



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

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RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

NOVEMBER 2009



Thanksgiving A Time for Giving Thanks

As we gather with our families and friends for Thanksgiving, it is fitting we reflect on the many blessings for which we can be thankful. We all experience misfortunes but they are few compared with the blessings bestowed on us.

May you have an enjoyable Thanksgiving!

Renewable Energy Surcharge effective with January 2010 billing

A Renewable Energy Surcharge of a half-cent per kilowatt hour (kWh) will take effect with the bill Red Lake Electric members receive in January 2010.

This half-cent per kWh adder will increase the energy rate component only and is a pass-through rate increase from Red Lake Electric's wholesale power supplier, Minnkota Power Cooperative. The surcharge to Red Lake Electric Cooperative and the other Minnkota member systems begins in November 2009 and will likely be in place one year.

The half-cent per kWh surcharge amounts to \$5 per 1,000 kWhs of usage; customers using 2,000 kWh

per month will see their bill increase by \$10.

Minnkota faces a revenue shortfall of nearly \$20 million as a result of lower market prices they have received from (3120001.04 Robert V. Hanson) surplus energy sales in the wholesale market. A significant amount of wind energy that Minnkota has contracted to purchase, to meet both the Minnesota Renewable Energy Standard and the North Dakota Renewable energy objective, is now surplus energy. The economic downturn in the U.S. economy has impacted (lowered) the demand for surplus energy and that has reduced the market price Minnkota expected to receive for

its surplus energy by one-half.

As a counter to the increased cost of power to Red Lake Electric Cooperative from Minnkota's surcharge, the Red Lake Electric Cooperative board of directors chose to absorb the increased costs in 2009 without passing that on to RLEC members; the RLEC board approved instead to implement the surcharge pass-through to customers beginning with the January 2010 bill.

Cooperative members that have questions about the Renewable Energy Surcharge or its effect on their bill can call the Red Lake Electric office at 253-2168 or 800-245-6068.

New winter load management resources to benefit members

Despite varying weather forecasts and a fluctuating energy market, Minnkota Power Cooperative and Northern Municipal Power Agency Joint System customers, which includes members of Red Lake Electric Cooperative, can expect the high demand for electricity in the cold winter months to be balanced by the addition of new generating resources.

The result? Roughly the same number of load control hours as last year. The long-term control is estimated to be 265 hours.

The difference in this year's program will be an additional 118.5 megawatts (MW) of power that Minnkota is purchasing at the Ashtabula Wind Energy Center near Valley City, N.D. Minnkota now has 357 MW of wind in the system through power purchase agreements with NextEra Energy Resources.

Coupled with baseload coal generation, resources are available to (2728004.08 Darryl Jarshaw) manage a considerable amount of load control internally instead of purchasing energy from the market.

"The market is impacted by many things that we don't control," said Al Tschepen, vice president, Planning and System Operations. "When Minnkota has its own resources, it's able to minimize the risks because we aren't going to the market for a significant amount of power. We're going to supply it off of our own resources."

A Balancing Act

While the cost of power to the Minnkota-associated systems should remain stable throughout the winter, the cost of electricity on the open market fluctuates.

"Ultimately, we're looking to establish what our load require-



ments are by using historical data to determine our load projection," said Todd Sailer, Minnkota energy supply manager. "We follow that by identifying how much of our generation serves that load and whatever is left needs to either be purchased or controlled."

Sailer said the recent trends in the market have, in many cases, taken precedence over weather conditions.

"The weather outside is something that the customer follows," Sailer said, noting that Minnkota makes load-control decisions based on a variety of criteria. "They see days where it's 20-below and we're not controlling and days where it's above zero and sunny and we are controlling. They're wondering how this makes sense, but it's driven by economics. We're trying to maximize the use of our load management system to hold costs down."

Other influences that play a role include maintenance outages and transmission constraints.

"It's a balancing act. We're trying to manage the budget and the hours of control," Sailer said.

Positive News

Participants in the load management program receive significantly reduced rates for their primary electric (3922001.09 Sharon Kelly) heating source. By maintaining a reliable backup heating system capable of carrying them through control times, customers enjoy cost-effective heating.

With a dual heating system in place, Minnkota is able to interrupt the flow of electricity from the Control Center in Grand Forks, N.D. during peak demand times. By controlling demand for a short period of time, affordable rates are made available for all customers in the Joint System and the construction of new baseload generating resources is avoided.

"When we're estimating our load management for the winter season, we're looking at what we expect for resources, what we expect for load requirements and then we identify the piece that we'll have to purchase or control," Sailer said.

Derosier and Huot hired as apprentices



Aaron Derosier



Travis Huot

Aaron Derosier, Red Lake Falls, has been hired as an apprentice lineman at Red Lake Electric Cooperative. He will work and study through a four-year apprentice program to achieve the status of a journeyman lineman. Derosier has worked as a part-time construction worker at the Cooperative for the past two construction seasons.

Derosier is a Red Lake Falls native, having graduated from Lafayette High School. Following high school, he enrolled in the electrical line worker training program at Minnesota State Community and Technical College, Wadena, graduating in May 2008.

Derosier enjoys hunting and volunteers as a coach for youth hockey. He is the son of Randy Derosier and Sandy Derosier. Aaron's siblings include brothers, Eric and Alex and sisters, Mari-ah and Madison.

