Access Energy Cooperative 2021 calendars available ▶ See Page 5





Volume 73 • Issue 9

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CONTENTS

SEPTEMBER 2020

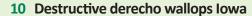
Features

6 Celebrating the career of an lowa co-op attorney

Attorney John Ward retired in August after a 56-year career serving lowa's electric cooperatives. Look back at his amazing career.

8 Apple recipes for fall

Crisp and delicious apple dishes are on the menu for fall, and co-op cooks share their favorite recipes. **PLUS:** Find out how you can receive a \$25 credit on your power bill!



On Aug. 10, a derecho left its destructive impact on Iowa. Learn how Iowa's electric cooperatives came together to restore power following the unprecedented wind storm.







Favorites

3 Statewide Perspective

Help keep lowa's roads safe this season

3 Editor's Choice Contest

Win an All-Clad® Slow Cooker!

14 Energy Matters

Low-income heating assistance guidelines

15 Out Back

Students: As you go forward ...



Help keep Iowa's roads safe this season

BY SCOTT MEINECKE

As director of safety at the Iowa Association of Electric Cooperatives, I routinely conduct safety visits and site inspections for Iowa's locally owned electric cooperatives. As I talk with lineworkers, there's one big safety concern that always comes up: They are worried about being hit by motorists when working near roadways. You can play a major role in keeping lineworkers safe on the road by moving over and slowing down.

The recent Iowa derecho showed us all the power of Mother Nature, and it served as a strong reminder of the important work lineworkers undertake. Over the next several months, you may see more electric cooperative line crews along roadways as they work to make permanent system repairs from the storm.

Please keep these timely safety reminders top of mind this fall:

Slow moving vehicles

As farmers transport equipment to the fields for harvest season, be prepared to reduce speed quickly. Remember that slow moving vehicles may have blind spots that make it difficult to see you, and many can't go any faster than 25 or 30 miles per hour. Remain patient and wait for a clear line of sight before passing.

Obstructed intersections

Approach rural intersections and railroad crossings obstructed by tall corn with caution. Wet weather and smaller vehicles like ATVs can hold down the dust on gravel roads, so don't solely rely on dust trails. Approach uncontrolled intersections blinded by crops as a stop sign.

Move over or slow down

Iowa has a move over or slow down law that says motorists must move over or slow down if they approach any vehicle stopped on the side of the road with its flashing lights activated. Even with this law in place, our lineworkers still encounter drivers who are distracted or simply fail to give them room on the road to work



safely. Get in the habit of moving over and slowing down every time you see a stopped vehicle on the side of the road. Iowa's lineworkers and their families thank you; their jobs are dangerous enough already.

Stop for school buses

Many students are back in school, which means you're going to encounter school buses. Follow these rules on two- or three-lane roads:

Approaching the bus from the rear: When you see flashing red or amber warning lights, you are not permitted to pass the school bus. Stop no closer than 15 feet from the rear of the bus and remain stopped until the stop arm is retracted and the school bus starts moving again. Proceed with caution.

■ Meeting the bus from the front: When you see amber warning lights flashing, you must slow your vehicle to no more than 20 mph and be prepared to stop. Stop in front of the school bus when the school bus stops and its stop arm is extended. Remain stopped until the stop arm is retracted. Proceed with caution.

Scott Meinecke is the director of safety and loss control at the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

Win an All-Clad[®] Slow Cooker!

Just in time for National Family Meals Month, win an All-Clad® Slow Cooker! The polished



stainless steel cooker houses a 4-quart ceramic insert that travels from cooker to table. Features include programmable timer with audible alerts, automatic and individual keep-warm functions, and a glass lid that allows viewing of contents without releasing heat.

Visit our website and win!

Enter this month's contest by visiting www.livingwithenergyiniowa.com no later than Sept. 30, 2020. 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 meat thermometer and beef and pork certificates from the July issue was Donna K. Bennett, Pella Cooperative Electric Association.

LOCAL PERSPECTIVE

Providing a balanced mix of power generation

BY KEVIN WHEELER

For most things in life, balance is healthy. The same is true of the power generation mix that delivers electricity

to your home, farm or business. Balance is a key part of the reliability Associated Electric Cooperative – the power generation cooperative for Access Energy Cooperative – works toward every day.

