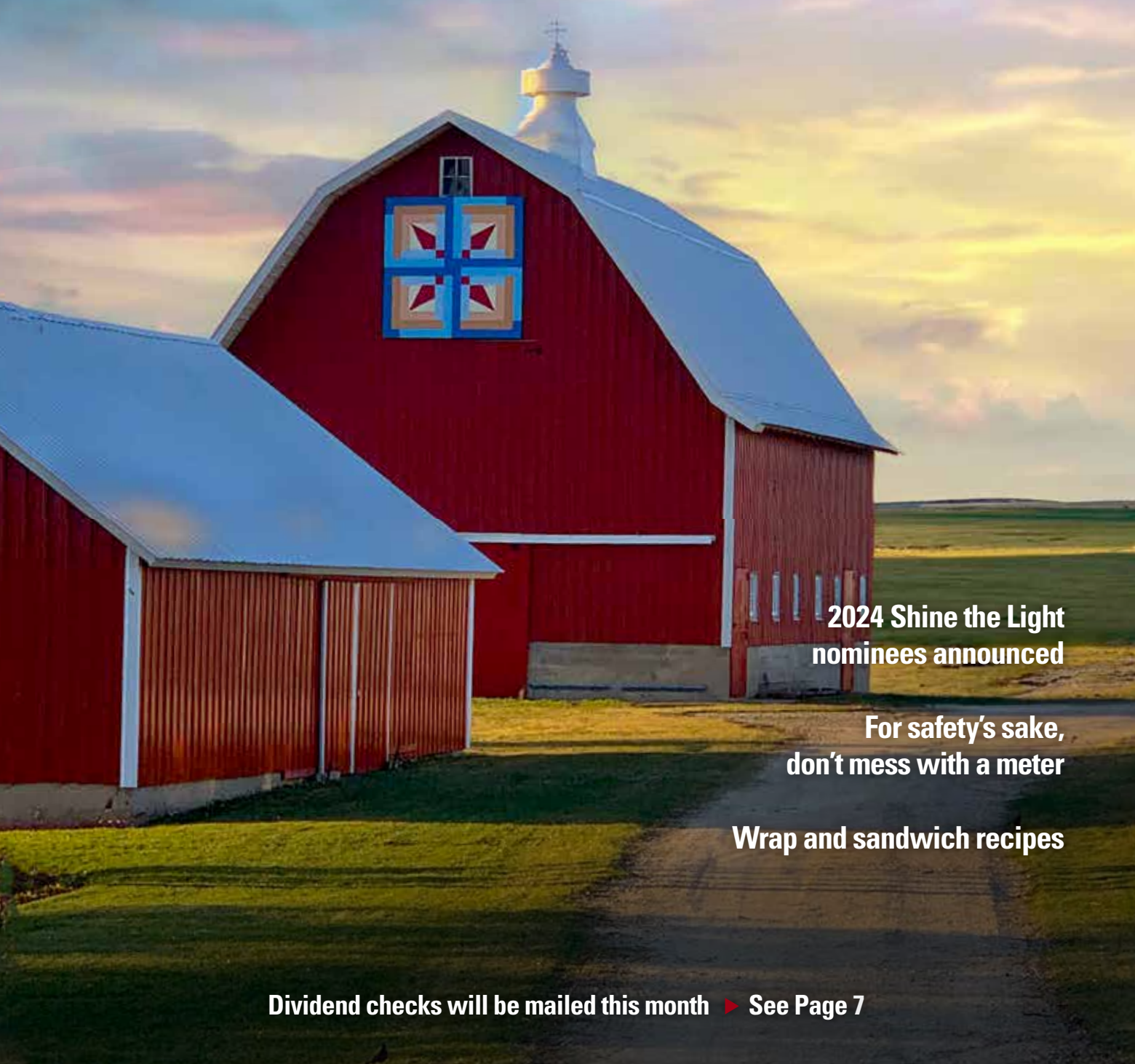


● AUGUST 2024

iowa

ELECTRIC COOPERATIVE LIVING



**2024 Shine the Light
nominees announced**

**For safety's sake,
don't mess with a meter**

Wrap and sandwich recipes

Dividend checks will be mailed this month ▶ See Page 7

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Supporting local food banks

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ON THE COVER

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

GRATEFUL FOR YOUTH TOUR: THE ANNUAL TRIP OF A LIFETIME

grate·ful
feeling or showing
appreciation

BY SHELLY YORK



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

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

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

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

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

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

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

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

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

EDITOR'S CHOICE CONTEST

WIN A CUISINART GRIDDLE AND PANINI PRESS!

