.50/month per heat meter; off-peak energy rate: 5.5¢/kWh long-term control, 7.5¢/kWh short-term control.

Recipe corner

Mexican Layer Dip

1 lb. ground beef
1 medium onion, chopped, divided
1 can (15 oz.) tomato sauce
2 tsp. sugar
1 tsp. chili powder
1/8 tsp. salt
1/8 tsp. pepper
1 can (16 oz.) refried beans
2 medium tomatoes, seeded and chopped
1 small green pepper, finely chopped
2 c. (16 oz.) sour cream
3 c. (12 oz.) shredded Mexican cheese blend
Corn chips
In a large skillet, cook beef and half of the onion over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, sugar, chili powder, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered for 20 minutes or until thickened.
Spread refried beans into a 13-inch by 9-inch dish; top with beef mixture, tomatoes, green pepper and remaining onion. Layer with sour cream and cheese. Serve with chips. Yield: 8 cups.

Dilled Corn and Peas

2-1/2 c. fresh or frozen sugar snap peas
2 c. fresh or frozen corn
1 small sweet red pepper, julienned
1/2 c. water
1 Tbsp. butter or margarine
1 tsp. minced fresh dill or 1/4 tsp. dill weed
1/8 tsp. salt, optional
1/8 tsp. pepper
Place peas, corn, red pepper and water in a saucepan; cover and cook over high heat for 2 to 4 minutes or until vegetables are crisp-tender. Drain. Add butter, dill, salt if desired and pepper; toss to coat. Yield: 8 servings.

Cabbage Patch Soup

1/2 lb. ground beef
1-1/2 c. chopped onion
1/2 c. sliced celery
2 c. water
1 can (16 oz.) kidney beans, rinsed and drained
1 can (14-1/2 oz.) stewed tomatoes
1 c. shredded cabbage
1 tsp. chili powder
1/2 tsp. salt
Hot mashed potatoes, optional
In a saucepan over medium heat, brown beef; drain. Add onion and celery; cook until tender. Add water, beans, tomatoes, cabbage, chili powder and salt; bring to a boil. Reduce heat; cover and simmer for 20 to 30 minutes or until cabbage is tender. Top each bowl with mashed potatoes if desired. Yield: 4 to 6 servings.

Peach Tart with Raspberry Drizzle

Pastry for single-crust pie (9 in.)
2-1/2 c. sliced peeled fresh or frozen sliced peaches
1/3 c. packed brown sugar
2 Tbsp. all-purpose flour
1/4 tsp. ground cinnamon
Topping:
1/2 c. all-purpose flour
1/3 c. packed brown sugar
1/4 c. cold butter
Raspberry Drizzle:
1/4 c. water
1 c. fresh or frozen raspberries, thawed
2 Tbsp. sugar
Fresh mint leaves, optional
Roll pastry into a 14-inch circle; place on a parchment paper-lined baking sheet. Set aside.
In a large bowl, combine the peaches, brown sugar, flour and cinnamon; spoon over pastry to within 2 inches of edges. Fold up edges of pastry over filling, leaving center uncovered. For topping, combine flour and brown sugar; cut in butter until mixture resembles coarse crumbs. Sprinkle over filling.
Bake at 400 degrees for 20 to 25 minutes or until crust is golden brown and filling is bubbly. Using the parchment paper, slide tart onto a wire rack to cool.
For raspberry drizzle, place the water, raspberries and sugar in a blender; cover and process until pureed. Strain raspberry mixture, reserving juice; discard seeds. Serve with tart. Garnish with mint if desired. Yield: 8 servings (1/2 c. drizzle).

Cupcake Cones

1/3 c. butter or margarine, softened
1/2 c. creamy peanut butter
1-1/2 c. packed brown sugar
2 eggs
1 tsp. vanilla extract
2 c. all-purpose flour
2-1/2 tsp. baking powder
1/2 tsp. salt
3/4 c. milk
Cake ice cream cones (about 3 inches tall)
Frosting of your choice
Sprinkles or chopped peanuts, optional
In a mixing bowl, cream butter, peanut butter and brown sugar. Beat in eggs and vanilla. Combine dry ingredients; add to creamed mixture alternately with milk. Place ice cream cones in muffin cups. Spoon about 3 tablespoons batter into each cone, filling to 3/4 inch from the top. Bake at 350 degrees for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Frost and decorate as desired. Yield: about 2 dozen.