Associated's balanced generation mix, featuring different fuels and ways to generate electricity, ensures lights come on when you flip the switch. Coal, natural gas, wind and hydropower generation mean flexibility to meet members' needs. This mix lets Associated focus on reliability, along with providing electricity that is affordable.

By using coal and natural



gas units, members receive electricity reliably from generators designed to run around-the-clock. These plants

> can increase or decrease their power output to serve members when they need electricity.

"Keep the turbine turning so we can keep the lights burning"

Associated's maintenance programs ensure these power generators are efficient and

available when they're most needed. If one unit stops operating, others make up the difference.

Joe Bader, an Ozark Border Electric Cooperative member, is one of many Associated employees tasked with keeping plants running. Joe is a journeyman machinist/mechanic at the New Madrid Power Plant. He works on equipment that supports power production, including turbines. His motto? "Keep the turbine turning so we can keep the lights burning."

Joe says being a co-op member drives him to diligently serve. He knows families like his depend on his work for the electricity that powers their lives.

"That inspires me to do the best I can," Joe says. "No one likes to be without electricity for even a minute. My job is to ensure every piece functions so these power plants stay online."

Why members benefit from a diverse supply

Wind and hydropower also are important parts of Associated's generation mix. But there's a difference. They only produce electricity when wind and water are plentiful enough to make turbines spin. Generation from renewable sources, like solar, typically don't match members' peak use times – early in the morning on a winter day or late in the day during the summer. This mismatch is why

A mix of generation means reliable power

2019 AECI GENERATION RESOURCES

29%

Natural Gas

12%

Wind

having a diverse power supply, with a foundation of around-theclock resources like coal and gas, is important.

It's a balance

A balance of generation sources means the lights will keep burning for members throughout Access Energy Cooperative's system. More than 700 employees like Joe work for Associated at its power plants and headquarters in Springfield, Missouri. Each is a critical part of the power supply picture, and each is devoted to ensuring you have affordable, reliable electricity when you need it.

This is the second in a series of four perspective articles about power generation, transmission and distribution. In next month's issue, we'll explore how Associated works to keep costs low.

Kevin Wheeler is the general manager/CEO of Access Energy Cooperative.



Access Energy Cooperative is dedicated to exceeding members' expectations for safe, reliable and efficient service, while being a good citizen in our communities.

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Friday, 7 a.m.-3:30 p.m.
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Payments can be placed in dropbox under flag pole. Visa and MasterCard accepted.

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This institution is an equal opportunity provider.

Electric vehicle charging station installed at cooperative office

Access Energy Cooperative has installed a Level 2 Chargepoint electric vehicle charging station in the parking lot in front of our office in Mount Pleasant, Iowa, and it is available for use.

Who can use it?

The charging station is available for public use, but you must have a Chargepoint account. If you do not have a Chargepoint account, it is easy to download the app and set one up. Or you can call the number on the screen at the charging station, and they can remotely set things up for you and remotely start a charge.

Any electric vehicle can charge at a Chargepoint charging station, including a Tesla vehicle with the adaptor that came with the vehicle.

How does the charging station work?

It's easy! Simply swipe your Chargepoint card or the app on your mobile device across the screen of the charging station and follow directions



on the screen to start a charge. Or just call the 800 number on the screen, and a Chargepoint team member will help get you started.

To watch a video that shows just how easy it is to charge with our

charging station, visit Access Energy Cooperative's website or *https://bit.ly/31Rqx8z*

How much does it cost?

The current rate to use the charging station at Access Energy Cooperative is our regular single-phase rate for electric service at \$0.10 per kWh. Vehicles may park for up to four hours while charging. Vehicles parked in designated charging spots longer than four hours will be charged an "escalation fee" of \$5.00 per hour for as long as they are parked in the charging spot. The Chargepoint app can be set up to notify you when your four hours are close to being up and when your car is done charging.

