

● AUGUST 2024

# iowa

ELECTRIC COOPERATIVE LIVING

**Guthrie County REC  
power supply update**

**2024 Shine the Light  
nominees announced**

**Wrap and sandwich recipes**

**Local student selected for national Youth Leadership Council ▶ See Page 5**

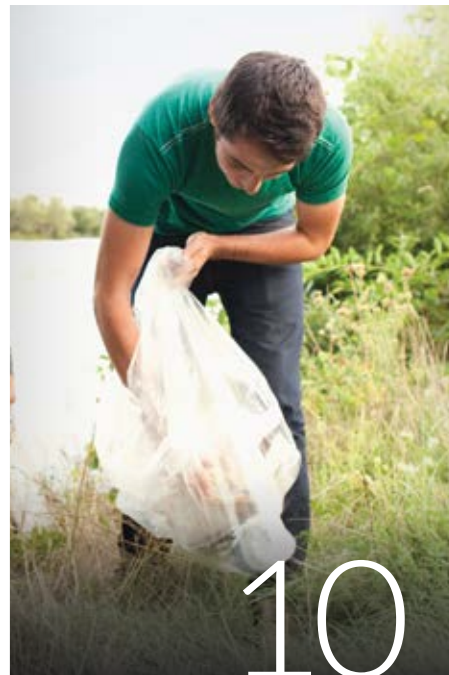
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ON THE COVER

Special thanks to Linda Eastman, a Consumers Energy member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to editor@ieclmagazine.com. You could receive \$100!

# GRATEFUL FOR YOUTH TOUR: THE ANNUAL TRIP OF A LIFETIME

grate·ful  
feeling or showing  
appreciation

BY SHELLY YORK



In the weeks leading up to Youth Tour, there is always a flurry of activity. Our heads are spinning as we are busy nailing down all the last-minute

details, including making sure we have the right supplies, communicating with students and parents, and confirming (and reconfirming!) the many tour stops and meals.

Now that the annual trip is behind us, and there is time to reflect on Youth Tour 2024, I am simply grateful. For what, you might ask? I'm grateful for so many things, including:

- The **electric cooperatives** that sponsor these young leaders on this trip of a lifetime. It's an investment in rural Iowa that will pay dividends well into the future.
- The **students** who take a leap of faith to apply for and go on Youth Tour. When the students show up for orientation, there is a lot of nervous energy, but that soon dissipates, and we become a family of sorts that can easily navigate a large city and airports with ease.
- The small army of people at the **National Rural Electric Cooperative Association** who work behind the scenes to make Youth Tour something these young delegates will never forget.
- **Parents** that trust us with their kids for the week. We don't take your faith in us lightly!
- The **cooperative business model** that we were able to put into action during Youth Tour by running our very own Snack Cooperative. Our co-op sold reasonably priced snacks to its members (the Iowa students

on Youth Tour). The members elected a board of directors, and the directors hired a co-op CEO/manager. The board and CEO met every morning over breakfast to discuss and plan activities related to the co-op.

- Our nation's capital, **Washington, D.C.** Where else can we see the Changing of the Guard, our first President's home, the location where Abraham Lincoln was assassinated, meet with our elected officials, visit more than a dozen monuments, memorials and museums, and then go paddle boating in the Tidal Basin, surrounded by the Thomas Jefferson and Martin Luther King, Jr. memorials?

- Our **chaperones** who are truly top-notch! They leave their work and families behind for a week and focus on giving our Youth Tour delegates the best experience possible.

As we look forward to 2025, we are excited to meet the next class of Youth Tour delegates. If you know any high school students who are passionate about government and public service, please encourage them to apply! Until then, search for **Iowa Youth Tour** on Facebook or Instagram to see the group's adventures from 2024 or visit [www.iowayouthtour.com](http://www.iowayouthtour.com).

*Shelly York is the Youth Tour director for the Iowa Association of Electric Cooperatives.*

## EDITOR'S CHOICE CONTEST

### WIN A CUISINART GRIDDLE AND PANINI PRESS!

This Cuisinart Griddler Grill, Griddle and Panini Press is a true multitasker, and this innovative appliance gives you lots of options for delicious meals. Thanks to interchangeable nonstick plates, it can cook everything from paninis, pancakes and French toast to grilled steaks and chicken breasts.

#### Visit our website and win!

Enter this month's contest by visiting [www.ieclmagazine.com](http://www.ieclmagazine.com) no later than Aug. 31. You must be a member of one of Iowa's electric cooperatives to win. There's no obligation associated with entering, we don't share entrant information with anyone and multiple entries from the same account will be disqualified. The winner of the ice cream maker from the June issue was Janet Wesely, an Access Energy Cooperative member-consumer.



ENTER ONLINE BY AUG. 31!

# 2023 CIPCO POWER SUPPLY REPORT: BRIDGING THE GAP

BY STEVE BIRELINE



As the energy landscape continues to shift around us, I'm happy to report that our cooperative renewed our long-term commitment

to Central Iowa Power Cooperative (CIPCO) by signing a new wholesale power contract. Negotiations lasted several years until CIPCO and its member-owner electric cooperatives came to an agreement on the updated terms that provide a framework to integrate new technologies and serve as a foundation for critical long-term resource decisions while maintaining flexibility.

Although 2023 began amid a backdrop of economic uncertainty, persistent inflation and ongoing supply chain disruptions, the wholesale power markets somewhat calmed and CIPCO's financial results reflected a year of strong performance and competitive rates. CIPCO is proud to maintain competitive rates that, today, remain below rates charged to Guthrie County REC more than 10 years ago.

## Environmental regulations threaten rates and reliability

As your representative on the CIPCO

board of directors, I was involved in discussions around the challenges we expected to come from the Environmental Protection Agency's (EPA) Greenhouse Gas Standards and Guidelines for Fossil Fuel-Fired Power Plants, released in April this year. As expected, this barrage of new EPA rules ignores our nation's ongoing electric reliability challenges and is the wrong approach at a critical time in our nation's energy future. Additionally, these rules push additional essential "always available" generating resources, such as coal, off the grid just as the nation is depending on electricity to power more of the U.S. economy.

On behalf of its member-owners, CIPCO stands united with its cooperative and industry peers to challenge detrimental regulations and advocate for sensible energy policies. Intermittent generation resources, such as wind and solar, are a valuable and growing portion of CIPCO's energy mix, but coal and natural gas generators are critical to preserve reliability, minimize emissions and keep electricity rates at an affordable level for Guthrie County REC and its members.