Pear Cranberry Crisp

6 c. sliced peeled pears
1 c. fresh or frozen cranberries
1/2 c. sugar
2 Tbsp. all-purpose flour
1/2 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground nutmeg
1/8 tsp. ground cloves
Topping:
1 c. all-purpose flour
2/3 c. packed brown sugar
1/2 c. old-fashioned oats
1/4 tsp. salt
1/2 c. cold butter or margarine
Whipped cream and fresh mint, optional
Combine the first eight ingredients; mix well. Pour into a greased 9-inch square baking pan. For topping, combine flour, brown sugar, oats and salt; cut in butter until crumbly. Sprinkle over fruit. Bake at 350 degrees for 50 to 60 minutes or until pears are tender. Garnish with whipped cream and mint if desired. Yield: 6 to 8 servings.



Power lines and grain bins

Farmers can save time, money and aggravation by consulting their electric power supplier before locating new grain bins. Requirements of the National Electrical Safety Code (NESC) specify the minimum distance between a grain bin and the nearest overhead power line.
For example, a 35-foot tall bin should be placed no less than 104 feet away from the nearest power line. Building a grain bin too close to a power line may mean that it will have to be moved, often at the farmer's expense.
Adequate clearances can reduce the risk of accidental contact between power lines and tall farm

equipment such as portable grain augers, elevators, or grain probing devices.
Planning Electrical Needs for Crop Drying and Storage explains NESC regulations in laymen's terms. The guide describes the clearance requirements, provides illustrations showing safe distances for each size bin, and discusses proper electrical wiring needs at the bin site.



Red Lake Electric Cooperative, Inc. Operating Report MONTHLY COMPARISON

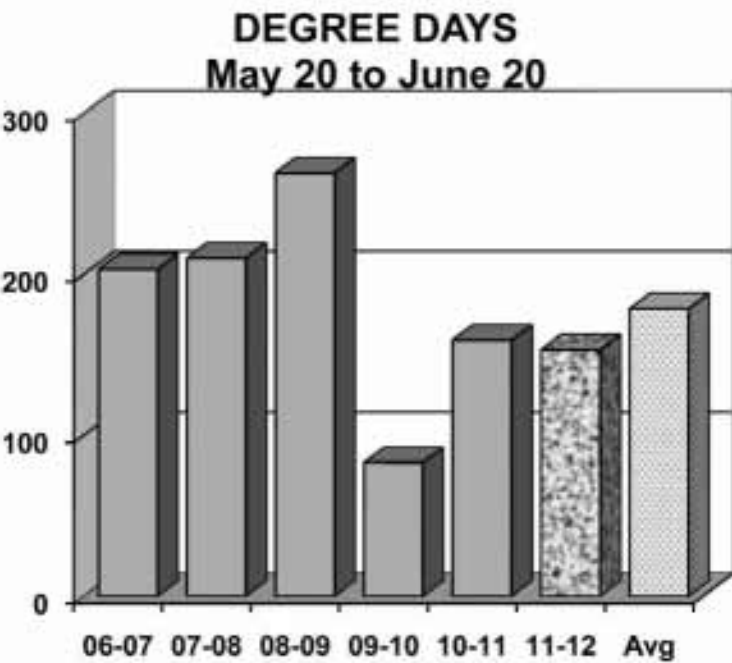
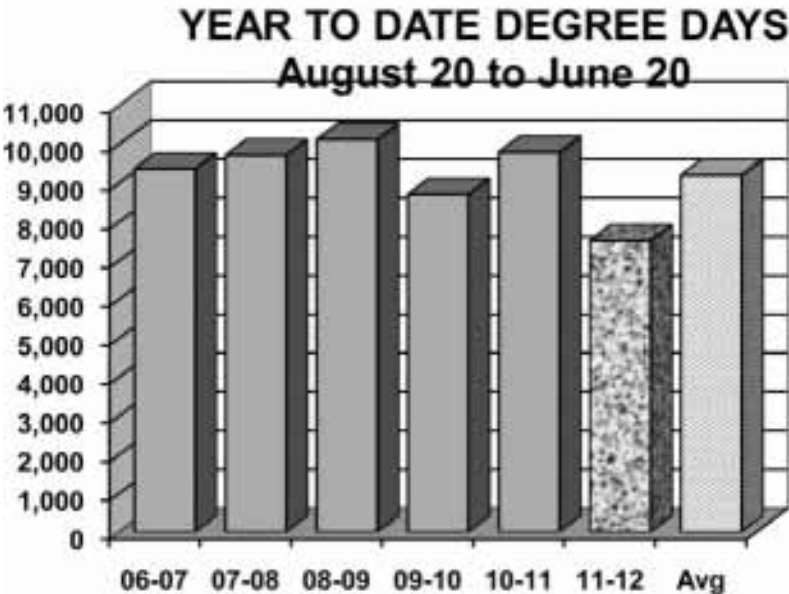
	MAY 2011	MAY 2012
Total Revenue	\$ 956,480	\$ 897,273
Total Margins	\$ (54,216)	\$ 54,579
Cost of Power	\$ 749,590	\$ 669,395
KWH's Purchased	9,167,252	7,936,753
Capital Credits Paid to Estates	\$ 14,471	\$ 13,286

