

South Dakota Electric

A Touchstone Energy® Cooperative 

May 2020 Vol. 72 No. 5

Cooperative Connections

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training.
Safe &
reliable
power.



Linemen play a critical role in our mission to provide reliable, affordable electricity. Tough training and a focus on safety is behind everything they do. Simulated field operations and emergency-response training are ways Basin Electric invests in their safety and in providing reliable power to you.



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POWER COOPERATIVE**

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South Dakota Electric Cooperative Connections

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EDITORIAL

May is National Electrical Safety Month

May is National Electrical Safety Month and the Electrical Safety Foundation International (ESFI) is launching its annual effort to help reduce electrically-related fatalities, injuries, and property loss. This year's campaign theme is "Smart Home," which showcases resources focusing on the lifesaving devices that keep a home smart and secure.

"ESFI wants to help you make your home safe, smart, and secure. Having a smart home doesn't mean you need a new home, you just need the right equipment to keep your family safe," said ESFI President, Brett Brenner. "Smart homes let you save money and save time."

The average American home is around 40 years old and does not have an adequate electrical system to meet today's demands. ESFI is educating consumers on the devices that can meet their home's electrical needs: ground-fault circuit interrupters (GFCIs), surge protective devices (SPDs), arc-fault circuit interrupters (AFCIs), and tamper resistant receptacles (TRRs). These devices are all required in new or renovated homes according to the National Electrical Code.



ELECTRICAL SAFETY

While Working From Home

Do you have a home office or work from home? Follow these electrical safety tips to keep you and your home safe from electrical hazards.



1

Avoid overloading outlets.



2

Unplug appliances when not in use to save energy and minimize the risk of shock and fire.



3

Regularly inspect electrical cords and extension cords for damage.



4

Extension cords should only be used on a temporary basis.



5

Never plug a space heater or fan into an extension cord or power strip.



6

Never run cords under rugs / carpets, doors, or windows.



7

Plug in smartly. Make sure cords do not become tripping hazards.



8

Keep papers and other potential combustibles at least **three feet away** from space heaters and other heat sources.



9

Make sure you use proper wattage for lamps / lighting.



10

Make sure your home has smoke alarms. Test them monthly, change batteries yearly, and replace the unit every 10 years.

Wherever you work, it's always important to be safe.



www.facebook.com/ESFI.org

www.twitter.com/ESFIIdotorg

www.youtube.com/ESFIIdotorg

10 Steps to Avoid Scams

There are thousands of new scams every year and you can't keep up with all of them (we know, we try!). But if you can just remember these 10 things, you can avoid most scams and help protect yourself and your family.

- 1) Never send money to someone you have never met face-to-face.** Seriously, just don't ever do it. And really, really don't do it if they ask you to use wire transfer, a prepaid debit card or a gift card (those cannot be traced and are as good as cash).
- 2) Don't click on links or open attachments in unsolicited email.** Links can download malware onto your computer and/or steal your identity. Be cautious even with email that looks familiar; it could be fake.
- 3) Don't believe everything you see.** Scammers are great at mimicking official seals, fonts and other details. Just because a website or email looks official does not mean that it is. Even Caller ID can be faked.
- 4) Don't buy online unless the transaction is secure.** Make sure the website has "https" in the URL (the extra s is for "secure") and a small lock icon on the address bar. Even then, the site could be shady. Check out the company first at BBB.org. Read reviews about the quality of the merchandise and make sure you are not buying cheap and/or counterfeit goods.
- 5) Be extremely cautious when dealing with anyone you've met online.** Scammers use dating websites, Craigslist, social media and many other sites to reach potential targets. They can quickly feel like a friend or even a romantic partner, but that is part of the con to get you to trust them.
- 6) Never share personally identifiable information with someone who has contacted you unsolicited, whether it's over the phone, by email, on social media, even at your front door.** This includes banking and credit card information, your birthdate and Social Security/Social Insurance numbers.
- 7) Don't be pressured to act immediately.** Scammers typically try to make you think something is scarce or a limited time offer. They want to push you into action before you have time to think or to discuss it with a family member, friend or financial advisor. High-pressure sales tactics are also used by some legitimate businesses, but it's never a good idea to make an important decision quickly.
- 8) Use secure, traceable transactions when making payments for goods, services, taxes and debts.** Do not pay by wire transfer, prepaid money card, gift card or other non-traditional payment method. Say no to cash-only deals, high pressure sales tactics, high upfront payments, overpayments and handshake deals without a contract.
- 9) Whenever possible, work with local businesses that have proper identification, licensing and insurance, especially contractors who will be coming into your home or anyone dealing with your money or sensitive information.** Check them out at BBB.org to see what other consumers have experienced.
- 10) Be cautious about what you share on social media and consider only connecting with people you already know.** Be sure to use privacy settings on all social media and online accounts. Imposters often get information about their targets from their online interactions and can make themselves sound like a friend or family member because they know so much about you.

Source: www.bbb.org



Utility service has never been more important.

If you're planning landscaping or any other digging projects, contact 811 first – the kids telelearning and adults telecommuting will thank you.