## Severe weather results in system damage

Severe weather events underscored the need for a robust transmission system in 2023. On March 31, a widespread tornado outbreak swept through the eastern part of Iowa, causing 23 system outages and 47 damaged transmission structures for CIPCO. In August, CIPCO reached a new all-time peak demand of 675 megawatts during a period of sustained high temperatures. I'm pleased to report that CIPCO met all its generation requirements as requested by the Midwest Independent System Operator and did not need to call on any of its member-owners to shed load.

## Strong reliability and financial ratings

Despite these events and others, CIPCO maintained an overall outage rate of 0.209 hours per customer, one of the best years for reliability in CIPCO's history. For 2023, Guthrie County REC's outage rate was 0 hours per member-consumer.

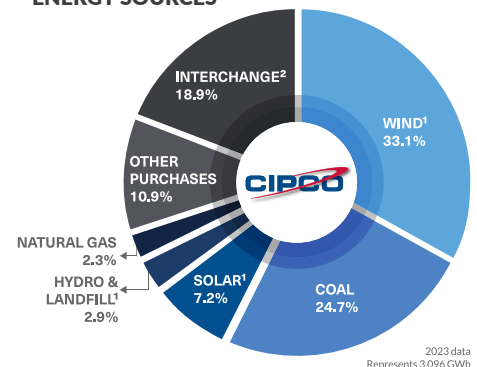
In 2023, both Standard & Poor's and Fitch Ratings maintained CIPCO's 'A' ratings which confirm CIPCO's financial strength.

CIPCO remains dedicated to sound financial practices that allow margins to be returned to its member cooperatives in the form of patronage, a key component of the cooperative business model. In 2023, CIPCO returned patronage totaling \$332,115 to Guthrie County REC.

I can assure you that the CIPCO board, member CEOs and CIPCO management team are focused on finding solutions that balance the reliable, affordable and sustainable energy our member-consumers expect and deserve. No matter the complex issues before us, cooperative solutions are the answer.

*Steve Bireline is the Guthrie County REC representative on the Central Iowa Power Cooperative board of directors.*

## A BALANCED PORTFOLIO OF ENERGY SOURCES



<sup>1</sup> CIPCO invests in the development of renewable energy projects in several ways. We operate six small-scale solar arrays near communities we serve and retain the renewable energy certificates associated with each. We also contract with energy producers for the electricity output from wind, solar, hydro and methane gas from a landfill (converted into electricity). CIPCO cannot claim these resources as renewable within our supply portfolio as we have either sold to third parties or do not receive the renewable attributes associated with the electricity produced from these renewable power sources. By selling these attributes (RECs), we not only support other organizations in meeting their renewable energy goals, we also generate revenue to help us lower our wholesale power rate to our 12 member-owner distribution cooperatives and 15 municipalities.

<sup>2</sup> A percentage of market purchases exist within the portfolio to meet additional supply needs not covered by existing contracts or CIPCO-produced generation. Weather volatility and unplanned operational events at power plants may also impact market purchases.



**Guthrie County REC**

A Touchstone Energy<sup>®</sup> Cooperative



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Guthrie Center, IA 50115-0007

### Office Hours

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### Telephone Number

641-747-2206 or 888-747-2206

Calls answered 24 hours a day, 7 days a week

### Website

[www.guthrie-rec.coop](http://www.guthrie-rec.coop)

This institution is an equal opportunity provider.

# OBERT PICKED FOR YOUTH LEADERSHIP COUNCIL

Lucas Obert, a senior at Coon Rapids-Bayard, will represent Iowa on the National Rural Electric Cooperative Association (NRECA) Youth Leadership Council (YLC). The selection was made during the 2024 Youth Tour in June.

As Iowa's YLC representative, Lucas will meet monthly with 43 other young leaders from across the nation virtually beginning in September and going through February 2025. His duties will include working with Guthrie County REC to complete creative and engaging projects during National Co-op Month in October; write, prepare and deliver a 5-7-minute speech for the Guthrie County REC board of directors; learn about youth advocacy and the importance of voting from industry leaders and program alumni; and more.

In March 2025, Lucas will take an all-expenses-paid trip to Atlanta for NRECA's annual Power Xchange & Tech Advantage meeting. He will also have the chance to be selected as the 2025 YLC National Spokesperson upon completion of the program.

**Congratulations, Lucas!**



# SHOW YOU CARE WITH RE CARE

It might be the middle of summer now, but soon, temperatures will cool off and winter will be upon us. Living in Iowa during the winter months can push budgets to the brink for those who are just trying to get by. RECare can help those who may struggle to pay their winter heating bills.

RECare is a program exclusive to rural electric cooperatives that encourages member-consumers to make a one-time or monthly donation to help other member-consumers pay their heating bills. Funds may be used to weatherize the recipient's home and help make electricity usage more efficient.

Your donation is directed to local community action agencies for distribution to low-income families in your community.

Consider contributing to RECare to help your neighbors with high heating expenses. It's an easy way to show you care.

## YES, I WANT TO HELP MY NEIGHBORS BY CONTRIBUTING TO RE CARE.

- I will make a one-time contribution to RECare. My check is enclosed.
- I will contribute \$ \_\_\_\_\_ per month to RECare. I understand that this amount automatically will be added to my monthly electric bill.
- I will have my monthly electric bill rounded. I understand this amount automatically will be added to my monthly electric bill and rounded up to the next highest dollar. For example, if your bill was \$154.85, then we would bill you \$155.00 and donate 15 cents to RECare. By the same token, if your bill was \$154.01, we would bill you \$155.00 and donate 99 cents to RECare.

Name \_\_\_\_\_

Guthrie County REC Acct. No. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



## Stop by and see us at the Iowa State Fair!



Visit our booth in the 4-H Exhibits Building. We'll hand out plastic hard hats and suckers for kids (while supplies last). Snap a picture in our co-op safety selfie station and try on authentic lineworker gear, too!