Additional information is available on our website

If you have questions about charging electric vehicles, or whether or not an EV is right for you, visit our website at www.accessenergycoop.com, click on the "Going Green" tab, and then on the "Electric Vehicles" link.

ANNOUNCEMENT

2021 calendars ready to be picked up

Members can pick up the 2021 Access Energy Cooperative



calendar at our office. You can also find them at these local chamber of commerce offices: Mount Pleasant, Fairfield, Ft. Madison and Washington as well as the Burlington Welcome Center at the Port.

Next year, we will return to handing them out at our annual meeting, which is scheduled for Aug. 3, 2021.

Get notified of power outages on your mobile device

SmartHub App is available to notify you if your power is out. If you have an email address stored on your account with Access Energy Cooperative, you will receive an email notification if your power experiences a service interruption. If you don't have an email address on your account and want to add one, please call our office at 866-242-4232.

smartinu

Members can also arrange to receive a text message alerting you of any service interruptions. Just call our office and we will update your account to receive a text message.

You can opt out of this program at any time. Just call us and let us know you would like to be taken off the list.











Celebrating the venerable career

BY ERIN CAMPBELL

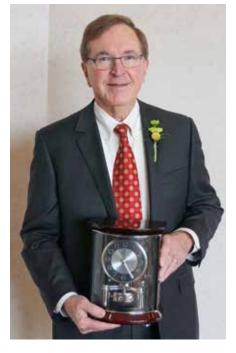
We want to introduce you to a steadfast professional who has advocated for the electric cooperative business model for over half a century. And this co-op hero doesn't wear a cape; he carries a briefcase.

John Ward, president and CEO of Des Moines-based law firm Sullivan & Ward, P.C., retired in August after a 56-year career serving electric cooperatives. Many of our readers likely have seen John at their local electric co-op annual meetings, ensuring proper protocol was being followed as the cooperative's attorney. In fact, John has attended more than 500 electric cooperative annual meetings over the decades.

John grew up in rural Iowa five miles west of Knoxville in Marion County, served by Pella Cooperative Electric Association. He worked hard on the family farm milking 30 Holstein cows, feeding sheep, and raising hogs and Hereford cattle. John recalls attending a one-room country school where a single teacher had to manage more than

"I had the opportunity to have lunch with John when I first joined CIPCO. John's knowledge of CIPCO and advice were very helpful to me starting in the cooperative world. As I learned more about John, I was amazed at how much he had supported and influenced the co-op development in Iowa, through some pretty big milestones, including supporting CIPCO's investment in the Duane Arnold Energy Center in the 1970s."

 Bill Cherrier, executive vice president and CEO, Central Iowa Power Cooperative



30 students of various ages and skill levels. John stayed on the farm until he enrolled at Drake University. After earning his Bachelor of Arts degree, he went on to Drake Law School where he worked for the Iowa Legislative Service Bureau and clerked for Wisdom, Sullivan & Golden Law Firm, which is now known as Sullivan & Ward.

After graduating from Drake Law School in 1964, John immediately began working at Wisdom, Sullivan & Golden as a clerk. Bill Wisdom, who was a senior partner at the law firm, suggested that John attend electric co-op board meetings and become familiar with co-op operations. John's first electric co-op client was Clarke Electric Cooperative in Osceola. He learned a great deal from the co-op General Manager N.T. Miller and the Clarke board of directors.

A few years later, John was selected by the National Rural Electric Cooperative Association (NRECA) to serve as a national instructor for legal seminars and continued in that role for 15 years. NRECA is the national trade association for America's electric cooperatives and provides educational and training resources to its members, among other services. John was also published several times in the pages of the Iowa Association of Electric Cooperative's monthly newsletter and magazine where he provided legal advice for farmers and co-op member-consumers.

Throughout five decades, John served as counsel to many electric generation and transmission utilities and distribution cooperatives across



of an lowa co-op attorney

America in the development of power supply and transmission arrangements and agreements. He has also provided primary representation of electric utilities in the development of financing agreements with Rural Utilities Service (RUS), National Rural Utilities Cooperative Finance Corporation (CFC), Co-Bank and other lending institutions to build and develop power supply and transmission facilities.