Travis Huot, originally from Solway, has been hired as an apprentice lineman at Red Lake Electric Cooperative beginning Nov. 2. He has worked and studied two years as part of an apprentice program with his previous employer High Line Construction of Paynesville. Huot will train for two more years before becoming a journeyman lineman.

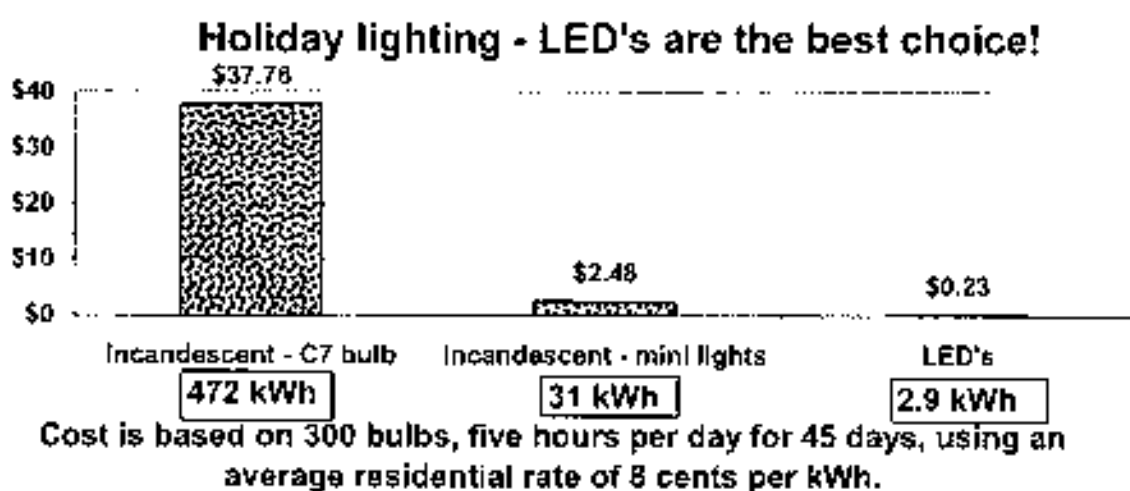
Huot graduated from Bemidji High School. Upon graduation from high school, he attended Northwest Lineman College in Meridian, Idaho, graduating in April 2007.

In his spare time, Huot enjoys hunting, fishing, four-wheeling, playing softball and working in the garage. He is the son of Mark and Leslie Huot of Solway. Travis has two brothers, Jesse and Adam. He recently moved to Red Lake Falls.

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

Consider buying light emitting diode (LED) Christmas lights this year. They are superior to standard bulbs for holiday lighting. LED's use 10 times less energy than mini-lights and 100 times less energy than C-7 bulbs. LED's have an ultra long life - up to 100,000 hours. LED bulbs are good for all weather, unbreakable and water resistant-good for indoors and outdoors. If one LED burns out, the others stay lit. LED's are safe; cool to the touch and fire resistant. Many LED lights can be connected end-to-end without overloading a typical circuit. Although LED lights may cost more than standard lights, they quickly make up the difference in energy savings as indicated by the chart below.





Manager's Comments

by Roger Johanneck



Did you notice?

Minnkota Power, the generation and transmission cooperative that supplies energy to Red Lake Electric Cooperative and other member systems located in northwestern Minnesota and northeastern North Dakota, just completed a seven-week maintenance outage to their Milton R. Young 1 generating unit. The ability to take a major source of energy supply out of service for repairs and have it go unnoticed by the customer at the end of the line is a tribute to Minnkota, the regional transmission system and its network operator.

The Young 1 generating unit, which came online in November 1970, is located in Center, N.D. in the heart of North Dakota's lignite coal mines. This 39-year-old mine mouth plant undergoes a major maintenance outage every three years. The work done at the plant, which started Sept. 12, was com-

pleted by the end of October at a cost of \$8.5 million.

Work projects completed were a combination of general maintenance and capital improvements made to satisfy mandated environmental upgrades to the plant. The workforce for a project of this size consisted of 582 personnel; 179 of Minnkota's employees and 403 outside contractor personnel. Contracted personnel consisted of 175 boilermakers, eight millwrights, 20 laborers, 20 pipe fitters, 10 carpenters, 100 electricians and 70 other contract personnel.

Repairs were made to the turbine, generator, boiler and precipitator. Additionally, major improvements were made to the plants electrical wiring to handle increased electrical loads created by the addition of environmental equipment.

In addition to the work done at the Young plant facility, equipment

was shipped to various locations spanning across the country for repairs, such as the generator rotor, which was shipped to New Jersey for rewinding.

Timely and preventative maintenance is a necessary formula to ensure that Minnkota's power plants keep humming and provide a reliable flow of energy to you. The Young 1 planned outage was performed on schedule and without too many surprises.

Our hats off to Minnkota Power for their (5529003.02 Gladys Huot) successful completion of this project and keeping the Young power plant a reliable source of energy for Red Lake Electric Cooperative and all of its members. If we were looking for something else to be grateful for this Thanksgiving, this job well done would be a good one to add to our list. Happy Thanksgiving!



Report from the Office

by Shirley Bregier

Sales tax exemptions

Each year about this time our thoughts turn to heating our homes. How cold is it going to get? How much is it going to cost? Is the off-peak electric heat going to be controlled a lot? These may be a few of our questions. There is one more that you should be asking: Am I being charged sales tax for electricity used in heating my residence?

