

COOPERATIVE CONNECTIONS



Building a Dream

**South Dakota's
Unique Getaway**
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**CPR & AED
Training**
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Brandlee named new Northern Electric Coop Communications Director



Kelly Brandlee
Editor

“Let today be the start of something new.” This quote resonates with me as the last several weeks have been just that. The start of something new. A new career, new people, and a new direction. Serving customers in a rural community is not something new to me.

I have focused the last 15 years of my career working for our state's commodity organizations and a dairy farm, sharing the story of agriculture with consumers, and communicating with farmers about the benefits of membership organizations and the check-off. As a farm girl growing up near Salem, SD, agriculture has been a constant in my life. As a kid, I was an active 4-H and FFA member. As an adult, I pursued my degree at South Dakota State University, majoring in Communications/Advertising. You may be asking how that degree relates to agriculture and serving a rural community.

Communication relates to agriculture more than a person would think, especially in this day where most are 2-3 generations removed from the farm. Because of the disconnect between farm life and how food gets from farm to fork, communicating with consumers is important for agriculture and rural communities. This is especially true in South Dakota, where agriculture is our state's number one industry generating \$32 billion dollars in economic activity and providing 130,000 jobs.

I believe just as communication with the consumer is important in agriculture; it is equally important at a rural electric cooperative. There are many similarities. How

does food, or in this case electricity, get from the starting point to a home or business? What are the power options from which electricity comes from? How does a particular legislative bill impact me? Why does my electric bill cost what it does? What are the benefits of a coop, and how does it function? The list of communication and educational topics to share with members and non-members could go on.

I am excited to dive into a new industry as the Communications Director at Northern Electric. I look forward to serving our member-owners! What's unique about being a part of a rural cooperative is it offers an opportunity to focus on issues that impact the members and cooperative locally, regionally, and even nationally. As a newbie to the electrical cooperative world, it also opens a world full of learning opportunities for me. Through these new experiences, I look forward to bringing you the information you need while learning along the way.

A little bit about myself: my husband Clint and I farm with his parents near Pierpont, SD. We have two daughters, Jaycee (4) and Kylie (2), who keep us moving. We raise Simmental/Angus cattle, crops, and have a few horses. We also sell homegrown beef through our USDA-inspected label, Back Forty Beef. Additionally, we will debut our very first corn maze, this fall.

As you see me out and about; please introduce yourself. Meeting our members and learning what issues are important to you and how we can better serve you is a priority as I start this role. I want to ensure we address topics you want to hear about. If you ever have a story you would like to see covered in the Cooperative Connections, please share those ideas with me at kbrandlee@northernelectric.coop.

COOPERATIVE CONNECTIONS

NORTHERN ELECTRIC

(USPS 396-040)

Board President: Nolan Wipf

Board of Directors

Todd Hettich - Vice President
Ron Kaaz - Secretary
Josh Larson - Treasurer
Fran Esser
B.J. Hansen
Kirk Schaunaman
Scott Sperry
Mike Traxinger

CEO/General Manager: Char Hager
info@northernelectric.coop

Chief Financial Officer: Lorisa Rudolph

Operations Manager: Jerry Weber

Manager of Member Services: Russel Ulmer

Manager of Information Technology: Derek Gorecki

Communications Director: Kelly Brandlee
kbrandlee@northernelectric.coop

Executive Secretary: Kay Albrecht

Northern Electric Cooperative Connections is the monthly publication for the members of Northern Electric Cooperative, PO Box 457, Bath, SD 57427. Families subscribe to Cooperative Connections as part of their electric cooperative membership. The purpose of Northern Electric Cooperative Connections is to provide reliable, helpful information to electric cooperative members on electric cooperative matters and better rural living.

Subscription information: Northern Electric Cooperative members devote 50 cents from their monthly electric payments for a subscription. Non-member subscriptions are available for \$12 annually. Periodicals postage paid at Bath, SD 57427.

