



Guthrie County REC

A Touchstone Energy® Cooperative



SEPTEMBER 2023

iowa

ELECTRIC COOPERATIVE LIVING

**Meet this year's
Shine the Light
winners**

**High school leaders wanted
for leadership academy**

School night recipes

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Iowa Electric Cooperative Living magazine (ISSN: 2770-8683) is published monthly by the Iowa Association of Electric Cooperatives, a not-for-profit organization representing Iowa's member-owned local electric cooperatives. Association address: 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. The phrase ***Iowa Electric Cooperative Living*** is a mark registered within the state of Iowa to the Iowa Association of Electric Cooperatives. The magazine does not accept advertising.

Editorial Office
8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Telephone: 515-276-5350.

Email Address
editor@ieclmagazine.com. *Iowa Electric Cooperative Living* magazine does not assume responsibility for unsolicited items.

Website
www.ieclmagazine.com

Postmaster
Send address changes to *Iowa Electric Cooperative Living* magazine, 8525 Douglas Ave., Suite 48, Des Moines, IA 50322-2992. Periodicals Postage Paid at Des Moines, Iowa, and at additional mailing offices.

Change of Address
Every local electric cooperative maintains an independent mailing list of its members, so please send your change of address directly to your local electric cooperative's office. *Iowa Electric Cooperative Living* magazine cannot make an address change for you.

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Iowa Association of Electric Cooperatives
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ON THE COVER

Special thanks to Gratia Masters, a North West REC member-consumer, for supplying this month's cover image. Submit high-resolution photos for consideration to editor@ieclmagazine.com. You could receive \$100!

EMERGENCY PREPARATION BEGINS WITH PERSONAL PLANNING

BY SCOTT MEINEKE



There's a common saying in disaster planning, *"It's not a matter of if a disaster will take place; it's a matter of when it will happen."*

Since 2004, National Preparedness Month has been observed each September in the U.S. to educate and empower Americans to prepare for and respond to all types of emergencies, including natural disasters and potential terrorist attacks.

This year's preparedness campaign focuses on preparing older adults for disaster. Older adults can face greater risks in extreme weather events and emergencies, especially when living alone, are low-income, have a disability or live in rural areas.

One of the most important steps in preparation is to have emergency supplies on hand. The following are tips to help you or loved ones create an emergency kit.

Step 1: Consider how an emergency might affect your needs and plan accordingly. It is crucial to consider what kinds of resources you use daily and what you might do if those resources are limited or unavailable.

Consider creating two kits. In one kit, put everything you need to stay where you are and make it on your own for several days. The other kit should be a lightweight, smaller version you can take with you if you need to leave your home.

Basic emergency supplies include water, food, pet food, a flashlight, a radio, batteries, a first aid kit and personal sanitation items (moist towelettes, garbage bags and plastic ties).

Step 2: Have medications and medical supplies readily available.

If you take medicine, have what you

need to make it on your own for at least a week. You might not have access to a medical facility or drugstore during an emergency. Keep a copy of your prescriptions as well as dosage or treatment information.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services, such as home health care, treatment or transportation, talk to your service provider about their emergency plans.

Step 3: Keep extra essentials in your home. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries and oxygen, always have extras in your home. Also have copies of your medical insurance, Medicare or Medicaid cards readily available.

Step 4: Include copies of essential documents in your emergency supply kits. Include family records (and contact information), wills, power of attorney documents, deeds, social security numbers, credit card and

bank information, insurance cards and tax records. It is best to keep these documents in a waterproof container.

Emergencies, especially natural disasters, can often impact electricity services. Keep your local electric cooperative's phone number handy and always avoid downed power lines. If you plan to operate a generator during a lengthy power outage, take steps now to ensure you follow all necessary precautions to use it safely. Your local electric co-op is an excellent resource for safety information.

Be prepared to adapt this information to your circumstances and make every effort to follow instructions from authorities on the scene. Above all, stay calm, be patient, and think before you act. With these simple preparations, you can be ready for the unexpected.

For more information, visit www.ready.gov.

Scott Meineke is the director of safety and loss control for the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

Win a WiFi Smart Weather Station!

Ambient Weather's personal weather station allows monitoring of your home and backyard weather conditions with the brilliant, easy-to-read LCD color display. Monitor indoor and outdoor conditions, including wind speed, wind direction, rainfall, UV, barometric pressure, indoor/outdoor temperature, indoor/outdoor humidity and more. The weather station also calculates dew point, wind chill and heat index.

Visit our website and win!

Enter this month's contest by visiting www.ieclmagazine.com no later than Sept. 30. 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 beef bundle from the July issue was Gerald Kinney, Grundy County Rural Electric Cooperative.



ENTER ONLINE BY SEPT. 30

NOMINATING COMMITTEE SET FOR 2024 BOARD ELECTION

As a member-owned electric cooperative, Guthrie County Rural Electric Cooperative (REC) is governed by a board of directors elected by and from the membership.

Democratic member control is one of seven cooperative principles that guide Guthrie County REC. It's a vital part of all operations, from the day-to-day schedules to broader issues that will affect the future of the co-op. Providing a democratic structure ensures all members have a fair stake in the organization and that their opinions and observations are considered.

On Jan. 6, 2024, your cooperative will hold its annual meeting and board election. Members in Districts 7, 8 and 9 are eligible to run for a position on the board of directors and get involved in cooperative decision-making. Directors serve three-year terms and represent all co-op members at monthly meetings.

The nominating committee begins the process of electing directors each year. If you reside in District 7, 8 or 9 and would like to recommend a candidate for your district, please contact one of the members of the nominating committee.



Guthrie County REC

A Touchstone Energy® Cooperative



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Website

www.guthrie-rec.coop

This institution is an equal opportunity provider.

THESE DISTRICTS WILL HOLD ELECTIONS

District 7: Cameron, Viola, Leroy, Melville, north one-half of Hamlin, north one-half of Greeley Townships in Audubon County. Orange, Union, Seely, west one-third of Highland, and sections 1-13, 24-25, 36 of Bear Grove Townships in Guthrie County.

District 8: Victory excluding West Lake Panorama, south seven tiers of Cass excluding East Lake Panorama except the 5200s on Panorama Point and Panorama Terrace, all 5300s and 5400s, north six tiers of Valley, north four tiers of Jackson, and north one tier of Beaver Townships in Guthrie County.