When looking back on his career of serving electric cooperatives, one project John is most proud of involved licensing the Duane Arnold Energy Center near Cedar Rapids. Iowa's only nuclear power plant was commissioned in 1975 and is scheduled to cease operations later this year after 45 years of service. John is also proud to have assisted electric cooperatives with mergers and consolidations that continue to benefit memberconsumers today.

He notes that locally owned electric co-ops across the country face significant challenges today with new technology and competition. But he's confident that the cooperative business model can continue to provide low-cost, dependable power for members into the next century.

On behalf of Iowa's electric cooperatives, we wish John a healthy and blessed retirement. He and his wife Dana hope to travel and volunteer. We wouldn't be surprised if John attends a co-op annual meeting from time to time to keep in touch with the many co-op friends he has made over the years.

Erin Campbell is the director of communications for the Iowa Association of Electric Cooperatives.











 Ken Kuyper, executive vice president and general manager, Corn Belt Power Cooperative





LEAVE THE

Don't peel

your apple.

Two-thirds

of the fiber

and lots of

antioxidants

are found in

the peel. One

apple has five

grams of fiber.

help to reduce

some diseases.

Antioxidants

damage to cells, which

can trigger

PEEL



Knobby Apple Cake

- 1 cup sugar
- 1/2 cup butter or margarine
- 2 eggs
- 1 teaspoon vanilla
- 1½ cups flour
- 1 teaspoon soda
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 2½ cups chopped apples
- 1 cup chopped nuts, optional

Cream sugar and butter together. Mix in eggs, then add vanilla and stir well. Add dry ingredients and mix well. Mix in apples and nuts. Pour batter into a greased 9x13x2-inch pan. Bake at 350 degrees F for 40-50 minutes.

Lois Middlekauff-Kepple • Greene Butler County Rural Electric Cooperative

Cinnamon Apple Salad

- 12 Jonathon apples, sliced thick
- 3 cups sugar
- 3 cups water
- 1/2 cup cinnamon candies

Cook sliced apples in syrup of sugar, water and candies until tender.

Marilyn Hoffmann • Carroll Raccoon Valley Electric Cooperative

Easy Slow-Cooker Apple Butter

- 12 cups apples, peeled and sliced
- 2 cups sugar
- ⅓ cup water
- 1/8 teaspoon ground all-spice
- 2 tablespoons cider vinegar
- 2 teaspoons cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon nutmeg

Place apples in slow cooker. Mix remaining ingredients and stir into apples. Cover and cook on high for 5 to 6 hours, stirring occasionally. Let cool completely. Put in small freezer containers to freeze. If it is a bit chunky after cooking, put it through a colander or use an electric mixer on low to smooth.

Vicki Jonker • Orange City North West Rural Electric Cooperative

Texas Apple Bars

- 1 cup vegetable oil
- 2 cups sugar
- 2 eggs
- 1 teaspoon vanilla
- 3 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 3 cups apples, diced small
- ½ cup nuts
- ½ cup coconut

Beat oil, sugar, eggs and vanilla in mixing bowl on medium speed until combined. Sift flour, cinnamon, baking soda and salt together; add to oil and sugar mixture. Stir in apples, nuts and coconut. Spread batter in a greased 15½x10x1-inch jelly roll pan. Bake at 350 degrees F for 40-45 minutes until done.

Christine Schiedel • Fairfield Access Energy Cooperative

Fresh Apple Bundt Cake

- 4 cups apples, finely diced
- cups sugar
- 1 cup nuts, chopped
- 3 cups flour
- ½ teaspoon salt
- teaspoons soda
- cup vegetable oil
- 1 teaspoon vanilla
- 2 eggs, well beaten

Mix apples and sugar, then let stand 1 hour to make its own juice. After 1 hour, add nuts and dry ingredients to apples. Add oil, vanilla and eggs. Stir by hand, do not use a mixer. Pour batter into floured Bundt pan. It will be thick like fruitcake batter. Bake at 325 degrees F for 1 hour and 15 minutes. Serves 15.