Postmaster: Please send address changes to Northern Electric Cooperative Connections, PO Box 457, Bath, SD 57427; telephone (605) 225-0310; fax (605) 225-1684

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Northern Electric Cooperative's regular board meeting was held April 24, 2023, at the headquarters in Bath with all directors present except Francis Esser. As the first order of business, the board approved the March 23, 2023, minutes and March expenditures. The board then reviewed and accepted monthly reports by management. East River Director Kirk Schauaman reported on actions taken by the East River Board at its April 6, 2023 meeting. South Dakota Rural Electric Association Director Nolan Wipf reported on the SDREA board meeting held March 30 and 31, 2023. Director Todd Hettich and General Manager Char Hager reported on the 2023 NRECA Legislative Conference, held April 16-19, 2023. Director Kirk Schaunaman reported on the director course 2620 Board Operations and Process which he attended April 3, 2023 in Pierre. This course is one of five courses required for a director to become a Credentialed Cooperative Director (CCD).

MANAGER'S REPORT

General Manager Char Hager's report to the board included the following items:

- Update on Rural Electric Economic Development revolving loan fund.
- Reported on the NRECA Legislative Conference, April 16-18, 2023, in Washington, DC.
- Reported on the Energy Improvements in Rural or Remote Areas program.
- Informed Directors the 2023 District 4, 6, and 7 candidate petitions need to be submitted by August 4.
- Informed the Directors of the 2023 Basin VIP Tour, June 21-22.

- Informed the directors of the 2023 NRECA Summer Schools for Directors, June 9-13 and July 21-25.

BOARD REPORT

The board considered and/or acted upon the following:

1. Approved the date and time of the next regular board meeting for 8:30 A.M. on Thursday, May 18, 2023.
2. Approved Work Order Inventories #23-03 for \$564,462.33 and #23-03MC for \$69,699.67 to be submitted to the RUS for reimbursement from loan funds for electric plant construction already completed.
3. Approved REED, Inc. Loan Application by Beadle and Spink Enterprise Community (BASEC).
4. Appointed Nolan Wipf as a voting delegate for NRECA South Dakota Director election.
5. Approved the 2022 Audit Report presented by Derrick Larson of Eide Bailly, LLP.
6. Approved allocating \$3,079,155.97 of NEC's 2022 margins to member patronage capital credit accounts.
7. The board approved a resolution to write off 19 uncollectable accounts in the amount of \$6,744.21.
8. Authorized the Bylaw Committee to update policies due to the restated and amended bylaws.
9. Approved the 2022 long range plan and 2023-2026 construction work plan.

Talk to your director or co-op manager if you have questions on these matters.

FINANCIAL REPORT

	March-23	March-22
kWh Sales	30,081,408 kWh	29,698,068 kWh
Electric Revenues	\$2,485,415	\$2,575,622
Total Cost of Service	\$2,493,707	\$2,675,725
Operating Margins.....	-\$8,292	-\$100,104
Year to Date Margins	\$275,777	\$339,721

RESIDENTIAL AVERAGE MONTHLY USAGE AND BILL

MARCH-2023.....	3,245 kWh.....	\$272.43	0.0840 per kWh
MARCH-2022.....	2,653kWh.....	\$243.33	0.0917 per kWh

Wholesale power cost, taxes, interest, and depreciation account for 80.1% of NEC's total cost of service.

Home Electrical Safety Tips

Electricity always seeks the easiest path to the ground. It tries to find a conductor, such as metal, wet wood, water – or your body! Your body is 70% water, so if you touch an energized bare wire or faulty equipment while you are grounded, electricity will instantly pass through you to the ground, causing a harmful – or fatal – shock.

The amount of electricity used by one 7.5 watt Christmas tree bulb can kill you if it passes through your chest. Even if it isn't fatal, electrical shock can easily cause serious falls, burns, or internal bleeding.

Your Home Wiring is just a number of loops, or circuits. A “live” wire brings current to a light or an outlet. A “neutral” wire returns current to its source. Between inside wiring and outside power lines is a service panel.

Most service panels have a main switch. Use it to cut all power when changing a fuse or in case of fire or shock. If you don't have a main switch, turn off all circuit breakers. Don't tamper with your electric meter. You'll risk shock, explosion, or fire.

Your service panel contains fuses or circuit breakers which interrupt power to specific circuits in case of a short circuit or overload. If this happens:

- Unplug appliances.
- Switch off power at the main switch.
- Try to determine the cause of the problem and correct it if possible.
- Replace the fuse that has a broken metal strip with a new fuse of the same rating – typically 15 amperes.
- If you have circuit breakers instead, switch the one that's “off” to “on.”
- Restore power.