# YOUTH LEADERS VISIT NATION'S CAPITAL

*This trip was a once-in-a-lifetime opportunity in which I made new friends and so many memories. We learned so much about electric cooperatives and saw so many sights. This was such a great opportunity, and I would do it again 1,000 times over if I could!*

**Brenna Whitney**  
Chariton Valley Electric Cooperative, Inc.

*My Youth Tour experience was beyond amazing. Getting to experience fully our nation's capital was not only educational and exciting, but also transformational to help me better realize all my future goals and aspirations. I couldn't have asked for a better time with so many awesome people!*

**Lucas Obert**  
Guthrie County REC

*Going on the Youth Tour was a highlight of my summer. Seeing all the monuments, and the incredible sacrifices of many Americans that made our nation how great it is today, was an amazing experience. One of the best parts was meeting people from all over Iowa, and the country, making friendships that will last a lifetime.*

**Ellie Schmitz**  
Pella Cooperative Electric Association

*It was the longest days and fastest week, and all I want to do is put the trip on repeat until it no longer feels like a dream.*

**Teghan Bell**  
Eastern Iowa Light & Power Cooperative

*Laying the wreath at the Tomb of the Unknown Soldier was an honor. I was so glad that I could pay my respects to those who gave the ultimate sacrifice for the sake of our freedom.*

**Caleb Sinnwell**  
Butler County REC



To learn more about the group's daily adventures, search for **Iowa Youth Tour** on Facebook or Instagram.





# MARK YOUR CALENDAR!

2025 Youth Tour  
June 15-21, 2025  
[www.iowayouthtour.com](http://www.iowayouthtour.com)

Iowa's locally owned electric cooperatives have been sending high school students to Washington, D.C., nearly every June since 1958! This year, 36 high school students and six chaperones representing Iowa's electric cooperatives journeyed to the nation's capital in June for the National Rural Electric Cooperative Association's 2024 National Electric Youth Tour.

On the weeklong tour, students learned about electric cooperatives, American history and U.S. government and walked away with a greater understanding of their role as an American citizen. They participated in National Youth Day, visited with their elected legislators and explored the sights around the nation's capital.

Earlier in the year, students applied for the trip through their local electric cooperatives. The Iowa students joined students from co-ops around the country for the national Youth Tour.

## 2024 PARTICIPANTS

- Ethan Squier** – Allamakee-Clayton Electric Cooperative
- Hannah Hagen** – Allamakee-Clayton Electric Cooperative
- Caleb Sinnwell** – Butler County REC
- Katie Burley** – Calhoun County Electric Cooperative Assn.
- Brenna Whitney** – Chariton Valley Electric Cooperative, Inc.
- Ethan Stalzer** – Chariton Valley Electric Cooperative, Inc.
- Brianna Fantz** – Clarke Electric Cooperative, Inc.
- Ava Hendricks** – Consumers Energy
- Carlee Noe** – East-Central Iowa REC
- Leadah Price** – East-Central Iowa REC
- Teghan Bell** – Eastern Iowa Light & Power Cooperative
- Bailey Carstens** – Farmers Electric Cooperative, Inc.
- Delaney Blomme** – Farmers Electric Cooperative, Inc.
- Stephanie Terrones Rodriguez** – Franklin REC
- Lucas Obert** – Guthrie County REC
- Abbey Muller** – Heartland Power Cooperative
- Scarlett Byrnes** – Heartland Power Cooperative
- Aiden Deim** – Iowa Lakes Electric Cooperative
- Danielle Mielke** – Iowa Lakes Electric Cooperative
- Hannah Nielsen** – Iowa Lakes Electric Cooperative
- Jacey Welbig** – Iowa Lakes Electric Cooperative
- Noah Palmer** – Iowa Lakes Electric Cooperative
- Breyona Bosch** – Lyon REC
- Jade Kruse** – Lyon REC
- Kamden Kinne** – Midland Power Cooperative
- Aleah Eichenberger** – MiEnergy Cooperative
- Jonas Reynolds** – Nishnabotna Valley REC
- Brody Knapp** – North West REC
- Ellie Arens** – North West REC
- Ellie Schmitz** – Pella Cooperative Electric Association
- Indy Johnson** – Prairie Energy Cooperative
- Porter Snyder** – Raccoon Valley Electric Cooperative
- Nevaeh Irvine** – Southern Iowa Electric Cooperative
- Jaidyn Rugg** – T.I.P. REC
- Dallyn Money** – United Electric Cooperative
- Jackson Steinkuehler** – Western Iowa Power Cooperative



## SOME OF THE THINGS STUDENTS DID AND SAW ON THIS YEAR'S YOUTH TOUR:

- » Air Force Memorial
- » Albert Einstein Memorial
- » Arlington National Cemetery
- » Boat Cruise on the Potomac River
- » Ford's Theater
- » Fort McHenry
- » Franklin Delano Roosevelt Memorial
- » Holocaust Memorial
- » Iwo Jima Memorial and Sunset Parade
- » Korean War Veterans Memorial
- » Law Enforcement Officers Memorial
- » Lincoln Memorial
- » Mount Vernon
- » Pentagon 911 Memorial
- » Steven F. Udvar-Hazy Center
- » The National Mall
- » U.S. Capitol
- » Vietnam Veterans Memorial
- » Washington Monument
- » White House
- » World War II Memorial





# Wrap & Sandwich

## RECIPES

### CURRY CHICKEN MANGO WRAP

- ½ cup mayonnaise
- 2 tablespoons almond or peanut butter
- ¼ teaspoon curry (or more to preference)
- 4 tortillas (wheat, spinach or sun-dried tomato)
- 2-3 cups chicken, cooked
- ½ cup celery, finely chopped
- ½ cup carrots, shredded
- 1-2 green onions, chopped
- fresh spinach or lettuce, shredded
- 1 cup mango, chopped
- 1 cup avocado, chopped
- 1 tablespoon lime juice
- ½ cup bell peppers, chopped
- ¼ cup fresh cilantro, chopped
- ¼ teaspoon salt
- optional: red onion and jalapeno, chopped

Combine mayonnaise, almond or peanut butter and curry. Spread on tortillas. Chop or shred the cooked chicken. Mix chicken, celery, carrot and onions. Divide chicken filling mixture and place on tortillas with spinach or lettuce. Mix remaining ingredients into a mango salsa and add to tortillas. *Serves 4*

