



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
and a portion of the lands of the Red Lake Band of Chippewa

VOL. 49 – NO. 1

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

OCTOBER 2013

Operation Round Up® Grants Total \$11,350

The Red Lake Electric (RLE) Trust board met recently and awarded 16 grants to area non-profit and community organizations that totaled \$11,350. Since its inception in 1993, 701 Operation Round Up grants, totaling \$420,000, have been gifted to area community organizations. The RLE Trust receives money for grants from the Operation Round Up program administered by the Red Lake Electric Cooperative. Today, 91% of RLE's members voluntarily "round-up" their monthly bill for the Operation Round Up program.

The following are organizations awarded Round Up funds to help the disadvantaged:

-Violence Intervention Project of Thief River Falls (TRF): \$1,000 for their Umbrella Tree Program that provides supervised child visitations.

-Early Childhood Family Advocate Program of TRF: \$1,000 to help sustain the Early Childhood Family Advocate program.

Three area emergency service providers were given grants:

-Goodridge Fire and Rescue: \$1,000 to help purchase pagers and radios for emergency vehicles.

-Oklee/Plummer/Brooks Ambulance: \$1,000 to help purchase a Power Cot for ambulance.

-TRF Volunteer Fire Department: \$1,000 to purchase wildland coats and pants for rural grass fires.

Monies to benefit the general public were awarded to these organizations:

-Goodridge Area Historical Society: \$750 to put a cement floor in the gazebo.

-Pennington-Red Lake County Crime Victim Services: \$500 to help with victim expenses.

Area youth will benefit from Operation Round Up grants made to the following organizations:

-Pennington County 4-H: \$450 to purchase frisbees,



The Thief River Falls (TRF) and Pennington County Safety Camp was awarded a grant from Red Lake Electric Cooperative's (RLEC) Operation Round Up program. The camp is held each year to provide safety education for second and third grade students. Accepting the grant is Melissa Sletten, recreation/events coordinator, with TRF Parks and Recreation Department. Making the presentation is Van Swanson, secretary/treasurer of RLEC Trust Board of Directors.

healthy food, bingo and bulletin board displays.

-Early Childhood Family Education in Plummer: \$700 to fund a countywide ECFE trip to the Headwaters Science Center.

-Red Lake County Holiday Gift Program (Salvation Army): \$500 to purchase Christmas gifts for holiday program.

-Christmas for Pennington County: \$500 to purchase gifts for needy children in Pennington County.

-Safety Camp (Pennington County & TRF): \$500 to help purchase bike helmets & protective equipment.

-Marshall County Social Services: \$500 for Christmas Sharing Tree Project and food baskets.

-Girl Scout Troop 20786: \$200 to help with repairs at Silverton Town Hall.

Three organizations that provide help and service to area seniors received the following grants:

-Middle River-Thief Lake Living-at-Home/Block Nurse Program: \$500 to help with medical transportation for volunteers.

-Goodridge Senior Center Inc: \$750 to help repair the front side of the senior building.

-Red Lake Falls (RLF) LSS Senior Nutrition program: \$500 to help offset the cost of food and supplies for delivery of meals to seniors in need of good nutrition.

The RLE Trust Board of Directors determines grants two times per year, in March and September. Serving on the board are Patty Mickelson-President, Oklee; Randy Knutson - Vice-President, Newfolden; and Van Swanson - Secretary/Treasurer, Thief River Falls. Ex-officio directors (4805002.02 Bruce Solberg) are Bonnie Christians of Crookston and Roger Johanneck of RLF, representing Red Lake Electric Cooperative. Grant applications are available at the RLE Cooperative Office or by visiting their web site at www.redlakeelectric.com. The next deadline for Operation Round Up grant applications are due March 6, 2014.

Cota retires from RLEC



Alan Cota (left) accepts a plaque in recognition of his service to Red Lake Electric Cooperative and its members. He is recognized by Roger Johanneck, Red Lake Electric general manager. Cota retired from the Cooperative with more than 37 years of service.

After a career spanning more than 37 years, Alan "Pup" Cota has retired from Red Lake Electric Cooperative (RLEC) as of September 30.

Back in 1975 Cota was encouraged by, then RLEC line foreman, Harry Ford to put in a job application at the Cooperative. Shortly thereafter he was summoned to come to work on a part-time basis. He was hired full-time February 1, 1976. "I didn't expect it to lead to being at RLEC my entire career," stated Cota. "It has been a good place to work and I worked with great people."

In years past most guys hired to work in the line department had no formal training, they learned on the job. This was the case with Cota. He served for four years in an apprentice program, working his way to becoming a journeyman lineman. He held that position until July of 2004 when he was promoted to lead lineman. In December of 2010 Cota took on the role of a crew foreman and led an overhead construction crew for the past three years.

Cota said throughout his years of employment things have changed at the Cooperative and out in the service area. "When I started we would still set poles with pike poles and hand tamp. The equipment has really changed over the years replacing many of the manual labor tasks we performed," stated Cota. "It has also changed for members in that today many have standby generators to power their needs if there is an outage, where years ago no one had a generator."

When asked if he had any memorable experiences Cota said, "Many. I recall when a line northeast of Oklee had snapped due to very cold temperatures. Because it was so cold we ventured there with two trucks and four lineman. (5406001.01 Richard T. Kruse) We would take turns doing the repairs. One crew would work while the other would warm up in the truck,

we traded off. It was -40 degrees with a much colder wind chill. The hydraulics on the trucks were very slow to operate."

"One time we were dispatched to the Highland substation as the entire sub was off. We turned the sub on only to have it trip off again. We decided to sit in the truck to wait out the storm and our truck was a-float as it was lifted by the storm."

In more recent years Cota recalled the toppling of 13 poles on the double-circuit line going north out of the Holt substation in 2005. "Area farmers used their four-wheel drive tractors to pull our trucks through the water and mud, from pole to pole. When we stopped at the first pole, I opened the truck door and the water ran across the floor boards. I took my first step out of the truck, the water was over my knee-high boots, and needless to say I didn't need the boots anymore."

And the latest experience was being thumped. "We were thumping (adding a high surge) an underground line trying to locate a fault. I was lying on the ground listening for the thump and the fault was directly below me causing me to feel the thump. The talk of the day was – the Pup got thumped."