District 9: Summit Township in Adair County. Exira, Audubon, south one-half of Hamlin, south one-half of Greeley Townships in Audubon County. Benton and Grant Townships in Cass County. Sections 14-23 and 26-35 of Bear Grove, west one-half of Grant Townships in Guthrie County.



NOMINATING COMMITTEE MEMBERS

District 7: Jason Fett

- Cody Larsen, 1676 Hwy. 25, Guthrie Center, IA 50115, 641-757-0514
- Joe Arrasmith, 1906 Grant Ave., Guthrie Center, IA 50115, 641-757-1480
- Tom Klever, 2305 190th St., Audubon, IA 50025, 712-304-0605

District 8: Joni Rees

- Jeannene Willms, 2252 250th St., Guthrie Center, IA 50115, 641-757-1075
- Joann Christofferson, 3018 230th St., Panora, IA 50216, 641-757-0953
- Rich Bachman, 2750 275th, Stuart, IA 50250, 515-720-3411

District 9: Andy Van Aernam

- Courtney Brewer, 3033 Koala Ave., Casey, IA 50048, 712-249-4599
- Hollie Rudy, 1673 Robin Ave., Coon Rapids, IA 50058, 641-740-0249
- Scott Suhr, 2682 Cherry Ave., Adair, IA 50002, 712-249-4015

LATEST SUMMER SHARE GIVEAWAY WINNERS

Another drawing for our Summer Share Giveaway promotion was held Aug. 1. Congratulations to the lucky Guthrie County Rural Electric Cooperative member-consumers whose names were drawn. Each will receive a \$150 bill credit!

Thank you to all who entered! The final drawing was held Sept. 1, and those winners will be announced in the October issue of *Iowa Electric Cooperative Living*.

Aug. 1 winners:

- Alexis Acebey
- William Holle
- Richard Keenan
- Mary Merritt
- Casey Shelton

CO-OP SEEKS "LOST" MEMBERS FOR PAYMENT

Guthrie County Rural Electric Cooperative (REC) is looking for "lost" co-op member-consumers who are owed money from past capital credit distributions. The list below are the names of members whose checks have not been cashed, for one reason or another.

It's very important that Guthrie County REC finds these people as soon as possible so that we can forward payment. One of the biggest benefits of being a member of a local electric cooperative is sharing in its success. Every year, once all financial statements have been

finalized and audited, the co-op records the margin – the difference between revenue and expenses. These margins are held for a time before being dispersed to Guthrie County REC member-consumers based on their electric usage in the year the margins were recorded.

If you see your name or have information on the whereabouts of any of the members below, please contact us.