**Diana Thorn • Marshalltown  
Consumers Energy**

### HOT CHICKEN SALAD SANDWICHES

- 3-4 cups chicken, cooked
- 1 can cream of chicken soup
- 2 tablespoons minced dried onion
- 1 teaspoon salt
- pepper, to taste
- ¾ cup mayonnaise
- 1 small can water chestnuts, diced
- 1 tablespoon lemon juice
- 4 eggs, hard-boiled and chopped
- 1 cup celery, chopped
- buns

Debone and chop or shred cooked chicken. Mix all ingredients together and gradually heat in a slow cooker for 2-3 hours, stirring often. Be careful not to brown. Serve on sandwich buns and enjoy with potato chips and your favorite pickles. *Yields 8-10 sandwiches*

**Karla Pals • Belmond  
Prairie Energy Cooperative**

### TURKEY AND PEAR SANDWICH

- 2 slices bread
- 1 slice provolone cheese
- 3-5 slices roasted turkey
- 1 whole pear, halved and roasted
- pinch dried rosemary

Toast bread slices. Add cheese, turkey and roasted pear. Sprinkle rosemary over top. *Serves 1*

**Deanna Foreman • Rock Valley  
North West Rural Electric Cooperative**



Visit [www.ieclmagazine.com](http://www.ieclmagazine.com) and search our online archive of hundreds of recipes in various categories.



## BREAKFAST WRAP

- 6 eggs  
salt, to taste  
pepper, to taste
- ½ pound ham, diced
- 2½ cups cheese, shredded
- 4 8-inch tortillas

Whisk eggs with salt and pepper. Heat skillet over medium heat and spray with nonstick cooking spray. Scramble and cook eggs for 3-5 minutes, until cooked through and set. Stir in ham and cheese. Add egg mixture to tortillas and roll up. To freeze: individually wrap in clean plastic wrap and freeze. To reheat: remove plastic wrap and wrap in paper towel. Microwave 1-2 minutes, until hot. *Yields 4 wraps*

Betty Nikkel • Laurel  
Consumers Energy

## TAVERNS

- 1 pound hamburger
- ½ cup onion, finely chopped
- 1½ tablespoons brown sugar
- 1 teaspoon Worcestershire sauce
- 1 tablespoon vinegar
- ½ cup ketchup
- 1 teaspoon salt
- 1 teaspoon pepper
- hamburger buns

Brown hamburger and onion; drain. Add remaining ingredients to hamburger mixture and let simmer for 20-30 minutes. Serve on hamburger buns. *Serves 4-6*

Beth Schlichte • Le Mars  
North West Rural Electric Cooperative

## HOMEMADE EGG WRAPS

- 1 large egg  
salt, to taste  
pepper, to taste
- 4 tablespoons butter  
optional fillings: cheese with bacon or sausage,  
smashed avocado with salsa, deli meat and cheese  
with lettuce, shredded chicken salad, taco meat,  
BBQ meats, etc.

Crack egg into small bowl and beat well with a fork. Season with salt and pepper, to taste. Preheat a 10-inch skillet over medium heat, melting butter to coat skillet (cooking spray can be used instead of butter). Pour the egg into skillet and swirl the skillet to spread egg over the entire bottom surface in an even layer. Cook about 45 seconds, until the egg is nearly set. Use a spatula to gently pull the outer edges from the pan. Flip and cook another 5-10 seconds, until egg cooks completely. Remove from heat, add your favorite fillings, roll up and enjoy. *Serves 1*

Deb Ballalatak • Albia  
Chariton Valley Electric Cooperative, Inc.

## MUSHROOM FRENCH BREAD

- 1 loaf French bread
- 3 cans mushrooms
- 1 cup butter, melted
- 2 tablespoons onions, chopped
- 2 tablespoons poppy seeds
- 1 teaspoon seasoned salt
- ½ teaspoon lemon juice
- ½ teaspoon dry mustard
- 16 ounces mozzarella cheese

Slice bread lengthwise. Mix remaining ingredients and stuff bread. Bake at 350 degrees F for 30-40 minutes. Slice and serve.

Karen Bruns • Fonda  
Calhoun County Electric Cooperative Association

## MEDITERRANEAN TURKEY WRAP

- 1 flour tortilla
- 2-3 tablespoons roasted garlic or  
roasted red pepper hummus
- 2-3 slices low-sodium roasted deli turkey
- cucumbers, sliced
- tomatoes, sliced
- red onions, sliced
- 2-3 tablespoons black olives, pitted and chopped

Spread hummus over tortilla, then layer turkey, cucumbers, tomatoes, red onions and olives. Roll up, slice in half and enjoy. *Serves 1*

Bryce and Kelly Godbersen • Odebolt  
Raccoon Valley Electric Cooperative

WANTED:

## HOLIDAY PARTY RECIPES

THE REWARD:  
\$25 FOR EVERY  
ONE WE PUBLISH!

Deadline is Aug. 31.

Please include your name, address, telephone number, co-op name and the recipe category on all submissions. Also provide the number of servings per recipe.



EMAIL: [recipes@ieclmagazine.com](mailto:recipes@ieclmagazine.com)  
(Attach your recipe as a Word document or PDF to your email message.)

MAIL: Recipes

Iowa Electric Cooperative Living • 8525 Douglas Ave., Suite 48,  
Des Moines, IA 50322-2992

# SHINE THE LIGHT CONTEST NOMINEES ANNOUNCED



The Touchstone Energy® Cooperatives of Iowa are driven by our commitment to community.

To celebrate local volunteers, the Shine the Light contest returned for a fourth year and received 75 volunteer nominations during June, the second highest number in the history of the contest! This year's entries came from 24 Iowa electric co-ops and two municipal utilities that are served by Central Iowa Power Cooperative. Employees and member-consumers of Iowa's locally owned electric cooperatives were invited to nominate someone who makes a positive difference in their community.

Three winners will be awarded a \$3,000 donation to their charity or community organization of choice and will be featured in next month's issue. Please join us in celebrating these nominees for their outstanding commitment to community. Learn more at [www.IowaShineTheLight.com](http://www.IowaShineTheLight.com).

## 2024 SHINE THE LIGHT NOMINEES

### ACCESS ENERGY COOPERATIVE

**Kathie Grimm** from Wayland was nominated by **Beverly Conrad** for her work with **Wayland Area Child Care Organization (Little Me & Company)**.

**June Lowenberg** from Fairfield was nominated by **Christie Shaffer** for her work with **Fairfield Area Chamber of Commerce**.