YEAR TO DATE COMPARISON

	MAY 2011	MAY 2012
Total Revenue	\$ 6,085,143	\$ 6,119,741
Total Margins	\$ 599,810	\$ 717,318
Cost of Power	\$ 4,192,580	\$ 4,273,280
KWH's Purchased	71,641,117	60,471,498
New Service Connections	7	13
Customers Served	5,197	5,211
Capital Credits Paid to Estates	\$ 51,483	\$ 53,998
Miles of Line		
Overhead	2,324	2,324
Underground	239	245

DEGREE DAYS

To determine degree days, you must calculate the daily mean temperature for the time period you are measuring. Degree day computation is based on the assumption that a building does not require any heat if the outside temperature averages 65 degrees during a 24-hour period. To obtain a degree day figure, the high temperature and the low temperature for the day are added and the total divided by two. That figure is then subtracted from 65. For example, if the high temperature was 30 degrees and the low temperature 10 degrees, the figure would be 30+10=40; 40/2=20; 65-20=45. This would be a 45-degree day. The higher the degree day figure, the more heat required to warm your home.



Hunter's Outlet invites you to attend

RANGE DAYS

Saturday, July 28, 2012

10 a.m. to 4 p.m.

Pennington County Sportsman Club Range

19929 140th Ave NE, Thief River Falls

Approximately 3 miles N of Hwy 1 from Dewey Ave

Factory Reps listed will have their firearms at the range for handling and test firing with targets and clay throwers from Do All Products:

*Browning *Benelli (Franchi, Stoeger, Uberti) *Springfield Armory *CZ
*Winchester *Mossberg *Colt *DPMS *CVA *Taurus *Beretta/Sako
Try out the latest in archery on the 3D course:
*PSE *Barnett *Easton *Ten-Point Crossbows

The Gould Brothers, exhibition/trick shooters will perform at 2 p.m. at no charge! You won't want to miss it!

MARK SKOGERBOE, THE FREEDOM POET WILL GIVE A TALK ON THE 2ND AMENDMENT

SCOTT HENNEN, RADIO TALK SHOW HOST, WILL BE SIGNING HIS NEW BOOK "GRASS ROOTS"

LUNCH BY BILL BARTHOLD PENNINGTON COUNTY SPORTSMAN CLUB

Hunter's Outlet 206 Knight Avenue North downtown Thief River Falls 218-681-3030

REGISTER FOR DOOR PRIZES AT HUNTER'S OUTLET

JULY SPECIALS Honda MUV/ATV

2010 Big Red 700 (Green) \$9,399
Reg. \$11,699 (Camo Slightly Higher)

July ATV Bonus Bucks
Rancher 420 4x4 \$300
Foreman 500 4x4 \$300
Rubicon 500 4x4 \$500
Rincon 680 4x4 \$750

Honda Motorcycles



New Street Cycles*

2012 CBR 250R \$4,099
2012 250 Rebel \$4,199
2012 VT 750 Phantom \$7,699
2012 VT 750 Spirit \$7,999
2012 VT 1300 Touring \$11,849
2012 Goldwing On Display
2010 Sabre 1300 \$9,699
2010 Stateline 1300 \$9,599
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VOLTS AND JOLTS FEATURE OF THE MONTH

Dairy is the passion that drives the Griffin family

By Heather Blodgett

To Ryan Griffin dairy farming is more than a way of life – it's a passion. Ryan found his love for dairy cattle growing up on a dairy farm in Rochester. He began showing his family's cattle as a child in the 4-H program and soon learned he enjoyed showing cattle as much as milking and caring for them. "I purchased my first cow in high school and I got addicted," said Ryan of showing cattle.

After high school, he turned his passion into a career by moving to the Twin Cities and attending the University of Minnesota for an Animal Production major with a focus on dairy science. It was there he met his future wife, Karen, a Communication Studies major.