> Carole Ristau • Eagle Grove **Prairie Energy Cooperative**

Apple Crisp for One

- tablespoon butter
- tablespoons brown sugar
- tablespoons quick-cooking oats
- 1 tablespoon flour
- 1/8 teaspoon cinnamon
- medium apple, peeled and sliced ice cream or whipped cream

Place butter in 1 cup glass measure. Microwave on high for 10 seconds. Stir in sugar, oats, flour and cinnamon. Place apple slices in small bowl and sprinkle oat mixture over apple. Microwave on high for 2½ minutes or until apple is tender. Garnish with ice cream or whipped cream.

Darlene Thomas • Somers Calhoun County Electric Cooperative Association

Fried Apples

- 4 granny smith apples
- 1/2 cup unsalted butter
- ½ cup sugar
- 2 teaspoons cinnamon

Peel, core and slice apples. Melt butter in a skillet, can use cast iron pan. Once butter is melted, whisk in sugar and cinnamon. Add apples, stir and cook for 6 minutes.

> Rebecca Darrington • Persia **Harrison County Rural Electric Cooperative**

Freezer Apple Crisp

- cups apples
- ½ cup sugar
- 1/4 teaspoon cinnamon
- 1 cup brown sugar
- 6 tablespoons butter or margarine
- teaspoon baking powder
- cup flour
- cup quick oats

Peel core and slice apples. Mix apples, sugar and cinnamon in an 8x8-inch aluminum disposable pan that has been sprayed with vegetable oil. Mix brown sugar, butter, baking powder, flour and quick oats. Put mixture on top of apples. Bake fresh at 350 degrees F for 50 to 60 minutes or freeze. To freeze: cover with one layer of plastic wrap then one layer of aluminum foil. Place in one-gallon size freezer bag. Prior to baking remove all coverings. Bake frozen, do not defrost, at 350 degrees F for 60 minutes or until tender.

> **DeeAnn Paulsrud • Danbury North West Rural Electric Cooperative**

APPLE ADAGE

THOUSANDS OF APPLES

varieties of

apples are

varieties

of apples

are grown

throughout

Some apple

grow over 40

feet high and live over 100

the world.

trees will

years.

grown in the

U.S. and 7,500

2,500

The old saying, "An apple a day, keeps the doctor away," comes from an old English adage, "To eat an apple before 😃 going to bed, will make the doctor beg his bread."

RIPENS FASTER AT ROOM TEMPERATURE Apples ripen six to 10 times faster at room temperature than if they were

Wanted: Super Soups! The Reward: \$25 for every one we publish!

When January's winter chill blankets Iowa, nothing tastes better than a bowl of hot soup. Share your delicious, savory soup recipes! If we run your recipe in the magazine, we'll send a \$25 credit for your electric co-op to apply to your power bill. Recipes submitted also may be archived on our website at www.livingwithenergyiniowa.com.

The deadline is Sept. 30, 2020. Please include your name, address, telephone number, co-op name and the recipe category on all submissions. NEW: Please also provide the number of servings per recipe.

recipes@livingwithenergyiniowa.com (Attach your recipe as a Word document or PDF to your email message.)

MAIL:

Living with Energy in Iowa 8525 Douglas Ave., Suite 48 Des Moines, IA 50322-2992

A BUSHEL AND PECK

refrigerated.

A bushel of apples weighs about 42 pounds and will yield 20-24 quarts of applesauce. A peck of apples weighs about 10.5 pounds.

Destructive derecho wallops lowa lowa's electric cooperatives come together to restore power following unprecedented wind storm

BY ANN THELEN

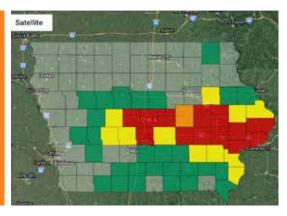
Iowans are familiar with destructive storms. From tornadoes and flooding to ice storms and blizzards, the Midwest is a mecca for Mother Nature's fury. However, on Aug. 10, an unprecedented weather event left its destructive impact on Iowa. A derecho - the equivalent of an inland hurricane - became a new household word for Iowans in this monster storm's path.