### BUTLER COUNTY RURAL ELECTRIC COOPERATIVE

**Stephanie Duhrkopf** from Sumner was nominated by **Jeff Reynolds** for her work with **Sumner Daycare and Learning Center, Inc.**

**Vickie Miller** from Clarksville was nominated by **Paula Hoodjer** for her work with **Clarksville Food Pantry**.

**Carolyn Mohlis** from Tripoli was nominated by **Sandra Tagtow** and **Joanna VanDeBerg** for her work with **Helping Hands Clothing Closet**.

**Rose Nordaas** from Fredericksburg was nominated by **Nancy Morris** for her work with **Fredericksburg Food Bank**.

**Patricia Schultz** from Sumner was nominated by **Maek Miller** for her work with **Sumner Quilts of Valor**.

**Stacey Snyder** from Sumner was nominated by **Larry Pavelec** for her work with **Bremer County Conservation Board**.

**Deb White** from Clarksville was nominated by **Lynn Bolin** for her work with **Clarksville Open Door Youth Center**.

### CALHOUN COUNTY ELECTRIC COOPERATIVE ASSOCIATION

**Judy Hess** from Fonda was nominated by **Kerry Noethe** for her work with **MAGS 4 Fonda, Inc.**

**Cindy Loots** from Pomeroy was nominated by **Nancy Bruns** for her work with **Pomeroy Historical Society**.

**Renee Stauter** from Lake City was nominated by **Elaine Lietz** for her work with **Lake City Pickleball Project**.

### CHARITON VALLEY ELECTRIC COOPERATIVE, INC.

**Catherine Burkman** from Albia was nominated by **Jeanie Teno** for her work with **Albia Victorian Stroll**.

**Pam Haugen** from Tracy was nominated by **Joyce Housley** for her work with **Bellefontaine Cemetery**.

**Justin Rozenbloom** from Bussey was nominated by **Chelsea Bachman** for his work with **Monroe County Fair**.

### CLARKE ELECTRIC COOPERATIVE, INC.

**DeeAnn Bierstedt** from Fenton was nominated by **Jodee Jorgenson** for her work with **Fenton Public Library**.

### CONSUMERS ENERGY

**Christopher Alleman** from Slater was nominated by **Pete Hunter** for his work with **Alleman Betterment Committee**.

**Haven Frantz** from Grand Junction was nominated by **Heidi Holsapple** for his work with **American Legion Post 11, Jefferson**.

### EAST-CENTRAL IOWA RURAL ELECTRIC COOPERATIVE

**Michael Kramer** from Vinton was nominated by **Becky Van Wey** for his work with **Vinton-Shellsburg United Special Olympics**.

**Yvette Vogel** from Jesup was nominated by **Monica Bengston** for her work with **Jesup Community Blood Drive**.

### EASTERN IOWA LIGHT & POWER COOPERATIVE

**Becky Hansen** from Wilton was nominated by **Terri Becker** for her work with **Wilton Legion Auxiliary**.

**Janet Hesler** from Danville was nominated by **Joanne Beckman** for her work with **Danville Station Library & Museum**.

**R D Putnam** from Letts was nominated by **Claudia Putnam** for his work with **St. Malachy's of Ardon Preservation Society**.

**Marjorie Rock** from Grand Mound was nominated by **Eunice Grell** for her work with **Project Linus East Central Iowa Chapter**.

### FRANKLIN RURAL ELECTRIC COOPERATIVE

**Doug Pralle** from Hampton was nominated by **Madison Alert** for his work with **Compassion Flights**.

### GOWRIE MUNICIPAL UTILITIES

**Julie Vinsand** from Gowrie was nominated by **Bruce Towne** for her work with **Wheels of GYC**.

### GRUNDY COUNTY RURAL ELECTRIC COOPERATIVE

**Jared Gutknecht** from Grundy Center was nominated by **Patricia Pruisner** for his work with **Grundy County Fair**.

### GUTHRIE COUNTY RURAL ELECTRIC COOPERATIVE ASSOCIATION

**Lou Hoger** from Perry was nominated by **Sue Kimpston** for his work with **Perry Area Food Pantry**.

**Karen Sparks** from Guthrie Center was nominated by **Vanessa Bransor** for her work with **Royal Neighbors of America**.

**Amber Wetzel** from Linden was nominated by **Amy Hoover** for her work with **Guthrie Center Elementary School**.

### HEARTLAND POWER COOPERATIVE

**Carolyn Sherman** from St. Ansgar was nominated by **Judy Ask** for her work with **St. Ansgar Recreation Trail**.

**Steve Weis** from Stacyville was nominated by **Mark Weis** for his work with **St. Ansgar Rescue**.

### IOWA LAKES ELECTRIC COOPERATIVE

**Barb Bennett** from Rolfe was nominated by **Wendy Panbecker** for her work with **Rolfe Hometown Pride**.

**Dale Breuer** from Estherville was nominated by **Katie Harris** for his work with **Emmet County Special Olympics**.

**Duane Kent** from Aurelia was nominated by **Lucille Kent** for his work with **Aurelia Community Foundation**.

**Joan Mohr** from Fonda was nominated by **Diana Christiansen** for her work with **Beauty Amidst the Ashes, Inc.**

**Volunteers at Pocahontas County Sheriff's Office Reserves** were nominated by **Jim Malecek** for their work with **Pocahontas County Sheriff's Office Reserves**.

**Dennis Somers** from Sioux Rapids was nominated by **Jennifer Sievert** for his work with **Special Youth Challenge Ministries of Iowa**.

**Volunteers at Unity Lutheran Food Pantry** from Graettinger were nominated by **Barbara Brennan** for their work with **Unity Lutheran Food Pantry**.

### LINN COUNTY RURAL ELECTRIC COOPERATIVE

**Casey Clark** from Solon was nominated by **Debra Clark** for his work with **Sleep in Heavenly Peace, Johnson County Chapter**.

### MANNING MUNICIPAL UTILITIES

**Melissa Puck** from Manning was nominated by **Amy Ferneding** for her work with **Manning Little League**.

### MAQUOKETA VALLEY ELECTRIC COOPERATIVE

**Rod Kramer** from Farley was nominated by **Al Reiter** for his work with **Farley Fire Department**.

**Sarah Kumpf** from Peosta was nominated by **Tara Beasley-Garcia** for her work with **Inspiration Stables**.

**Marie Rossmann** from Preston was nominated by **Barbara Downey** for her work with **Relay for Life of Jackson County**.