A Amendola, James C. Ames, Adam S. Anderson, Linda J. Annear, Robert B. or Ruth K. Asner, Julia or Scott A. Johnson Aurelius, Ruth H. Ayers, Keith F. Ayers, Michael D. or Julie R. Ayers, Rick A. c/o Scarlett Dawson	Copic, Robert L. or Deloris A. Cornelison, James M. Corning, Joy C. Constanzo, Dino P. or Jill M. Crawley, Edna Crist, Lawrence Cuthbertson, Doug J.	Grage, William J. Green, Steven B. or Kathy Griggith, Leonard L.	L Lambert, Jennifer R. Lang, Dennis P. or Deborah K. Lautner, Phil E. LCP Repair, LLC Leto, Tom J. or Mary J. Durand Lichty, John M. c/o David Williams Logan, Michelle A. or Jeffrey Lokken, Mary C. Lucius, Jennie or David Koeppe Lumsden, Jim A. Lundberg, Lauren E. or Elizabeth M.	Nelson, Stephanie A. Nielsen, Shelly A. or Robert H. Nielson Northrup, Charles R.	Simpson, Scott A. or Cindy J. Skuya, James or Lindsey Marie Wille Smith, William A. or Suellen Smothers, Connie M. Soorholtz, David P. or Shelly K. Spalding, Martin H. or Cathie M. Spencer, Gabriella R. or Matthew J. Hofbauer Springer, Keith c/o Jenifer Springer Stat Properties LLC c/o Tricia McFadden Stegman, Joseph E. or Deborah K. Stiefel, Michael J. or Kathy L. Stout, Douglas W. Strodthoff, Kathleen Stutzman, Mike J. Summerson, Nathan P. Sundquist, Roberta Swift, Dan D.
B Baez, Toby M. or Norma D. Baez Baier, Cory J. Bailey, Kathy or Russel E. Bailey Jr. Baker, Robert L. or Ruby J. Bandstra, Faron or Michelle Barber, Ardyth F. or Lonnie E. Barth, Rochelle C. Barton, Clara or Admirl Halilovic Basta, Todd or Patricia Beattie, Collene or Richard Black, Laurene K. Blohm, Randy C. or Becky Bramer, Raymond A. Briant, Larry E. Bridges, Jennifer K. Briggs, Larry W. or Lesta J. Briggs, Sharon Briggs, Vickie J. or Kenneth E. Brimm, Brandon J.	D Daggett, David E. or Sharon K. Dalziel, Lorraine D. or Robert Daniel, Doug Dannen, Kelly W. Daugherty, Mindy L. De Phillips, Milo R. De Rocher, Marie Deaton, Glen V. Depena, Charles or Kathleen Depena Detweiler, Allen E. or Connie Dirks, Maynard or Catherine Dixon, Louis A. Dotson, Amanda L. Droll, Sarah A. Dunahoo, Marilyn D. Duus, Kristi L.	H Haaeen, Christina E. or Michael Hamilton, Lisa A. or Kim Hamman, Robert D. Hammer, Craig S. or Lori L. Hankinson, Richard L. or Marilyn C. Hanley, Mark W. Hansen, Kyle or Alexis Widen Harris, Mike A. Hart, Jason M. Hartman, Robert Hayden, Paul M. or Ardith M. Henderson, Nancy or Gillian E. Howard Hepner, Julie A. or Kent E. McDole Hiatt, Rileigh D. Hickerson, Bradford or Diane K. Hickman, Dan W. or Susan M. Hughes, Lloyd W. or Joise D. Hultquist, Jill M. or Paul Hultquist Huxford, Paul T.	M Maben, Richard D. or Kathi S. Malinowski, Richard V. or Gail R. Malone, Trevor E. Manning, Patrick J. Marin, James A. or Frances Martin, Howard or Noveline Mathison, Sandy E. Maudlin, Merlene F. McDow, Louise A. or Daniel R. McMillen, James McNabb, James C. or Kelly J. McCann, Lori J. or Jorden Mead, Donald T. or Carol A. Meester, Connie R. Michael, Melvin L. or Andrea Meral Jr., Ralph Meyer, John R. Miller, Jeffrey T. Miller, Ryan R. or Tonya Milne, Kimberly or Stephen Mock, Martin Modlin, Lester K. or Lois A. Moffitt, Jack P. Moffitt, Matthew R. Montgomery, Thomas B. Moon, Kenneth or Linda Moore, Kelly Moore, Kyra Moran, Joel A. Morff, Meg M. Morse, Linda V. Mueller, Dave D. Mueller, Tristan A. or Jennifer Mundt, Jacob	O Oathoudt, Ethel Oldson, Bonna Otto, Merlin C. or Phyllis M.	P Packard, Aimee Paul Jr., Walter Pauley, Becky J. Payton, Deborah Pearson, Rusty W. or Candace A. Pearson Pedersen, Stanley J. Perez, Teresa or Ruben Perry, Bryan M. Petersen, Edna M. Petersen, Richard Petersen, Steven D. Phillips, Gilbert T. or Joan Platt, Nathan R. Polzin, Mark Pottorff, Omar D. or Saline
C Cain, Michael H. or Marjorie A. Capaldo, Brenda J. Carman, Bryan Carnahan, Tracy Carpenter, Loretta Carroll, Amy M. or Thomas D. Carroll Carver, Chad E. CB Investments Chambers, B. J. Chiodo, David M. or Lisa M. Chiodo Cizek, Curt J. or Linda Clark, Danielle M. or Terance A. Clearwater, Ann M. Collett, Daniel Comer, Bernard or Ruby Conley, Chad Conner, Kimberly A. or Bill Conner Conti, Samuel F. or Judith Conway, Susann C. or Steven Conway	E Eaton, Glenda S. Edwards, Lori Eitrem, Marilyn J. Eldridge, George T. or Karen L. Elston, Garold D. England, Marvin Erger, Sasha J. or Ryan Esbeck, Lyle E. or Jessie L. Espejo, Adolfo T. Espy, August L. or Terry Essy, George or Gloria	I Ites, Colleen M. or Shawn R.	J Jensen, George E. or Elaine Joy Jensen, Verle E. Johannes, Heather A. or Keith Johnson, Larry J. Johnson, Terry L. Johnson, Theodore Jones, Robert E. Jukam, Odean	Q Quidort, Nicole A.	T Tasler, Marvin or Katherine S. c/o Diane Brazelton Thill, Stephen A. Thomas, Rick or Ruth Thompson, Otis Lyle Tiernan, Mary P. Tittle, Marty Triple T. Dairy
F Fallon, Daniel R. Fisher, George or Cynthia D. Flick, Douglas A. or Janelle Davis Flick Forbes, Daniel J. Fouch, Jerry R. Fowler, Frank C. or Mary Fox, W. F. or Marian B. Fuller, Donna R.	G Gates, Steven R. or Jeri L. Gensler, Anthony Gerlock, Heath G. or Leonora S. Gibson, Arnold F. or Marie Gilmore, Gary Golden Ages Enterprises Goldsberry, David W. or Linda L. Goodrich, Christie or Jason	K Karstens, A.J. Keeling, Judy C. Keller, Brian Keller, Rachelle D. or Dwaine Kellogg, Samantha D. Kelly, Benjamin M. or Frances A. Kennedy, Connie M. Kim, James Kimball, William C. Knapp, Bob J. or Barbara J. Kramer, Karla Krutsinger, Justin A. or Raeann	N Neff, Eric S. Nelson, Charlotte J. or Murray D. Jr. c/o Darby Nelson Nelson, Michael A. or Kyle	R Ramquist, Shelly Reeves, James A. or Vicki L. Reeves Renshaw, Nicole Reynolds, Cole Richter, Robyn G. or John Robinson, Thomas A. Rochholz, Glen E. or Elaine Rose Sr., Alfred G. Roskopf, Thomas Rottler, Gary W. Rottler, Joen M. or Gary W. Rude, Larry H. Ruisch, Ryan or Randall Ruisch Russell, James A. Russell, Kenneth R. Rydl, Jerry Rydl's Farm	V Van Essen, Orlin W. Ventura, Fabiola E. Voss, Jacob D.
S Santoro, Tony F. Scheneck, Todd A. Schwieso, Misty M. Scott, Corine Scott, Rodney A. or Shelly D. Seiberling, Donna J. or Robert T. Seward, John W. or Marilyn K. Shaw, Joseph R. Shepherd, Amber L. or Tyler C. Shepherd SHF Corporation Sholar, Ben Simpkins, William B.	W Wachholtz, Neal A. Waffle, Elbert Wagner, Susan Walker, Tracy L. Walter, Carol A. Wasson, Cindy Watkins, Colene L. Webb, Byron or Jerilyn Webb Westphalls, Jabez White, Gilbert or Dorothy Wieck, Bickie J. or Marvin Wilkinson, David Wilkinson, Dustin Williams, Ercel J. or Mary Jane Wilson, Eileen Wolfe, Stephen Wright, William A.	Y Yandle, Michael D.	Z Zach, Sarah M. or Jami Zieser, Seth L. Zika, Jim B. Zimmerman, Lawrence D.	S Saylor, John W. or Marilyn K. Shaw, Joseph R. Shepherd, Amber L. or Tyler C. Shepherd SHF Corporation Sholar, Ben Simpkins, William B.	Y Yandle, Michael D.

In the U.S., wind currently generates twice the amount of electricity it did five years ago and provides 10% of the nation's electricity.

WIND ENERGY IS SOARING

BY PAUL WESSLUND

Wind energy is big and getting bigger, in more ways than one.

In the U.S., wind currently generates twice the amount of electricity it did five years ago and provides 10% of the nation's electricity – a share expected to grow to more than 25% by 2050.