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

Visit our website and win!

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



ENTER ONLINE BY AUG. 31!

UPCOMING EVENTS

AUG. 15	Board meeting
SEPT. 2	Office closed for Labor Day
SEPT. 19	Board meeting

You can access your account information at any time using SmartHub on our website at www.accessenergycoop.com or through the SmartHub app for mobile devices. Use SmartHub to report outages to save time and ensure that it goes directly into our system to notify us. You can also call our office at 866-242-4232 for account information or to report service-related concerns.



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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This institution is an equal opportunity provider.

KEEP YOUR INFORMATION UP TO DATE FOR BETTER SERVICE

BY KEVIN WHEELER



At Access Energy Cooperative, we continuously encourage members to keep their contact information current. We assure

you that this information is kept strictly for our purposes, following the red flag rules, and the information is never sold.

Why it's important to keep your information up to date

There are several key reasons why it's essential to keep your contact information up to date with Access Energy Cooperative, including the following:

■ Effective communication.

Accurate phone numbers and email addresses allow us to contact you efficiently. Having up-to-date contact details ensures smooth communication, whether we need to relay important information or address specific inquiries.

■ Enhanced service during outages.

If you experience a service issue or outage, our system links your phone number to your account(s), allowing us to respond more efficiently. This connection is vital for resolving issues quickly and keeping you informed about the status of your service.

■ **Timely notifications.** Keeping your information current allows us to notify you promptly if we need additional information or if there are updates you need to be aware of.

■ **Dividend payments.** It is important to keep your information up to date on our system even if you move off our lines. You may have accumulated dividends while you were a member, and we will need to know where to send the payments.

Common oversights

Often, people change phone numbers or email addresses and can forget to update Access Energy Cooperative. While phone numbers can be ported from one carrier to another, it's always a good idea to verify with us to ensure your contact information is correct.

How to update your information

If you need help determining whether your contact details are up to date, feel free to contact our office or check your information in SmartHub. Our team is here to assist you in confirming and updating your information to ensure seamless service.

Keeping your information current helps us serve you better. Thank you for being a valued member of Access Energy Cooperative.

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

2025 PHOTO CONTEST BEGINS

We are accepting photos for the 2026 Access Energy Cooperative calendar. Color and horizontal photos work best for calendar entries. Submissions can be sent to mktg@accessenergycoop.com before March 31, 2025.

Thirteen photos will be chosen as featured photos and winners will be awarded \$75, plus an additional \$25 bill credit if they are a member of the cooperative.

Visit www.accessenergycoop.com for complete rules.



WIN UP TO \$100!

FOR SAFETY'S SAKE, DON'T MESS WITH A METER

BY KURT LOWENBERG



For your safety, never try to tamper with or pull (remove) a meter. Only electric utility crews should access an electric meter.

According to the Cooperative Research Network, illegally accessing a meter can cause an arc flash bright enough to cause blindness and powerful enough to launch fragments of red-hot, shrapnel-like debris. Meter tampering often results in serious injury or death from electrocution, explosion or fire.

When an individual tampers with a meter, they may be trying to bypass it, creating an illegal connection to a power line, electrifying fences or attempting to reconnect or disconnect the power, often with disastrous consequences.

Meter safety is a priority

- Tampering with a meter is illegal in most states.
- Meters should only be installed, maintained or removed by electric utility crews.
- Accessing the backside of a meter can generate high voltage; pulling or tampering with a meter can cause electric shock, sparks, surges, explosions or fire.

- Electricity should always be connected or disconnected using a transfer switch or a dedicated disconnection point.
- There is no guarantee that a structure is de-energized by pulling a meter.
- If firefighters respond to a call and know they will need a disconnect, they should call the electric utility en route.
- If firefighters try disconnecting a home by pulling a meter, it can introduce additional problems and damage.
- If a home's electricity is shut off at a main disconnect, the house can be automatically reconnected if there is a standby generator or battery-stored power.
- Only the electric utility can properly and safely disconnect a meter. Utility crews are trained in proper disconnection techniques and wear protective clothing and gear.