Alan is a life-long resident of Red Lake Falls. He attended St. Joseph School through the 8th grade and graduated from Lafayette High School. He (5021001.02 Greg P. Hilgeman) is a member of St. Joseph Catholic Church and the Knights of Columbus. One of Alan's past passions is softball having played for more than 30 years and serving many years on the softball association. He still plays in one tournament each year, held during the Red Lake Falls Summerfest celebration.

Alan's family includes his daughter Jessie (Joey) Violette and grandson Clayton of West Bend, Wis.; son Dusty (Michelle Schmidt) and grandchildren Blake and Mekayla of

Dilworth; son Travis (deceased) and grandson Hunter of Middle River.

In his leisure, Cota enjoys golfing, fishing and hunting. He will definitely be noticed on the golf course with his new bright orange golf cart. He plans to do some traveling and spend more time with his family enjoying the grandchildren.

In his closing comments Cota stated, "Working as a lineman one needed to adapt to the weather conditions. You could work in favorable conditions during the day but are called to work in unfavorable conditions in the evening, following the aftermath of a storm."

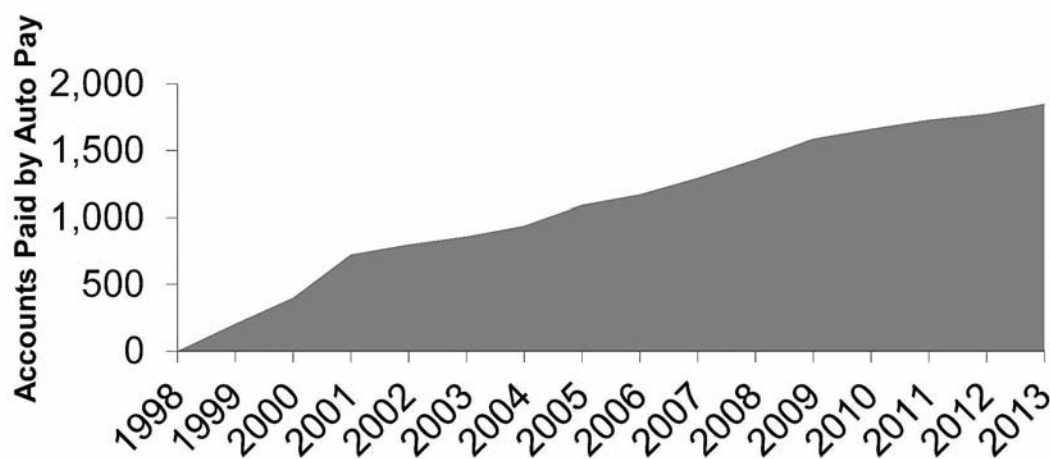
"The old guys, my predecessors, were great teachers. I hope I relayed some of my experience to the young guys following, who are a great group of linemen. I will miss the camaraderie but I can already say I do not miss getting the after-hour phone calls."

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

As the chart below shows, more and more Red Lake Electric Cooperative customers are enjoying the convenience and secure method of paying their monthly energy bill with Auto-Pay. To show our appreciation, customers who use Auto-pay to pay their monthly bill will automatically be entered into a \$100 drawing on December 6th. Have a question about Auto-pay? Give us a call at Red Lake Electric Cooperative today. 1-800-245-6068 or 218-253-2168.

Auto-Pay Customers eligible for \$100 drawing



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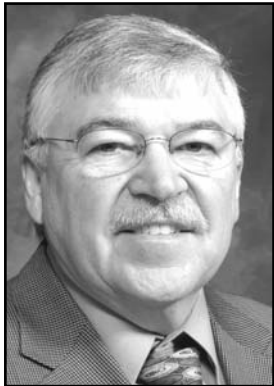
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Manager's Comments

by Roger Johanneck



October is Cooperative month

October is “Co-op Month”; a time of year our country has set aside to recognize and celebrate, if not remind ourselves, about the benefits of the Cooperative way of doing business. It is also an opportune time for those of us who are seasoned in the Cooperative way of doing business, to share the Co-op story with our younger folks; tell them why there is a Red Lake Electric Cooperative and other Cooperative businesses throughout the country.

We can tell them that Cooperatives play an important role in providing services in areas where no other businesses were willing to provide that service. Electric Cooperatives got their start in the early 1900’s when investor-owned utilities

deemed these rural areas not profitable enough to serve. Rural Electric Cooperatives across the country serve an average of fewer than seven customers for every mile of power lines; RLEC serves even less than that; just two customers per mile. By comparison, investor-owned utilities serve, on average, 34 customers for every mile of power lines and publicly owned (municipal) utilities are at 44 customers per mile.

Currently there are 865 rural electric “distribution” cooperatives across the U.S., like Red Lake Electric Cooperative. Electric cooperatives cover 75% of the U.S. land mass and deliver energy across 2.3 million miles of power lines to 36 mil-

lion members/customers in both rural and urban America. These totals represent about 12% of the U.S. population in the 47 states where electric cooperatives have a presence.

There are all types of cooperative businesses, but the most common thread among them is that of member control. Folks who benefit from the services of a cooperative have some say in what happens at their cooperative. Each member has a vote in the director elections and other issues brought to a vote of the membership. Red Lake Electric Cooperative’s service area is made up of nine director districts and each year director voting is held in three of the districts. Members in these three districts elect a director to represent their district on the board.

Each year at these Cooperative district meetings, members have an opportunity to meet with their neighbors and cooperative employees, ask questions, learn about issues facing our cooperative business, and share information on how we can manage these concerns.

It’s member participation that has made Red Lake Electric Cooperative strong and viable through these first 75 years of business, and continued member involvement will help your Cooperative remain a viable service provider in the future.

Involvement in your Cooperative; it’s your privilege as a member, and I encourage you to take advantage of that privilege.

Alan Cota Retires

I’d like to add my farewell to long time employee Alan Cota on his recent retirement from the Cooperative. Alan, who has been with the Cooperative for over 37 years working as a lineman, called it a career at the end of September. Alan retired as crew (6120004.05 Gerald Bregier) foreman; a leadership position he held since December 1, 2010. Alan was not only a competent and valued employee of the Cooperative, he was respected and well-liked by his fellow employees.

One reason for that respect was that Alan never forgot what it was like starting out as a rookie on the line crew, and that showed in how he handled the men he led each day. Remembering what it was like learning the ropes made Alan a good teacher to those following in his footsteps.

Congratulations Alan. Many thanks for your good work here and thanks, too, for your example.

In observance of Veterans Day, Red Lake Electric Cooperative's headquarters will be closed Monday, November 11.