If you have electric heat and have an off-peak heating system, the cost for your electric heat usage will not be charged sales tax during the winter months of November through April. If your primary source of residential heat is electric heat not controlled by an off-peak

system, you need to notify Red Lake Electric if you are currently paying sales tax during the heating months of November through April.

The Minnesota Department of Revenue describes "primary source of residential heat" as the source that supplies more heat than any other source for the largest period of time during the heating season.

Another sales tax exemption that customers can request is an exemption for agricultural production. Electricity used in agricultural production is not taxable. If electricity is (4425003.01 St. Pauli Church) used to heat, cool, light and ventilate the facilities where agricultural

animals are housed, it is exempt from sales tax. Electricity used for grain drying is exempt, however, electricity used for the storage of grain such as the aeration of grain is taxable.

If you are uncertain if you are receiving the electric heat exemption or the percentage you are using for your agricultural production, you can contact Red Lake Electric to check this out. You can get more information on either exemption by visiting www.taxes.state.mn.us to read the Sales Tax Fact Sheet 100, Agricultural Production or Sales Tax Fact Sheet 157, Residential Utilities.

At this same Web site, you can print the ST-3 Certificate of Exemption or you can get the exemption forms at www.redlake-electric.com, click on "Billing Information" and sales tax credits.

You can also contact Red Lake Electric by e-mail at redlake@minnkota.com or call us at 800-245-6068 or 253-2168 for more information.

It is time to reflect and appreciate the many blessings we have in life. I hope each of you have a very enjoyable Thanksgiving filled with peace, special moments and great joy.

From the Mail Bag

Dear Red Lake Electric Trust and RLEC Customers:

Thank you for the continued support and generosity of \$1,000 for our Fire and Rescue Squad. We appreciate the kindness and reinforcing our mission that volunteering in one's community does make a difference.

Thanks,
Renae Marquis
Goodridge Fire and Rescue

Dear Red Lake Electric Trust:

Dear Red Lake Electric Board of Directors and customers of Red Lake Electric's Operation Round Up who voluntarily round up their

electric bill. Thank you many times over for the grant money of \$1,000. This money will be used to replace pagers carried by our volunteers that are no longer repairable. We realize you receive many requests for your grant money and we feel very fortunate to be one of the recipients of this grant and all the grants and support we've received in the past. Thank you again and remember to keep checking your CO and smoke detectors.

Sincerely,
Barry Newton, Co-Fire Chief
TRF Fire Department

Farm transition workshop offered in RLF Dec. 11

Unity Bank North, Unity Insurance and Investments and Phil Thompson and Associates have teamed up with the University of Minnesota Extension to present "Farm Transition and Estate Planning: Build Your Exit Strategy".

This full-day workshop is filled with practical information and strategies to help farm families begin the process of transferring the farm business to the next generation.

In "Farm Transition and Estate Planning: Build Your Exit Strategy", participants get a greater understanding of transfer strategies, tax issues related to the transfer process, discuss methods for treatment of heirs in the transfer process, as well as how to go about developing a written plan.

As part of the workshop, partic-

ipants will be given time to complete worksheets related to the application of different transfer strategies as well as listing personal, family and farm business goals. The result is the beginning of a farm business transfer plan.

Estate planning is a crucial part of the transition process as well. The workshop also includes a discussion of wills and trusts, life insurance, power-of-attorney, long-term health care issues and more. This information will help to complete the transfer plan.

"Farm Transition and Estate Planning: Build Your Exit Strategy" is scheduled for Dec. 11 starting at 9 a.m. at Park Place Mall in Red Lake Falls. The workshop is free, but space is limited. To pre-register for the workshop, contact Tim Hoefer at 218-253-2143.

Top dairy herds for October DHIA

Randy Rasmussen, supervisor of the Red Lake-Pennington DHIA, put the following herds at top 10 in the association for October.

Name	Cows	% in milk	lbs. milk	test	lbs. fat	protein	lbs. protein
Northstar Dairy LLC 3X	1076	89	73	3.5	2.6	3.2	2.3
Walter Bros. Farm	329	90	72	3.6	2.6	3.1	2.2
Beyer Bros. Farm	83	96	71	3.8	2.7	3.1	2.2
Wayra Dairy 3X	260	90	68	3.4	2.3	3.0	2.0
NW Research & Outreach	110	84	68	3.5	2.4	3.2	2.2
Spring Prairie Colony	383	84	62	3.9	2.4	3.1	1.9
Amundson Dairy	70	84	62	3.4	2.1	3.1	1.9
CB Farms LLC	50	92	62	3.5	2.2	3.0	1.8
Robert and Terri Dahlen	55	80	57	3.5	2.0	3.1	1.8
Mark Gladen	84	93	54	3.5	1.9	3.2	1.7
Schafer Farm	74	90	54	4.0	2.2	3.3	1.8

The herd averages are affected by the number of dry cows in the herd. The amount of milk or butterfat is averaged out over all the cows. This gives the farmer a record of the earning power of the herd for the month. If too many cows are included in the herd, then the average for the month may be low, even though the cow that is milking produces a lot of milk.



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 \$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 \$17 to \$23 month
First 500 KWH9.0¢ Kwh
Over 500 KWH (April-Dec.)6.6¢ Kwh
Over 500 KWH (Jan.-Mar.)7.5¢ Kwh
Multiphase users add \$17/month cost of service charge.