If you have questions about a meter belonging to Access Energy Cooperative, call our office at 866-242-4232. For more information about electrical safety, visit www.SafeElectricity.org.

Kurt Lowenberg is the safety director/assistant operations manager at Access Energy Cooperative.

CO-OP SUPPORTS DENTAL OFFICE EXPANSION THROUGH REVOLVING LOAN FUND PROGRAM

Access Energy Cooperative is proud to support Washington Dental Care's business expansion project through the USDA Rural Development Revolving Loan Fund (RLF) program.

With funds that have been built up for community development through

the USDA matching grant program, the co-op can reloan the funds to new projects once the original grant project has paid its loan back.

Dr. Serg and Dr. Karen Floryanovich, along with their team, provide the Washington and greater southeastern

Iowa areas with dental services, including preventative dentistry and emergency care. Through compassionate dentistry and an educational-centered mindset, they strive for improvement of the well-being of nearly 3,000 people in the local community while providing employment opportunities to Washington residents.

Their expansion project strives to improve their quality of care through improved equipment, additional staff and increased patient capacity. Access Energy Cooperative is excited to support this project and watch this business grow.



Pictured from left to right are: Dr. Serg and Dr. Karen Floryanovich with Washington Dental Care and Courtney Williamson and Kim Davis with Access Energy Cooperative.

PRACTICE SAFETY WITH GASOLINE DISPENSING FACILITIES NEAR ELECTRICAL EQUIPMENT

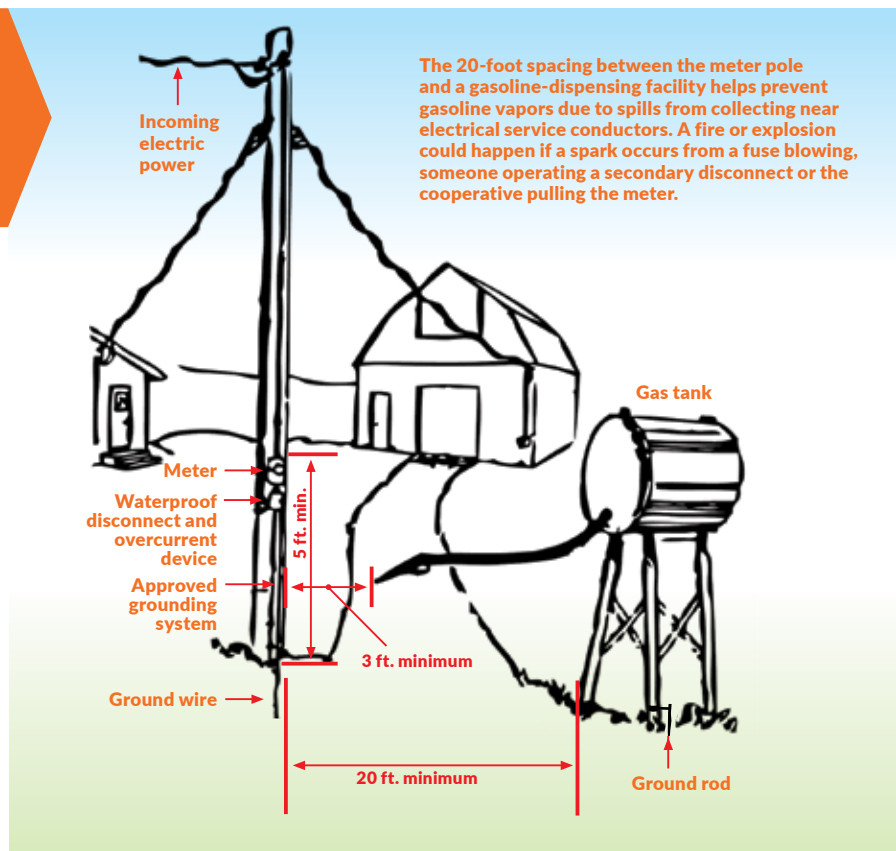
One of the most common safety violations found near electricity lines is the location of the gasoline dispensing facilities on the farmstead in relation to the meter pole or farm buildings.