During those years, he discovered how important cattle were in his life. Even though his major included working with the animal, he missed the farm lifestyle and being constantly around cattle. "You could tell he really missed it," explains Karen. Ryan agrees, "I was miserable."

Ryan graduated in 2003 and moved back to Rochester to be closer to the cattle by working on a dairy farm. Karen graduated in 2005 and began a career with Wells Fargo. They were married the same year.

"We knew when we got married that we wanted to raise our family on the farm because it's a good way of life," said Ryan. In the spring of 2007, the couple purchased a farm northeast of Thief River Falls and moved onto the property. "I love the farm life. That's what I was used to," explains Karen, a Thief River Falls native who grew up on a grain farm just six miles south of their current homestead.

Both are very happy to be close to Karen's family. Her father lived on a dairy farm as a young boy and he enjoys visiting the cattle. "It's fun for him to be around them," says Karen.

The farm had a pole shed that Ryan gradually converted into a barn to house the cows. They started with just a few cows and Ryan milked with just a pump and a bucket. The milk they produced was solely for personal consumption. Ryan also worked off of the farm as a site manager at Excel Dairy in Thief River Falls before becoming a supervisor at TRF Pallet for four years, while Karen continued to work towards her current position as a Financial Advisor with Wells Fargo.

The Griffin family includes, from left, Ryan, Curtis and Karen, who is pregnant with their second child.

This show cow, named Spark, was the Reserve Intermediate Champion and first place senior two-year-old in the Minnesota District X Holstein Show 2012. She also was awarded Best Udder of the Show. She has won numerous awards in other shows in past years as well.

In the spring of 2011, Ryan left TRF pallet to start a new venture with his own seed business. Griffin Seed, LLC features Pioneer brand seed and mainly sells soybean, corn, alfalfa and sunflower seed.

Later that year he added a milking parlor to the barn to better serve his growing herd, which now boasts 20 registered holsteins. Ryan designed the parlor himself to maximize efficiency. He can wash and milk the cattle at the same time, which he completes in two 45-minute sessions each day.

The Griffins do not purchase cows but expand from their current herd. Preserving a strong blood line is very important to Ryan. "For me it's an art form to breed good cows. It's one thing to go out and buy one, but to grow something that someone else wants to buy – that's what drives me," explains Ryan. "The obsession is that they aren't just milk cows. They have deep family lines. We breed for show."

Showing cattle is a big part of their farm, Kara-Kesh Holsteins, because it advertises the cows to sell more calves and embryos. It also fulfills Ryan's love for cattle and his competitive side. "I just love my cows," he says. "I'm competitive. It's a challenge," he explains of cattle shows, "and I usually don't back down from a challenge."

Show season runs from April through November. Ryan usually attends the summer and fall shows because summer shows get the cows acclimated to the show atmosphere before the bigger shows in the fall. He brings cattle to the Pennington County Fair because he finds it's fun to compete locally and he believes it's important to be involved in the community. He also competes at the Minnesota State Fair as well as several national and international shows.

Even though show season lasts only half the year, Ryan prepares for it all year long. He starts by picking the right bulls and pairing the right parents to create a good cow. He also has to pick the right food to keep them well fed. A winning show cow is neither obese nor anorexic. As some refer to show cows as skinny, Ryan explains they are fit and muscular but are often slim because they eat enough to maintain and the excess is put into milk production. This is important as they are judged mainly on their

udder, the feet and legs, and conditioning.

Nearing show appearances he washes them twice daily and walks them on a halter for conditioning and to prepares them for the showing. He also performs clipping, where all the hair on the cow is cut a very specific way to enhance the muscles and bone structure. The hair is cut in many different lengths and groomed specially for each part of the body.

His love and respect for the animal is evident in how he grooms and cares for them. He even recently installed three large fans in the barn to help keep the animals cool and the flies away. "Everything I do is for the cow, whatever's best for the individual animal. I want her to be happy and healthy," he says.

At show time, the cows are paraded in a ring while a judge evaluates the cattle and asks questions of the breeders. The judge then places the cows to determine the winners in each class and then offers reasons why the class was placed that way. "It's like Miss America for cows," says Karen of the event, sometimes held in large arenas and featuring spotlights on the cattle in the show ring. "You are showing people all over the world what you are capable of and how you are improving the cow from one generation to the next," explains Ryan. "It's Ryan's passion," says Karen.