The basics behind wind power technology is a tall pole with rotor

blades at the top. You've likely seen vast fields of those turbines, with white rotor blades spinning lazily around across the Iowa countryside. But they're not lazy at all, and that's another way wind energy is big – in physical size.

Bigger turbines make more electricity

Wind turbine blades seem to circle slowly due to an optical illusion resulting from their size. The tips of those rotors are likely to be moving at more than 150 miles per hour.

There's a reason for that size. Wind turbines are getting bigger and taller to capture more wind high in the air. The average wind turbine height has increased from about 190 feet in 2000 to nearly 300 feet today, which is as tall as the Statue of Liberty. During that time, the size of the rotor blades doubled, making a circle more than 400 feet in diameter. That size growth has tripled the amount of electricity a wind turbine can produce, lowering the cost of wind power.

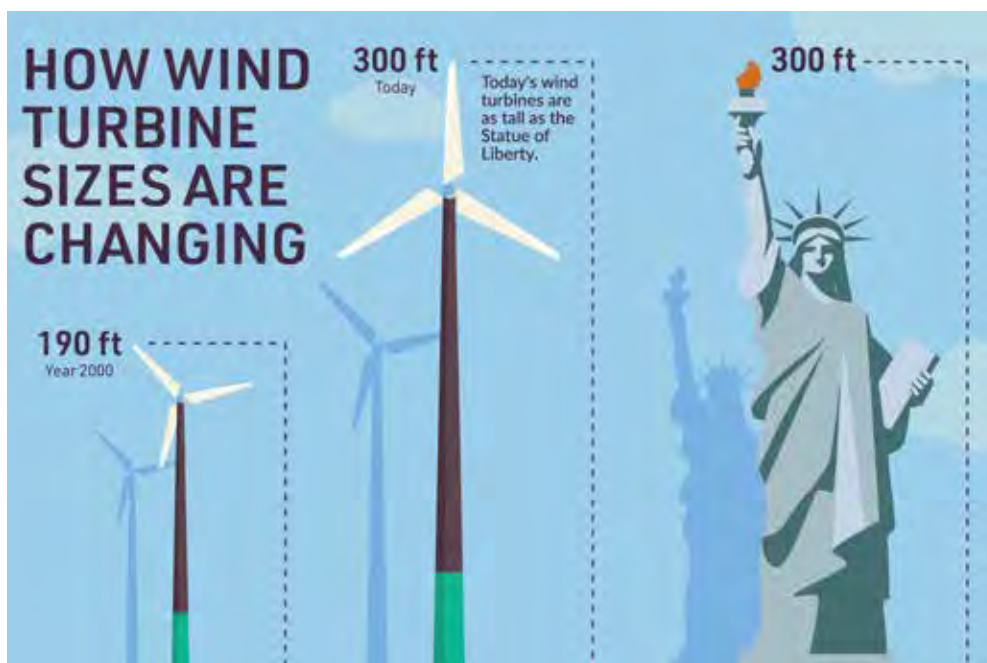
Location of turbines is changing

One wind turbine can generate enough electricity to power about 900 homes, and they're being installed at a rate of about 3,000 a year. Today, there are more than 72,000 turbines in the U.S., primarily located in the middle of the country. But that's about to change.

Federal and state governments are encouraging developers to build wind turbines out in the ocean, where winds are more constant, and the rotors could be even larger. Sixteen projects have been proposed and one estimate shows there's enough potential for offshore wind to supply nearly all our electricity. Offshore wind turbines are generally even larger than those used on land.

Navigating real-world challenges

Bigger sizes can cause problems, though, like transporting rotor blades that average more than 100 feet long. Delivering those monsters can



cost more than \$30,000 in finding the right truck for the oversized load, planning the route, obtaining permits, checking clearances and recruiting escort vehicles. Researchers are already working on those problems. One solution is flexible blades that could be carried on three train cars. The blades could bend to allow the train to maneuver around curves.

As the wind industry has evolved, attention has been focused on bird deaths. As many as a million birds a year fly into spinning rotors. This poses a dilemma for wildlife and nature groups, who are generally supportive of renewable energy. The National Audubon Society, for example, supports wind power as a way to reduce greenhouse gas emissions but urges careful planning to locate wind farms in ways that minimize risk to wildlife.

Local, distributed energy resources

Besides large onshore and offshore wind farms, wind turbines can be used as a distributed energy resource. With support from the U.S. Department of Energy, there have been significant innovations in smaller-scale wind turbines to integrate some of the improvements seen in larger models, including longer blades to capture more wind and advanced composite materials. Smaller turbines can even be used to help power homes, farms, schools and businesses.

Across the U.S., several electric cooperatives and other rural utilities, including those in Iowa, have deployed one or more large-scale wind turbines in their local service territories as a local utility-scale resource to supplement their wholesale power supply. These kinds of local resources can help boost resiliency, hedge or reduce power supply costs, and support local economic development.

Wind energy and the technologies that power it will continue to evolve. For wind power, there will be opportunities for growth at both smaller and larger scales, as well as on land and offshore.

Paul Wesslund writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.

There are currently more than 72,000 wind turbines in the U.S., primarily located in the central part of the country.
Photo Source: American Public Power Association



Federal and state governments are encouraging developers to build wind turbines out in the ocean, where winds are more constant and rotors could be even larger.
Photo Source: Nicholas Doherty



One challenge for wind is transporting rotor blades, which can average more than 100 feet long.
Photo Source: Artur Zudin



SCHOOL NIGHT

RECIPES



SIMPLE CHICKEN OR SHRIMP ALFREDO

- 8 ounces cream cheese**
- ½ cup butter**
- 1 cup milk**
- ½ cup Parmesan cheese**
- 1 teaspoon garlic salt**
- ½ teaspoon garlic powder**
- ½ teaspoon pepper**
- ½ pound shrimp, detailed and cooked (or 2 chicken breasts, cooked and diced)**
- noodles, cooked**

Mix all ingredients, except meat, in a saucepan over medium heat until cooked through. Add meat and serve over noodles.
Serves 2-4

Marcy Gherian • Alvord
Lyon Rural Electric Cooperative

BAKED TUNA SANDWICHES

- 3 eggs, hard-boiled and diced**
- 7 ounces canned tuna, drained**
- 2 tablespoons sweet pickles, diced**
- 1 tablespoon onion, diced**
- ½ cup mayonnaise**
- 1 cup cheese, cubed to taste**
- buns**

Mix ingredients, put on buns and wrap in aluminum foil.
Bake at 225 degrees F for 25 minutes.