Standby, \$9/month (meter disconnected but the power line retained; standby is not available on services larger than 15 KVA transformer capacity).

Security light, \$7/month, high pressure sodium, \$8/month, mercury vapor; water heater flat credit, \$5/month (on January-April billing); off-peak equipment charge, \$4/month per heat meter; off-peak electric heat rate, 4.0¢/kWh long-term control, 5.8¢/kWh short-term control.



Red Lake Electric Cooperative's headquarters will be closed
Thursday, November 26
for Thanksgiving.

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

Happy Thanksgiving!

LOOK UP

POWER LINES MAY BE OVERHEAD

GOPHER STATE



ONE CALL

Call before digging!
It's the law!

1-800-252-1166

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.

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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.



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

ROGER JOHANNECK
General Manager

RED LAKE ELECTRIC COOPERATIVE, Inc.

VOLTS & JOLTS

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NOTICE

Hidden within the text of the articles on pages 1, 2, 3 and the back page 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 (99-99-99-999-99 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.

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VOLTS AND JOLTS FEATURE OF THE MONTH

Bethania has given glory to God for over 125 years

By Kevin Reich
Bethania Free Lutheran Church sits atop a knoll approximately eight miles west of Newfolden. It is the same site the original log church sat when it was built in 1887.
The current church was built about one mile west of its present location in 1904. In 1940, it was moved east to its present location where the cemetery has been located since 1885.
In December 1997, the congregation of Bethania voted to discontinue regular worship services. This action has not dampened the spirit of those who have close ties to the church as special services are held at the church at least two times annually.
Bethania Norsk Evangelish Luthersk Menighed (Bethania Norwegian Evangelical Lutheran Congregation) was organized March 27, 1884 at the Gullick Wedme home in West Valley Township, Marshall County, Minn. There were 14 charter members. Pastor Christian Saugstad temporarily served as pastor until 1885 on a free-will offering amounting to \$43. The congregation was originally affiliated with the Norwegian Danish Conference.
When it was decided to build the log church each member was to furnish 92 feet of good sound logs. The church was built at a cost of \$1,050. There was a cellar under the church where a wood stove was placed. The floor boards were laid one inch apart to allow the heat from the stove to rise up into the seating area. In 1888, it was decided that tobacco could no longer be spit onto the floor.
In 1890, each member gave 25 cents to be used for building a barn to house the pastor's horses. The barn was completed in 1892. During this time, the congregation became part of the United Norwegian Church. From 1893 to 1897 Bethania was an independent congregation. In 1895, it was decided that no member enter a saloon or get drunk. If anyone did, they had to go through a church kirketugt (reprimand).
In 1897, Bethania became affiliated with the newly organized Lutheran Free Church and remained so until 1962. When the current church was built, it was located west of its present location as land had been donated at that site. In 1907, a new barn was built at that site along with an outhouse.
In 1912, services began in English, alternating with Norwegian. In 1917, the pastor's salary was increased from \$125 to \$150 annually. In 1925, discussions began as to whether to put a basement under the church where it stood or to move it back to the cemetery location. Due to an estimated cost of \$1,200, the basement was put on hold.
The painting "The Good Shepherd" was completed by William Windahl in 1929. Fifteen years after the initial discussion, a basement was built at the church's present site and the church was moved. In 1941, the altar, altar rail, pulpit and pastor's chair were built by Ludvig Lofgren. The church bell was given by Ole E. Hjelle in 1947 in memory of the pioneers. It was purchased from a company in Troy, N.Y. at a cost of \$800.

Bethania Free Lutheran Church sits atop a knoll west of Newfolden with its bell tower and steeple visible for many miles. The church was built in 1904 one mile west of its current location and moved to this site in 1940. Bethania recently celebrated 125 years of "Giving Glory to God" as it was organized in 1884.

A "bright spot" in Bethania's history was in 1949 when the lights came on with electricity supplied by Red Lake Electric Cooperative.
Over a period of seven years, from 1955 to 1961, Bethania Congregation voted three times on a possible merger of several church bodies and all three times it failed. This led to Bethania becoming an independent congregation again in 1962, at which time the Church Constitution was rewritten in English. In 1963, Bethania joined the Association of Free Lutheran Congregations as a charter member.
In 1980, a large donation was willed to Bethania by Ida Johnson. It was used for church improvements, an addition which included an enlarged entry, bathrooms and an outdoor basement entry. A well was drilled for water supply.

A favorite verse of the Ladies Aid is Col. 3:17, "And whatsoever ye do, in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."
For many years, "Trumpet of Truth", a devotional radio service has been broadcast over KTRF Radio of Thief River Falls. The radio broadcast was originally shared with Bethania, Hegland Lutheran Church of Strandquist and Westaker Free Lutheran Church of Newfolden. It is currently sponsored by Bethania and Westaker.
In the past, Bethania has also had association with other neighboring churches including Alma of Argyle and Bethlehem, Folden and Bethesda all of Newfolden. Bethania and Bethesda had joint Luther League and Sunday School programs for a number of years.
Sons of Bethania congregation who entered the ministry are Clemmence Dyrud, Amos Dyrud, David Rokke, Ralph Rokke and Philip Rokke. Philip Rokke currently serves as pastor at Hegland and Westaker.
The last pastor to serve full-time at Bethania, until regular services were discontinued in 1998, was LeRoy Flickinger. He currently resides in Thief River Falls.
For the past 11 years, special services have continued at Bethania at least two times annually. The most recent service was Sept. 20, when Bethania celebrated 125 years of giving glory to God. The next scheduled service is Jan. 3.
Bethania still remains a member of the Association of Free Lutheran Congregations. The church and cemetery are overseen by the cemetery association. Association officers are: Rev. Dennis Gray, chairperson; Gail Bjorgaard, secretary; Sharon Bring, treasurer; Rodney Liedberg, sexton; Jim Engelsrud; Gerald Hanson; and Milo Windahl.
A sustaining Bible verse for Bethania over the years has been Romans 11:36, "For of Him, and through Him, and to Him are all things; to whom be the glory forever."
As Bethania sits atop the knoll, its bell tower and steeple can be seen for many a mile. For more than 125 years, the congregation's ministry has carried for many a mile. May Bethania's sight and ministry continue "Giving Glory to God."