That passion perfectly complements the lifestyle that the Griffins choose to raise their family. They both believe that living on a farm instills good work ethics and learning at an early age. "Farms are good because they teach responsibility and what God has intended for animals," says Ryan, "It's a good way of teaching lifelong lessons that many aren't getting."

Their son Curtis, 2, enjoys being with the animals. "Curtis gets home and rushes out to the barn to check on his animals," says Karen. "He gets excited to see them," adds Ryan. He stresses the importance of bringing his son up in the farm life, "We do this to raise a family. For us, for him, for the next generation."

Currently, the Griffins sell the milk they produce to Land O' Lakes in Thief River Falls and market both live cows and embryos for sale nationally and internationally. In addition to the cows, they also have two pigmy goats and four laying hens for farm fresh eggs for their own consumption.

They are expecting a baby girl in August and couldn't be more content in their farm lifestyle. "I'm so glad we're here," says Karen, "It's a great place to be."

To see more photos and information about the Griffin dairy farm, visit their Facebook page by searching for "Kara-Kesh Holsteins". Their page features all of the awards won by each cow and show updates.

Ryan designed this milking parlor himself to maximize efficiency as he is able to milk and wash the cattle at the same time.

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Oklee Herald photo

The top rabbit exhibitor at the Red Lake County Fair was Alexxis Rosnow of Plummer. In reward for her accomplishments, she was presented a cash award on behalf of Red Lake Electric Cooperative. Alexxis is a member of the Garnes Go Getters 4-H Club and the daughter of Tiffany Bushelle.

Know how to stay safe after storms

Severe thunderstorms, tornadoes and flooding can leave more than damage in their wake – they can leave hidden dangers as well. Safe Electricity advises everyone to be mindful of the electrical hazards that storms and flooding can leave behind.

"The danger does not end when the storm does," says Molly Hall, Executive Director of Safe Electricity. "People can be hurt or killed by hazards left behind. Be cautious in any clean up effort."

Stay away from downed power lines and be alert to the possibility that tree limbs or debris may hide an electrical hazard. Treat all downed or hanging power lines as if they are energized. Lines do not have to be arcing or sparking to be live. Warn others to stay away and contact the electric utility.

As part of the "Teach Learn Care" TLC campaign, the program urges parents and other caregivers to make sure children are aware of these hazards as well.

"Before re-entering storm-damaged buildings or rooms, be sure all electric and gas services are turned off," said Jay Solomon, University of Illinois Extension Engineering Educator. "Never attempt to turn off power at the breaker box if you must stand in water to do so. If you can't reach your breaker box safely, call your electric utility to shut off power at the meter."

Never step in to a flooded basement or other area if water is covering electrical outlets, appliances or cords. Be alert to any electrical equipment that could be energized and in contact with water. Never touch electrical appliances, cords or wires while you are wet or standing in water.

If using electric yard tools in clean-up efforts, do not operate them if it's raining or the ground is wet, or while you are wet or standing in water. Keep all electric tools

and equipment at least ten feet away from wet surfaces.

Cleaning up and using water-damaged appliances also carry safety risks," said Solomon. "Electric motors in appliances that have been drenched or submerged should be thoroughly cleaned and reconditioned before they are put back into service. It may be necessary to repair or replace electrical appliances or tools that have been in contact with water. Do not use any water-damaged appliance until a professional has checked it out."

If after a storm or disaster, the power to your home is out for a prolonged period, know important safety rules, such as never using a charcoal or gas grill to cook inside! And if you use a portable generator, be sure a transfer safety switch has been installed or connect the appliance(s) directly to the generator. This prevents electricity from traveling back through the power lines, what's known as "back feed." Back feed creates danger for anyone near lines, particularly crews working to restore power.

If you are driving and come upon a downed power line, stay in your vehicle, warn others to stay away and contact emergency personnel or the electric utility. Never drive over a downed line. A downed line causes other things around it to become potentially hazardous.

If you are in a car which has come in contact with a downed power line, stay in your vehicle. If you must leave your car jump free keeping both feet together and either shuffle or hop to safety. A live wire touching the ground causes electricity to fan out in a pool and the action of running or striding allows one foot to move from one voltage zone to another. Your body then becomes the path for the electricity and electrocution is the tragic result.

Wellness equals retirement savings

When Social Security was first introduced, the life expectancy of someone who reached the age of 65 was roughly 68 years old. Today, it is nearly 84 years old.

Faced with these additional golden years an increasing number of employees view working longer as the solution to save more to have adequate retirement savings. Few consider expanding the focus to find ways to spend less.