Packing winds up to 140 mph, the derecho left more than 500,000 people statewide without power, tore up buildings and severely damaged nearly 14 million acres of corn and soybeans - totaling billions of dollars of damage throughout Iowa.

Immediately after the storm, Iowa's electric cooperatives reported nearly 60,000 outages within their service territories, with three co-ops reporting 90% of their memberconsumers lost power. To restore power as safely and efficiently as possible, the Iowa Association of Electric Cooperatives (IAEC) coordinated mutual aid support for the affected distribution cooperatives, and the response was immediate.

"Because of the cooperative

The Iowa Association of Electric Cooperatives maintains an outage map (www.iowarec.org), which automatically updates every 15 minutes and Legend: displays outages by co-op and 1-99 county. The 100-499 map shows 500-999 the destructive path of the 1000 + storm.



business structure, we were able to quickly deploy crews to areas without power," says Scott Meinecke, director of safety and loss control for IAEC and coordinator of the cooperatives' mutual aid effort. "All of Iowa's electric cooperatives offered mutual aid to those in need. In addition, electric cooperatives from Missouri, Minnesota and Wisconsin helped with the restoration effort."

As electric cooperative linemen worked to restore outages, the power of community was on full display. Despite dealing with their own unfortunate situations - including massive debris cleanup efforts and property damage - many co-op members provided meals, well

wishes and additional assistance to co-op staff for more than a week.

"Although electric service was restored to most members within a week, the impacts of the storm will last for months and possibly years," Meinecke adds. "Because many of the repairs were temporary to get power restored as quickly as possible, crews will need to go back and make permanent repairs. Iowa's electric cooperatives are resilient and will do what they do best - work every day to serve our member-consumers with safe and reliable power." 🗲

Ann Thelen is the editor of Living with Energy in Iowa.















ELECTRIC COOPERATIVES MOST SEVERELY IMPACTED

Generation and Transmission Cooperative

Distribution Cooperatives

Consumers Energy

East-Central Iowa Rural Electric

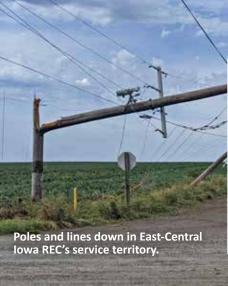
Eastern Iowa Light & Power

Grundy County Rural Electric Cooperative Maquoketa Valley Electric Cooperative Midland Power Cooperative T.I.P. Rural Electric Cooperative









POWER RESTORATION BY THE NUMBERS

The following data applies to

Power outages	nearly 60,000
Linemen working on power restoration	478
Support staff	183
Broken poles	more than 2,000
Digger trucks	87
Basket trucks	133

2020 Annual Meeting of Members

District No. 1



Hollingsworth

an unusual format.

District No. 2



Jerry Barker

District No. 3



Holtkamp

Meeting of Members was held as a virtual live broadcast on the cooperative's Facebook page at 7 p.m., Aug. 4, 2020. The only business conducted

was the election of directors. Facebook Live was used to share the election results with members. The video has been saved to our Facebook page for members who are interested in watching the meeting.

Election results and bill credit

David Hollingsworth was reelected to represent District 1, Jerry Barker was re-elected to serve District 2 and Michael Holtkamp was elected to replace retiring director Marvin Holtkamp and represent District 3.

The election was held by mailed-in and online balloting. Each active member who submitted a vote, either online or by mail, will receive a \$10 bill credit. Members will see the bill credit either on their August or September bill, depending on when their billing cycle falls.

Following the annual meeting of members, the board met for the annual meeting of directors to elect the executive committee. The following board members were installed as officers for the board of directors: Marvin Newton -President, Marvin Larson - Vice President, David Hollingsworth - Treasurer and Bob Chestnut -Secretary. 🗲

CONCERN PROCEDURE

Members of Access Energy

as the theme of the 2020 Annual

In light of COVID-19 and

of large groups to gather - and

for the health and safety of the

members and employees - Access Energy Cooperative's 2020 Annual

Meeting of Members on Aug. 4, in

uncertainty surrounding the ability

Cooperative celebrated "Power On!"

How do you process a concern?