Bethania's brass bell was donated by Ole E. Hjelle in 1946 in memory of pioneers of the community. It was removed from the bell tower in 2003 and placed at the entrance of Bethania's cemetery. Some of the tombstones in the cemetery are inscribed with the Norwegian words, "Fran jordens strid till himlens frid." The phrase translates to, "from earth's struggles to heaven's peace."

In 1941, Ludvig Lofgren built the alter, alter rail, pulpit and pastor's chair that adorn Bethania Free Lutheran Church, rural Newfolden. The alter picture was added in 1947 in memory of Orville Strandberg and Harlan Engelsrud whom both had been killed in action during World War II in 1945. It was painted by August Klegstad.

Pictured are many of the attendees at Bethania Free Lutheran Church's 125th anniversary celebration. Even though it has been more than 10 years since regular services have been held at Bethania, special services are held at least twice annually with the next scheduled service to be Jan. 3, 2010.

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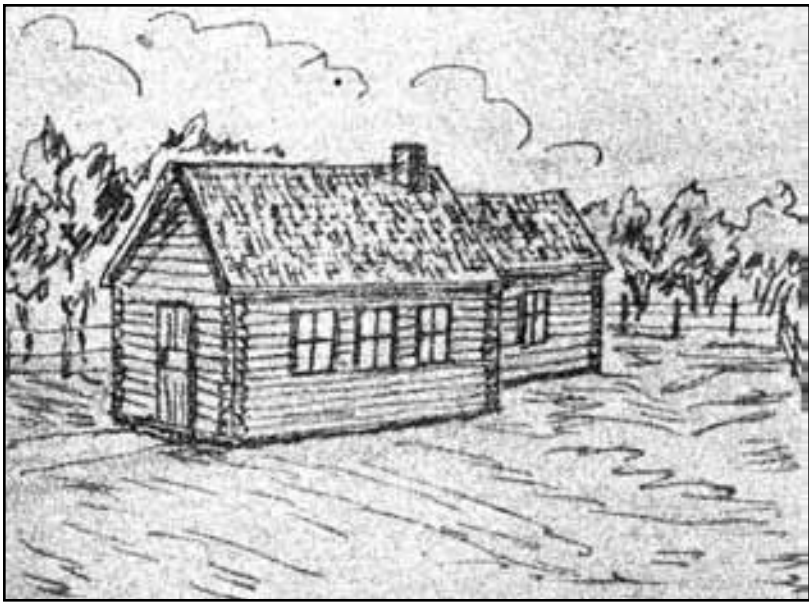
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Red Lake Electric
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One of the Minnkota Power Systems



This is a pencil drawing of the log church built in 1887. It housed the congregation of Bethania Free Lutheran Church until 1904. The log church was built for a cost of \$1,050.



"The Good Sheperd," a painting by William Windahl, was completed in 1929. Windahl painted and sold 12 pictures in the era to support his way through college. The paintings remain in churches throughout northwest Minnesota and the Fergus Falls area.



The "Ladies Aid" of Bethania Free Lutheran Church provided a dialogue reviewing the church's history at its recent 125th anniversary celebration. Members of the Ladies Aid are, from left, Reta Bring, Leola Engelsrud, Marilyn Gray, Eunice Liedberg, all of Newfolden, and Sandra Steinhauer of Thief River Falls.



Kelly Leach, Newfolden, played the piano, providing accompaniment for all the special music and hymns that were enjoyed at Bethania's 125th anniversary celebration.



Corissa Sands, Newfolden, provided special music at Bethania's 125th anniversary celebration service which was held Sept. 20.



Approximately 75 friends and neighbors gathered at Bethania Free Lutheran, rural Newfolden, Sept. 20, celebrating 125 years of "Giving Glory to God." For the first three years, services were held in the homes of congregational members.



Sandra Steinhauer, Thief River Falls, served as emcee at Bethania's 125th Anniversary celebration. An anniversary service was held on the afternoon of Sept. 20.



One of Bethania's Sons of Ministry is Reverend Philip Rokke of Newfolden. He provided a devotional message at Bethania's 125th anniversary celebration Sept. 20. Pastor Rokke serves Westaker Free Lutheran Church of Newfolden and Hegland Lutheran Church, rural Strandquist.



Reverend Dennis Gray, Newfolden, shared an inspirational message at Bethania Free Lutheran Church's anniversary celebration. Pastor Gray is a retired minister but still serves Alma Free Lutheran Church, rural Argyle.