Call 811 or go to your state 811 center's website before digging.

Call 811.com/811-your-state




Stay safe during social distancing by calling 811 before starting any new project, so you can stay connected to the internet and utility services you rely on.

Call 811 or go to your state 811 center's website before digging.

Call 811.com/811-your-state



KIDS CORNER SAFETY POSTER



"Do not play around electrical boxes."

Kayla Engelbrecht, 9 years old

Kayla is the grand-daughter of Alan and JoAnn Engelbrecht, Brandon, S.D. They are members of Sioux Valley Energy, Colman, S.D.

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.

Comforting Casseroles

Chicken-Broccoli-Rice Casserole

1 lb. chicken tenders or boneless skinless chicken breasts, cut into 1-inch strips	2 tsp. onion powder
1 cup long grain rice	1-1/2 tsp. rosemary leaves, crushed
1-1/2 cups Kitchen Basics® Original Chicken Stock	1/2 tsp. pepper
1 cup milk	1/2 tsp. salt
2 tsp. garlic powder	2 cups fresh or frozen broccoli florets
	1 cup shredded Cheddar cheese

Spread chicken and rice in greased 2-quart baking dish. Mix stock, milk and seasonings in medium bowl with wire whisk until well blended. Slowly pour over chicken and rice. Cover with foil. Bake at 400°F. for 45 minutes. Remove foil. Stir in broccoli. Sprinkle with cheese. Bake, uncovered, 15 minutes longer or until rice has absorbed all the liquid and broccoli is tender. Makes 6 (1 cup) servings.

Nutritional Information Per Serving: Calories 317, Total Fat 9g, Cholesterol 69mg, Sodium 492mg, Carbohydrates 31g, Fiber 1g, Protein 28g

Pictured, Cooperative Connections

Ham and Rye Casserole

1 cup chopped onion	1 (8 oz) pkg. American cheese, cubed
1/2 cup chopped celery	2-1/2 cups milk
1/4 cup butter	3 eggs
4 cups cubed rye bread	1-1/2 tsp. prepared mustard
1 (8 oz.) pkg. ham, cut into strips or may use cubed ham	Salt and pepper, to taste

In a saucepan, saute onion and celery in butter until tender. In a 2-quart buttered baking dish, combine onion, celery, bread, ham and half the cheese. In a bowl, beat together milk, eggs, mustard, salt and pepper until well blended. Pour over all; top with remaining cheese. Bake at 350°F. for 1 hour or until golden brown and puffed.

Martha Mehlhaff, Aberdeen, SD

Corn Casserole

1 cup broken spaghetti, uncooked	1/2 cup milk
1 can cream-style corn	1 can whole kernel corn
1 cup cubed processed cheese	Diced onions, optional
	Salt and pepper to taste

Combine all ingredients in a 1.5-quart casserole. Bake at 350°F. for 1 hour, stirring after the first 30 minutes.

Emily Luikens, Tea, SD

Cheesy Potato Beef Bake

1 lb. ground beef	2 tsp. butter
2 (4 oz. each) cans mushroom stems and pieces, drained	1 tsp. salt
2 (5-1/4 oz. each) pkgs. au gratin potatoes	1/2 tsp. seasoned salt
4 cups boiling water	1/2 tsp. pepper
1-1/3 cups milk	1 cup shredded Cheddar cheese

In a skillet over medium heat, cook beef until no longer pink; drain. Place in a greased 9x13-inch baking pan. Top with mushrooms. Combine potatoes and contents of sauce mix packets, water, milk, butter, salt, seasoned salt and pepper. Pour over beef and mushrooms. Cover and bake at 400°F. for 30 minutes or until heated through. Sprinkle with cheese. Bake, uncovered, for 5 minutes longer or until cheese is melted. Let stand 10 minutes before serving.

Stephanie Fossum, Hudson, SD

Please send your favorite dairy, dessert or vegetarian 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 2020. All entries must include your name, mailing address, telephone number and cooperative name.

Five Steps

to a Clear Decision on New Windows



Pat Keegan

Collaborative Efficiency

Sometimes home improvement projects can grow into something bigger.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency.

For more information on choosing windows, please visit: www.collaborativeefficiency.com/energytips.

Dear Pat and Brad: Thanks for answering my question last month about replacing older windows. Clearly there are benefits in addition to energy savings, so we've decided to go ahead with replacing our windows. Can you offer any tips on deciding which new windows to purchase? – Grace

Dear Grace: I'm glad to hear you're thinking this through. Here are five tips I'll offer as you think about the types of new windows you should purchase.

Think beyond windows. Sometimes home improvement projects can grow into something bigger. And that's not necessarily a bad thing. There are advantages to replacing windows and siding at the same time, for example. You could consider adding rigid foam insulation to the exterior wall before installing siding. You could also pump some additional insulation into the wall cavities. These measures will reduce heat loss through the wall and make your home more comfortable. Another advantage of replacing siding as you replace windows is to make it easier to install flashing around the window. Flashing is what prevents water from making its way into the wall from the outside.