In case of an electrical outage or emergency, call the after-hour phone number at 218-253-2200.

Thank you to all military personnel, past and present, who have served and are serving this great nation, the United States of America.

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

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

RED LAKE ELECTRIC COOPERATIVE, Inc.
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**AFTER-HOURS
OUTAGE PHONE
218-253-2200**

NOTICE

Hidden within the text of the articles of this issue of the Volts & Jolts are the names and account numbers of some 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.

Safety tips for portable, standby generators

When Superstorm Sandy knocked out power to millions on the East Coast last fall, many of those affected turned to portable, standby generators to help keep food safe, lights on, and safety and medical equipment operating. The growing popularity of emergency generators has resulted in several million being placed in homes and small businesses across the nation.

However, only a small percentage are hooked up or used correctly. SafeElectricity.org urges consumers to understand proper generator safety steps.

“Generators can be a lifesaver for some and can improve the (7224002.02 Donna Reinhart) quality of life after a natural disaster such as a hurri-

cane, tornado, or earthquake,” explains Molly Hall, executive director of the Safe Electricity program. “However, it’s critical that proper safety precautions be taken to prevent accidents that could affect you, a family member, neighbor, or utility lineworker.”

Generators can be temporarily or permanently installed. A permanent generator is wired into a house by a qualified electrician using a transfer switch. This protects you, your neighbors, and repair crews from electricity backfeeding onto power lines. This can seriously injure anyone near those lines, especially co-op crews working to restore power. A temporary generator fired by gasoline or diesel fuel should not be

attached to a circuit breaker, fuse or outlet. The improper use of a standby generator can lead to injury or death.

When using a generator, SafeElectricity.org urges you to follow these tips to keep you and your family safe:

Read and follow all manufacturer operating instructions to properly ground the generator. Be sure you understand them before starting it up.

Standby generators should have a transfer safety switch installed by a professional. Portable generators should never be plugged directly into a home outlet or electrical system—use an extension cord to plug appliances into an outlet on the generator.

Never operate a generator in a confined area, such as a garage. Generators produce gases, including deadly carbon monoxide. They require proper ventilation.

Remember, when venturing outside after a severe storm, stay away from downed power lines and be alert to the possibility that tree limbs or debris may hide an electrical hazard. Assume that any dangling wires you encounter are electrical, and treat all downed or hanging power lines as if they are energized. Warn others to stay away and contact the electric utility.

Generators pose electrical risks, especially when operated in wet conditions. Use a generator only when necessary when the weather creates wet or moist conditions. Protect the generator by operating it under an open, canopy-like structure on a dry surface where water cannot form puddles or drain under it. Always ensure that your hands are dry before touching the generator.

When you refuel the generator, make sure the engine is cool to prevent a fire, should the tank overflow.

There should be nothing plugged into the generator when you turn it on. This prevents a surge from damaging your generator and appliances.

Be sure to keep children and pets away from the generator, which could burn them.

For more safety information on the use of portable and standby generators and safety after a storm, go to SafeElectricity.org.

Safe Electricity is the safety outreach program of the Energy Education Council, a non-profit organization with more than 400 electric cooperative members and many others who share the mission of educating the public about electrical safety

Generate Safely

Safe Generator Operation

Keep this card in your home’s emergency kit or with your generator.

- ☐ **Never connect a standby generator into your home’s electrical system. There are only two safe ways to connect a standby generator to your equipment:**
Stationary Generator: An approved generator transfer switch, which keeps your house circuits separate from the electric co-op, should be installed by a professional.
Portable Generator: Plug appliances directly into the outlet provided on the generator.
- ☐ **Set up and run your generator in a well-ventilated area outside the home. Make sure it’s out and away from your garage, doors, windows, and vents. The carbon monoxide generated is DEADLY.**
 - ☐ Use a heavy-duty extension cord to connect electric appliances to the outlet on the generator.
 - ☐ Start the generator first **BEFORE** connecting appliances.

Source: SafeElectricity.org
Developed jointly by the Energy Education Council & Rural Electricity Resource Council

A handy card to keep in your home’s emergency kit or with your generator. *Source: SafeElectricity.org*



Portable generators are helpful during an extended power outage, but they can be extremely dangerous if not used properly. *Source: SafeElectricity.org*

Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

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 \$60 collection fee will be charged to your account, even if you pay the collector.

To have a disconnected service reconnected, all amounts owing, a \$60 reconnection fee, and a security deposit must be paid. If the service must be reconnected after normal working hours, a \$120 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-December	9.5¢ Kwh
January-March	9.9¢ 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



Taco Bake

- 1 pound ground beef
- 1 small onion, chopped
- 3/4 C. water
- 1 package (1-1/4 oz.) taco seasoning
- 1 can (15 oz.) tomato sauce
- 1 package (8 oz.) shell macaroni, cooked and drained
- 1 can (4 oz.) chopped green chilies
- 2 C. (8 oz.) shredded cheddar cheese, divided

In a skillet, brown ground beef and onion over medium heat; drain. Add the water, taco seasoning and tomato sauce; mix. Bring to a boil; reduce heat and simmer for 20 minutes. Stir in macaroni, chilies and 1-1/2 C. of cheese. Pour into a greased 1-1/2-qt. baking dish. Sprinkle with the remaining cheese. Bake at 350° for 30 minutes or until heated through. **Yield:** 6 servings.

Mixed Vegetable Salad

- 1 package (10 oz.) frozen mixed vegetables
- 1 can (15 oz.) kidney beans, rinsed and rained
- 1/2 C. chopped celery
- 1/2 C. chopped onion
- 1/2 C. chopped green pepper
- 3/4 C. sugar
- 1/2 C. vinegar
- 1 Tbsp. cornstarch

Cook the mixed vegetables on the stove or in the microwave until crisp-tender. Drain; place in a large bowl. Add kidney beans, celery, onion and green pepper. In a saucepan over medium heat, bring sugar, vinegar and cornstarch to a boil, stirring constantly, until thickened. Cool slightly. Pour over vegetables and toss. Refrigerate. **Yield:** 8 servings.