Former Luther League members from left, Patti Leichtenberg, Thief River Falls, Naomi Winkelmann, Foston, and Harriet Roberts, Coon Rapids, helped lead attendees in a hymn sing at Bethania Free Lutheran Church's 125th anniversary service.



Left: Bethania's Church basement was full as anniversary attendees enjoyed a pie and ice cream social Sept. 20 following the anniversary service.



Following Bethania's 125th anniversary service, a pie and ice cream social was held in the church basement. Two young girls attending the social were Casey, left, and Shelby Bjorgaard of Warren. They are the daughters of Dylan Bjorgaard and Allie Bjorgaard.



A 68-year-old quilt was on display at Bethania Free Lutheran's 125th anniversary celebration. Bethania's Ladies Aid made the quilt in 1941. The quilt was auctioned at the annual church auction for \$25 with the money being used for expenses involved with moving the church. It was purchased by Einar Rokke and given to his sister Nora. Marilyn Gray has possession of the quilt today. Einar and Nora were Marilyn's uncle and aunt.

Nominations sought for Northwest Minnesota Women's Hall of Fame

Nominations will be accepted until Dec. 1, for women to be considered for induction into the Northwest Minnesota Women's Hall of Fame. Nominees, who may be living or deceased, must demonstrate a connection to the area of northwest Minnesota that includes the counties of Beltrami, Cass, Clearwater, Hubbard, Kittson, Koochiching, Lake of the Woods, Mahnomen, Marshall, Norman, Pennington, Polk, Red Lake and Roseau.

A selection board will review the nominees based on the person's significant contribution to art, athletics, business, government, philanthropy, humanities, science or education. In particular, the nominee's achievements and contributions must be of enduring and lasting value to society, significant

groups within the region or to the progress and freedom of women.

In addition to the individual's contributions, the nomination should include the person's accomplishments, biographical data, educational background and awards. Additional items such as evidence of a lasting legacy, including the nominee's impact in the region, news articles or publications written either by or about the nominee, and letters of support are strongly encouraged.

Previous inductees include: Patricia Rosenbrock, Bemidji; Dolores Clack, Park Rapids; Winona LaDuke, Ponsford; Dr. Roxanne Struthers, Mahnomen; Marilyn Heltzer, Bemidji; Neen Lillquist, Laporte; Dr. Kathleen Annette, Bemidji; Susan Mills, Crookston; Olga Peterson, Clear-

brook; Velma Oakland, Red Lake Falls; Nancy Burggraf, Roseau; Esther Fieldman, Park Rapids; Paula W. Bruss Bauck, Roseau; Mae Barness, Bagley; Dr. Mary Chapman Ghostley, Puposky; Anne M. Dunn, Cass Lake; Margaret Marvin, Warroad; Esther Burnett Horne, Waubun; Gretchen Urnes Beito, Thief River Falls; Ruth Edvold, Bagley; Coxa Knutson, Oklee; Helen Gill, Bemidji; and Hazel Wahlberg, Roseau.

Individuals and groups wishing to recommend outstanding women for this award may read about these inductees and download application materials online at www.nwmf.org/wfund_whf.php.

Contact Lisa Peterson, Northwest Minnesota Foundation, at 218-759-2057 or 800-659-7859 with questions.

MnDOT snow plow crews ready for winter weather

Motorists encouraged to stay away from snow plows

The Minnesota Department of Transportation's (MnDOT) snow plow operators are trained, experienced and ready to assist motorists in facing another winter driving season.

"We have the equipment, technology and experienced crews to do an excellent job of keeping Minnesota's roadways clear," said Susan Mulvihill, MnDOT director of operations.



weather conditions. Lower speeds help drivers avoid crashes and minimize those that occur.

- Avoid using cruise-control.
- Turn headlights on when it is snowing or sleeting.
- Give driving your full attention; do not talk on cell phones or

five car lengths behind snow plows or other removal equipment.

- Never drive into a snow cloud.
- Give yourself plenty of travel time; don't put your schedule before safety.
- Clear snow and ice from vehicle windows, hood, headlights, brake lights and directional signals.
- Accelerate and decelerate slowly on icy or snow-covered roads to retain traction and avoid skids.
- Don't "power up" hills which may cause wheels to spin. Build momentum before reaching a hill and don't stop while traveling uphill. Reduce speed going downhill.
- Adjust speed to road and

text while driving.

- Always wear seat belts.
- Stay home if possible; avoid unnecessary travel.
- Watch for pedestrians, especially children, who may be walking on the street to avoid walking on impassable sidewalks.
- If your vehicle stalls, stay in your vehicle and call and wait for help.

MnDOT is working with several other state agencies and a group of safety organizations to sponsor Winter Hazards Awareness Week.

For more winter safety information, visit http://www.winterweather.state.mn.us/WHAH_Home.asp.

For information about road closures and current road conditions call 511 or visit www.511mn.org.

DNR proposes changes to electronic licensing rules

The Minnesota Department of Natural Resources (DNR) is proposing revisions to its electronic licensing rules.

The proposed revisions pertain to the sales of licenses through the DNR's Electronic License System. Minnesota Rules 6213.0100 to 6213.0800 include such topics as selection, terms and duration of agent contracts; transferability; forfeiture of suspension of contract;

and sale of electronic licenses.

The DNR is accepting written comments about the proposed revisions or requests for a public hearing until 4:30 p.m. Dec. 31.