As a member-owner of Access Energy Cooperative, assistance is available to you in resolving questions, comments or complaints about your electric service.

Access Energy Cooperative has trained representatives available to answer your questions and address any concerns you may have. Here is how you can contact our office: Access Energy Cooperative, P.O. Box 440, Mt. Pleasant, IA 52641; call 866-242-4232; or email to contactus@accessenergycoop.com.

If your question is related to our service, rather than rates, and your concern is not resolved, you may



request assistance from the Iowa Utilities Board by calling toll-free 877-565-4450, by writing to Iowa Utilities Board, 1375 E. Court Avenue, Room 69, Des Moines, IA 50319-0069, or by email to customer@iub.iowa.gov.

Thank You

Thank you for

the opportunity of being placed in nomination as a delegate for director in the 1st District. I have heard from many supporters and want you to know I appreciate your confidence in voting for me. The annual election was held Aug. 4, 2020. David Hollingsworth was elected for District 1, Jerry Barker for District 2 and Mike Holtkamp for District 3. Congratulations! I am proud to be a member of Access Energy and look forward to being of service in the future.

Sincere appreciation, Carol M. Wisecarver

Enter for a chance to win \$50!



For the 2022 calendar, we are looking for more of those fantastic photos of rural settings in southeast Iowa that we have received in previous contests. We will choose 13 photos as winners to be placed in the large photo areas above the calendar pages. Each of the 13 winning entrants will receive \$50.

Please submit entries by March 31, 2021, to:

Photo Contest c/o Access Energy Cooperative P.O. Box 440 Mt. Pleasant, IA 52641

OR email them to contactus@ accessenergycoop.com

CONTEST RULES

- Full color photos are encouraged.
- Entries must be in a **horizontal** layout.
- DIGITAL IMAGES ONLY WILL BE ACCEPTED IN ORIGINAL FILE SIZE.
 - Minimum size requirement is 3300 x 2550 pixels.
 - Photocopies and digital pictures printed from a computer/printer will not be accepted.
 - If an entry is received that does not meet the minimum requirements, it will be disqualified from the contest.
- Entrants may enter more than one photo.

- Entries must include the following information:
 - Entrant's name, address, phone number.
 - Title of the photograph.
 - County in which photo was taken.
- All entries will become the property of Access Energy Cooperative and may be used by Access Energy Cooperative for any purpose Access Energy Cooperative deems valid. (We can return them upon your request when the contest is complete.)
- Entrants agree to authorize Access Energy Cooperative to announce and publish their name, address and photograph in any forthcoming publicity without further remuneration, other than the prizes awarded in this contest.
- By submitting an entry in the contest, you agree to grant Access Energy Cooperative permissions and all rights to use the photo entry indefinitely for marketing purposes, which include but is not limited to a calendar or other printed materials promoting Access Energy Cooperative.
- All entrants must have sufficient permission of any recognizable persons appearing in the photograph to be able to grant to Access Energy Cooperative the right to display their photographic submission online or in printed material. 🗲

IN THE COMMUNITY

Help others by contributing to RECare

RECare is a program where members help other members in need. You may make a one-time contribution to the RECare program, or you may enclose an amount each month with your monthly electric bill. Just one dollar a month will help others.

This program is administered by the Iowa Community Action Program, and recipients must meet their guidelines. 🗲



To have an amount deducted from your monthly bill, send the form below to:

RECare c/o Access Energy Cooperative P.O. Box 440 **Mount Pleasant, IA 52641**

Member	Autho	rization
Form		

I would like to make a (check one): ☐ One-time contribution of \$		
☐ Monthly contribution of		
\$ (That will be added to my bill)		
(That will be added to my bill)		
Name		
Address		
City		
ZIP Code		
Phone #		
Email		
Account # (if known)		



Details released for Iowa Home Energy Assistance Program

The 2020-2021 Low-Income Home Energy Assistance Program (LIHEAP) has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season. The assistance is based on household income, household size, type of fuel and type of housing.

Besides meeting the income guidelines, you must furnish the Social Security numbers of all household members and a copy of recent heating and electric bills. You also must show proof of income for all household members age 19 and over. If you receive alimony or child support, it will need to be verified too.

