

South Dakota Electric

Your Touchstone Energy® Partner 

Cooperative Connections

FEBRUARY 2017 VOL. 69 NO. 2



Electricity
Is at the Heart of
the Home P8-9

A woman with dark hair, wearing a maroon sweater, is leaning over a bed, tucking a young child into bed. The child is wearing a red shirt and is sleeping. The bed has a white sheet with a pattern of small stars and hearts. A bedside lamp with a white shade and a wooden base is lit, casting a warm glow. The room is dark, suggesting it is nighttime.

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South Dakota Electric Cooperative Connections

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Southeastern Electric, Marion, S.D.
Traverse Electric, Wheaton, Minn.
Union County Electric, Elk Point, S.D.
West Central Electric, Murdo, S.D.
West River Electric, Wall, S.D.
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Brenda Kleinjan, Editor
Dawn Trapp, Communications Specialist

Editorial

Born in Politics



Ed Anderson
General Manager, South Dakota
Rural Electric Association

be firmed up.

Attempts by Milbank Attorney Leo P. Flynn and other leaders ran into opposition in the 1939 session. And the 1941 session. As this group eyed the 1943 legislative session (the Legislature met every two years then), they realized a need to more firmly gather the independent local rural electric associations into one voice.

As Chuck Cecil wrote in his book, *Going the Extra Mile*, "Almost from the beginning the rural electric cooperatives found every possible obstacle would be put in their way."

Cecil continues, "A more formal consortium could bring the individual cooperatives together to work on four basic areas of cooperation. They could help one another provide the highest quality electric service at the lowest possible cost. They could share and provide informational programs to stimulate growth and solidarity. Together they could provide security for the electric cooperative program and with an official organization, they could come together to conduct activities as a collective body and be a united voice to enact legislation needed on the state level and oppose legislation deemed harmful to the movement."

On Dec. 7, 1942, the group formed what would become the South Dakota Rural Electric Association.

For the 1943 session, rural electric patrons were asked to come to Pierre and spend time with their local elected officials. While the turnout garnered attention and even earned the group the moniker, "The Pitch Fork Gang," the needed legislation did not pass that year. Nor did it pass in 1945.

Cecil again notes in his book, "Going the extra mile in the South Dakota Legislature was an uphill battle. And the hill was covered in slippery gumbo."

By the start of the 1947 legislative session, 20 entities were operating in the state delivering electricity to an estimated 40,000 farms. Yet, they still needed the legislation that would solidify their standing.

They were finally met with success when, on Feb. 26, 1947, Gov. George T. Mickelson signed the long-sought REA Act of 1947.

"It took eight years of sweat, blood and tears to get it into South Dakota Lawbooks. It remains as one of SDREA's most important legislative accomplishments."

How true Cecil's words are. From our beginning, SDREA has worked to ensure that the 345,000 South Dakotans served by the state's electric cooperatives have their voices heard. We're proud of our heritage and look forward to the next 75 years.

This year, the South Dakota Rural Electric Association turns 75. And, an important piece of our legislative history turns 70.

By 1942, a group of early cooperative leaders had been working for several years to get legislation passed in the South Dakota statehouse which would allow citizens to take advantage of lending programs available through the federal Rural Electrification Administration, which was established in 1936. Rural electric systems were forming in the state, but their standing as cooperatives needed to

Downed and Dangerous

Downed power lines can be deadly. ALWAYS assume a downed power line is live and avoid going near it or anything in contact with it.

Use Precaution

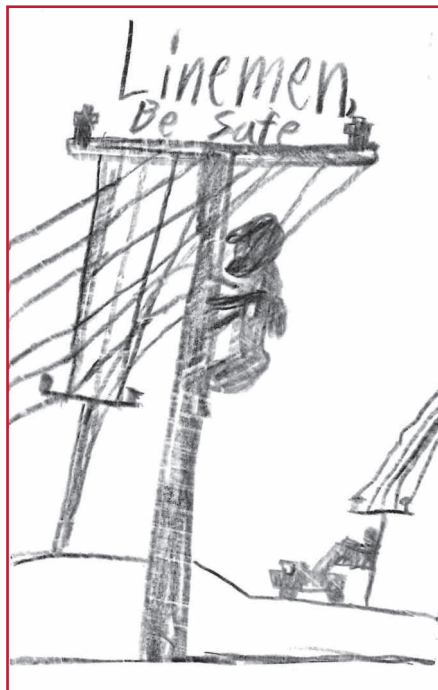
- Downed power lines can energize the ground up to 35 feet away.
- If you see a downed power line, immediately notify local authorities.
- Never drive over downed power lines or through water that is in contact with them.
- Never try to move a downed power line. Even using items that typically are not conductive will not prevent injury or death.

Know What to Do

- The safe way to move away from a downed power line is to shuffle away with small steps, keeping your feet together and on the ground at all times.
- If your car comes in contact with a downed power line while you are inside, stay in the car. Do not touch any part of the car's frame or any other metal. Use a cell phone or honk your horn to summon help. Allow only rescue personnel to approach the car.
- If your car is in contact with a downed power line and you must exit due to fire or another imminent threat:
 - Do not touch your vehicle and the ground at the same time with any part of your body or clothing.
 - Open the door to your vehicle without touching the metal door frame.
 - Jump out of the vehicle with both feet together and so both feet land at the same time.
 - Shuffle away so that the toe of one foot shuffles forward along the length of the other foot, ensuring that both feet are in constant contact and always touching the ground.
- If someone comes in contact with a downed power line or something else that has become electrified, call 911 immediately.
- Never touch someone who has come in contact with a power line. They are energized and pose a danger to anyone who comes in contact with them.
- Remember power lines don't have to fall in order to be dangerous. Always call 811 before you dig and keep yourself and your equipment at least 10 feet from overhead power lines.

Source: esfi.org

Kids' Corner Safety Poster



"Linemen – Be Safe."