Denise Anderson • Ocheyedan
Osceola Electric Cooperative, Inc.

CHICKEN STIR-FRY

- 1 pound boneless, skinless chicken breast**
- ¾ cup mayonnaise**
- 16 ounces frozen stir-fry vegetables**
- 2 tablespoons soy sauce**
- ¼ teaspoon garlic powder**
- rice**

Dice chicken, then cook in mayonnaise in a large skillet over medium heat for 3 minutes. Add remaining ingredients and continue cooking until chicken is done and veggies are tender.
Serve over rice. *Serves 6*

Laura DeSmet • Larchwood
Lyon Rural Electric Cooperative

BURGER BOWL

- 1 pound ground beef**
- ½ teaspoon seasoned salt**
- ¼ teaspoon black pepper**
- 1 head lettuce, chopped**
- 1 cup cheese, shredded**
- 2 dill pickles, sliced**
- ¼ cup onion, chopped**
- salad dressing**

Brown ground beef and crumble until cooked. Add seasoned salt and pepper. Meanwhile, divide lettuce into four serving bowls. Top lettuce with ground beef, cheese, pickles and onion. Top with ranch, Thousand Island or your favorite dressing.

Mary Gropper • Chelsea
T.I.P. Rural Electric Cooperative

COMPANY GRAVY

- 2 pounds lean stew beef
- 1 can cream of mushroom soup
- 1 can cream of onion soup
- 1 can cream of celery soup
- ½ cup water
- optional: rice, mashed potatoes or noodles

Place all ingredients in a slow cooker on low for 5-6 hours. Can also be baked covered in oven at 275 degrees F for 3½-4 hours. Stir before serving. Best served over rice, mashed potatoes or noodles. Serves 8

Susie Jacobs • Allison
Butler County Rural Electric Cooperative

BISCUIT CASSEROLE

- 1 pound ground beef
- 1 onion, chopped
- 1 roll refrigerator biscuits
- 1 jar spaghetti sauce
- ½ cup brown sugar
- mozzarella cheese

Brown ground beef and onion. Cut each biscuit into four pieces and layer on bottom of 9x13-inch pan. Mix spaghetti sauce and brown sugar with meat mixture. Pour over biscuits and bake at 400 degrees F for 20 minutes. Add mozzarella cheese and bake another 5-10 minutes. Gluten free option: Use one recipe box or homemade gluten free biscuits in place of refrigerator biscuits. Serves 8

Deanna Foreman • Rock Valley
North West Rural Electric Cooperative

SWEET & SPICY CHICKEN WRAPS

- 2 tablespoons sour cream
- ¼ cup plus 1 tablespoon mayonnaise
- 1 teaspoon sugar
- ¼ teaspoon seasoned salt
- ¼ teaspoon black pepper
- 2 cups coleslaw mix
- 1 small scallion, sliced
- 1 tablespoon Sriracha sauce
- 4 frozen breaded chicken tenders
- 4 8-inch flour tortillas

Combine sour cream, 1 tablespoon mayonnaise, sugar, seasoned salt and pepper. Stir in coleslaw mix and scallion (can substitute shredded cabbage and carrots for pre-made coleslaw mix). Create a sauce by combining ¼ cup mayonnaise and Sriracha sauce. Prepare chicken tenders according to package directions. Divide sauce and coleslaw mixture among tortillas and top with chicken tenders. Roll tortilla into a wrap. Serves 4

Chris Daniels • Casey
Guthrie County Rural Electric Cooperative Association

TACO CASSEROLE

- 1 pound ground pork
- 1 package taco seasoning (4 tablespoons)
- 8 ounces sour cream
- 1 roll refrigerator pizza crust
- 4 ounces corn chips, crushed
- 1½ cups Mexican cheese, shredded
- optional toppings: salsa, torn lettuce, diced green pepper, diced tomato

Brown pork, chop into small pieces as it cooks and then drain. Stir in taco seasoning and sour cream until well blended. Spray 9x13-inch cake pan with cooking spray. Press pizza crust into pan and slightly up sides. Bake crust at 400 degrees F for 4-5 minutes. Sprinkle crust with half the crushed corn chips.

Spread meat mixture over corn chips. Sprinkle with cheese and top with remaining corn chips. Bake an additional 18-22 minutes or until cheese starts to brown and crust is baked.

Cut into squares and add salsa, torn lettuce, diced green pepper and diced tomatoes as desired. Can substitute 1 cup shredded cheddar cheese and ½ cup shredded mozzarella cheese for Mexican cheese. Serves 8

Barb Sexton • Rockwell City
Calhoun County Electric Cooperative Association

WANTED:

NEW YEAR'S RESOLUTION RECIPES

THE REWARD:

\$25 FOR EVERY ONE WE PUBLISH!

Deadline is Sept. 30

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

(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

ANNOUNCING THE 2023 SHINE THE LIGHT AWARD WINNERS



Driven by their commitment to community, the Touchstone Energy® Cooperatives of Iowa held their third-annual Shine the Light contest in June to celebrate local volunteers. Employees and member-consumers of Iowa's locally owned electric cooperatives were invited to nominate someone who makes a positive difference in their community.

The judging committee reviewed essays from 126 outstanding nominations and selected three winners.

Congratulations to Erica Lindaman, who is recognized for her generous efforts through Gift of Giving; Betty Thronson, who is recognized for restoring hope for families through Project Flo; and Heather Weers, who is recognized for her compassion for children through Sleep in Heavenly Peace. These three winners have been awarded a \$2,500 donation to their charity.

The following pages showcase and honor each of the Shine the Light contest winners' commitment to humbly serving their communities. Learn more at www.iowaShineTheLight.com.

GIFT OF GIVING

ERICA LINDAMAN'S PASSION FOR GIVING DOESN'T GO UNNOTICED

BY RYAN CORNELIUS

During the COVID-19 pandemic, Erica Lindaman saw a need and acted. The Clarion teacher started Gift of Giving 501c3 nonprofit organization to help collect Christmas gifts for children.

"We saw a need based on people not working as much," Lindaman explains. "Hours were cut because people had to stay home."