Cinnamon Twists

- 1 package (1/4 oz.) active dry yeast
- 3/4 C. warm water (110° to 115°), divided
- 4 to 4- 1/2 C. all-purpose flour
- 1/4 C. sugar
- 1-1/2 tsp. salt
- 1/2 C. warm milk (110° to 115°)
- 1/4 C. butter or margarine, softened
- 1 egg
- Filling:
 - 1/4 C. butter or margarine, melted
 - 1/2 C. packed brown sugar
 - 4 tsp. ground cinnamon

In a large mixing bowl, dissolve yeast in 1/4 C. warm water. Add 2 C. of flour, sugar, salt, milk, butter, egg and remaining water; beat on medium speed for 2 minutes. Stir in enough remaining flour to form a soft dough. Turn onto a floured board; kneed until smooth and elastic, about 6-8 minutes. Place ina greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch down. Roll into a 16-in x 12-in. rectangle. Brush with butter. Combine brown sugar and cinnamon; sprinkle over butter. Let dough rest for 6 minutes. Cut lengthwise into three 16-in. x 4-in. strips. Cut each strip into 16 4-in. x 1-in. pieces. Twist and place on greased baking sheets. Cover and let rise until doubled, about 30 minutes. Bake at 350° for 15 minutes or until golden. **Yield:** 4 dozen.

Sour Cream Peach Kuchen

- 3 C. all-purpose flour
- 1-1/4 C. sugar, divided
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 C. cold butter or margarine
- 2 cans (29 oz. each) sliced peaches, drained or 13 small fresh peaches, peeled and sliced.
- 1 tsp. ground cinnamon
- Topping:
 - 4 eggs yolks
 - 2 C. (16 oz.) sour cream
 - 2 to 3 Tbsp. sugar
 - 1/4 tsp. ground cinnamon

In a bowl, combine the flour, 1/4 C. sugar, baking powder and salt; cut in butter until mixture resembles coarse crumbs. Press onto the bottom and 1 in. up the sides of a greased 13-inc. x 9-in. x 2-in. baking dish. Arrange peaches over crust. Combine cinnamon and remaining sugar; sprinkle over peaches. Bake at 400° for 15 minutes.

Meanwhile, in a bowl, combine egg yolks and sour cream. Spread evenly over peaches. Combine sugar and cinnamon; sprinkle over top. Bake 30-35 minutes longer or until golden. Serve warm or cold. Store leftovers in the refrigerator. **Yield:** 12 servings.

Bread Machine Bread Recipes:

Buttermilk Wheat Bread

- 1-1/2 C. buttermilk
- 1-1/2 C. Tbsp. butter or margarine
- 2 Tbsp. sugar
- 1 tsp. salt
- 3 C. bread flour
- 1/3 C. whole wheat flour
- 1 package (1/4 oz.) active dry yeast

In bread machine pan, place all ingredients in order given. Select "white bread" setting. Bake according to bread machine directions. **Yield:** 1 loaf (1-1/2 lbs.).

Onion Dill Bread

- 1 package (1/4 oz) active dry yeast
- 3-1/2 C. bread flour
- 1/4 tsp. salt
- 1 unbeaten egg, room temperature
- 1/4 C. water
- 3/4 C. cream-style cottage cheese
- 3/4 C. sour cream
- 3 Tbsp. sugar
- 3 Tbsp. minced dried onion
- 2 Tbsp. dill seed
- 1-1/2 Tbsp. butter or margarine

In bread machine pan, place first four ingredients in order given. In a saucepan, combine remaining ingredients and heat just until warm (do not boil). Pour into bread pan. Select "white bread" setting. Bake according to bread machine directions. **Yield:** 1 loaf (1-1/2 lbs).

Oatmeal Bread

- 1 package (1/4 oz) active dry yeast
- 1 C. quick-cooking oats
- 3 C. bread flour
- 1 tsp. salt
- 1/2 C. molasses
- 1 Tbsp. vegetable oil
- 1-1/4 C. plus 1 Tbsp. warm water

In bread machine pan, place ingredients in order given. Select "white bread" setting. Bake according to bread machine directions. **Yield:** 1 loaf (1-1/2 lbs).

October is breast cancer awareness month

The Basics

Mammograms can help find breast cancer early. You have a better chance of surviving breast cancer if it's found and treated early.

Women ages 40 to 49: Talk with your doctor about when to start getting mammograms and how often you need them.

Women ages 50 to 74: Get mammograms every 2 years. Talk with your doctor to decide if you need them more often.

What is a mammogram?

A mammogram is an x-ray of the breast. Mammograms use a very low level of x-rays. A mammogram is very safe.

When you get mammograms, the nurse will place your breasts, one at a time, between 2 plastic plates and take pictures of them. It takes only about 20 minutes to get mammograms.

What if the doctor finds

something wrong with my breast?

Mammograms let the doctor or nurse look for small lumps inside your breast. If a lump is found, the doctor or nurse will do other tests to find out if it's cancer. A small bit of tissue from the lump may be takenfor testing. This is called a biopsy ("BY-op-see").

What is breast cancer?

Abnormal cells in the breast can turn into cancer. Breast cancer can spread to other parts of the body. About 1 in 8 women born today in the United States will get breast cancer at some time during her life. The good news is that many women can survive breast cancer if it's found and treated early.

Talk with your doctor or nurse if you notice any of these changes:

A lump in the breast. A change in size, shape, or feel of the breast. Fluid (called discharge) coming out of a nipple

Talk with your doctor.

For women age 40 or older, talk with your doctor about when to start getting mammo-grams and how often to get them. If you are a woman ages 50 to 74, talk with your doctor about getting mammograms every 2 years. You may choose to start getting mammograms earlier or to get them more often. Together, you and your doctor can decide what's best for you. Tell your doctor if anyone (3708006.01 Terry Lubitz) in your family has had breast or ovarian cancer. Ask about ways you may be able to help lower your breast cancer risk.

What about cost?

Mammograms are covered for women over age 40 under the Affordable Care Act, the health care reform law passed in 2010. Depending on your insurance plan, you may be able to get mammograms at no cost to you. Check with your insurance company to find out what's included in your plan.

You can still get mammo-grams even if you don't have private insurance. Find a program near you that offers free or low-cost mammograms. Find out how often Medicare pays for mammograms.

Get support.

Talk with other women who have had mammograms to learn more about what to expect. When you go to the doctor for mammograms, ask a family member or friend to go with you. Make sure to ask when you will get your mammogram results. When you get the results, ask the doctor or nurse to explain what the results mean. Get your well-woman visit every year. Talk to your doctor or nurse about other important screenings and services to help you stay healthy. *Courtesy of Healthfinder.gov*

Dear RLEC,

Thank you so much for the nice donation of money you gave to the Goodridge area Historical Society. We will put it to good use on the projects for the Centennial in Goodridge in 2015. Thank you again.