Did you know an employee smoking ten cigarettes a day who quits and diverts what he had been spending on cigarettes to a retirement account could add \$12,773 in additional retirement saving over the course of ten years?

Ralph Waldo Emerson once said "the first wealth is health." While the decision to work longer to pay for retirement may seem simple, in reality an extended working life is

dependent upon one's health. Many retirees find they are forced to leave the workforce earlier than planned due to health or disability issues. The good news is, given recent medical advances they will live longer. The bad news is, their health related expenses will be above average throughout retirement.

By focusing on wellness, pre and post retirement employees can reduce out-of-pocket healthcare expenses, boost discretionary income during working years, extend the quality of their lives and reduce medical costs in retirement.

From a business perspective, research suggests that for every dollar spent on a wellness program, your medical costs are improved by approximately \$3.27 and another \$2.73 in savings is realized in lower absenteeism costs.



Gazette photo

The top horse exhibitor at the Red Lake County Fair was Mikayla Miller of Red Lake Falls, who earned a grand champion ribbon. She is a member of the Huot Hustlers 4-H Club and the daughter of David and Peggy Miller. Mikayla received a cash award on behalf of Red Lake Electric Cooperative for her accomplishment with her horse project.



Gazette photo

Mikayla Miller, Red Lake Falls, earned grand champion in beef and beef showmanship at the Red Lake County Fair and was the top beef exhibitor. In support of her accomplishments, she was awarded a cash prize from Red Lake Electric Cooperative. Mikayla is the daughter of David and Peggy Miller and a member of the Huot Hustlers 4-H Club.

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Travel through the Ashtabula Wind Energy Center in Barnes County, North Dakota, allowed for power plant tour participants to see many of the 218 wind energy turbines that make up the wind farm. The Ashtabula Wind Energy Center is owned by NextEra Energy Resources of Florida. NextEra has lease agreements with landowners to place turbines on their property. Minnkota Power Cooperative, Grand Forks, N.D., Red Lake Electric's wholesale electric supplier, purchases energy from the wind farm.



Power plant tour participants spent the evening at the Best Western Seven Seas Motel in Mandan, N.D. The stay at Seven Seas included an evening banquet, sponsored by Minnkota Power Cooperative, and an overview of the coal-fired power plants and open-pit coal mines that were viewed the next day. Tour participants listened intently to information that was shared with them.



Cindy and Walter Novak, Brooks, listened as the tour guide explained the operation of the Milton R. Young generation station. Due to the noise in the power plant, tour participants were equipped with listening devices, enabling them to hear the tour guide.



Steve and Ruth Sundbom of Clearbrook stood in front of the 77 cubic yard bucket used on the large "Liberty" dragline. The bucket has a 385,000-pound "Rated Suspended Load". Replacement buckets cost \$1 million and are built in Australia. BNI Coal has two spare buckets in stock at all times.



Pictured is "Liberty" an 8200 Bucyrus electric dragline that is used by BNI Coal to remove overburden to expose the lignite coal seams. Liberty was commissioned in 2004. It weighs 9,257,000 pounds, has a 355-foot boom and a 77 cubic yard bucket. It is the newest and largest operating dragline in North America.



This picture taken from inside the operator's cab of "Liberty", shows how the 77 cubic yard bucket compares in size to a 50-plus passenger charter bus.



A 992G Caterpillar front-end loader equipped with a 30-cubic yard bucket loaded lignite coal into a CH180 Kress unibody diesel coal truck. BNI Coal operates six of the Kress trucks, each capable of hauling 180 tons of lignite. The two coal-fired generating plants of the Milton R. Young Station require 4.5 million tons of coal per year. BNI delivers coal at a cost of \$15 a ton for an annual cost of \$67.5 million.



BNI tour guide Eddie Cullum, second from left, explained part of the open pit lignite coal mining operation to power plant tour participants. The participants included, from left, Dennis Moser of Clearbrook, and Kent and Lori Benitt of Warren.



Two smaller Page electric draglines are also used to strip overburden from the lignite coal seams. In the mining operation, 30 million cubic yards of earth are moved each year. The replacement cost of all the equipment used by BNI Coal would be approximately \$155 million.

Informational Web Sites

The following is a list of Web sites that can provide information and education in reference to electrical safety and energy conservation. These Web sites are listed as links on Red Lake Electric Cooperative's Web site at www.redlakeelectric.com.