**Makenna Travis** from Monticello was nominated by **Jackie White** for her work with **Animal Welfare Friends**.

### MIDLAND POWER COOPERATIVE

**John Dawkins** from Boone was nominated by **Mike Matteo** for his work with **Salvation Army**.

**Barbara Dilsaver** from Iowa Falls was nominated by **Elizabeth Thoms** for her work with **Church Women United Thrift Store**.

**Rick Hamers** from Ames was nominated by **Lynn Hamers** for his work with **Habitat for Humanity of Central Iowa**.

**Fred Long** from Jefferson was nominated by **Lori DeMoss** and **Jeff Pudenz** for his work with **Greene County Gobblers**.

**Taylor Jones** from Hampton was nominated by **Suzanne Rowen** for her work with **Hansell Fire Department**.

**Barb MacDougall** from Boone was nominated by **Joann Uthe** for her work with **Cole School**.

### NISHNABOTNA VALLEY RURAL ELECTRIC COOPERATIVE

**Kyle Arnold** from Minden was nominated by **Maribeth Dau** for his work with **Minden Volunteer Fire Department**.

**LaDonna Havick** from Harlan was nominated by **Kylie Beebe**, **Jeff Leinen** and **Stephanie Nielsen** for her work with **Shawn Havick Memorial Response Program**.

### NORTH WEST RURAL ELECTRIC COOPERATIVE

**Lisa Klein** from Sheldon was nominated by **Sandra Voss** for her work with **Love INC of Greater O'Brien County**.

**Chris Van Beek** from Maurice was nominated by **Greg Van Beek** for her work with **Midwest Honor Flight**.

**Jason Wendt** from Le Mars was nominated by **Gabe Roetman** for his work with **Gehlen Catholic Mission Honduras**.

**Pamela Woelber** from Sioux Center was nominated by **Debra Rensink** for her work with **Whispers of Love, Hope & Joy, Inc.**

### OSCEOLA ELECTRIC COOPERATIVE, INC.

**Beth Thole** from Sibley was nominated by **Gary Trei** for her work with **Osceola County Agriculture Pavilion**.

### PRAIRIE ENERGY COOPERATIVE

**Alan Mattison** from Belmond was nominated by **Trese Arends** for his work with **Belmond Park Zip Line**.

**Cathy Mohlis** from Crystal Lake was nominated by **Donna Edelen** for her work with **Youth for Christ**.

**Larry Turner** from Belmond was nominated by **Joleen Smith** for his work with **Build a Better Belmond - Upscale the Trail**.

### RACCOON VALLEY ELECTRIC COOPERATIVE

**Julie Clayton** from Auburn was nominated by **Marie Buse** and **Becky Halbur** for her work with **Wall Lake Bandits/ Viola Visions 4-H Club**.

**Mike McCarty** from Carroll was nominated by **Tricia Wolterman** for his work with **Mission Honduras - Kuemper**.

### SOUTHERN IOWA ELECTRIC COOPERATIVE

**Sandy Warning** from Bloomfield was nominated by **Joye Lore-Lawson** for her work with **Davis County Tourism Corporation**.

**Bruce and Becky Whitaker** from Bonaparte were nominated by **Thomas O'Donnell** for their work with **Bentonsport Improvement Association**.

### T.I.P. RURAL ELECTRIC COOPERATIVE

**Dixie Albertson** from Fremont was nominated by **Ashley Albertson** for her work with **Fremont Area Community Foundation**.

**Allison Gonyo** from West Des Moines was nominated by **Marty McCoy** for her work with **Children's Cancer Connection**.

### WESTERN IOWA ELECTRIC COOPERATIVE

**Marcia Bachmann** from Denison was nominated by **Jan Patchin** for her work with **CCHappy Cats, Inc.**

**Warren Hawn** from Denison was nominated by **Craig Dozark** for his work with **Crawford County Hunger Fighters**.

**Kathy Schneider** from Denison was nominated by **Dale Schneider** for her work with **Crawford County Hunger Fighters**.

# GUTHRIE COUNTY REC SUPPORTS CENTRAL IOWA STUDENT ANGLERS



Pictured, from left: Nolan Ponstein, Cole Carstens, Blake Schwartz, Emmet King, AJ Draper and Gavin Lindstrom.

Students from Panorama High School attended the National High School Fishing World Finals & National Championship in June with some financial help from Guthrie County REC.

The co-op donated \$500 to help the local youth attend the event at Lake Hartwell, South Carolina. While none of the Panorama students made the World Finals, students Emmet King and AJ Draper placed 132nd with six fish weighing in at 9 pounds, 10 ounces; and students Gavin Lindstrom and Blake Schwartz placed 191st, with five fish weighing in at 6 pounds, 10 ounces. More than 400 teams competed.

**Congratulations to these students!**

**HAPPY Labor DAY**

The Guthrie County REC office will be closed Monday, Sept. 2

August is

## BACK TO SCHOOL SAFETY MONTH

- Watch for school zones
- Avoid distractions while driving
- Carpool so there are less vehicles on the road
- Watch for children around parked cars
- Watch for warning signs and signals



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# THE DIFFERENCE BETWEEN BASELOAD AND INTERMITTENT POWER

BY SCOTT FLOOD

It's one of those excruciating days when the warm air becomes unbearable. You crank up the air conditioner on the way home from work, and the first thing you do when you get home is turn the thermostat down a couple of degrees.

Thousands of other people are responding the same way throughout your area and the entire region. Every air conditioner and fan starts working at full speed to keep everyone cool and comfortable. The end of the workday creates a massive surge in the amount of electricity needed to meet the demand, and it's up to the people who oversee the operation of North America's power grid to ensure there's an adequate amount to keep you comfortable.

It's a challenging task because the amount of electricity that's needed varies throughout each day. While you and your neighbors are asleep, the demand is lower, but as everyone wakes up, turns on the shower and starts the coffeemaker, the demand for power climbs quickly.

The electric grid gathers and distributes power from many sources, including power plants that convert fossil fuels like coal, natural gas and oil into electricity; nuclear power plants; and renewable energy sources, such as wind, solar and hydro. The electricity supplied from these sources is categorized as baseload, peaking or intermediate power.