Margie Coan
Secretary-Trust
Goodridge Area Historical Society

Dear RLEC,

On behalf of the Thief River Falls Pennington County Safety Camp Committee, I would like to thank the Trust Board of Directors for the continued financial support that you give to our Safety Camp through your Operation Round-up program.

Your generosity will continue to be used towards safety education for 120 second and third graders in June of 2014. With financial support from organizations such as yours, it will be possible to once again conduct this camp to teach children the importance of safety that could one day save their lives.

Sincerely,
Melissa Sletten
Recreation/Events Coordinator
Thief River Falls

Dear RLEC,

We have seen many miracles. Domestic violence and sexual assault victims have taken huge steps to live better lives and we are amazed at the amount of courage displayed by those who reach out to us and we are honored to be here for them.

Thank you for being a big part of what we do. Your recent contribution of \$1,000 from Operation Round Up to Violence Intervention Project received on October 2, 2013 is deeply appreciated! Funds will be used for our Umbrella Tree program as indicated on our application.

You are helping us reach our goal of raising \$70,000 for our current operating year with your thoughtful gift. About 20% of our day-to-day operating expenses are paid by cash donations. Also, your cash donation expands in value as it becomes matching dollars for grant funding. Your gift works hard to help victims of domestic violence and sexual assault.

Sincerely,
Sandra Bentley
Executive Director of VIP
Thief River Falls

Red Lake Electric Cooperative, Inc. Operating Report MONTHLY COMPARISON

	AUGUST 2012	AUGUST 2013
Total Revenue	\$1,022,179	\$ 833,416
Total Margins	\$ 51,782	\$ (44,520)
Cost of Power	\$ 720,722	\$ 633,856
KWH's Purchased	9,151,905	7,197,878
Capital Credits Paid to Estates ..	3,835	\$ 10,699

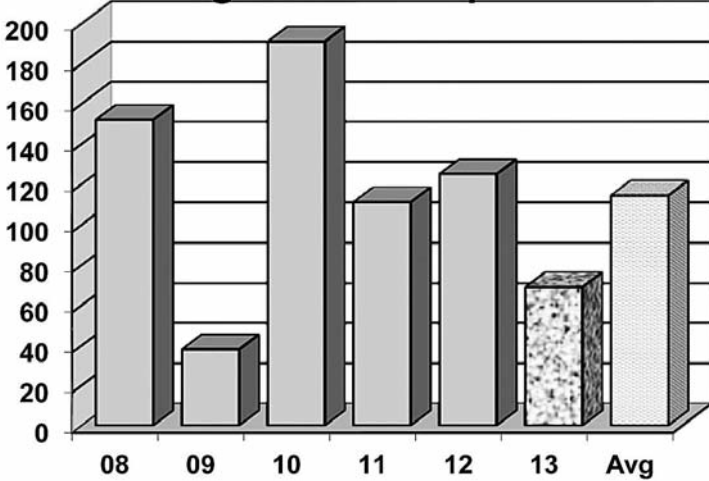
YEAR TO DATE COMPARISON

	AUGUST 2012	AUGUST 2013
Total Revenue	\$8,861,241	\$ 9,214,306
Total Margins	\$ 642,997	\$ 1,033,200
Cost of Power	\$6,344,833	\$ 6,354,642
KWH's Purchased	85,811,762	89,098,884
New Service Connections	24	27
Customers Served	5,218	5,242
Capital Credits Paid to Estates ..	70,933	\$ 87,297
Miles of Line		
Overhead	2,323	2,324
Underground	249	256

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.

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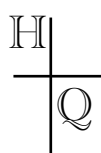
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VOLTS AND JOLTS FEATURE OF THE MONTH

Rantanen and Rokke families celebrate Century Farm status

By Heather Blodgett

Dan and Becky Rantanen held a celebration this summer to commemorate their century farm. Over 200 people were in attendance at the farm, which is located near Middle River, for the barbecue. Relatives made the trip from as far away as Finland for the event. The honor was bestowed to them, along with their children, Dan's mother, Elanore, and several other family members in 2012 at the Marshall County Fair.

The farm was started in 1912 by Dan's grandparents, Robert and Minnie Rantanen. The couple met in Michigan, as they had both emigrated there, Robert from Finland and Minnie from Sweden. They were married and later moved, with their infant son, Uno, to Marshall County in 1912. Both a home and barn were built on the property and the farm was established. Eight more children, Lillian, Allie, Nilo, Martin, Henry, Leonard and Arthur, were brought into the union. Loss hit the family as Robert passed away in the summer of 1927, leaving Minnie to care for nine children under the age of sixteen.

With the help of her children, Minnie continued to farm. She worked hard through the Great Depression, World War II, and the recovery after the war to provide for her family. Many of her children left the farm to find work and several of her sons were drafted into the military.

Uno and Arne, the oldest sons, stayed to work on the farm. Nilo and Martin returned from the war effort and resumed working on the farm. A larger barn was built and more dairy cattle were purchased to expand the operation. They also added horses, sheep, and chickens. Several years later the dairy cattle and sheep were replaced with beef cattle.

Minnie passed away in 1952 and Uno, Nilo and Martin continued farming. A few years later, Uno and Nilo were the only two left working on the farm and they became partners



Dan and Becky Rantanen

in the business. The pair expanded and modernized by purchasing more land, new tools and equipment, and installing a Quonset and metal grain bins.

Nilo married Elanore and they had five children together, Ann, Dan, Marjorie, Rik and Paula. In 1976, Uno retired and sold his share of the farm to Dan. Uno moved out of the farm house he had lived in his entire life and into his own place on the farm, while Nilo, Elanore, and Paula continued to live in the original farmhouse. Dan farmed with his father and the two made improvements to the farm. In 1980, both Nilo and Uno passed away. Elanore continued to live in the original home until 1991, when it was destroyed by fire.

Dan, who grew up on the farm, purchased the remaining shares of the farm, built a home there, and moved his wife, Becky, and their children, Danielle, Jake and Molly to live on the farm. Modernization continued as buildings were renovated and old, dead trees were cleared as new ones were planted. In 1987 the couple decided to restore some of the farmland to its native grasses and wetlands to start Lock and Load Hunting Club, a hunting preserve. They continued to farm the remaining land until the mid

1990s when they began renting it out.