Colt Kopren, 9 years old
Colt is the son of Randy and Heidi Kopren, Bison, S.D. They are members of Grand Electric Cooperative, Bison, S.D. Colt's dad is a lineman.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

92nd Legislative Session

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Bountiful Brunch



Favorite Breakfast Bake

- | | |
|-----------------------------------|--------------------------------|
| 1 lb. sausage, cooked and drained | 1/4 cup milk |
| 2 cups frozen hash browns, thawed | 1/2 tsp. salt |
| 1 pkg. crescent rolls | 1/4 tsp. pepper |
| 1 cup shredded Cheddar cheese | 2 T. onion, sliced thin |
| 5 eggs, beaten | 2 T. green pepper, sliced thin |
| | 2 T. Parmesan cheese |

Pat crescent rolls into a 9x13-inch pan that has been sprayed with cooking spray. Spoon sausage over top. Sprinkle on hash browns and Cheddar cheese. Combine eggs, milk, salt and pepper. Gently pour over all. Top with onions and green pepper. Sprinkler with Parmesan cheese. Bake at 375°F. for 30 minutes.

Jane Ham, Rapid City

Ultra-flexible Ham and Veggie Quiche

- | | |
|---|---|
| 1 refrigerated pie crust (half of a 14.1 oz. pkg.) or 8-inch frozen deep-dish pie crust | deli ham, ham steak or honey-glazed ham |
| 1/2 cup sliced green onions or finely chopped white, yellow or red onions | 1/2 cup (2 oz.) shredded sharp Cheddar cheese or provolone or Monterey Jack |
| 1/2 cup vegetable of choice, such as shredded carrots or thinly sliced asparagus, baby green beans or shredded zucchini | 6 eggs |
| 1/2 cup chopped baked ham or | 2/3 cup half-and-half (or 1/3 cup milk and 1/3 cup cream) |
| | 1/2 tsp. salt |
| | 1/4 tsp. black pepper |

Prepare crust, if necessary, according to package directions. Layer onions, carrots (or other vegetables), ham and cheese in crust. In a medium bowl, combine eggs, half-and-half, salt and pepper. Whisk until frothy. Pour mixture over veggies and ham. Bake, uncovered, at 350°F. until the top is set and light golden brown, about 50 minutes. Remove from oven and cool 10 minutes, then slice and serve.

Judy Bierle, Utica

Overnight French Toast

- | | |
|---------------------|-------------------|
| 1/2 cup butter | 5 eggs |
| 3/4 cup brown sugar | 1/2 cup milk |
| 1 tsp. cinnamon | Dash salt |
| 12 slices bread | Vanilla, to taste |

Melt butter in a 9x13-inch pan. Add brown sugar and cinnamon. Put bread in 2 layers across pan. Mix remaining ingredients; pour over bread. Refrigerate overnight. Bake, uncovered, at 350°F. for 30 minutes. Invert on tray and serve.

Mary Jessen, Holabird

Cinnamon Crunch Cake

- | | |
|---|---|
| 2 cups flour | 1 package (2-layer size) white cake mix |
| 1/2 cup firmly packed brown sugar | 1 egg |
| 1/2 cup granulated sugar | 1 cup sour cream |
| 2 T. McCormick® Cinnamon, Ground | 1/4 cup (1/2 stick) butter, melted |
| 1 cup (2 sticks) cold butter, cut into chunks | 1 tsp. McCormick® Pure Vanilla Extract |

Mix flour, sugars and cinnamon in large bowl. Cut in cold butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Set aside. Beat cake mix, egg, sour cream, melted butter and vanilla in large bowl with electric mixer on medium speed about 1 minute or just until mixed. Spread evenly in greased and floured 13x9-inch baking pan. Sprinkle evenly with topping mixture. Bake at 350°F. for 30 to 35 minutes or until cake pulls away from sides of pan. Cool on wire rack. Cut into squares to serve. Makes 24 servings.

Blueberry Crumb Cake: Prepare topping and batter as directed. Spread batter in baking pan. Sprinkle with 1 cup blueberries, then the topping mixture. Bake 45 minutes.

Nutritional Information Per Serving: Calories 265, Total Fat 13g, Cholesterol 41mg, Sodium 226mg, Carbohydrates 34g, Dietary Fiber 1g, Protein 3g

Pictured, Cooperative Connections

Eggs Benedict Casserole

- | | |
|-------------------------|-----------------------------------|
| 8 large eggs | 3/4 lb. Canadian bacon, diced |
| 3 cups milk, divided | 6 English muffins, diced |
| 3 green onions, chopped | 1 (.9 oz.) pkg. hollandaise sauce |
| 1 tsp. onion powder | 1/4 cup butter |

Whisk eggs, 2 cups milk, onions and onion powder together in a large bowl until well mixed. Spray 9x13-inch baking dish with cooking spray. Layer half the Canadian bacon in prepared baking dish. Spread English muffins over meat and top with remaining Canadian bacon. Pour egg mixture over casserole. Cover baking dish with plastic wrap and refrigerate overnight. Sprinkle casserole with paprika; cover with aluminum foil. Bake at 375°F. until eggs are nearly set, about 30 minutes; remove foil. Continue baking until eggs are completely set, about 15 additional minutes. Whisk hollandaise sauce mix with 1 cup milk in a saucepan. Add butter and bring to a boil, stirring frequently. Reduce heat to medium-low, simmer and stir until thickened, about 1 minute. Drizzle sauce over casserole to serve.

Cortney Reedy, Tea

Egg Bake

- | | |
|---------------------------------|------------------|
| 1/2 lb. sausage | 1/2 cup Bisquick |
| 1/2 cup shredded Cheddar cheese | 1 cup milk |
| 2 eggs | |

Mix together; pour into pie plate. Bake at 400°F. for 25 to 30 minutes.