A mission grows

Gift of Giving could have stayed with just meeting Christmastime needs, but that wasn't in Lindaman's plans.

Since that first Christmas, the program has grown exponentially. The organization now assists with everything from food insecurity to bedding and furniture.

"It has grown into this massive entity," she says. "We are trying to get people in Wright County to keep their clothing and pieces here rather than take them to a different county to donate."

Emily Bernhardt, one of Lindaman's many nominators, has known her for 13 years. "I think Erica has seen a



Erica Lindaman is presented with a check for her Gift of Giving charity.

Gift of Giving continued:

need in the community through her background being a teacher and working with students on a daily basis,” Bernhardt says. “She just stepped in to fulfill that need. I know she spends a lot of her personal time and effort working with Gift of Giving. Her whole family has become involved and quite dedicated.”

For Lindaman, it has almost become a full-time job – and one that she loves.

“I literally get between 20 and 30 texts, emails and Facebook messages saying, ‘I need this,’ or ‘How can you help me with this,’” she says. “We have extended where we are helping to pay for electric bills and water bills. We have provided gas cards for people who are having health problems. We are just here to give.”

A heart for giving

That tenacity shines through for all to see, even when she may not want the credit.

“Erica has a huge heart,” Bernhardt says. “She may be quiet sometimes and likes to be in the background. But she has a huge heart and huge passion for the youth and families in the community.”

Today, Lindaman and Gift of Giving accept any items in Wright County. Those are stored in a temporary warehouse, where you can meet with Lindaman by appointment or visit one of the organization’s “pop-up” events.

“If you have a need, and you come to me, or you come to my mother or my father, or anyone who is involved in the organization, we’re going to find you a resource or the right person to help you,” she says.

Learn more about Gift of Giving at www.facebook.com/groups/134251198297192.

Article contributed by Ryan Cornelius, vice president of corporate relations, Corn Belt Power Cooperative.



PROJECT FLO

BETTY THRONNDSOON CONTINUES HER MOTHER'S LEGACY OF STEWARDSHIP

BY ERIN CAMPBELL

Betty Thronndson is pictured in the front row, far right, along with her parents (mom Flo) and siblings.

The Project Flo Association works to build hope in the Chickasaw County area by restoring homes. And it all started with a mother's love for her community.

Betty Thronndson of New Hampton was nominated for Shine the Light by her sister, Shirley Hoffman, a member-consumer of Butler County Rural Electric Cooperative in Ionia. In her essay, Hoffman shared that she and Thronndson come from a family of 15 children, and they established Project Flo in 2011 after the passing of their mother, Florence “Flo” Thronndson. Their mother was known in the New Hampton area for her positive spirit of volunteerism and her children have made it their mission to keep her spirit alive through community service.

Thronndson has served as president of Project Flo for more than 11 years and is responsible for gathering family, friends and neighbors once a year in June to offer needed home repairs in the Chickasaw County region. These essential repairs help local families take control of their homes and help restore their faith in humanity. Often, the homes would be deemed unsafe and homeowners' insurance could be jeopardized if the repairs weren't made. Hoffman says, “The impact Betty has made on the residents, neighborhoods and businesses in Chickasaw County is immeasurable. Her dedication and leadership have significantly improved the lives of many individuals in need.”

A widespread impact

Project Flo coordinated 80 volunteers working on six projects in 2023,

including home repairs for a disabled veteran, a young family of five, a single mother of three, a low-income couple with a disability, and a retired man who is disabled. The volunteer group of carpenters, plumbers, electricians and masonry professionals use their vast skills to repair steps and sidewalks, install flooring, paint, perform landscaping, remove debris, repair bathrooms, and replace doors and windows.

Since Project Flo began, Thronndson's organization has assisted more than 30 homes in addition to helping with repairs at St. Joseph's Catholic Church and St. Joseph Community School in New Hampton. Thronndson takes charge of coordinating the grant and fundraising endeavors for Project Flo. She then conducts a thorough assessment of the tasks needed for each project and prioritizes them. During June each year, Thronndson shifts into project mode and reaches out to local businesses to coordinate supplies and services.

Thronndson also coordinates volunteer assistance to ensure each home project has the right crew ready to work. Hoffman says, “When Betty visits a work site, her infectious energy fills the air with jubilation, laughter and camaraderie. Volunteers of all ages are thrilled to see Betty, recognizing her as the glue that holds the family and project together.”

The \$2,500 Shine the Light donation will be invested to purchase much-needed renovation equipment and supplies for Project Flo.

Learn more about Project Flo at www.thronndson.com.

Article submitted by Erin Campbell, director of communications for Iowa Association of Electric Cooperatives.



Continued on Page 14

BOARD NEWS

Tour of power generation station

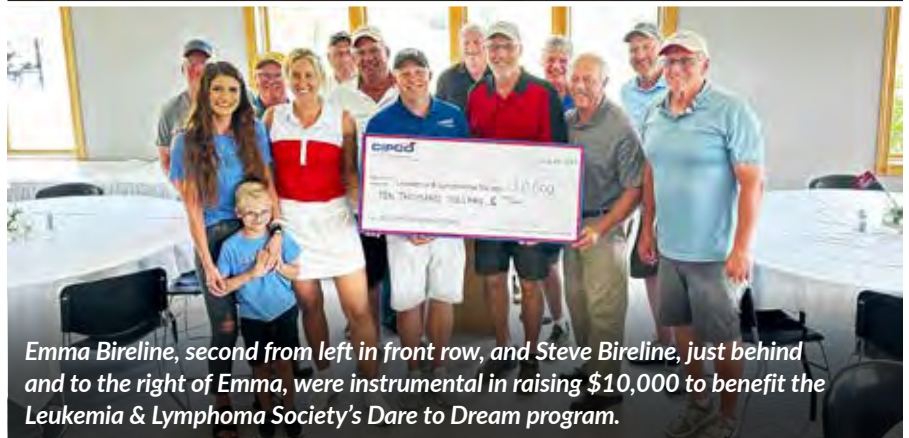
Guthrie County Rural Electric Cooperative (REC) board members and CEO took a "field trip" to tour the Summit Lake Generating Station in Creston. Owned by our power supplier, Central Iowa Power Cooperative, Summit Lake generates power with highly efficient natural gas reciprocating engines that were put into service in 2021.