In 1997, the business changed into Lock and Load Enterprises, Inc, a welding and manufacturing shop. Some of the farm buildings were transformed to fit the shop's needs while new ones were also built. Dan, who gained many of his welding skills on the farm, and Becky are partners in the business, which has eight other employees, including their son-in-law, Mark. "We love the farm and always will," says Dan. "Our business is there and we use the land for hunting."

Dan and Becky, though both still active in the business, now split their time between the farm near Middle River and their lake home on South Twin Lake near Naytahwaush, Minn. The couple's daughter, Molly, now lives in the home Dan and Becky built on the farm with her husband, Mark, and their children. "That was Nilo's dream," says Dan, "that the farm stay in the family. He would be smiling now if he could see the grandkids having all that fun out there." Becky stresses how much they enjoy the new generation spending time on the farm, "The grandkids like to come to the farm more than the lake. They love it there."

Continued on page 5



A view of the Howard and JoAnne Rokke farm from the drive.

By Heather Blodgett

Howard and JoAnne Rokke were honored this summer at the Marshall County fair for their century farm. Even though the honor was bestowed just this year, the farm is actually 119 years old as the official establishment of farming on the land was in 1894 and it has been in continuous agricultural operation since then.

Howard's great grandparents, Olaus and Nikoline Rokke, emigrated with their children from Sweden in 1880 and made a home in southern Minnesota. Soon after, in 1886, Olaus traveled northwest with a few friends and his sons Eleseus, Adolf and August to West Valley Township, which is located north of Thief River Falls. Nikoline and the other women and children stayed in Zumbrota, Minn. and held jobs while the men were away. Olaus found land that he believed was perfect to settle on as it had a natural spring to supply water, enough trees to log and build houses and barns, and farmland to provide hay for the animals. Olaus settled on a section of land while his son, Eleseus, chose a section next to

him and the pair nailed boards on the trees to mark their land as settlers.

Eleseus then found that the land he selected was in dispute as it was promised to the railroad, but had learned that others had success by squatting on the land and then claiming first rights in court. This was risky as there was no guarantee he would be awarded the property. Eleseus squatted and soon the railroad decided to sell, prompting both Eleseus and Olaus to purchase their respective properties.

That first year the men lived in wagons while logs were cut and a two room home was built for Olaus and his family. They cleared the land, selling the timber in Warren and Argyle for an income, and used oxen and a plow to break up the land. The women and children then made the journey to the homestead and found jobs in Warren and Stephen, Minn.

Eleseus was the oldest son of Olaus and Nikoline. He built a two room log home on his section of land and married Kristi Lind. The couple had twelve children and the family lived off the wheat, milk, eggs, meat and vegetables that the farm pro-

duced.

One of their sons, Theodore Milford Rokke, who went by Milford, devoted his life to the farm. He went to grade school at West Valley and later attended Crookston Agricultural College to further his interest in farming. He married Irene Hanson and the couple had twins, Howard and Harriet. Milford worked for his dad on the farm until Eleseus retired and then took over the operation. The couple farmed wheat, barley, oats and potatoes. Hired help was utilized on the farm, especially with the seed potato operation, including one hired man who helped on the farm for 25 years. Potatoes were often sold in 100 pound sacks that were shipped to Alabama for seed.

Milford proved to be a very successful farmer. In his later years, he moved into Newfolden Community Homes, but still spent his days out on the farm. Irene was instrumental on the farm. "She made a lot of lunches for the potato pickers," says Howard. "She was a very good cook and she worked very hard on the farm."

Continued on page 5



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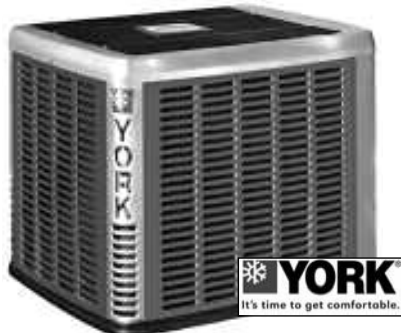
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Continued from page a

and that I did as a kid.” Dan continues to explain the importance of the farm to his family, “The whole idea is that we love it, the kids love it, and the grandkids love it. We want to keep it in the family. It’s our heritage.”



Continued from page a

A large celebration was held in 1986 to commemorate 100 years of the family on the land. 175 family members attended and an additional 100 family and friends were on hand for the event. A detailed book chronicling the life, travels, and descendants Olaus and Nikoline Rokke was created for the occasion and serves as a tribute to their heritage. The in-depth publication features many stories about how Olaus and Nikoline traveled to the United States and the transformation of the land into a farm and homestead. Olaus and Eleseus kept detailed records throughout the years that allowed for such a wealth of

The original home still stands on the farm, although it has been added onto and remodeled over the years. Howard goes out there every day to mow the yard, maintain the CRP land, do general upkeep and for the peace and quiet the land offers him. “We have a connection there,” says Howard. The farm is very important to him and his family. “I love the farm,” explains Howard, “I do. It’s a place to go with a lot of history and memories that tie me to the land. I feel that the land is part of me because I lived, worked, and grew up there, as did my dad, my grandfather, and my great grandfather.”

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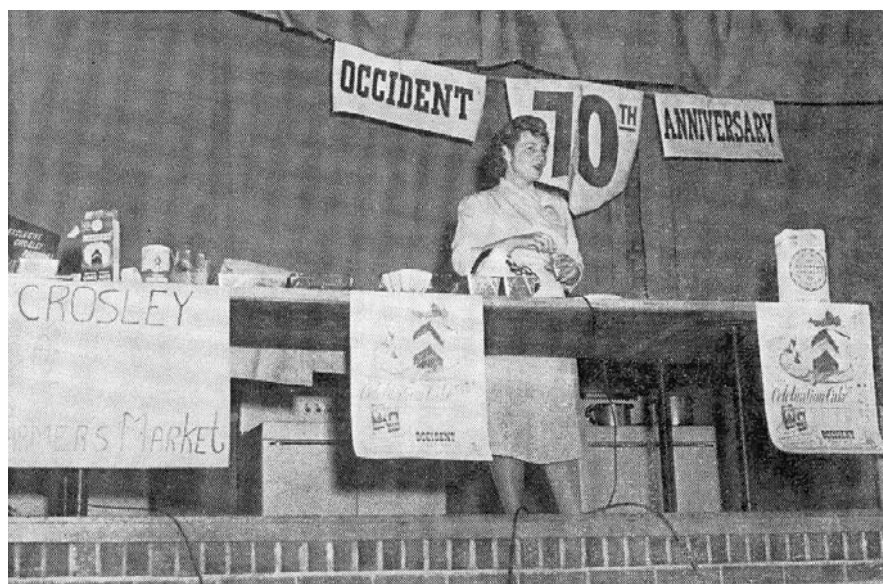
To help commemorate Red Lake Electric Cooperative's 75th anniversary, clippings and pictures from past issues of the "Volts and Jolts" have been used at district meetings, the annual meeting and in the anniversary report and video. The Cooperative has had requests from members to re-publish and share some of these past publications.