Diana Gillick, Tea

Please send your favorite seafood, appetizer or beverage recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in June 2017. All entries must include your name, mailing address, telephone number and cooperative name.

Energy Efficient Trees?

How landscaping can help you save energy



Patrick Keegan
Collaborative Efficiency

Dear Pat: This year, I am planning to redesign my yard. Are there landscaping features I can incorporate that will help my home be more comfortable indoors? – Nancy

Dear Nancy: Late winter and early spring are great times to think about changes you want to make to your home's landscape. While the goal of most lawn and garden projects is to bring beauty to

your outdoor space, a well-designed project can also improve your energy bill, increase the overall value of your home and provide additional benefits, such as reduced noise pollution, optimized water use and cleaner air around your home.

The two best strategies for improving the energy efficiency of your home with landscaping are to incorporate shading in the summer and wind blocking in the winter.

Summer shading

According to the U.S. Department of Energy, shading your home is the most cost-effective way to reduce heat gain from the sun and reduce your air conditioning costs in the summer. Having more plants and trees in your yard can reduce the air temperature by up to 6 degrees Fahrenheit.

Planting deciduous trees on the south, southwest and west sides of your home can cut heating during hot summer months, while allowing sunlight through during the fall and winter, when the trees have lost their leaves. When planting trees, consider the expected shape and height of the mature trees and where they will shade your home. A tree with a high mature height planted on the south side of a home, for example, will provide all-day roof shading in the summer, while a lower tree on the west side of your home can protect your home from the lower afternoon sun.

Plant trees an appropriate distance away from your home so they do not disrupt your foundation or your roof as they grow. While it will be five to 10 years before a newly planted tree will begin providing shade to your roof, it can start shading windows immediately. Incorporate other plants to provide near-term shade.

Shrubs, bushes and vines can quickly shade windows and walls.

Also consider any paved areas around your home and how you can shade them during the summer. Think about walking across your driveway barefoot on a hot July afternoon – if your driveway or patio is unshaded, it is probably quite difficult. That absorbed heat is also reflecting onto your home, causing your air conditioner to work even harder. You can use trees, hedges and other landscaping structures such as arbors to shade these paved areas.

Wind-blocking techniques

If your home is in an open area without many structures around it, cold winter winds may be increasing your heating bills. A windbreak on your property can help deflect these winds over your home. The most common type of windbreak uses a combination of conifer (evergreen) trees and shrubs to block wind from the ground to the top of your home. For the best windbreak effect, plant these features on the north and northwest sides of your home at a distance of between two and five times the height of the mature trees. Incorporating a wall or fence can further assist with the wind break.

Another insulating technique is to plant shrubs and bushes closer to your home, but at least one foot away. The space between these plants and your home is “dead air space,” which helps insulate your home during winter and summer months.

The particular landscaping strategies you should focus on will depend on your climate zone. If you live in a hot, arid climate, you should focus on maximizing shading to your roof and windows for much of the year, while a home in a hot, humid climate will want to maximize summer shade.

Regardless of where you are located, if you live near power lines, talk with your electric co-op about how far away newly planted trees should be from these lines before making any final design decisions to your yard.

This column was co-written by Pat Keegan and Amy Wheelless of Collaborative Efficiency. For more ideas on energy efficient landscaping, please visit: www.collaborativeefficiency.com/energytips.

This column was co-written by Pat Keegan and Amy Wheelless of Collaborative Efficiency. For more ideas on efficiency apps and how to save energy, please visit: www.collaborativeefficiency.com/energytips.

REED Fund Receives \$10 Million as USDA Launches Re-lending Program to Reduce Rural Poverty

The Rural Electric Economic Development, Inc. (REED) will receive a Community Facility Direct Re-lending Program loan in the amount of \$10 million for relending in South Dakota rural communities. USDA Rural Development's Tim Potts was in Madison to recognize them.

"The long standing partnership USDA has with both REED represents the immense value of the organization and the vital role they have in supporting our rural South Dakota communities," said Bruce Jones, U.S. Department of Agriculture rural development acting state director. "This funding will enable the organization to bolster opportunity to our communities through relending, thereby supporting essential community facilities that South Dakotans rely on."

As a re-lender, REED will loan funds to applicants primarily for projects in or serving high poverty areas or persistent poverty counties eligible under the Community Facility Loan program.

Eligible applicants for the loans financed through the Community Facilities Re-Lending Program may use the REED funds to purchase, construct and/or improve essential community facilities, purchase equipment and pay related project expenses. Examples of allowable facilities include health care facilities (such as hospitals, medical or dental clinics or assisted-living facilities); public facilities such as town halls or courthouses; street improvements; community support facilities such as child care or community centers, fairgrounds or transitional housing; public safety facilities; and educational facilities such as museums, libraries, colleges and public or private schools.

REED provides business and community project financing in partnership with commercial and other economic development lenders to leverage private investment and make a difference in the region it serves. Established in 1996 and governed by 22 electric cooperatives, it assists projects that promote growth and contribute to job, business and wealth creation, as well as improve the infrastructure, community facilities/services and economic base of rural areas.

The financing announced in December two unique features. First, private financial institutions, including Bank of America and others, will be providing guarantees for a portion of the loans. Second, the recipient community development organizations, or "re-lenders," may also have an opportunity to secure grants provided by seven of the nation's premier philan-



Pictured from left to right are Chris Studer, chief member and public relations officer (REED); Dee Anne Newville, secretary of the board (REED); USDA Rural Development Community Programs Director Tim Potts; Daniel Webster, chairman of the board (REED); Greg Hollister, treasurer of the board (REED); Tim McIntyre, vice chair of the board (REED); and Linda Salmonson, economic development manager at East River Electric Power Cooperative in Madison, S.D.

thropic organizations through a \$22-million fund to assist in managing and capacity building. The Mary Reynolds Babcock Foundation will manage this grant fund.