The National Electrical Code (NEC) shows the requirements farm wiring systems should follow. One section of the wiring code covers the requirements for electrical equipment and wiring for all voltages in locations where fire or explosion hazards may exist due to flammable gases or vapors, flammable liquids, etc.

The National Electric Safety Code (NESC) outlines the standards that utilities follow. Because of the hazards that exist in the vicinity of gasoline dispensing facilities, and especially for Access Energy Cooperative personnel working with electricity, the NESC suggests that electric utilities not permit the installation of meter poles or service entrances within 20 feet of a gasoline dispensing barrel or tank, or within 3 feet of any point that could be reached by a gasoline dispensing nozzle. In addition, it is recommended that existing installations with less than required clearances be modified to provide the required clearances.

It is costly for Access Energy Cooperative to change the location of existing meter poles. Therefore, we ask every member to check to make sure their gasoline dispensing facilities are located at least 20 feet from the meter pole. The end of the dispensing nozzle should not be within 3 feet of the meter pole.

If Access Energy Cooperative discovers a violation of this requirement near our equipment, we have no choice but to disconnect the electric service at the site until the hazard is corrected.



The 20-foot spacing between the meter pole and a gasoline-dispensing facility helps prevent gasoline vapors due to spills from collecting near electrical service conductors. A fire or explosion could happen if a spark occurs from a fuse blowing, someone operating a secondary disconnect or the cooperative pulling the meter.

In addition to these location requirements, please make sure your gasoline dispensing facilities are electrically bonded to the electrical

ground of the farm wiring system. Install a ground rod at your gasoline tank and connect the tank to the ground rod and the farm wiring ground.

TIPS TO BEAT THE SUMMER PEAK

When we all work together to lower energy use during peak hours, we can lock in lower electricity rates, so everyone saves. Here are a few simple ways to save during peak summer hours.

- 1 Raise the thermostat a few degrees.
- 2 Use ceiling fans (in occupied rooms) to feel cooler.
- 3 Avoid using major appliances.
- 4 Close drapes and blinds to block heat from the sun.
- 5 Turn off and unplug non-essential electronics and lights.

DIVIDEND CHECKS ARE COMING

As an Access Energy Cooperative member, you own the cooperative. Unlike other electric utilities, we exist to make sure your needs are met – not to make a profit. We work hard every day to keep your rates as low as possible. We also strive to earn your trust and excel at providing you with reliable service.

As a member-owner, you share in the margins earned in the form of dividend checks. Dividend payments for 2024 are being mailed this month to members who were not able to pick them up at the Annual Meeting of Members on Aug. 6.



Bill credit options

Members also have the option to receive dividend payments as a bill credit. Contact our finance department if you are interested in setting this up for future dividend payments. Accounts with payments of less than \$5 will continue to accumulate and will be paid in the year they reach or exceed \$5.

To learn more about dividends, visit our website at www.accessenergycoop.com.

WIN A \$50 BILL CREDIT

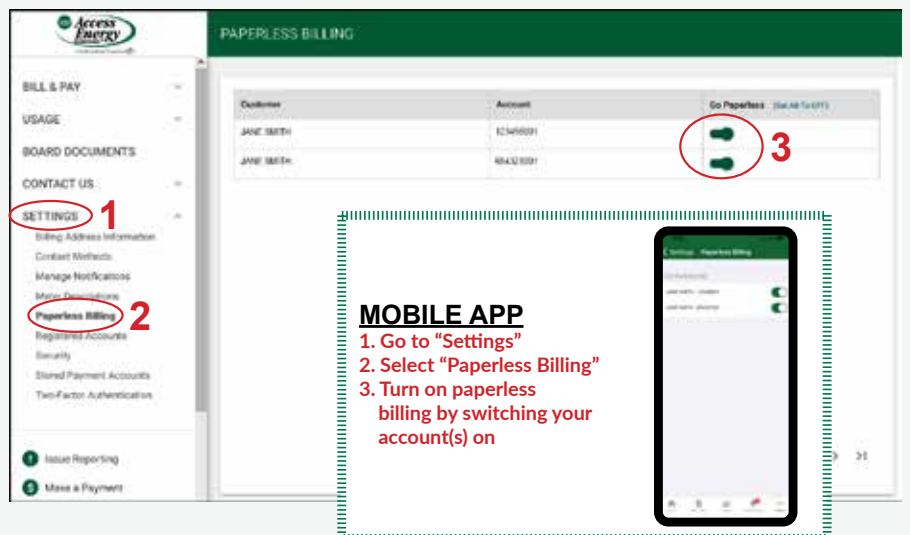
Sign up for paperless billing by Sept. 15, 2024, to enter the drawing