These pictures and informational items appeared in the October and November 1952 issues of the *Volts & Jolts*.



Miss Betty Clagg

Conducting cooking school at Red Lake Falls, October 29, 1952.



Attendance at the two cooking schools was very good and the women really enjoyed themselves from all reports we have received. Miss Betty Clagg, Home Economist for Occident Home Baking Institute, conducted the schools which featured festive foods and holiday menus. Everyone that attended one of the schools found it very educational and those that registered have a chance to win one of the four electric ranges to be given away December 15, 1952. Registration at Red Lake Falls was 259 and 606 registered at Thief River Falls.

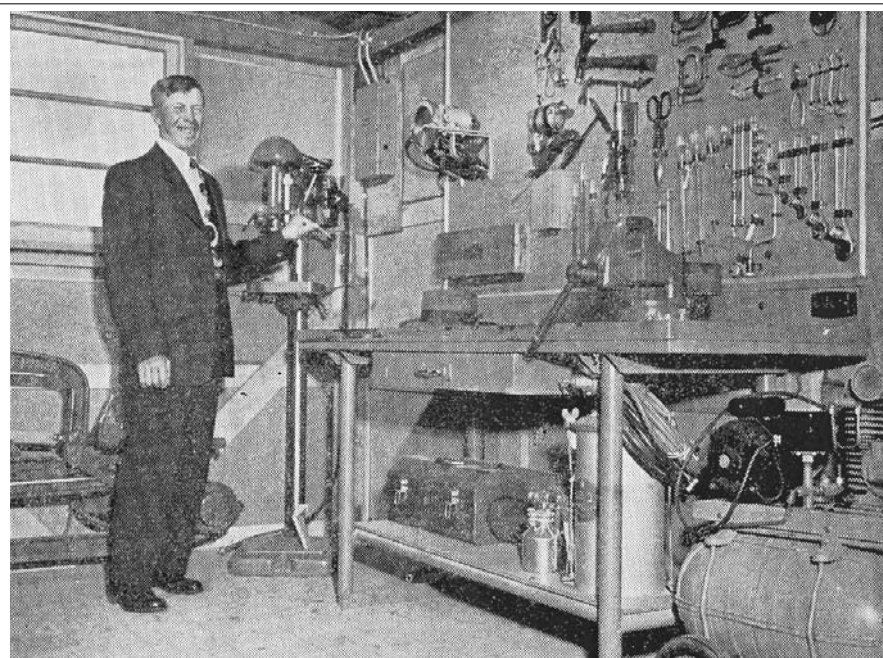
As the Cow Views 'Em

Department of Agriculture experts in New Zealand, after spending 2,000 cow-days watching cows, have learned that in 24 hours a cow spends 411 minutes grazing, takes 24,000 bites at the rate of 50 bites a minute, spends 195 minutes loafing, lies down for 580 minutes and walks 3,038 yards.

That's interesting to know. By coincidence a cow we know has been watching a scientist. The cow has determined that in 24 hours, or

one man-day, a scientist lies down for eight hours and spends half of them trying to go to sleep, that he spends about 30 minutes a day eating and has a leaning toward peanut butter sandwiches, that he watches cows for eight hours, and then spends the rest of the time biting his fingernails and staring off into space.

The cow has decided that scientists are interesting things, but she can't for the life of her, figure out any practical use for the information. -*St. Louis Post-Dispatch*



BIG GRIN, BIG WIN: Ferdinand Schultz, Route 2, Red Lake Falls, is pictured here with the \$2,500 farm electric workshop, which he won as the grand prize of the Rural Electric Summer Show, sponsored by Minnkota Power Co-operative and its 10-member rural electric co-operatives. Schultz, who farms 640 acres near Red Lake Falls, received the notice of winning the grand prize on his birthday. He is a member of the Red Lake Electric Cooperative.

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3. Strings must be 100 or fewer lights.
4. \$3/string of lights, maximum of 5 strings per customer. Rebate cannot exceed price of LED string per package.

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Number of Strings	Rebate per string	Total Rebate

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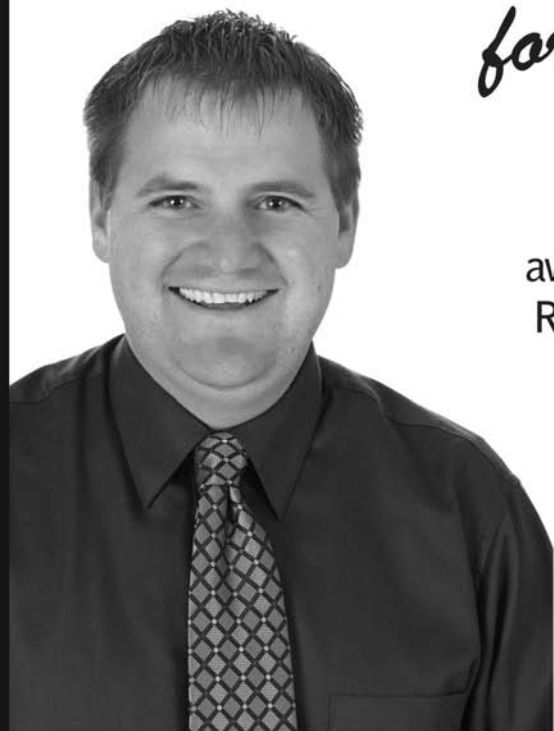
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OCTOBER
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30-31 & NOV. 1-2
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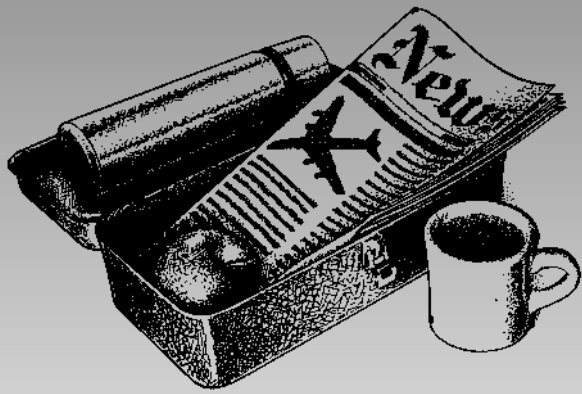
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DECEMBER 5, 2013