## Power of baseload

Baseload power accounts for most of the electricity we use. Always-available baseload power sources are designed to constantly generate large amounts of power, so you and everyone else are assured of a reliable supply of electricity whenever you need it. The most familiar examples of baseload sources are nuclear and fossil-fuel power plants, along with some hydroelectric and geothermal facilities.

## Intermittency of renewables

Renewable power sources, such as solar and wind, are increasingly used to supply electricity. Both sources provide intermittent power since the amount of electricity generated and the time at which electricity is generated depend upon cooperation from nature. Solar panels can only generate electricity when there's enough sunlight, and large wind turbines generally only produce power once the wind speed reaches at least 13 miles per hour.

Because intermittent power sources like wind and solar depend on unpredictable weather conditions, they can't be relied upon to deliver predictable and constant baseload power. This is why changes in electricity demand are usually met with intermediate or peaking generation powered by more traditional sources like natural gas.

Electric co-op members who are concerned about climate change may wonder why power suppliers aren't rushing to replace fuels such as coal and natural gas with

alternatives like wind and solar. If co-ops and other electric utilities switched completely to intermittent sources, they wouldn't be able to meet consumers' needs for reliable power.

One promising technology involves the development of energy storage devices such as batteries that can store excess power generated by wind and solar so it's available even when the weather isn't cooperating. While that technology is advancing, it's still evolving, and large-scale use of such batteries is many years away. Batteries also require large amounts of elements, such as lithium, that must be mined, creating additional environmental concerns.

Maintaining a diverse mix of energy sources and fuels is essential to balancing the delivery of reliable, affordable and environmentally responsible power.

*Scott Flood writes on a variety of energy-related topics for the National Rural Electric Cooperative Association, the national trade association representing nearly 900 electric co-ops.*



The electric grid gathers and distributes power from many sources, including power plants that convert fossil fuels like coal, natural gas and oil into electricity; nuclear power plants; and renewable energy sources, such as wind turbines, solar farms, hydroelectric dams and even landfills. *Photo Source: Dennis Gainer, NRECA*

# A GUIDE TO ELECTRIC VEHICLE OWNERSHIP

BY JENNAH DENNEY

The automotive industry is undergoing a transformative shift as many consumers are switching to electric vehicles (EVs). EVs offer numerous benefits, from environmental sustainability to cost savings.

Transitioning to an EV requires careful consideration of multiple factors. The following list overviews key aspects of EV ownership and can help you make an informed decision based on your specific needs.

**EV knowledge:** Familiarize yourself with EV basics. Understand the differences between Battery Electric Vehicles (BEV), Plug-in Hybrid Electric Vehicles (PHEV) and Fuel Cell Electric Vehicles (FCEV). Consider your daily, monthly and annual driving needs and evaluate each option.

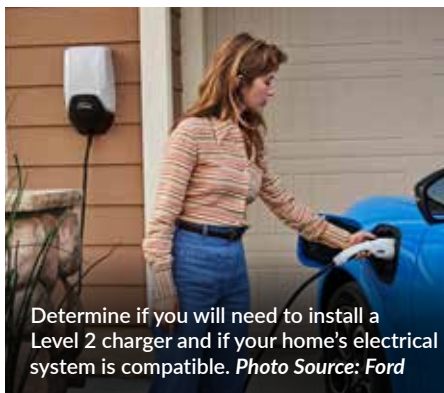
**Driving range:** Evaluate the EV's driving range when fully charged to ensure it aligns with your daily commute. We often think about a summer road trip for our driving needs, but it's important to remember there are other options for infrequent, long-distance travel.

**Home charging:** Determine if you will need to install a Level 2 charger and if your home's electrical system is compatible. By evaluating your entire home energy use, you can determine if electrical panel upgrades are necessary for a Level 2 system. Level 1 chargers typically do not require upgrades.

**Public charging options:** Research the availability of public charging stations along your typical routes.

**Cost comparisons:** Compare EV prices from multiple dealerships. Sticker prices are higher upfront, but EVs have proven cost-effective due to reduced maintenance and fuel costs.

**Financial incentives:** Explore federal, state and local incentives available for EV purchases. Check with your electric co-op to see if they offer incentives or special rates for EVs.



Determine if you will need to install a Level 2 charger and if your home's electrical system is compatible. *Photo Source: Ford*



Research the availability of public charging stations along your typical routes. *Photo Source: Ford*



Electric vehicles offer numerous benefits, from environmental sustainability to cost savings, but transitioning to an EV requires careful consideration of multiple factors. *Photo Source: Honda*

**Maintenance:** EVs typically require less maintenance than conventional vehicles, which can lead to long-term savings. EVs have far fewer moving parts than combustion engine vehicles, resulting in a streamlined maintenance experience.

**Battery warranty:** Ensure the EV battery includes a substantial warranty. Most manufacturers offer eight-year warranties (or up to 100,000 miles). If you're considering managed charging or bi-directional power flow (V2X) programs, take these warranties into account. V2X programs facilitate a bi-directional power flow between EVs and the power grid, which is highly beneficial for co-op members who own an EV. These programs allow EV owners to sell power back to the grid during periods of high electricity demand. Participation in these programs may impact your vehicle's warranty, so it's recommended to consult the warranty documentation before participating in a V2X program.

**Insurance implications:** Consult with your insurance provider to review potential changes to your policy when owning an EV.

**Fees:** Some EVs are subject to additional fees to compensate for road tax revenue typically collected from gasoline taxes. Additionally, you may have to pay a higher vehicle registration fee for EVs and hybrid vehicles. It's important to be aware of these potential fees when considering the total cost of ownership for an EV.

If you're interested in an EV, contact your electric co-op. Some co-ops offer "ride and drive" events, home charging programs and more, allowing members to gain firsthand experience and determine if an EV is right for them.

*Jennah Denney writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.*

# EATING HUMBLE PIE

BY DARCY DOUGHERTY MAULSBY

Are there any pie lovers out there? For years, I wasn't one of them. Most of the pie I knew was mass-produced or made with gloppy, canned pie filling.

But then, one day (probably at an old-school church supper), I had a little slice of heaven – apple pie with a lard crust with as much tantalizing flavor as the filling. That flaky crust provided the perfect vessel to hold those thick slices of fruit, accented with an ideal blend of spice and sugar. And oh my – how that filling baked into the junction of the top and bottom crust created a chewy ribbon of extra delight!