To sign up for paperless billing, you must first have a SmartHub account. SmartHub is a web and mobile app that can be used to view and pay your bill. To create an account, visit our website at www.accessenergycoop.com or download the SmartHub app on your mobile device.

Once you sign up for paperless billing in SmartHub, you will be notified by email when your bill is available for viewing. This email will include the amount due and the due date. You can pay securely online or in the app, anytime, anywhere, as long as you have an internet connection.

We are happy to answer any questions you have. Call us at 866-242-4232. Or you can email our billing department at billing@accessenergycoop.com.

1. From the home screen, click on “Settings” on the left navigation.
2. Select “Paperless Billing” from the drop-down menu.
3. Turn on paperless billing by switching your account(s) on.



MOBILE APP

1. Go to “Settings”
2. Select “Paperless Billing”
3. Turn on paperless billing by switching your account(s) on



Wrap & Sandwich

RECIPES

CURRY CHICKEN MANGO WRAP

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

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

**Diana Thorn • Marshalltown
Consumers Energy**

HOT CHICKEN SALAD SANDWICHES

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

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

**Karla Pals • Belmond
Prairie Energy Cooperative**

TURKEY AND PEAR SANDWICH

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

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

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



Visit www.ieclmagazine.com and search our online archive of hundreds of recipes in various categories.

BREAKFAST WRAP

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

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

Betty Nikkel • Laurel
Consumers Energy

TAVERNS

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

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

Beth Schlichte • Le Mars
North West Rural Electric Cooperative

HOMEMADE EGG WRAPS

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

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

Deb Ballalatak • Albia
Chariton Valley Electric Cooperative, Inc.

MUSHROOM FRENCH BREAD

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

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

Karen Bruns • Fonda
Calhoun County Electric Cooperative Association

MEDITERRANEAN TURKEY WRAP

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

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

Bryce and Kelly Godbersen • Odebolt
Raccoon Valley Electric Cooperative

WANTED:

HOLIDAY PARTY RECIPES

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

Deadline is Aug. 31.

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



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

MAIL: Recipes

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

SHINE THE LIGHT CONTEST NOMINEES ANNOUNCED



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

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

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

2024 SHINE THE LIGHT NOMINEES

ACCESS ENERGY COOPERATIVE

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

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

BUTLER COUNTY RURAL ELECTRIC COOPERATIVE

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

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

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

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

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

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

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

CALHOUN COUNTY ELECTRIC COOPERATIVE ASSOCIATION

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

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

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

CHARITON VALLEY ELECTRIC COOPERATIVE, INC.

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

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

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

CLARKE ELECTRIC COOPERATIVE, INC.

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

CONSUMERS ENERGY

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

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

EAST-CENTRAL IOWA RURAL ELECTRIC COOPERATIVE

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

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

EASTERN IOWA LIGHT & POWER COOPERATIVE

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

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

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

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

FRANKLIN RURAL ELECTRIC COOPERATIVE

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

GOWRIE MUNICIPAL UTILITIES

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

GRUNDY COUNTY RURAL ELECTRIC COOPERATIVE

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

GUTHRIE COUNTY RURAL ELECTRIC COOPERATIVE ASSOCIATION

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

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

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

HEARTLAND POWER COOPERATIVE

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

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

IOWA LAKES ELECTRIC COOPERATIVE

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

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

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

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

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

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

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

LINN COUNTY RURAL ELECTRIC COOPERATIVE

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

MANNING MUNICIPAL UTILITIES

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

MAQUOKETA VALLEY ELECTRIC COOPERATIVE

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

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

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

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

MIDLAND POWER COOPERATIVE

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

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

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

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

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

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

NISHNABOTNA VALLEY RURAL ELECTRIC COOPERATIVE

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

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

NORTH WEST RURAL ELECTRIC COOPERATIVE

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

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

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

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

OSCEOLA ELECTRIC COOPERATIVE, INC.