- 1) **Are you replacing doors, too?** Maybe you'd like to reduce or increase the size of one or more windows. A larger window can let in more light and transform a room. A smaller window that lets in less sunshine can make a room less likely to overheat in the summer. Remember that high-efficiency windows are less efficient than a well-insulated wall, so increasing or decreasing window area can impact heating and cooling costs.
- 2) **What is your type?** Do you want fixed-pane units that don't open at all? Or casement windows that open with a crank? How about sliders or double-hung windows that open from the top and bottom? Maybe awning-style options that open out from the bottom? A bay window can add extra space and light. There are so many options that can fit many different situations. I recommend a thorough search online, or visit a local window store to see examples of these styles.
- 3) **Frame the issues.** If the number of styles wasn't bewildering enough, now you get to choose the frame and sash (the inner frame that holds the glass). Vinyl is the least expensive and most common option; it can also be quite energy efficient and does not require painting. Vinyl frames vary greatly in quality and the less expensive models may be susceptible to warping. Aluminum is an affordable option, but if the frames don't have a thermal break, they can lose heat and cause condensation. Wood windows offer high quality – but the biggest drawbacks are the price and maintenance requirements. There are wood options with vinyl cladding that never need painting. Fiberglass and composite windows are a newer option that fall between vinyl and wood in quality and price.

Also, you may be able to save money by not doing a full window replacement. If your existing frames and sills are free of rot and in good condition and you aren't looking to make any alterations to the walls around them, you could look into replacing the glass and keeping the existing frames.

- 4) **Glass assemblies.** Single-pane windows no longer meet building codes. Your two choices are double- and triple-pane. An add-on that is often well worth the price is a low-E coating that reflects heat back into the room. You can also boost energy efficiency with windows that have either Argon or CO2 gas between the panes.
- 5) **Compare the numbers.** Fortunately, there's an easy way to compare the efficiency of windows. Almost all windows are independently tested and rated by the National Fenestration Rating Council (NFRC). The most important number on the NFRC label is the U-factor. The lower the U-factor, the more efficient the window is. It's best if the window has an ENERGY STAR® label, but the NFRC label will tell you which ENERGY STAR® window is more efficient.

I hope these tips help in the decision of choosing your new windows. Remember, you'll have to live with them for several years, so be sure to do your research and consider all options. And because new window installation is a complicated process, it's best to have them installed by a qualified professional with solid references.

WITC receives 2020 Climate Leadership Award

The Wyoming Integrated Test Center (ITC) was awarded an 'Innovative Partnership Certificate' at the 2020 Climate Leadership Awards in Detroit, Mich., recognizing the pioneering initiative that has brought together private and public leaders to drive the next generation of clean energy technology in the heart of coal country.



Awardees are honored for exemplary corporate, organizational and individual leadership in reducing carbon pollution and addressing climate

change in their operations and strategies.

The ITC is located at Basin Electric's Dry Fork Station, a coal-based power plant located near Gillette. The plant processes sub-bituminous coal from the Western Fuels' Dry Fork Mine. The ITC provides space for researchers to test, in a real-life setting, carbon capture, utilization and sequestration technologies.

"Basin Electric supports the ITC because our cooperative believes in an all of the above energy generation strategy, utilizing multiple sources of fuel to serve our members. This critical research could help unlock a means to continue using an abundant and reliable fuel source while reducing our carbon footprint," said Paul Sukut, Basin Electric CEO and general manager. "It's exciting to see the ITC being recognized for their important research that will not only be a benefit to our members, but also the communities in which we live."

Another initiative that Basin Electric supports is CarbonSAFE in both North Dakota and Wyoming. These projects are focused on investigating the feasibility of practical, secure and permanent geologic storage of carbon dioxide emissions from coal-based electricity generation. Basin Electric provided letters of commitment for the Wyoming project, outlining up to \$1.5 million in cash and/or in-kind services to support that work.

More information about the Climate Leadership Award winners is available at <https://www.climateleadershipconference.org/awards/>

Self-Care and Resilience Strategies

It is essential to take care of yourself. Just as you would tend to an acute physical injury by seeking support, alleviating symptoms of pain and taking steps to ensure recovery, the same is true for an emotional or psychological challenge or obstacle. And, just as the human body is often ingenious in the way it can mend itself, so too the mind and heart can be incredibly resilient.

Building and Engaging Resilience

Below are some tips for taking care of yourself and engaging your resilience. Please feel free to use those ideas that you find most useful and continue to engage your own coping strategies.