- Electrical Safety Foundation International: www.esfi.org
- Alliance to Save Energy: www.ase.org
- US Environmental Protection Agency: www.epa.gov/greenhomes
- Energy Star: www.energystar.gov
- Minnesota Safety Council: www.minnesotasafetycouncil.org
- Safe Electricity: www.safeelectricity.org
- Lighting Controls Association: www.aboutlightingcontrols.org
- US Consumer Product Safety Commission: www.cpsc.gov

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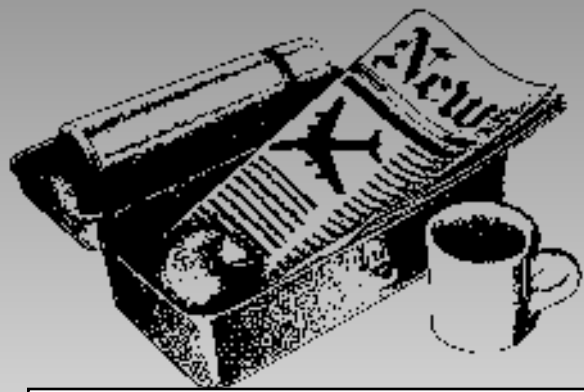
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Rural America population wanes

By Steven Johnson

Published: June 5, 2012

Rural America is gaining a few new residents, but its overall share of the U.S. population is slowly falling, according to new data from the federal government.

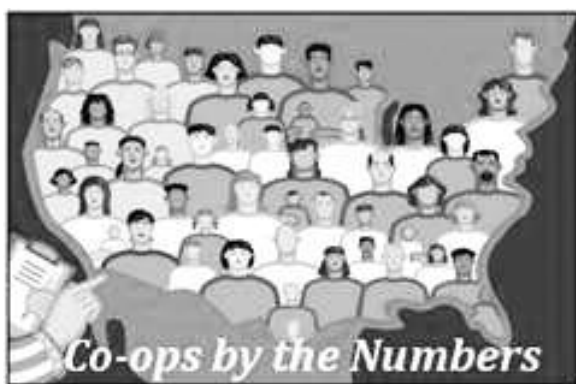
Recent reports from the Agriculture Department's Economic Research Service and the Census Bureau show the percentage of rural population is at an all-time low.

Only 16.4 percent of the nation's 311.6 million people lived in rural areas in 2011, the Agriculture Department said in a May report. That's down from 17.4 percent a decade ago and 16.5 percent a year ago. In 1980, more than 20 percent of the population lived in areas defined as rural.

Just four states — Maine, Vermont, West Virginia and Mississippi — have at least half of their residents living in rural areas.

Those numbers mirror data released earlier this spring by the Census Bureau, which reported rural areas gained a modest 430,000 people between 2000 and 2010. That was an increase of less than 1 percent, and far below the 12.1 percent jump in population in urbanized areas and urban clusters.

The agencies employ different definitions and methodologies. The Census Bureau's calculation classifies areas of at least 2,500 people and less than 50,000 people as "urban clusters," and some demo-



graphic experts say that description is too broad.

By any measure, though, it is clear the rural population is on the wane. During the 1990s, migration into rural America accounted for nearly two-thirds of its population gain, but that trend has slowed in recent years.

"Rural population growth slowed primarily because of fewer people moving to rural areas after 2000," said Kenneth Johnson, a professor and senior demographer at the Carsey Institute at the University of New Hampshire.

The population information is important because it is used in a variety of federal funding formulas.

According to Agriculture Department data, more than 56 percent of all rural counties, a total of 1,140, lost population just from 2010 to 2011. While those losses were scattered across the country, the heaviest losses generally occurred in the Southeast.

Analysts have cited a number of trends in explaining why the population of rural America is shrinking, including a shortage of job opportunities. Employment in rural America grew by less than the national average—0.6 percent, compared with 0.9 percent—between 2010 and 2011.

Despite those trends, electric cooperatives have continued to add members, largely by serving territories that are becoming more suburban or are undergoing rapid growth, like the North Dakota oilfields.

Co-ops added 187,000 new members in 2010, according to the NRECA Strategic Analysis Unit, at a time when the overall rural population remained essentially unchanged.

That co-op growth was well below the 2.8 percent average annual growth from 1974 to 2007, though three-quarters of all co-ops still had a net increase in members in 2010. Still, 200 co-ops lost consumers in 2010, according to NRECA.

Mike Ganley, director of the NRECA Strategic Analysis Unit, noted that "We are seeing a lot of diversity in the membership, as some co-ops experience rapid growth, while many of the remote areas have shown little or no growth for years."