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

PRAIRIE ENERGY COOPERATIVE

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

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

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

RACCOON VALLEY ELECTRIC COOPERATIVE

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

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

SOUTHERN IOWA ELECTRIC COOPERATIVE

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

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

T.I.P. RURAL ELECTRIC COOPERATIVE

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

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

WESTERN IOWA ELECTRIC COOPERATIVE

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

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

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

TYPES OF HEAT PUMPS

BY MIRANDA BOUTELLE

Heat pumps have been around for decades, and in that time, the technology has come a long way. It may be time to rebrand the name to be more inclusive of the benefits.

The name heat pump does not highlight the benefit of air conditioning that comes with the technology. Heat pumps are highly efficient because they don't use energy to create heat. Instead, they use energy to move heat – into the home in the winter and out of it in the summer. They typically produce about three times more energy than they use.

The most common types of heat pumps are air-source and ground-source. Air-source heat pumps transfer heat from the outside air, even if it isn't particularly warm outside. Ground-source heat pumps, or geothermal heat pumps, transfer heat between your home and the ground. With a lower upfront price tag, air-source heat pumps are more common.

According to the U.S. Department of Energy (DOE), air-source heat pumps can reduce heating use by about 65% compared to an electric furnace. They come in a variety of styles and configurations to fit different homes. Air-source heat pump technology has been popular in warmer climates for decades, but cold-climate versions are now available, too.

Here's an explanation of how each type operates:

Ducted air-source heat pumps are ideal for homes with existing ductwork or where ductwork can be added. Replacing an aging central air conditioning system with a heat pump can significantly reduce heating costs.

Ductless heat pumps (or mini-split heat pumps) also draw heat from the outside air. They are a great solution for homes without existing ductwork.

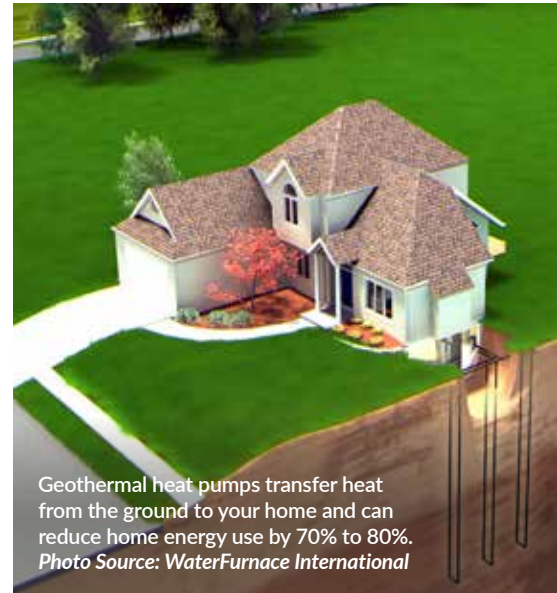
There are many configurations to suit different home layouts. New options on the market allow for coupling with gas or propane backup heat, which might be a good fit for your home. Ductless heat pumps can be a great option for homes with wood stoves. This can help home air quality, heat the home without gathering wood and provide air conditioning in warmer months.

Geothermal heat pumps transfer heat from the ground to your home. According to the DOE, they are even more efficient than air-source heat pumps, reducing energy use by 70% to 80%. They can also heat water for use in the home, which saves on water heating costs.

From a user experience perspective, heat pumps are different because the heat from the register doesn't feel quite as warm as oil, electric, natural gas or propane heat. That can take a little getting used to, but the efficiency gains and energy savings make the investment worthwhile.

Before buying a heat pump, compare equipment ratings. The higher the rating, the more efficient the equipment. If it is time to replace your heating system, consider making the switch to a heat pump to conserve energy and potentially save on your electric bills.