Physical self-care

- Get enough sleep
- Get regular physical activity
- Eat regular, well-balanced meals
- Reduce alcohol and caffeine consumption

Emotional self-care

- Know your vulnerabilities
- Get help early on if you are feeling overwhelmed
- Use relaxation skills that work best for you
- Listen to music that soothes you
- Re-establish a routine, if possible

Social self-care

- Be aware of withdrawal and isolation
- Get nurturance/care from loved ones
- Use friends and family and community for support

Spiritual self-care

- Use religious and/or spiritual resources and communities
- Read inspirational works
- Pray
- Practice gratitude

Remember to:

- Recognize signs of stress and look after yourself
- Identify what you can and cannot change
- Accept your limitations
- Keep expectations realistic

Checklist for Resilience:

Ask Yourself These Questions

- What are my strengths?
- What has helped me endure previous difficult times?
- What healthy things can I do to soothe myself when I'm faced with uncertainty?
- Is there something I can do to influence what will happen next? If so, what?
- What are my resources to increase my resilience?
- How can I ask for what I need?

https://doh.sd.gov/documents/COVID19/Strategies4Self-Care_Resilience.pdf



A DEADLY MISTAKE

Family Shares Grief to Teach Others

Shayla Ebsen

sebsen@eastriver.coop

June 7, 2016, is a day that will be forever imprinted in Greg McCann's mind. It began as a normal June day on his farm in southeastern South Dakota. The crops had been planted and, like every year in June, they were needing to be sprayed. Greg's 35-year-old son, Grant, helped out on the farm and planned to spray the fields that day.

"He went and got the sprayer filled and ready. After he got the sprayer ready and conditions were right, well, then, he went to spray," said Greg. "He called me to see if I could move an irrigator for him and that was the last time I talked to him. He entered the field and the driveway to the field went under a power line."

Unfortunately, Grant didn't drive far enough into the field. He stopped at an angle close to the power lines. As he began unfolding the 90-foot sprayer booms, they touched the energized power line, which instantly electrified the tractor.

"He tried to call Wayne, the young man who runs my farm, but he wasn't able to get through because there was so much static, so we don't know what happened after that," said Greg.

The sprayer was caught in a Bon Homme Yankton Electric Cooperative distribution power line. Co-op Electrician Kevin Meyer was just a few miles away when he and his apprentice received an outage call.

"A radio call came across that another neighbor farmer was out of power as it started out as an individual outage," said Meyer. "We packed up our tools and stuff and left the yard. As we were leaving the yard, I received another call from a supervisor saying that we got a call that there's a



Thirty-five-year-old Grant McCann was involved in a fatal accident involving a sprayer and a power line in 2016.

**There's
no fix.
There's no
second
chances."**

sprayer that looks like it might have made contact with a line that's probably the first place to go and it's looking like we have more consumers out."

Meyer and his apprentice didn't know what they might discover but knew they had to move fast.

"As we're rolling up on scene, one neighbor was there sitting on the road on his four-wheeler and he just said someone is down in front of the tractor," said Meyer. "It was very tough to see other than you could see someone was there but didn't know who it was and at that particular time, I knew that it could be Greg, Grant or my cousin, Wayne. So, in all that, you're mentally preparing yourself for what you're about to discover."

What they would discover is that Grant made a mistake that would end his life. Rather than staying in the cab and waiting for help, he had stepped out of the sprayer.

"The consequences of that mistake took my only son," said Greg. "He was my friend, my partner, my confidant. Now every day I remember that terrible morning and I see Grant lying dead on the ground. There's no fix. There's no second chances."

No one can know what was going through Grant's head at the moment he left the cab. But Greg wants others to learn from that mistake, so it doesn't happen to anyone else.

"If Grant would've stayed in the tractor and not touched anything, I think he'd be here today. But he didn't," said Greg. "I don't want anyone to have to experience the sadness and the emptiness that I and Grant's family and friends are experiencing and will be experiencing for a long, long time."

The consequences of that mistake took my only son.

Do you know what to do if a vehicle you're in contacts a power line? First, stay in the vehicle and call 911 for help. If you must exit the vehicle because of a fire, tuck your arms across your body and jump clear of any wires with your feet together, never touching the equipment and ground at the same time. Then shuffle or hop at least 40 feet away with your feet together. Stay away

from the equipment until the authorities tell you it is safe.

"People get in a hurry and they don't regard the risk as a risk and one mistake and it's too late," said Greg. "The consequences are so grim and terrible, that there's no good reason not to be really careful and be aware of where you're at and the machinery you're using and where it's located. Once it's done, there's no turning back."

With the spread of COVID-19 into our region as well as the pandemic's financial impacts, everyone has a lot on their mind this year. Letting distractions take your mind away from work in the fields significantly increases the likelihood of farming accidents. Minimize distractions and stay focused in the fields. If you notice your mind wandering at any point, bring it back to the task at hand.

As we enter this year's planting and spraying seasons, remain aware of where electrical equipment is located when you're working on the farm and remember the steps to take if your equipment contacts a power line. You could save your life, or the life of someone you love. Visit poweringyoursafety.com to learn more.



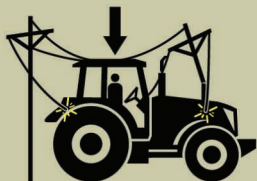
Touchstone Energy® Cooperatives



PoweringYourSafety.com

KNOW WHAT TO DO IF YOU HIT A POWER LINE

STAY PUT



If your equipment contacts a power line, stay inside.

DO NOT EXIT. Call 911.

JUMP CLEAR



If you must exit due to a fire, jump from the equipment so that no part of your body touches the equipment and ground at the same time. Hop or shuffle with your feet together at least 40 feet away.