And just like that – I had a revelation. “Ah ha! This is what pie lovers are talkin’ about!”

That's been quite a few years ago, but I still remember that life-changing slice of apple pie. A church sermon this summer also got me thinking about life-changing lessons that stick with us, long after the actual event fades into history. It happened during the Father's Day service at a little 1860s-era country church at Twin Lakes Bible Camp in Calhoun County.

## To share a story – or not?

A local farmer was the guest preacher that Sunday. He was talking about

another type of pie (humble pie). He admitted he had doubts about telling the story he was about to share but decided to do it anyway.

This father of three sons recalled how he and his wife had set specific rules for their boys' cell phone usage when the kids were in high school. He even combed through the monthly phone bill now and then to make sure none of the kids were on their phones after curfew.

He wasn't pleased when he discovered that one of his sons appeared to be using his cell phone late at night when he wasn't allowed to be on the phone. So, he confronted the son about the infractions. The son said he didn't break the rules and wasn't on the phone then. The dad was having none of it, saying “The proof's right here in the phone bill!”

After some debate, where both sides stood their ground, the son finally said, “Well, if that's what the bill says, then that's what it is.”

Only later did the dad discover that the time stamps on the phone bill were recorded for the Eastern time zone, not the Central time zone. The son was



telling the truth that he wasn't on the phone when he shouldn't have been.

“That taught me a lesson about being humble,” the farmer said that Sunday as he expounded on the importance of humility.

## A surprising message sticks

It wasn't a message any of us expected to hear on Father's Day, and yet it has stuck with me all these weeks later. Why? It was a brilliant double-whammy in the best sense. It contained an element of surprise and a plot twist that I doubt anyone in the congregation could have predicted.

That's the power of true stories well told. They're authentic, not abstract. They paint a picture in your mind, so you're “seeing” the story unfold as your brain takes in the information. They're also “sticky” because a good story touches our emotions, imprinting itself into our memory.

That storyteller/guest preacher could have stated that true humility means staying teachable, regardless of how much you already know – and he would have been right. But through the cell phone bill saga, you felt the father's anger, the son's frustration and the embarrassment of admitting you were wrong.

That reminds me – I should probably eat a little more humble pie now and then.

*Darcy Dougherty Maulsby lives near her family's Century Farm northwest of Lake City. Visit her at [www.darcymaulsby.com](http://www.darcymaulsby.com).*



Father's Day service at Twin Lakes Bible Camp in Calhoun County.

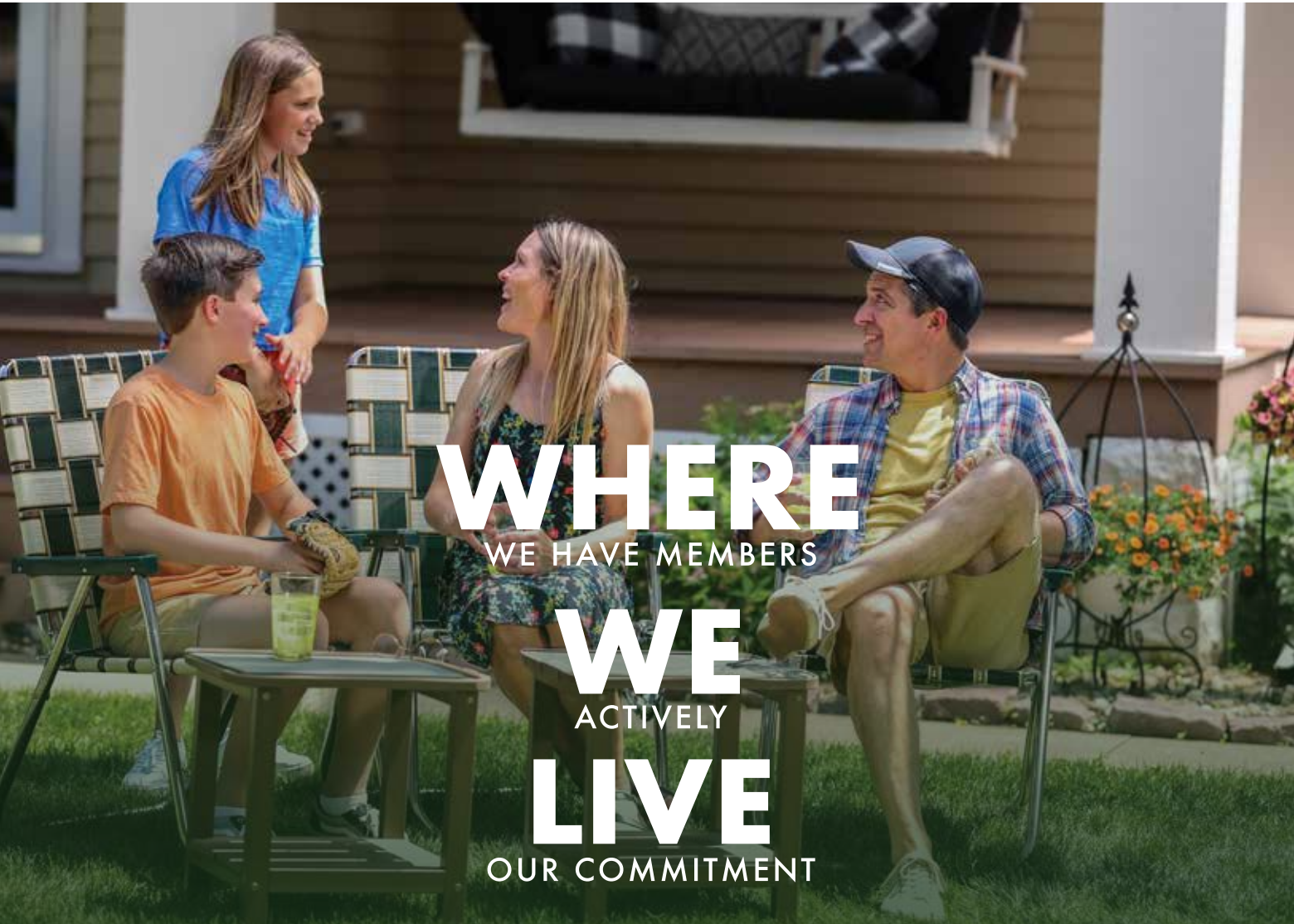


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