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Auto-Pay is the easiest, most efficient way to make and process your monthly bill payment at Red Lake Electric Cooperative and we want to show our appreciation to the 1,850 members who currently use it. If you are using Auto-Pay or sign up for Auto-Pay by Dec. 5, on Dec. 6 you are automatically entered in the drawing. Questions about Auto-Pay? Give Red Lake Electric Cooperative a call or e-mail redlake@minnkota.com. 1-800-245-6068 or 218-253-2168.



October is Co-op Month

Minnesota cooperatives have a special commitment to helping their members and their communities adapt to the times, according to Roger Johanneck, general manager, of Red Lake Electric Cooperative (RLEC). That's because cooperatives, unlike many businesses, are locally owned and operated. And that's why cooperatives throughout the nation take time during the month of October to promote a better public understanding of this unique form of business, he said.

He added that this year, Minnesota's October Co-op Month theme is "Collaborate, Communicate, Cooperate." The theme emphasizes how great things happen when people join forces and collaborate, and how cooperatives are businesses built on collaboration.

Johanneck explained that RLEC has been serving the people of Beltrami, Clearwater, Marshall, Pennington, Polk and Red Lake counties for more

than 75 years. He said RLEC has 4319 members and is involved in the electric distribution service to rural residents and businesses.

A single Midwestern family may belong to a dairy marketing cooperative, a farm supply co-op, an electric cooperative, a telephone cooperative, and co-ops for food, health, housing, and day care. The family may buy Ocean Spray cranberry juice, Sun Maid raisins, and Land O' Lakes butter; purchase tools at ACE Hardware; have its accounts at a credit union; be insured through a mutual insurance (2134003.04 Erin B. and James Perkins) company; and hear the news through Associated Press. All are cooperatively owned businesses.

RLEC is located in the city of Red Lake Falls at 412 International Drive SW. Your Cooperative can be contacted at 253-2168, 800-245-6068 or redlake@minnkota.com.

How to avoid financial 'holiday hangover'

Smart planning can help you and your finances survive

By Doreen Friel

The holidays are right around the corner, and if you're like most people, travel and festivities can put quite a dent in your wallet. But it doesn't have to be that way. With the right planning now, you can avoid paying for the holidays well into the new year.

Here are some smart moves to help control your expenses and keep you from racking up a lot of holiday-related debt:

Consider how you will get there. If you're not celebrating locally, try to determine the most economical way to get to your destination. Can you drive, or is it essential that you fly? (If you have to transport three or more people, for instance, driving a distance of 6-8 hours or less might save a significant amount of money.) If you need to fly, consider purchasing your plane tickets as early as you can. Over the past few years, the longer flyers have waited, the more airline tickets have cost as the holidays approached.

Gifts, gifts, and more gifts. Let's be honest: Do you overspend on gifts? Talk with your friends and family about doing less this year—perhaps with a group activity, such as a "Secret Santa," where there's a set budget and each person buys for just one other. Some families agree to buy only for children. Regardless, begin as far ahead of the holidays as possible so you can buy gifts gradually—and on sale—whenever possible. And paying for your purchases in cash can help avoid staggering credit card bills (that only increase with their interest rate) after you've rung in the new year.

Consider when you'll celebrate the holidays. It's not for everyone, but some people actually celebrate the holidays at different times. You can save substantially on travel during off-peak times, and, if you buy gifts later, you could also take advantage of post-holiday sales.

Start thinking about next year. Following the same "plan ahead" theme, it's not too early to think about the 2014 holidays. Setting aside just a few dollars a week—starting now—can help you save the money you'll need for next year.

Planning ahead for the holidays will help you make smart financial decisions; ones that may help you avoid a holiday hangover. For assistance in reaching any of your financial goals, you may wish to consult a financial professional.

Doreen Friel is a marketing communications consultant who produces employee benefits-related materials for the Communications Department of 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.



Is your family heading off for a wintery adventure this holiday season? Plan ahead to avoid paying for it well into the new year.

Don't want to write a check? Want to save on postage?

Red Lake Electric has a new payment option to make paying your bill easy. This service is free. Sign up is simple. Go to www.redlakeelectric.com and click on the Bill4U icon.

Bill4U allows you to make your payments 24 hours a day directly from your checking or savings account eliminating the cost of the check and postage.

Bill4U allows you access to your billing statements at any time. Bill4U allows you to view and compare your kilowatt-hour usage. If you have any questions or need more information, visit our web site or call Red Lake Electric 800-245-6068.



An electronic bill presentment and payment service

In recognition of Co-op Month, RLEC is awarding a \$50 energy credit to five of its members.

A random drawing was conducted and the winners of the \$50 credits include:

Dean Engen, Newfolden; Bradley Ness, Middle River; Suzanne Vukelich, Goodridge; Dale Barth, Thief River Falls; Pete Stich, Red Lake Falls.



AUTO PAY OFFERED BY RLEC

Red Lake Electric Cooperative is pleased to offer you Auto Pay. Now you can have your monthly energy bill paid automatically from your checking or savings account. You can receive the Auto Pay service by completing the Auto Pay sign-up sheet and returning it to Red Lake Electric Cooperative.

The Auto Pay service is free of charge. Not only is this service free, you will eliminate the expense of writing a check, postage to mail your payment and no more late payment penalties because your bill will be paid on time, every month, for you.

Your payment will be automatically made for you on the 5th of each month. If the 5th

falls on a weekend or holiday, the payment will be made on the next business day. You will continue to receive your monthly energy bill as you have in the past, indicating the amount that will be withdrawn from your bank account. The proof of your payment will appear on your bank statement and your next month's energy bill statement.

Continue to pay your monthly bill until you are notified on your bill that the Auto Pay has been set up for you.

If you have any questions about the Auto Pay please call RLEC at 800-245-6068 or 218-253-2168.

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ADDRESS

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NAME OF FINANCIAL INSTITUTION

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