The project is led by the U.S. Department of Health and Human Services in collaboration with USDA, the Department of Labor, the Corporation for National and Community Service, the Appalachian Regional Commission, the Delta Regional Authority, the Annie E. Casey Foundation, the W.K. Kellogg Foundation and other philanthropic partners.

USDA expects the financing will serve as a catalyst for additional investment. Many of the community developers already have established relationships with other private and philanthropic funders. The ability to relend money could foster greater leveraging of private and philanthropic investments in rural communities.

Since 2009, USDA Rural Development (@USDARD) has funded nearly 9,200 community facilities such as schools, public safety and health care facilities; invested nearly \$13 billion to start or expand nearly 112,000 rural businesses; helped 1.1 million rural residents buy homes; and helped bring high-speed Internet access to nearly 6 million rural residents and businesses. USDA also has invested \$31.3 billion in 963 electric projects that have financed more than 185,000 miles of transmission and distribution lines serving 4.6 million rural residents. For more information, visit www.usda.gov/results.

To read more about USDA's investments in rural America and its successful turnaround, visit USDA's entry on Medium.com, Rural America Is Back in Business.

For more about the REED Fund, visit <http://www.reed-fund.coop/reed>

Electricity is the Best Choice

for cost-savings and the environment

Paul Wesslund

KEITH DENNIS SAYS ELECTRICITY IS A GOOD ENERGY choice for the environment. He cites a thought-provoking list of reasons in his peer-reviewed article published in *The Electricity Journal* in November 2015, titled “Environmentally Beneficial Electrification: Electricity as the End-Use Option.”

Dennis is the senior principal of end-use solutions and standards at the National Rural Electric Cooperative Association (NRECA). His article challenges basic assumptions about electricity and the environment that make a difference for top-level policymakers, as well as for co-op members.

His focus on water heaters and heat pumps is especially significant since heating water and air account for more than half of a home’s energy use.

Here are answers Dennis gave to questions about the research behind his article:

A central claim in your article is that an electric water heater has less environmental impact than a natural gas water heater. How can this be true, when burning natural gas emits less greenhouse gas than burning coal, which generates about a third of our nation’s electricity?

Technologies have gotten so advanced that a water heater in your home can be 200 percent or more efficient at converting electricity into heat. It does this by taking some of the energy out of the surrounding air in what’s called a heat pump.

Heat pumps are being used more and more for space heating and more recently, heat pump technology is being used in water heaters.

And a natural gas water heater actually burns the gas in your home. So you need to vent that air out of your home through a flue. To do that, you

are essentially making large holes in your home and pumping air in and out, reducing energy efficiency.

Explain the contention in your article that



buying a gas water heater locks you out of future improvements in efficiency.

Once you install a gas appliance in your home, you are stuck with that technology for its 10- to 20-year life. During that time, solar panels and wind turbines will be generating a bigger share of the nation's electricity. Coal power plant efficiency will be improving. The only way to benefit from those trends would be to have an electric appliance.

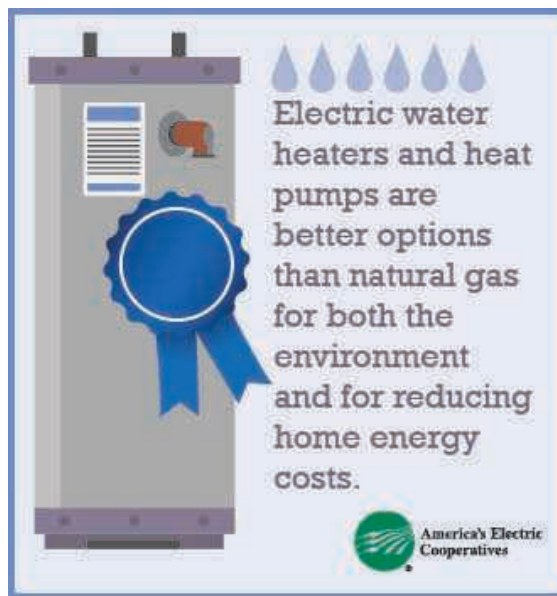
You make a point that using an electric appliance can make you part of a broad, national solution to improving energy efficiency.

In addition to the high efficiency of the electric appliance itself, there are electric system efficiencies that can be achieved through the ability to choose the time when you use the electricity. For example, your water heater is able to operate as a type of battery and better batteries are part of what's needed to make renewable energy more useful. Solar panels only make electricity when the sun shines and wind turbines only make electricity when the wind blows. A hidden value of water heaters is that they can serve as a storage technology – the water they heat stays hot for a long time because they are well insulated. An electric car can work the same way – once it's charged, it stores energy for when it's going to be driven. By storing energy when it is available and then using it when it is needed, these technologies are increasing the overall efficiency of our energy resources.

Many electric co-ops have load-control programs that take advantage of that energy storage ability to more effectively manage the flow of power. Those load control programs return that value to the co-op member by helping pay some of the up-front costs for these more efficient appliances through rebates or other incentives.

You claim there's a huge flaw in the way we calculate a lot of the leading energy efficiency standards, from ENERGY STAR® ratings to construction standards. How do they miss the mark?

The formulas being used to calculate energy efficiency for these major programs don't take into account several realities. Those include the increases in renewable energy and natural gas to generate electricity, power plant efficiencies, load management programs and other advantages of electricity we've talked about in this interview. Those metrics for calculating energy efficiency were designed before a lot of these trends. Despite these trends, the metrics still treat all electricity as coming from inefficient coal plants. That's just clearly wrong.



These incorrect efficiency metrics lead to bad energy decisions. In my article, I quote the Natural Resources Defense Council as saying that these metrics “have serious deficiencies for the purpose of setting a product standard; they are simply not the right numbers to inform good standards decisions.”

NRECA and others have been working with policymakers to change those metrics. What is the status?