For information on how to submit a request or for additional information regarding the revisions to the rules, visit the DNR Web site at: www.dnr.state.mn.us/input/rules/cls/index.html.

Winter catalog highlights 130 programs at MN state parks

The 2009-10 edition of the Minnesota State Parks Programs and Special Events catalog is now available to help families plan their winter outings.

The catalog lists more than 130 things to do now through the end of March, including candlelight ski and snowshoe events, Take-A-Kid Ice Fishing clinics, maple syruping demonstrations and much more. Most of these programs and special events are free, except for the vehicle permit needed to enter state parks.

The new catalog includes:

- Listing of winter hiking opportunities at state parks and state trails.
- Back cover map that shows both state parks and state trails.
- Information on how to find groomed cross-country ski trails at Minnesota state parks and a list of metro-area Grant-in-Aid trails.

Many Minnesota state parks rent snowshoes and some rent cross-country skis. To help with trip planning, the winter catalog includes information on which state parks have rental equipment available and which Minnesota state parks offer heated camper cabins and other winter lodging.

The winter catalogs are available at Minnesota state parks and from the DNR Information Center, info@dnr.state.mn.us or 888-646-6367.

Programs and special events are also listed online at mnstateparks.info. The online calendar includes programs and special events listed in the catalog and many more.

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Ways to reduce stress during the holidays

For many people, the holiday season is filled with social activities and family gatherings. With such full calendars, the holidays can also trigger stress and anxiety as people hustle and bustle their way through the month. Here are some tips to help ease tension, stress and anxiety that is commonly experienced during the holidays.



freezer safe containers can help with short-term storage.

In general, here are other things people can do to simplify, according to "Organized Audrey" a consulting business based in Bloomington:

- Order gifts online. This is especially good for people far away because the gifts can be shipped directly to that person.

- Set a budget, including cards and gifts and stick to it. Set the budget for the following year and set aside money. This includes for child care, decorating and groceries in an exclusive holiday fund.
- Give the gift of time. Consider giving a "voucher" good for a portion of time to those who already have everything. This could be for babysitting if they have a small child or doing something nice such as cleaning.
- Know it's okay to say "no" sometimes so quality time can be spent alone and with family.

Sources: www.familytime.com and www.organizedaudrey.com.

The first step is to recognize any tension or stress and pinpoint what is causing those feelings. Once the reason is identified, it is easier to find positive solutions.

Some people dread the holidays for various reasons and/or spend this time of year alone, which can increase negative feelings. Helping others helps reduce those feelings. Try volunteering at the many non-profit organizations that need help. Good places to start can be found at www.adimotion.com/redcross; www.thesalarmy.com; and www.smartgivers.org.

Laugh and sigh often. Sounds too easy, but simply doing so can

help rid the body of stress.

Find time to exercise. This can be hard to do with so many holiday tasks and activities. But a little physical activity can go a long way. If it's not too cold, consider heading outdoors as a family. If there is snow, go sledding or build a snowman. Ice skating is also a great family activity and there is always ice fishing on the many area lakes.

Try planning meals a week in advance and buy the ingredients for them in bulk. Food sealers are a great way to portion out food and freeze meals to minimize time spent cooking. For those who don't have a food sealer, freezer bags and

help rid the body of stress.

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Night driving tips for older drivers

Night driving, which can be problematic for everyone, can present particular challenges for older drivers.

Even on familiar roads, motorists should use caution and watch for drivers, pedestrians and cyclists who will be less visible, especially during the first week of the return to standard time.

AARP urges all drivers to consider the link between night visibility and safe driving. If you have trouble seeing well at night, they urge you to get your vision checked and consider taking a driver safety course to learn more about how to compensate in dark conditions and make sure you're driving when you feel most comfortable.

To focus attention on roadway safety, AARP is proclaiming November as Driver Safety Month. Since folks will be driving more at night, they offer the following tips:

- See and be seen. Get your headlights checked and turn them on one hour before sunset and keep them on one hour after sunrise to ensure maximum visibility.
- Stay alert on the road. With reduced visibility, it's important to reduce your speed, be extra alert and maintain a three-second following distance.
- Recognize and prevent drowsiness. The change in time can throw off your internal clock and may cause drowsiness, so run errands in the morning when you are fresher and more alert.
- Refresh your skills. Now celebrating its 30th anniversary, the AARP Driver Safety Program has provided instruction to more than 12 million participants nationwide seeking to refresh their driving skills.

The no-test course updates drivers' defensive driving techniques,

knowledge about relevant laws and offers strategies to compensate for age-related changes that may affect driving ability.

The course also includes a section on assessing driving abilities, and since November is also National Caregiver Month, now may be a good time to have a family conversation about driving to help ensure your loved one stays safe on the road.

Depending on insurance providers and state regulations, participants of the AARP Driver Safety Program courses may be eligible to receive a discount on their auto insurance premiums. Check with your insurance provider for further details.

For information on course locations, call 888-227-7669 or visit www.aarp.org/drive.

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Don't miss these outstanding fall deals! **Program ends November 30, 2009,** so stop by today or visit www.newholland.com/na for complete details.

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Want efficient, safe laundry? Leave no lint behind

Household chores like laundry seem fairly safe. But hidden problems like lint buildup in a dryer could lead to higher energy bills due to inefficiency and, ultimately, hazardous conditions in your home.