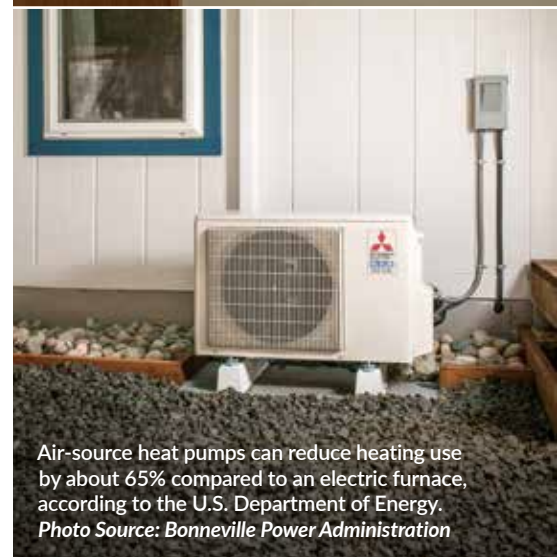
Miranda Boutelle writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing nearly 900 electric co-ops.



Geothermal heat pumps transfer heat from the ground to your home and can reduce home energy use by 70% to 80%.
Photo Source: WaterFurnace International



Ductless heat pumps have increased in popularity significantly over the past 10 years. They are a great solution for homes that do not have existing ductwork.
Photo Source: Bonneville Power Administration



Air-source heat pumps can reduce heating use by about 65% compared to an electric furnace, according to the U.S. Department of Energy.
Photo Source: Bonneville Power Administration

THE DIFFERENCE BETWEEN BASELOAD AND INTERMITTENT POWER

BY SCOTT FLOOD

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

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

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

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

Power of baseload

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

Intermittency of renewables

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

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

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

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

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

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

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



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

A GUIDE TO ELECTRIC VEHICLE OWNERSHIP

BY JENNAH DENNEY

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

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

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

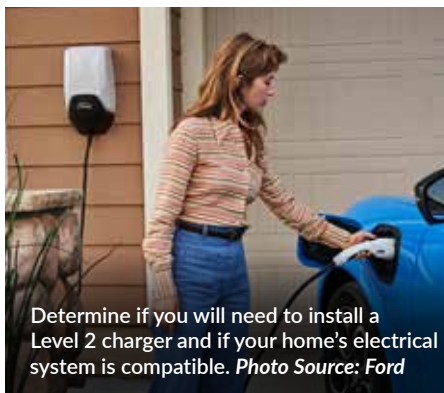
Driving range: Evaluate the EV's driving range when fully charged to ensure it aligns with your daily commute. We often think about a summer road trip for our driving needs, but it's important to remember there are other options for infrequent, long-distance travel.

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

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

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

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



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



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



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

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

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

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

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

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

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

CO-OP IS A PROUD SPONSOR OF DRIVE A TRACTOR AT MIDWEST OLD THRESHERS

Many people who visit the Midwest Old Threshers in Mount Pleasant over Labor Day weekend have never experienced life on a farm. What was once a common way of life is now only a memory to many of the older visitors.

Access Energy Cooperative has been a proud sponsor of the Drive A Tractor event since making its debut at the 2001 Reunion. It has become a very popular event, where visitors of all ages can feel what it is like behind the wheel of a tractor.

The exhibit features antique tractors that have been modified with a kill switch and low-throttle speed and gears. The safety person riding with each visitor can easily reach the kill switch, master clutch and handbrake making it a fun and safe experience.



CHRISTMAS IN JULY

Access Energy Cooperative is proud to live up to the cooperative principle of commitment to community. Our employees have been actively helping local community food banks in our service area. The cooperative's community committee established a schedule to rotate monthly to help at different agencies in southeast Iowa. Access Energy Cooperative employees Diane Magnani, Kaley White and Kim Davis helped at the Lord's Cupboard in Fairfield in May. Diane Magnani and Jennifer Helling helped at the Winfield Food Pantry in June, and in July, Aimee Sanderson, Kaley White and Kim Davis helped distribute food at the Fellowship Cup in Mount Pleasant.

Employees also participated in a food drive collection in Mount Pleasant for the summer lunch program for kids. Their donations were collected during the month of June and delivered to the program in July.



**Committment
to
Community**

Employees volunteering time to help distribute food at the Winfield Food Pantry in Winfield, Iowa



IOWA ELECTRIC COOPERATIVE LIVING

The magazine
for members of
Iowa's electric
cooperatives.

August 2024

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