Very positive. It's a long bureaucratic process, but we are hoping that the Department of Energy and the Environmental Protection Agency will work with us to address these issues. Along with the environmental community, the renewable energy community and other energy stakeholders, we have begun that process.

You conclude your article with the bold statement that “incentivizing beneficial electrification with appliances available today would immediately reduce carbon dioxide emissions.”

For policymakers and co-op members, more and more you are going to see the ability to achieve end-use emissions reductions and energy efficiency improvements by choosing electric end-use options over direct fossil fuel use like oil, natural gas, gasoline and diesel. This will achieve energy efficiency, cost savings and environmental benefits.

Paul Wesslund writes on cooperative issues for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Santa Leaves, Europa Rages

ELECTRIC COOPERATIVES THROUGHOUT WESTERN SOUTH Dakota and the northern half of the state experienced outages incurred in Christmas Day storms which brought blizzard, strong winds, freezing rains and even lightning strikes to South Dakota, North Dakota and Minnesota. The storm was named Europa.

At the height of the storm, 23,000 South Dakotans served by 21 of the state's 28 cooperatives were without power either Sunday or Monday. Some would remain without power until Jan. 2.

Scores of line workers from eight South Dakota cooperatives began arriving at five of the hardest-hit cooperatives Monday afternoon, Dec. 26. As other cooperatives made repairs, they, too, sent crews. In all, crews from 16 South Dakota cooperatives and 15 cooperatives in Iowa, Minnesota and Wisconsin assisted with repairs at the hardest-hit cooperatives as did more than 100 workers from private contractors.

When the damage was totaled, the storm affected power

along more than 5,000 miles of power line operated by the state's electric cooperatives. (This distance is comparable to driving from Aberdeen, S.D., to Seattle, Wash., to San Diego, Calif., to Dallas, Texas, and back to Aberdeen.)

The storm also affected cooperatives' transmission suppliers, which bring electricity to local substations.

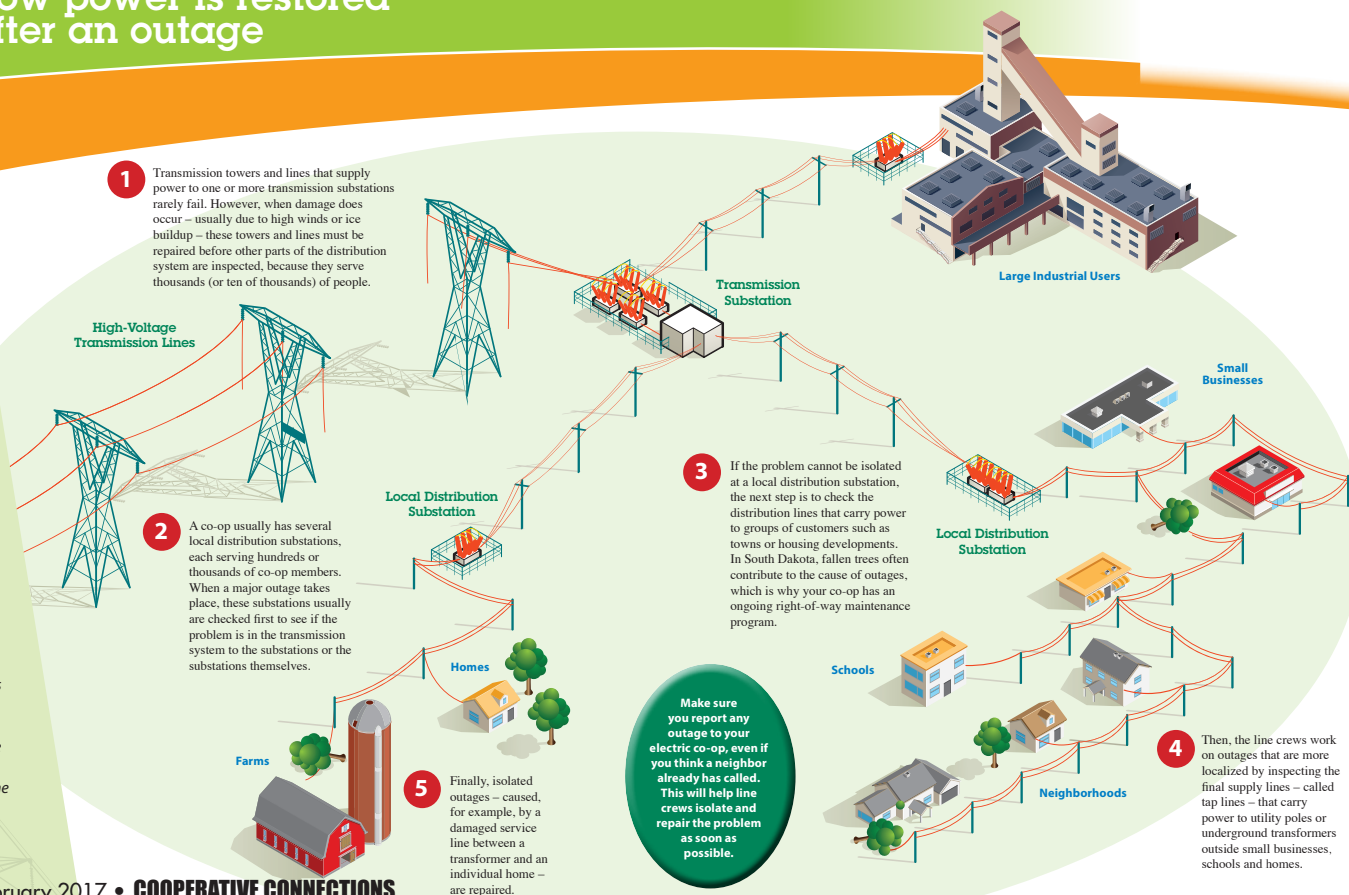
East River Electric Power Cooperative, headquartered in Madison, S.D., had damage in northeastern South Dakota from the Watertown and Clear Lake area north to the North Dakota border. Western Area Power Administration lines were also affected in the Summit area, where all three of its feeds to the Summit substation were damaged, keeping the substation offline until Dec. 31. On the second day of the storm, East River had 10 substations without power.