"Lint is the bane of our existence," declares Brian Wallace, president of the Coin Laundry® Association in Oakbrook Terrace, Ill. "We have to clean lint, not only as a safety issue, but to keep our energy costs down and ensure proper performance."

At coin-operated laundries, dryers are key to customer satisfaction. Other amenities pale if clothes don't dry fast enough, so laundry owners remain adamant about maintaining proper air flow through commercial dryers. With 30 to 50 dryers at an average laundry, operators clear trashcans of lint everyday from their screens.

The same principle applies at home, although on a smaller scale. "Cleaning the lint filter after every cycle is one habit we want to encourage," recommends Jill Notini, communications and marketing director for the Washington, D.C.-headquartered Association of Home Appliance Manufacturers (AHAM). "Repetition builds a habit."

AHAM urges consumers to clean the lint filter after each load and occasionally remove the filter and wash it with a nylon brush and hot, soapy water to remove residue. This simple chore not only improves air flow and energy efficiency, but also reduces the chance of a dryer fire.

Statistics on dryer fires show no difference between the natural gas and

electric dryers, according to John Drengenberg, consumer affairs manager for Underwriters Laboratories (UL), Inc., a Chicago, Ill.-based not-for-profit firm that tests and sets minimum standards for electric-consuming items. "If you forget to clean the lint screen too many times you're going to get a buildup and that's where ultimately you could have a problem."

Manufacturers whose products carry the UL mark are required to ship dryers with safety instructions that specify cleaning the lint screen before or after each load. These instructions also recommend keeping dryer exhaust openings and adjacent surrounding areas free from accumulated lint, dust and dirt and having qualified service people periodically clean the dryer's interior and exhaust duct.

Without adequate air circulation, heat flow becomes stymied, clothes take longer to dry and it costs more to operate the appliance. Like ovens and stoves, dryers apply extreme heat on potentially flammable materials.

"You wouldn't leave something cooking unattended for long periods of time, at least you shouldn't, for safety and edibility," Drengenberg notes. "Dryers, though, often run up to an hour or more, forgotten in a basement, garage or utility space."

This out-of-sight, out-of-mind practice makes it essential that a dryer be maintained on a simple and regular basis.

Source: Underwriters Laboratories.

AHAM offers these helpful hints for using your clothes dryer safely and effectively:

Use Proper Installation Materials

- Use rigid or semi-rigid sheet metal venting material, never plastic, to avoid reducing airflow, longer drying times and potential safety hazards.
- For best dryer performance, use the shortest, straightest vent length possible and use a louvered or box hood style to cap the vent outside.
- Be sure air flowing out of the vent to the outdoors can be felt when the dryer is on.
- Vent the dryer to the outside unless it is a condenser-type dryer, specif-

ically designed for un-vented applications.

- Inspect the venting system behind the dryer and replace any pieces that are damaged or crushed.
- Always follow the manufacturer's instructions for installing the dryer and vent system.

Clean and Maintain the Dryer Regularly

For optimum performance, lint must be removed from the dryer and vent to allow air to circulate freely through the dryer. Here are some steps to take to avoid lint and dust buildup:

- Clean the lint filter after each load.
- Occasionally remove the lint filter and clean it with a nylon brush and hot, soapy water.
- Periodically clean the back of the dryer where lint can be trapped.
- Keep the area around and on top of the dryer clean and free of clutter.
- Have a qualified service person clean the interior of the appliance and venting system once a year.
- Thoroughly clean the vent system if it is noticed that drying times have increased.
- For condenser dryers, follow manufacturer's recommendations for periodic maintenance of the condenser.

Items Not to be Dried in the Dryer

- Any item that has ever had any type of oil or other flammable liquid on it such as cooking oil, alcohol, gasoline, spot removers or dry-cleaning solvents. No washer can completely remove these liquids and they can ignite or explode in the dryer. These items should be dried outdoors or in a well-ventilated room away from heat.
- Items made of foam, rubber, plastic or other heat-sensitive fabrics such as bathroom rugs or non-slip mats must be line dried or dried in an air-only dryer cycle with no heat. Follow the care label instructions.
- Glass fiber materials, unless manufacturer's instructions permit.

Stay Safe, Energy Efficient, and Lint Free

For energy efficient and safe dryer performance, lint must be removed from the dryer and vent to allow air to circulate freely. Here are ways to avoid lint buildup:

- Clean the lint filter after each load.
- Occasionally remove the lint filter and clean it with a nylon brush and hot, soapy water.
- Periodically clean the back of the dryer where lint can be trapped.
- Keep the area around and on top of the dryer clean and free of clutter.
- Have a qualified service person clean the interior of the appliance and venting system once a year.
- Thoroughly clean the vent system if you notice your drying times have increased.

Source: Underwriter Laboratories

Co-op Month Energy Credit Winners

In observance of Co-op Month, names of five members of Red Lake Electric Cooperative were randomly drawn to receive a \$50 energy credit. Winners of the credits are Gail B. Ose, Trail; Louis Vettleson, Thief River Falls; Maynard and Debra Lillico, Newfolden; Dale R. Bentow, Thief River Falls; and Mark A. Booen, Plummer.

FAULTY FLOOR CABLE?

Do you have an under-floor heat cable that is not operating? If so, contact Red Lake Electric Cooperative and we can assist you to check to see if the cable is repairable. Call 253-2168 or 800-245-6068.

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Contact Tim Hoefer at 253-2143

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

end 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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