STAY AWAY



When you are clear of the area, call for help and keep others away. **DO NOT** approach your vehicle again until utility crews and emergency responders tell you it is safe.



NRECA CEO Jim Matheson speaks to electric cooperative leaders during the NRECA annual meeting in New Orleans, La.

CO-OP PARTICIPATION IS KEY TO LEGISLATIVE WIN

Erin Kelly

NRECA

Passage of the RURAL Act showed how powerful electric cooperatives can be advocating on legislation before Congress and created a roadmap for future successes, NRECA CEO Jim Matheson told co-op leaders gathered in New Orleans, La., in February at the association's annual meeting.

"It's a great feeling, for me and for the entire team at NRECA, when we get to work with you to put a win on the board that means something in the communities we serve together," Matheson said.

Co-op leaders, employees and consumer-members worked with NRECA last year to mount an intense, campaign-style effort to convince lawmakers to pass the RURAL Act to save co-ops' tax-exempt status.

Some co-ops were facing the prospect of paying taxes this year because of a provision in the 2017 Tax Cuts and Jobs Act that redefined government grants as income. Any co-op that accepted grants to restore service after storms or bring broadband service to rural communities risked losing its tax-exempt status by exceeding the 15 percent limit on non-member revenue.

In December, Congress fixed the problem by passing the RURAL Act, which says that government grants do not count as income for co-ops. Of more than 100 proposed changes to the 2017 tax bill, the RURAL Act was one of two tax issues that was considered as part of the year-end budget agreement.

"We had several other legislative victories at the end of last year, important victories," Matheson said. "But the RURAL Act stands



Ciara Nelson carried the South Dakota flag as part of the NRECA annual meeting opening ceremonies. Nelson was the state's delegate to the Youth Leadership Council.

out for what we accomplished together. We addressed an injustice, and we fixed it. And we did it on our own. We elevated our bill above politics. We made it local – about fairness to our members. And I firmly believe we have more successes like this in our future.”

The key to winning that vote was leveraging the stellar reputation that co-ops enjoy in Washington, he said.

“You have this credibility, you have this experience, you have this mission, and you have this ability to make a difference,” Matheson said. “People in Washington don’t trust practically anyone these days, but they trust us. They trust you. I think about it all the time: How do we turn our members’ reputation – your reputation – into our members’ success – your success.”

He said NRECA has enhanced that reputation through its “Co-op 101” program, which educates new members of Congress about co-ops and reintroduces the broad importance of co-ops to experienced lawmakers.

“By doing these things, we successfully built an even stronger reputation for being community-focused, for nonpartisanship, and for being part of the solution,” Matheson said. “Today, when you look across the political landscape, we’re the most respected, most effective energy organization in Washington on both sides of the aisle.”

Co-ops must continue to engage in politics to protect and grow their community and business interests, he said.

“Don’t step back from politics, stride into it,” Matheson urged. “I know your voice matters to our leaders because I watch as they listen to you and what you care about.”

He asked co-op leaders to work with NRECA to continue to strengthen co-ops’ influence in Washington.

“We’ve got a great success under our belt, now our task is to build on it,” Matheson said. “Electric co-ops are essential to the national interest because we have an unparalleled national presence. We share a great mission as a membership.

“Now we’re called to expand it. We serve a unique purpose – from our communities to Congress – and now we must live it. The moment is all about who we are and what we stand for. I’m proud of the work we do together, and I’m excited for the journey ahead.

Co-ops Must Become ‘Trusted Energy Investors’

Electric cooperatives must go beyond being members’ trusted energy advisers to become “trusted energy investors” that offer innovative solutions accessible to everyone, NRECA President Curtis Wynn told co-op leaders at NRECA’s annual meeting.

“In this new role as trusted energy investor, I want to make the case that, through well-planned and smart investments, we can make the next generation of electric cooperatives a reality for all of our members,” said Wynn, who is also president and CEO of Roanoke Electric Cooperative. “It matters to the future of our co-ops.”

Wynn offered several examples of innovative investments:

- Alfalfa Electric Cooperative in Cherokee, Oklahoma, and its generation and transmission co-op, Western Farmers Electric Cooperative, helped convert the heating and cooling systems at all three Cherokee schools from natural gas to electric heat pumps. At Cherokee High School, which was using an aging natural gas system and space heaters, the electric heat pumps reduced winter gas consumption by at least 85 percent and the total energy bill by more than 20 percent.
- At Roanoke, the co-op offers energy audits to low-income members to help make their homes more energy efficient and lower their monthly electric bills. The Upgrade to Save program, modeled after similar co-op efforts in Kentucky and Kansas, makes improvements to members’ homes, and the members pay the co-op back each month out of the average energy savings created by the efficiency upgrades.
- Co-ops are increasingly interested in helping bring electric buses to their local school districts. In Minnesota, Dakota Electric Association and Great River Energy were the first co-ops to partner on an electric school bus and are sharing data with other co-ops about what they’ve learned from their two-year pilot program.

“America’s electric co-ops can be a force for the future,” Wynn said. “We must act boldly, with purpose and with a sense of urgency.”