If you're a wage earner, you should bring copies of your check stubs for the 30-day period before the date of application or a copy of your federal income tax return. If you're selfemployed or a farmer, provide a copy of your most recent federal income tax return. And if you're on a fixed income - Social Security Benefits, Supplemental Security Income, Family Investment Program (FIP), Veteran's Assistance, Unemployment Insurance and pensions – take copies



of check stubs from the last 30 days. For FIP recipients, bring your current DHS Notice of Decision or contact your local office for acceptable document information.

In Iowa, applications for the program will be accepted on a firstcome, first-served basis from Nov. 1, 2020, through April 30, 2021. The start date is Oct. 1, 2020, for elderly (60 and over) and/or disabled applicants. If you're not sure where to apply, visit humanrights.iowa. gov/dcaa/where-apply to contact your local community action agency, call 2-1-1 or write: LIHEAP, Iowa Department of Human Rights, Capitol Complex, Des Moines, IA 50319.

Income Maximums		
Household Size	Annual Gross Income	
1	\$22,330	
2	\$30,170	
3	\$38,010	
4	\$45,850	
5	\$53,690	
6	\$61,530	
7	\$69,370	
8	\$77,210	

Note: For households with more than eight members, add \$7,840 for each additional



Who POWERS you?

Inspired by someone making a difference in your community? Tell their story and they could win a cash prize.

Visit whopowersyou.com between 9/8/20 and 10/9/20 and submit a photo of your nominee. Then tell us why that person inspires you and how they make a difference in your co-op community.



\$5,000 GRAND PRIZE

\$2,000 SECOND PLACE

\$1.500 THIRD PLACE

\$500 HONORABLE MENTION

Visit whopowersyou.com for full contest rules

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Students: As you go forward

BY VALERIE VAN KOOTEN

A lot of kids missed their graduations this year. Some school districts created memorable ways to hold ceremonies, while others simply "released" their kids like pieces of confetti into the world.

While we think of graduations as an ending, the word "commencement" means "to go forward" or "to begin." Whether you're going forward into college or the work world, you need a commencement speech. After all, you're going from a core curriculum into the supreme elective – life. Here's the advice I'd give to those stepping out into that adventure:

- Give the gift of experiences, not **things.** Most of us don't need more things, unless we're setting up a first household. What will you, as a graduate, remember 25 years from now –the sweatshirt with your school mascot on it? Or the tickets to a favorite sporting event or concert? As you move on in life, give memories to those you love, and that includes your time. Visit your grandparents. Take your niece or nephew for the day. Go fishing with your dad.
- Life is too short for bad **underwear.** No matter how poor you are, throw out underwear that rides, pinches, chafes or slips. Dump the unmentionables that are torn, faded or dyed pink.
- A dream will remain a dream until you put a timeline on it. Don't be one of those folks who, after 50 years, says, "I always wanted to go there" Or "I always wanted to do that." Go there. Do that. Put together a timeline that will allow you to save for it and accomplish it.
- For Pete's sake, be yourself. Forge your own path. Unless, of course, you're lost in the forest and there's a path in front of you.



Then you might want to take it. **Don't quit learning.** Whether you are continuing your

education or not doesn't matter. You quit learning when you are no longer interested in anything new. And I'll tell you something: Bored people are always boring

people.

■ You will learn something in every job you hold. And the most precious of those lessons will be from jobs you hated. It will help you decide what work you want to do in the future, what kind of boss you want to be, how you're going to treat your co-workers, what the priorities are in your life. The jobs you love will be a reward in themselves.

- Go to bed with clean kitchen **counters every night.** You will be so much more pleasant in the morning.
- Cultivate the joy in life: the sunset, the baby kittens, the family around the table, the scrapbook of memories. They cost nothing but pay everything.

I do not propose to have given you the key to life, but I hope these few suggestions will smooth the way. Feel free to add your own. And know one thing: I'm serious about the kitchen counters. 🗲

Valerie Van Kooten is a writer from Pella who loves living in the country and telling its stories. She and her husband Kent have three married sons and two incredibly adorable grandsons.

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