South Dakota's 28 distribution cooperatives provide electricity in each of the state's 66 counties and serve more than 120,000 South Dakota homes, farms/ranches and businesses.

How power is restored after an outage

Restoring the power after a severe storm involves much more than just flipping a switch at a substation or pulling a fallen tree off a downed power line. Highly trained workers from local electric cooperatives, crews from neighboring states and specialists from the South Dakota Rural Electric Association work together around the clock to restore service.

Shown here are the steps co-ops follow in restoring power. At each stage, the primary goal is getting the greatest number of co-op members back online in the shortest time possible.



WINTER STORM EUROPA

CHRISTMAS DAY 2016

23,000 Members without power

5,300 miles of line impacted

20 co-ops with outages

2,900 poles damaged



Codington-Clark Electric crews make repairs in Grant County.



Southeastern Electric line-man Jeff Slack compares ice diameter to a soda can.



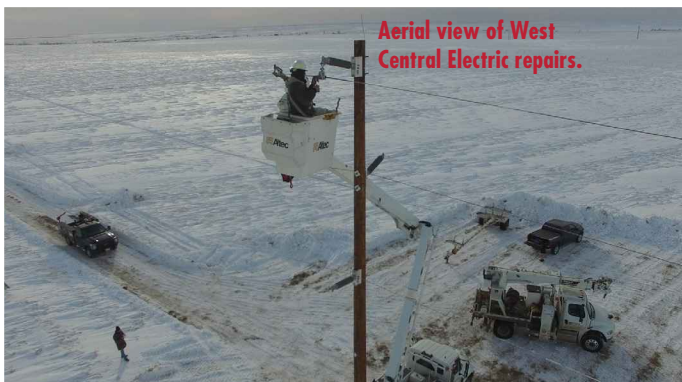
More than 2,900 poles were downed in the storm.



Crews from four states, including South Dakota, worked on repairing storm-related damages.



Crew briefing at Lake Region Electric.



Aerial view of West Central Electric repairs.



Conductor line encrusted in ice.



Deep snow in western South Dakota hampered ability to get to impacted areas.



East River Electric Journey Lineman Ken Clements repairs a transmission line damaged in the storm.

Where Are They Now?

Rural Electric Youth Tour Alumni Walk Varied Paths

By Brenda Kleinjan

IN 1963, ELECTRIC COOPERATIVES IN SOUTH Dakota started sending teenagers to Washington, D.C., for a week of learning, sight-seeing and meeting with our nation's leaders.

Since then, more than 1,300 students representing South Dakota cooperatives have made the trek which is held each June.

For some participants, the experience serves as a catalyst to explore public service and ways to enrich their communities. For others, it reinforces a sense that the wide open prairies are where they belong and are needed.

After a stint as the Student Association President at South Dakota State University and then finishing a master's degree there, 2008 Youth Tour alum Ben Stout now works to advocate for South Dakota farmers as part of the South Dakota Department of Agriculture.

Stout is the southeast ag development specialist for the Division of Agricultural Development, which assists with the development and promotion of agriculture and agricultural products in the state of South Dakota.

Stout, originally from Philip, S.D., represented

West Central Electric Cooperative in Murdo, S.D., on the tour.

Also representing West Central that year on the trip was Faith Begay of Lower Brule.

After earning an undergraduate degree at Stanford University and a master of public policy degree from Duke University, Begay can be found in Washington, D.C., where she works as a special assistant in the Office of the Assistant Secretary-Indian Affairs in the U.S. Department of Interior in Washington, D.C.

During the 2016 Youth Tour, Faith organized a meeting for the South Dakota and Wisconsin Youth Tour participants to meet with the Assistant Secretary of Indian Affairs, Principal Deputy Assistant Secretary Indian Affairs Larry Roberts, a member of the Oneida Tribe of Indians of Wisconsin.

During the meeting, Begay related to students the importance of getting involved in community and working for change.

A participant from the 1960s reflected on his experience in an e-mail to organizers last fall.

"I went on the 1968 Youth Tour, courtesy of Codington-Clark Co-op," said Maynard Resen,



referring to the Watertown, S.D.,-based cooperative which sent the South Shore native on his first trip to the nation's Capitol.

"It was a great trip, especially for a farm kid who 'didn't get out much.' The introduction to the sights in our nation's capitol was priceless and although I've been back several times, the memories of that first exposure as a teenager have stayed with me," said Resen, who now lives in Wolcottville, Ind.

"The functioning of our government became more understandable on that trip. I'm glad you are still taking young people there for that orientation," Resen wrote.

The connections Resen wrote of resonate through the years.

"The experience awakened me in ways I never thought possible. I think I realized that I really wanted to give back to the community that I reside in. I not only cover the news with my job, I have a real passion for focusing on where my tax dollars are used," said Kevin Larsen, who represented Central Electric Cooperative in Mitchell S.D., on the 2006 trip. Originally from Howard, S.D., Larsen is the news director for KCCR radio in Pierre, S.D.

Viewers of the *Coyote News* broadcast at the University of South Dakota will see Youth Tour alum Nick Nelson in the anchor seat this semester. Nelson, who is from Newell, S.D., represented Butte Electric Cooperative on the 2014 tour.

"What I picked up from Youth Tour was a great fascination with how the government is run in Washington. It gave me an opportunity to get a closer look at what I've seen in the news for a while. If anything, it influenced me to dive deeper and seek a career in journalism to report on many of the things I experienced on Youth Tour," Nelson said.

That insight into how government works is one that influenced others as well, no matter when they participated.