Donation to Dare to Dream program

During its 15th Annual Charity Golf Outing, Central Iowa Power Cooperative (CIPCO) raised \$10,000 to benefit the Leukemia & Lymphoma Society's (LLS) Dare to Dream program. Guthrie County REC Board President and CIPCO board member Steve Bireline was instrumental in selecting the beneficiary of this year's event. Bireline's daughter-in-law Emma is the campaign development director for LLS in Iowa. CIPCO and Guthrie County REC are proud to assist with fundraising for this worthy cause!



Pictured from left to right: Directors Don Schwartz, Steve Bireline, Joni Rees and her husband Mike Rees, Jim Mazour, Michael Moore and CEO Cozy Nelsen.



Emma Bireline, second from left in front row, and Steve Bireline, just behind and to the right of Emma, were instrumental in raising \$10,000 to benefit the Leukemia & Lymphoma Society's Dare to Dream program.



REMINDERS

Heat rates go into effect Oct. 1 for electric heat users.

GCREC members who have heat meters should turn them back on for the winter heating season.



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SEPTEMBER 17-23, 2023

Farm Safety

- Stay rested and take breaks
- Stay hydrated, don't skip meals
- Work during daylight hours
- Carry a first aid kit



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ENERGY-EFFICIENT WINDOWS

BY MIRANDA BOUTELLE

Upgrading or improving your windows is an important component of your home's energy efficiency. According to the U.S. Department of Energy, heat gain and loss through windows consume 25% to 30% of residential heating and cooling energy use.

Understanding efficiency factors

If you're evaluating your windows' energy efficiency, start by identifying what kind you have. Are they single pane or double pane? Looking closely at the window's edge, you can see the number of windowpanes. Are the frames metal, wood or vinyl? Some manufacturers etch the make and model numbers in the corner of the glass so that you can look up the manufacturer for more information.

Window efficiency

Several components can make windows more efficient. High-quality frame materials insulate and reduce heat transfer. Two or more panes of glass with space in between (filled with air or gas) improve the window's insulation capability. Warm edge spacers hold the panes of glass the proper distance apart and help insulate the edges of the panes. Low-emissivity coatings applied to the glass can reflect infrared light, keeping the heat in during the winter and out during the summer.

Window efficiency is rated in U-factor and Solar Heat Gain Coefficient (SHGC).

U-factor measures heat transfer through the window, which relates to how well it insulates. The lower the U-factor, the more efficient the window. The SHGC measures how effectively the window blocks heat from the sun.

Considerations for replacing windows

If you want to replace your existing windows, shopping for ENERGY STAR®-certified windows is recommended. ENERGY STAR sets specific U-factor and SHGC requirements based on geography so you get the best fit for your location. Replacement windows offer additional benefits, like improved operability and aesthetics.

Storm windows are a lower-cost solution for some homes. Traditional storm windows are made with clear glass. Low-emissivity storm windows have energy savings similar to replacement windows at about a third of the cost. Storm windows are mounted to the interior or exterior and are available in operable styles, so you can still open and close your windows. Look for ENERGY STAR-certified models.

If you want to maintain the historic architecture of your existing windows, low-emissivity storm windows are a great option. Some companies can refit your existing window frames with custom double-pane glass and weatherstripping.



Windows add to the aesthetic of our homes. Ensure they also add comfort year-round by maintaining or replacing old windows.
Photo Credit: Alpen High Performance Products

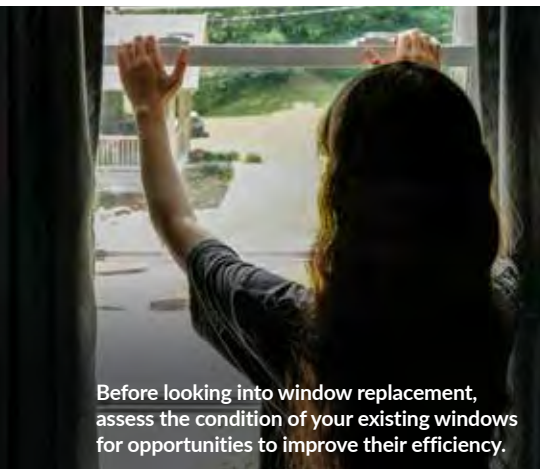
Maintenance options

If new windows or storm windows are outside the budget, your best bet is to maintain your existing windows. Keep the paint and caulking on the exterior in good condition. That will help prevent damage from the elements. Caulk around the inside trim, ensure sash locks are correctly installed and seal tightly when locked. There are a variety of weatherstripping options for windows to keep drafts at bay.

As with any home improvement project, be sure to get multiple quotes to compare pricing and scope of work. You may find additional savings with rebates from your electric cooperative or state or federal tax credits for window upgrades.

Whether you replace or make improvements to what you have, adding efficiency to your windows will add year-round comfort to your home.

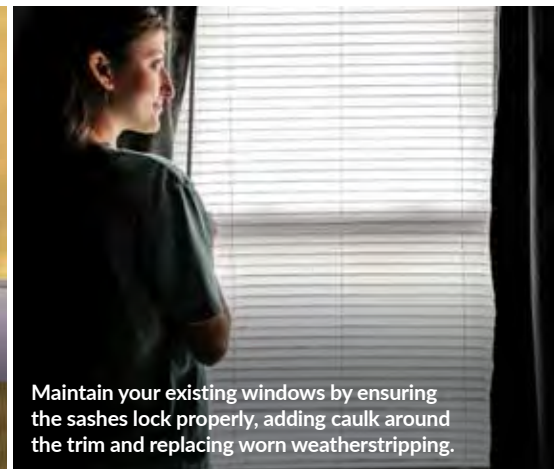
Miranda Boutelle writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 electric co-ops.



Before looking into window replacement, assess the condition of your existing windows for opportunities to improve their efficiency.



When checking your windows, ensure sash locks are correctly installed and sealed tightly when locked.



Maintain your existing windows by ensuring the sashes lock properly, adding caulk around the trim and replacing worn weatherstripping.