Which costs more – obesity or smoking?

Obese workers have even higher health costs than smokers, study finds

Obesity adds more to health care costs than smoking does, reports a study in the March Journal of Occupational and Environmental Medicine, official publication of the American College of Occupational and Environmental Medicine (ACOEM).

James P. Moriarty, MSc, and colleagues of the Mayo Clinic, Rochester, Minn., analyzed the incremental (additional) costs of smoking and obesity among more than 30,000 Mayo Clinic employees and retirees. All had continuous health insurance coverage between 2001 and 2007.

Both obesity and smoking were associated with excess costs for

health care. Compared to nonsmokers, average health costs were \$1,275 higher for smokers.

The incremental costs associated with obesity were even higher: \$1,850 more than for normal-weight individuals. For those with morbid obesity, the excess costs were up to \$5,500 per year.

The additional costs associated with obesity appeared lower after adjustment for other accompanying health problems (comorbidity). "This may lead to underestimation of the true incremental costs, since obesity is a risk factor for developing chronic conditions," Moriarty and colleagues write.

Smoking and obesity place a

growing strain on an already stretched healthcare system. Employers are evaluating wellness programs — such as quit-smoking and fitness programs — in an attempt to lower costs by reducing health risk factors.

Moriarty and coauthors conclude, "Simultaneous estimates of incremental costs of smoking and obesity show that these factors appear to act as independent multiplicative factors." Their study provides new insights into the long-term costs of obesity and smoking, showing that both risk factors lead to persistently higher health costs throughout a seven-year follow-up period.

Watch for signs of heat illnesses

With the onset of summer comes lots of fun outdoor activities—whether you're lying by the pool or playing on a baseball field. Keep heat stress at bay—no matter your sun-soaked activity of choice—by knowing how to prevent heat-related illnesses and recognize the symptoms in yourself and others.

Heat Stroke

The most serious of heat illnesses, heat stroke, can be deadly and swift. Your body temperature could rise to 106 degrees Fahrenheit or more in as little as 10 to 15 minutes. Heat stroke happens when your body temperature rises rapidly but cannot sweat quickly enough to cool itself. Symptoms include hot, dry skin or the opposite—profuse sweating, hallucinations, chills, throbbing headache, confusion or dizziness, and slurred speech.

If you see someone with the symptoms of heat stroke, immediately call 911 and move the person to a shady area. Try misting the person with cold water, soaking his or her clothes, or fanning the body.

Heat Exhaustion

Heat exhaustion is the result of heavy sweating—extreme loss of salt and water. People prone to heat exhaustion include the elderly, those with high blood pressure, or people who work in hot conditions. Besides excessive sweating, symptoms include extreme weakness or fatigue, dizziness and confusion, nausea, clammy skin, muscle cramps, and shallow, rapid breathing.

If a person suffers from heat exhaustion, move him or her to a shaded or air-conditioned area. The victim should drink cool—non-alcoholic—beverages and take a cool shower or bath.

Heat Syncope



Source: CDC/Amanda Mills

When working or playing outside in the hot sun, be alert for signs of heat illnesses like heat stroke or heat exhaustion.

Sun-bathers may be prone to heat syncope, which is dizziness or fainting after lying (or standing) for long periods of time. Dehydration can contribute to an episode of heat syncope, so keep that water bottle handy when you head to the beach.

If you feel dizzy after lying for a long time, sit or lie back down in a cool place and sip on a cool beverage—water, sports drinks, or clear juice.

Heat Cramps

Folks who work or play sports outside in the heat may suffer from heat cramps, which result from low salt levels after heavy sweating. Stay alert if you feel cramping because it could be a symptom of heat exhaustion. Heat cramps usually are felt in the arms, legs, or abdomen.

If you feel them, stop what

you're doing, sit in a cool place, and drink clear juice or a sports beverage. Take it easy for a few hours after you no longer feel the cramps—if you return to your activity, the condition could transition to heat exhaustion or heat stroke. If you have heart problems, are on a low-sodium diet, or the cramps do not go away in an hour, call a doctor.

Heat Rash

Heavy sweating can cause a heat rash during hot, humid weather. It looks like a red cluster of pimples or small blisters that usually pop up on the neck or chest, groin, and in the crook of your elbow. You can't do much to treat heat rash besides keep the area dry and use baby powder to alleviate discomfort.

Source: U.S. Centers for Disease Control

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