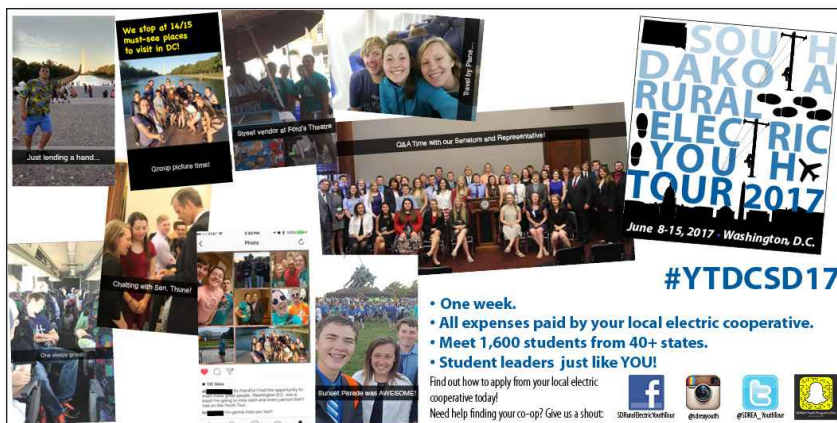
"It was an absolute trip-of-a-lifetime, take lots of pictures – you're going to have so much fun," said Sandra (Hohbach) Sieg as she delivered an impromptu message to the 2016 delegation as they boarded the bus for the ride to the airport. Hohbach was in their seat nearly 45 years prior when she represented what was then Tri-County Electric Association in Plankinton, S.D., on the 1972 trip. (Tri-County is now Central Electric.)

Sieg is project and risk management director for the Sioux Falls Federal Credit Union. The group was holding its annual meeting at the hotel the students were departing from.

"Because the trip offered opportunities to visit the major historical landmarks of D.C., I'll never forget how awestruck I was to see the huge memorials, the White House, the Capitol and the Washington Monument. That experience combined with the chance to see where and how our federal government worked, instilled a sense of patriotism and loyalty to the USA that I still have today," Sieg said. "It was truly humbling to walk through the same halls where history was made by patriots and some of our country's greatest leaders."

Another thing stands out for Sieg.

"In addition, the devastating Rapid City flood occurred while our group was in D.C. I'll never forget the empathy and



compassion shown to members of our group from Rapid City who were worried about how their family and friends might be affected by the flood. It was as true then as it is today – South Dakotans always pull together during times of crisis to support those in need – I witnessed that first hand on this trip," Sieg said. The following year, Sieg's sister, Lynette participated on the trip.

Also in that group was Koreen (Blomberg) Anderson who was representing Grand Electric Cooperative in Bison, S.D.

"The Youth Tour had a very profound, lasting impact on me. Washington, D.C., became a reality rather than just something one hears about," said Anderson, a marketing and grain accountant at the Lemmon, S.D. location of Southwest Grain, a division of CHS Inc. "It was educational, it was fun, it was many 'firsts' for me. Now many years later, I enjoy hearing the stories that participants share after attending the Youth Tour."

Electric cooperatives in South Dakota and western Minnesota are taking applications for the 2017 Youth Tour. Contact your local electric cooperative for more information on the program.



Left: Sandra (Hohbach) Sieg participated in the 1972 Youth Tour. A chance encounter with the 2016 delegation had her sharing words of advice for last summer's delegation.

Above: Among the participants in the 1973 tour pictured here was Sieg's sister, Lynette, and Koreen Anderson. **Opposite Page:** Youth Tour Alum Faith Begay talks to the 2016 delegation at the U.S. Department of Interior.

Staying Alive

Keeping the Beat Going with Hands-Only CPR

HEARTS OF THE VALENTINE VARIETY MAY BE SYNONYMOUS with the month of February, but the hands might be key in keeping that heart beating.

Local hospitals, first responders and organizations such as the Red Cross and American Heart Association conduct CPR training. And, in recent years, the American Heart Association has been advocating “hands-only” CPR for those who may not have traditional CPR training. The idea is simple – starting chest compressions early is important in many cases.

The American Heart Association recommends

using the method for teens or adults whom a witness sees collapse suddenly.

Performing hands-only CPR can increase the chance of someone near the victim taking action. In a national survey*, Americans who had not been trained in CPR within the past five years said they would be more likely to perform Hands-Only CPR than conventional CPR on a teen or adult who collapses suddenly. Hands-Only CPR is an easy-to-remember and effective option for people who have been trained in CPR before, but who may not remember the steps of conventional CPR. *Data on

From the American
Heart Association

HANDS-ONLY CPR

CPR can double or even triple a person's chance of survival.

#CPRSAVESLIVES



LEARN THE TWO SIMPLE STEPS:

1. Call 911
2. Push hard & fast in the center of the chest

**2 STEPS
TO SAVE
A LIFE**



heart.org/handsonlycpr

©2016, American Heart Association. DS10261 5/16

skills performance are from the 2005 CPR Anytime study using an "untrained" control group. Data about confidence/willingness to act are from a 2007 national survey in which Americans who were trained within the past five years were almost twice as likely as those not trained or not trained in the past five years (45 percent vs. 24 percent) to say they'd begin CPR immediately in a real emergency.

Are there times when I should use conventional CPR with breaths?

Yes. There are many medical emergencies that cause a person to be unresponsive and to stop breathing normally. In those emergencies, conventional CPR that includes mouth-to-mouth breaths may provide more benefit than Hands-Only CPR. The American Heart Association recommends CPR with a combination of compressions and breaths for:

- ♥ All infants (up to age 1)
- ♥ Children (up to puberty)
- ♥ Anyone found already unresponsive and not breathing normally
- ♥ Any victims of drowning, drug overdose, collapse due to breathing problems or prolonged cardiac arrest

Now that I know about Hands-Only CPR, do I still need to learn CPR with mouth-to-mouth breaths?