Wynn left co-op leaders with three suggestions: Use NRECA, its partners and the co-op network to address common challenges in new ways; consider new adaptive business strategies that seize opportunities to become trusted investors behind the meter; and be inclusive about addressing the needs of all members, especially those with significant energy burdens.

“In all things, just remember: It matters to the overall health of our network,” Wynn said. “It matters to our cooperative and the communities we serve. And, most importantly, it matters to our member-owners.”

Lyon-Lincoln Electric Cooperative General Manager Tim O’Leary, right, joined West River Electric Association director Jamie Lewis on the Federated Rural Electric Insurance Exchange board of directors representing Region VI.





3M ABERDEEN PLAYING CRITICAL ROLE IN COVID-19 RESPONSE

Plant Is Producing Millions of N95 Respirators

Ben Dunsmoor

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Standing outside the 430,000-square-foot 3M plant in Aberdeen, S.D., you can hear the whirl of productivity. The Aberdeen plant makes N95 masks which have been one of the most crucial pieces of personal protective equipment for frontline personnel responding to the COVID-19 pandemic.

Andrew Rehder, the manager of the 3M Aberdeen plant, told *Bloomberg Businessweek*, in a story published in March, that the Aberdeen plant has been operating at ‘surge capacity’ since the end of January.

“I just think as we’ve continued to see things spread across the world, it’s put more responsibility on us to make sure that every day and every minute we’re making every mask we can,” Rehder told Bloomberg.

It has also put a responsibility on Northern Electric Cooperative to ensure the 3M plant has a consistent and reliable source of power. Northern Electric has served the plant with electricity since it was constructed in 1974.



N95 respirators are loaded onto a jet at the Aberdeen Regional Airport in April. The masks produced at the 3M Aberdeen plant are being shipped directly to areas of the country that need them the most. (Photo Courtesy: 3M Twitter account / twitter.com/3M)

“We know the 3M plant in Aberdeen is playing a critical role in the response to this global pandemic,” Northern Electric Cooperative CEO/General Manager Char Hager said. “Northern Electric also recognizes that our co-op plays a crucial role in supplying 3M with reliable electricity and we take that responsibility seriously.”

The masks being produced in Aberdeen are being shipped across the country just as fast as they are being manufactured. A jet has been sitting at the Aberdeen Regional Airport during April to transport N95 respirators from the Aberdeen plant directly to areas of the country that need them most.

3M CEO Mike Roman said in a blog post on the company’s website that 500,000 masks were shipped from the Aberdeen plant at the end of March to New York and Seattle. Both of those cities have recorded some of the largest number of COVID-19 cases in the country. 3M expects a total global output of 1.1 billion masks this year and they are planning investments in the next 60 to 90 days that will double that capacity to 2 billion masks globally within the next 12 months.

“We continue to act with urgency to address this crisis from every angle and do all we can to protect our heroic nurses,

doctors and first responders,” Roman said in a statement on the company’s website.

This isn’t the first time the Aberdeen plant has been called upon to increase production during an emergency. The plant has also played a critical role in making masks for the SARS, bird-flu and H1N1 outbreaks, as well as the Mount Saint Helens’ eruption, Hurricane Katrina and numerous forest fires.

“We know the 3M plant in Aberdeen is playing a critical role in the response to this global pandemic.”

– Char Hager, Northern Electric CEO/General Manager

Northern Electric Cooperative has been in contact with local and corporate 3M managers and executives to ensure the Aberdeen plant has the power supply it needs as the company responds to the COVID-19 pandemic.

“We have communicated our response plans to 3M officials and have assured them that our crews will be ready and

available to respond to any emergency or outage,” Hager said. “We have also been in contact with our wholesale power supplier, East River Electric Power Cooperative, and we have told 3M that supplying their plant in Aberdeen with reliable electricity is the top priority for our cooperatives.”

The Aberdeen 3M plant is the city’s second-largest employer with 650 employees. But, Rehder told *Bloomberg Businessweek* that the plant now has more than 700 employees who are working around the clock to make sure health care workers and first responders across the country have the masks they need to protect them from COVID-19.

“People are very proud to work in a place that is making respirators, especially with the need that is out there now,” Rehder said.

Hager said the increased production at the plant in Aberdeen and the hard work of 3M employees is a perfect example of rural America stepping up to help the country during this time of uncertainty.

“We are proud of the work they do at the plant and we are proud of our co-op employees who are dedicated to keeping the lights on for 3M and for all our co-op members,” Hager said.

Northern Electric Cooperative is the power supplier for the 3M plant in Aberdeen which has been operating at ‘surge capacity’ since January in response to the COVID-19 pandemic.



Understanding OPIOID ADDICTION

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One in four people who are prescribed opioids struggle with addiction. This is only one statistic from the South Dakota Department of Health that resonates how powerful and potentially dangerous opioids can be.