ANNOUNCING THE 2023 SHINE THE LIGHT AWARD WINNERS



SLEEP IN HEAVENLY PEACE HEATHER WEERS WORKS TO PROVIDE BEDS FOR CHILDREN IN NEED

BY CHRISTIE REMLEY

Heather Weers (right) is the president of the Jones County Chapter for Sleep in Heavenly Peace. She is pictured with MVEC employee and member Megan Ruley, who nominated Weers for the honor.

Continued from Page 11

Heather Weers of Center Junction has dedicated her professional and personal life to improving the lives of Jones County children and residents alike.

By day, she works for the Jones County Community Partnership for Protecting Children, which aims to improve the child welfare process. And on her own time, she is the president of the Jones County Chapter for Sleep in Heavenly Peace, a non-profit dedicated to providing beds for children who would otherwise not have them. While the national organization's mission is "No Kid Sleeps on the Floor in Our Town®," Weers likes to say, "No kid sleeps on the floor in Jones County."

Addressing a community need

When the Jones County Community Partnership for Protecting Children received a \$1,600 grant to buy beds for children, Weers was shocked to learn how great the need was in her community. While researching ways to help, Weers discovered the national organization Sleep in Heavenly Peace and pursued starting a local chapter. She established the Jones County

chapter in 2019 and has delivered more than 320 beds to local children since then.

Weers is humble and attributes the impact of Sleep in Heavenly Peace Jones County to the local volunteers who help build the beds and donate materials.

"It's not about me; it's about what the community comes together to do to give children a comfortable place to sleep," she says. Weers hopes to inspire others to make their own impact. "I want others to know that you can help people with the simplest gestures – sometimes it's just a thank you note or a letter that can profoundly impact another person's life," says Weers.

Dedication to community shines

Weers was nominated for Shine the Light by Megan Ruley, a member and employee at Maquoketa Valley Electric Cooperative (MVEC).

"When I learned about the Shine the Light contest, the first person who came to mind was Heather," Ruley says. "Her work with Sleep in Heavenly

Peace is heartwarming, and I admire her dedication to improving the lives of our Jones County residents. The work outlined here doesn't even begin to encompass all of Heather's impact in our community as she seems to be behind many initiatives to make Jones County a better place now and into the future."

"Maquoketa Valley is thrilled to recognize Heather's dedication to making Jones County a better place. Heather embodies the co-op principle, 'Concern for Community' by recognizing unmet needs and then rolling up her sleeves to meet those needs," says Jeremy Richert, MVEC CEO.

The \$2,500 award will help the Sleep in Heavenly Peace chapter purchase materials, tools, bedding and mattresses. With the vision of no Jones County child sleeping on the floor, Weers is seeing to that goal one bed at a time. For more information, visit shpbeds.org/chapter/ia-jones-co.

Article contributed by Christie Remley, manager of communications and public relations for Maquoketa Valley Electric Cooperative.

IT'S ALL GOOD ON RIVER TIME

BY DARCY DOUGHERTY MAULSBY

I kept thinking to myself, “How far back in here do I have to drive?”

In July, I was invited to share my “Adventures Along the Lincoln Highway” history program with the volunteers of Iowa Project AWARE (A Watershed Awareness River Expedition) – the state’s largest river cleanup event.

Fortunately, I found my contact easily once I reached the campground. “No worries,” my hosts said. “We’re on river time.”

Decades of cleanup work

It turns out this was the 20th Annual Iowa Project AWARE event, and an impressive 315 volunteers gathered for the big cleanup. They paddled canoes down 58 miles of the Iowa River from July 9-14, removing all kinds of junk along the way. We’re talking serious trash here, including tires, mannequin heads, appliances and farm equipment (some of it 100 years old). The crew hauled 21,360 pounds (10.7 tons) of junk from the Iowa River. An amazing 96% of this (20,520 pounds, including 161 tires) can be recycled.



The origins of Iowa Project AWARE were inspired by Chad Pregracke, “The River Rescuer,” who started a movement to help clean up the Mississippi River. Inspired by his work, three dozen volunteers spent a week during the summer of 2003 camping, canoeing and picking up trash from the Maquoketa River. That first-of-its-kind event became known as Iowa Project AWARE. It quickly became the state’s largest volunteer river cleanup.



Photo Credit: Project AWARE 2023

While it started as an Iowa Department of Natural Resources (DNR) event, Iowa Project AWARE now operates through a nonprofit organization known as N-Compass, Inc. Major partners include the Iowa DNR and the State Hygienic Laboratory at the University of Iowa. Hundreds of participants return each year for this unique event, including multigenerational family groups, youth groups, church groups and scouting groups.

One gentleman I met said his kids grew up participating in Iowa Project AWARE. Now they plan their vacations around this annual, can’t-miss event.

Diligent volunteers make a difference

Even though they’re on “river time,” these volunteers work hard. They’ve cleaned the Boone River, Maquoketa River, Cedar River, Lower Des Moines River, Wapsipinicon River, Big Sioux River, Iowa River, Little Turkey, Turkey and Volga Rivers, West and East Nishnabotna Rivers, Cedar River, Winnebago River, Shell Rock River, Middle and North Raccoon River, English River and Little Sioux River.

The Iowa Project AWARE team is just as diligent about tracking results as cleaning up Iowa’s rivers. In the past 20 years, 6,223 volunteers from across the country have been part of this effort. They’ve cleaned 1,429 river miles of nearly 1 million pounds (979,480 pounds, to be exact) of trash. A majority (81%) of this trash has been recycled. Wow!

I checked in with my friend Jodi Henke from Norwalk and her daughter Michaela, who started volunteering with Project AWARE in 2021 and helped clean up the Iowa River this summer.

“Hearing a loud ‘whoop!’ from around the river bend means someone found something cool – probably their first tire,” Jodi shares. “Also, some of the nicest people you’ll ever meet are wet, filthy dirty, stinky and so proud of the trash they collect. We totally believe in what we’re doing. Every piece of trash we pull out of the river is one less thing to potentially harm the environment.”

For someone like me who cares about Iowa’s water quality, that’s great news. It also speaks to the goodness of Iowans. There’s nothing quite like Iowa Project AWARE in any other state. These volunteers know it’s all good when you’re on river time.

Darcy Dougherty Maulsby lives near her family’s Century Farm northwest of Lake City. Visit her at www.darcymaulsby.com.





IOWA ELECTRIC COOPERATIVE LIVING

The magazine
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September 2023

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