CPR is a skill that can be improved with practice. The American Heart Association continues to recommend that you take a CPR course to practice and learn the skills of CPR, including giving chest compressions and breaths. People who have had CPR training are more likely to give high-quality chest compressions, which include compressions at the correct depth and rate, proper chest recoil and minimal interruptions in chest compressions. They are more confident about their skills than those who have not been trained (or have not been trained in the past five years). Even a very short CPR training program that you can do at home, such as the 20-minute CPR Anytime® program, provides skills training and practice that can prepare you to perform high-quality chest compressions.

In addition, there are many medical emergencies that cause a person to be unresponsive and to stop breathing normally. In those emergencies, CPR that includes mouth-to-mouth breathing may provide more benefit than Hands-Only CPR. Some examples include those listed above.

If I was trained in CPR that includes breathing (30 compressions to 2 breaths) and I see an adult suddenly collapse, what should I do?

Phone 9-1-1 and start CPR.

If you have been trained to provide CPR that includes compressions and breaths, it is best to provide the conventional CPR that you learned (CPR with a ratio of 30 compressions to 2 breaths). Continue CPR until an AED arrives and is ready for use or EMS providers take over care of the person.

If you have not been trained to provide CPR that includes chest compressions and breaths, provide Hands-Only CPR. Continue Hands-Only CPR until an AED arrives and is ready for use or EMS providers take over care of the person.

For more information on CPR, contact your local health provider, local EMS service, the American Heart Association or the Red Cross.

2016 HANDS-ONLY CPR FACT SHEET

Why Learn Hands-Only CPR?

Cardiac arrest — an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs — is a leading cause of death. Each year, over 350,000 out-of-hospital cardiac arrests occur in the United States.

♥ When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby.

♥ According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

Be The Difference For Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.

♥ 70 percent of out-of-hospital cardiac arrests happen in homes.

♥ Unfortunately, only about 46 percent of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.

♥ Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest at home, at work or in public. It can double or even triple a victim's chance of survival.



Music Can Save Lives

♥ Hands-Only CPR has just two easy steps: If you see a teen or adult suddenly collapse, (1) Call 9-1-1; and (2) Push hard and fast in the center of the chest to the beat of the disco song "Stayin' Alive."

♥ During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. The beat of "Stayin' Alive" is a perfect match for this and research shows that people are more likely to remember the correct pace when trained to the beat of a familiar song.

Take 60 Seconds To Learn How To Save A Life

♥ Watch the 60-second demo video. Visit heart.org/handsonly-cpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. You can also find a CPR class near you.

***NOTE:** The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose or people who collapse due to breathing problems.*

Regional Dateline

December 15-March 31

South Dakota Snowmobile
Trails Season, Lead, SD
605-584-3896

January 18-26

38th Winter Art Show
Spearfish, SD, 605-642-7973

January 19-21

Snowmobile Rally
Deadwood, SD, 605-578-1876

January 20-21

ISOC Deadwood SnoCross
Showdown, Deadwood, SD
605-578-1876

January 21

Bark Beetle Blues Crawl
Custer, SD, 605-440-1405

January 21

Tommy: A Bluegrass Opry by
the HillBenders, Spearfish, SD
605-642-7973

January 27-February 5

Annual Black Hills Stock Show
& Rodeo, Rapid City, SD
605-355-3861

February 3-4

Who Got Greased? Murder
Mystery Dinner Theater
Elks Lodge, 705 Circle Drive
Aberdeen, SD, 605-380-9743

February 3-5

Winterfest of Wheels Car Show
Sioux Falls, SD, 605-231-3100
www.winterfestofwheels.com

February 4

Twenty One Pilots in Concert
Sioux Falls, SD, 605-367-7288



To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.

February 4

LHIA Fishing Derby
11 a.m. to 3 p.m., City Boat
Landing Access Point
Lake Hendricks, MN

February 7-11

Winter Farm Show
Watertown, SD, 605-886-5814

February 10-11

Strawbale Winery Valentine
Twilight Flights, Renner, SD
605-543-5071

February 10-12

35th Annual Black Hills Sport
Show and Outdoor Expo
Rapid City, SD, 605-394-4115

February 11

Ben Folds with the South
Dakota Symphony
Sioux Falls, SD, 605-367-6000

February 11

Sioux Empire on Tap
Sioux Falls, SD, 605-367-7288

February 16-18

Sioux Falls Sno Jam Comedy
Festival, Sioux Falls, SD
siouxfallssnojamcomedyfest@
gmail.com

February 16-19

Steel Magnolias Community
Theater, Spearfish, SD
605-642-7973

February 17-19

Sioux Empire Wacipi
Sioux Falls, SD, 310-922-1886

March 4-7

Summit League
Basketball Championship
Sioux Falls, SD, 605-367-7288

March 11-12

2017 Gun Show, American
Legion Hall, Saturday 9 a.m.
to 5 p.m., Sunday 9 a.m. to
3 p.m. MST, Philip, SD
605-859-2635, 605-859-2280
605-859-2892 or
605-859-2219

Events of Special Note

March 24-26

Black Hills Home Builders
Home Show, Rushmore Plaza
Civic Center, Rapid City, SD
blackhillshomebuilders.com

April 8

Winefest Renaissance
Aberdeen, SD, 605-225-8714

March 17-18

28 Below Fatbike Race
Lead, SD, 605-584-3435

March 18-19

Black Hills Motorcycle Show
Rushmore Hall, Rushmore
Plaza Civic Center
Rapid City, SD, 605-394-4115

March 24-25, March 31-April 1

59th Annual Schmeckfest
Freeman, SD, 605-925-4237

March 31-April 2

Professional Bull Riders
Built Ford Tough Series
Sioux Falls, SD, 605-367-7288

April 7-8

Forks, Corks and Kegs
Food and Wine Festival
Deadwood, SD, 605-578-1876

April 14-16

Sioux Empire Film Festival
Sioux Falls, SD, 605-367-4616