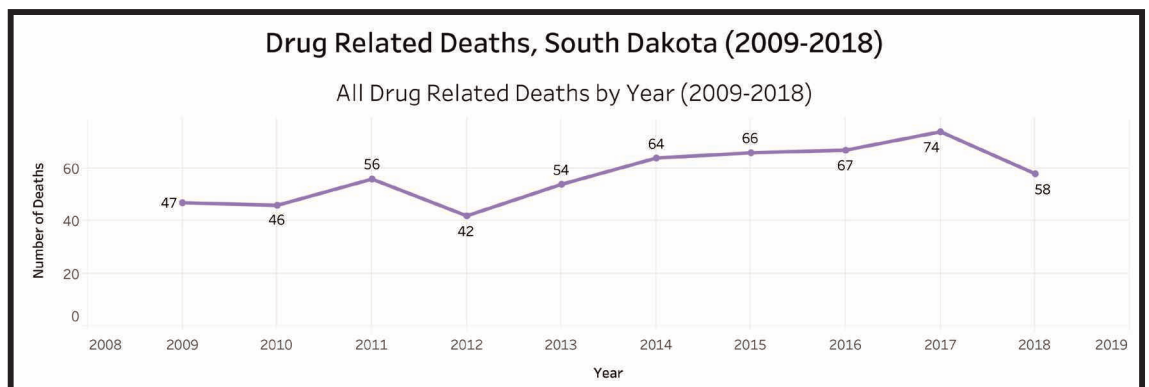
Opioids are a strong narcotic commonly prescribed for chronic pain after injury or surgery. Many know of the extreme addiction and destructive use of heroin – an unlawful opioid, but other opioid addictions may not be as visible if prescribed. A dependency can begin before anyone is aware of an addiction. Unintentional misuse or overdose of prescription opioids are also risks for anyone who takes them.

“My addiction started out very innocently. I had a back issue and so I was prescribed some Vicodin for it...and then I couldn't stop, I couldn't turn back. I felt hopeless,” said one woman from Pierre in an Avoid Opioid Prescription Addiction video. “Opioids deserve to be treated with respect. I think the seriousness of it isn't always understood by people until it's too late. People do recover and they can recover.”

An opioid addiction is actually considered a disorder and the National Institute on Drug Abuse has labeled drug addiction and opioid use disorder as a chronic disease characterized by drug use that is difficult to control despite harmful consequences. Many people mistakenly think that

Prescription Opioid Side Effects

- Increased sensitivity to pain
- Nausea and vomiting
- Constipation
- Sleepiness and dizziness
- Dry mouth, itching and sweating
- Confusion
- Low energy and depression
- Low levels of testosterone which can result in lower sex drive



those who use drugs lack willpower or moral principles and that they could stop their drug use simply by choosing to. In reality, quitting usually takes more than good intentions or a strong will.

Due to the harmful nature of these drugs, there are risks associated with taking opioids – addiction, long-term health problems, paralysis and death. In South Dakota, opioid-related deaths are lower than the national average, but the numbers have been on a steady rise since 2012.

Research shows that drug overdose deaths tend to overly impact rural communities despite having lower drug use rates than urban communities. In 2009, deaths from drug overdose surpassed deaths from motor vehicle accidents in the U.S. Sixty percent of these drug overdose deaths in rural areas are due to injection-related HIV, hepatitis C and other bloodborne infections while using illicit prescription opioids and heroin.

More in-depth statistics on opioid vulnerability assessments by county are available through South Dakota's Department of Health website or via <https://doh.sd.gov/statistics/VulnerabilityAssessment.aspx>.

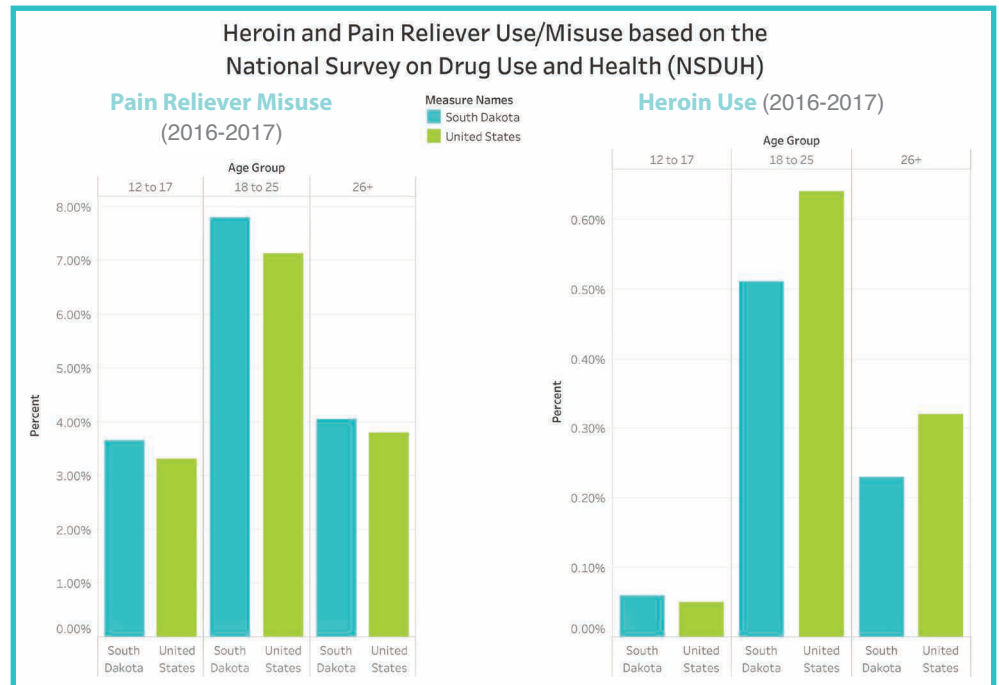
People who are addicted to opioids may seek and use them compulsively despite harmful consequences. The following are common warning signs of misuse, abuse or addiction to opioids given by South Dakota's Department of Health.

- Neglecting responsibilities at work, school or home because of drug use.
- Using drugs under dangerous conditions or taking risks such as driving while on drugs.
- Drug use that results in legal trouble such as stealing to support a drug habit.
- Drug use that causes problems in relationships such as arguments with family members and loss of friends.
- People affected by drug addiction may stop participating in activities they once enjoyed and may use drugs even when they realize the drugs could be causing problems.

Source: South Dakota Department of Health

Commonly Prescribed Opioids

- Actiq
- Astramorph
- Codeine
- Conzip
- Demerol
- DepoDur
- Dilaudid
- Duragesic
- Duramorph
- Endocet
- Exalgo
- Hydrocodone (Vicodin)
- Hydromorphone
- Fentanyl
- Lorcet
- Lortab
- Meperidine
- Methadone
- Morphine
- MS-Contin
- Norco
- Oxycodone (Oxycontin/Oxecta)
- Percocet
- Roxicet
- Roxicodone
- Tramadol
- Ultram
- Ventura



Resource Hotline

Call **1-800-920-4343**. Available 24 hours a day, 365 days a year. It's free and confidential.

Our trained specialists can connect you with **Opioid Care Coordination**, social support, counseling, treatment options, and services in your area.

Find out **what happens when you call the Resource Hotline**, and how we can help you or a loved one.

Opioid Texting Support

Text **OPIOID** to **898211** to connect with local resources that best fit your needs. Answer a few questions and get help for yourself or a loved one who is struggling.



Note: Please make sure to call ahead to verify the event is still being held.

May 2-3

Quilt Guild Show, Brookings, SD, 605-690-3246

May 8-9

Craft Beer Fest: Hops and Hogs, Deadwood, SD, 605-578-1876

May 9

Art Wine and Food Truck Festival, Spearfish, SD, 605-644-6585

May 15-17

Sound of Silence Tesla Rally, Custer, SD, 605-673-2244

May 15-17

State Parks Open House and Free Fishing Weekend, Pierre, SD, 605-773-3391

May 23-24

Annual SDRA Foothills Rodeo, Wessington Springs, SD, 605-770-4370

May 29-30

South Dakota Regional Senior Games, Sioux Falls, SD, Contact Nick Brady at 605-978-6924

June 4-6

Annual Black Hills Quilt Show & Sale, Rapid City, SD, 605-394-4115

June 5-6

Senior Games, Spearfish, SD, Contact Brett Rauterhaus at 605-722-1430

June 5-7

Fort Sisseton Historical Festival, Lake City, SD, 605-448-5474

June 5-7

Fish Days, Lake Andes, SD, 605-487-7694



May 9:
Traditional
Wacipi at the
Dignity Statue,
Chamberlain, SD,
605-234-5472

June 5-7

Wheel Jam, Huron, SD, 605-353-7340

June 5-7

Regional Qualifying High School Rodeos:
■ Rodeo Grounds, Wall, SD, 605-529-5868
■ Rodeo Grounds, Highmore, SD, 605-529-5868
■ Tipperary Arena, Buffalo, SD, 605-529-5868
■ Heartland Arena, Huron, SD, 605-529-5868

June 6-7

Siouxland Renaissance Festival, Sioux Falls, SD, 866-489-9241

June 11, August 13 and October 8

Kids Mystery Dinner Theater, Brookings, SD, 605-692-6700

June 12-14

Regional Qualifying High School Rodeos:
■ Tripp County Fairgrounds, Winner, SD, 605-529-5868
■ Rodeo Grounds, Sturgis, SD, 605-529-5868
■ Rodeo Grounds, Dupree, SD, 605-529-5868
■ Derby Downs Arena, Watertown, SD, 605-529-5868

June 16-21

SD State High School Finals Rodeo, Stanley County Fairgrounds, Fort Pierre, SD, 605-529-5868

June 25-27

Red Power Round Up, Fairgrounds, Huron, SD, 605-460-0197
redpowerroundup2020.com

June 26-27

Senior Games, Madison, SD, Contact Bernie Schuurmans at 605-270-3327

July 14

Rock Nobles Cattlemen 2020 Summer Beef Tour, Register Before June 1: \$20, After June 1: \$40, Worthington, MN, 507-967-2380, www.mnsca.org

October 7-8

Energize! Explore Innovative Rural Communities Conference, Milbank, SD, <https://extension.sdstate.edu>

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.