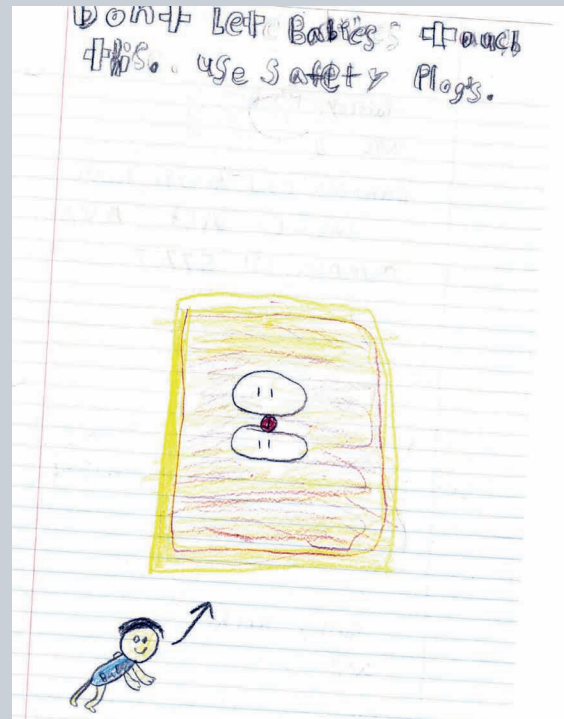
Never use anything other than a fuse to replace a fuse – you could cause a fire. If fuses blow or a circuit breaker trips often, contact a qualified repairman.

Grounding: The Third Prong

When you use a plug with three prongs, the third prong connects inside the outlet with a “ground wire,” which usually connects to a water pipe or a ground rod at the service panel. As a result, in case of a short circuit, electricity should flow through the grounding system instead of through you. Never remove the third prong.

Appliance Safety

Remember the most important rule for appliances – electricity and water don't mix. Keep appliances, especially hair dryers, away from bathtubs, puddles, sinks and wet hands. Wet skin increases the risk of shock, so unplug an appliance before cleaning – even if off, it can shock. Never put metal objects in live parts of appliances or in outlets. If an appliance overheats, unplug it and have it checked. Don't overload outlets. Use only appliances that are approved by a nationally recognized testing laboratory, such as Underwriters Laboratories.



Power Line Safety

Paisley Koch, age 8

Paisley Koch, age 8, warns about the dangers of electrical outlets and babies. She gives great advice on keeping children safe. Paisley is the daughter of Cameron and Kayla Koch from Owanka, S.D., members of West River Electric.

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.

DAIRY DESSERTS

SWEDISH CREME

Ingredients:

- 2 cups heavy cream
- 1 cup plus 2 tps. sugar, divided
- 1 envelope unflavored gelatin
- 1 tsp. almond extract
- 1 tsp. clear imitation vanilla extract
- 2 cups sour cream
- 1 cup fresh or frozen red raspberries

METHOD

1. In a saucepan, combine cream and 1 cup sugar. Cook and stir constantly over low heat until candy thermometer reads 160 degrees, or steam rises from pan. (Do not boil). Stir in gelatin until dissolved; add extracts. Cool 10 minutes.
2. Whisk in sour cream. Pour into eight dessert glasses or small bowls. Chill at least 1 hour.
3. Before serving, combine raspberries and remaining sugar; spoon over each serving.

Joanne Singrey-Johnson
Watertown, S.D.

NO-CHURN BLACK FOREST RIPPLE ICE CREAM

Ingredients:

- 12 oz. Pitted cherries (fresh or frozen) thawed, halved
- 1/4 cup sugar
- 2 cups very cold heavy cream
- 1 14 oz. can sweetened condensed milk
- 1 tsp. pure vanilla extract
- 4 oz. bittersweet choc. chunks

METHOD

Place the cherries, sugar and 2 tps. water in a large sauce pan. Bring the mixture to a boil, then reduce heat and simmer, stirring often, until the cherries break down and the liquid turns to a thick syrup, 10 to 12 minutes. Transfer to a bowl and refrigerate until cool, about 15 minutes. Using an electric mixer, beat the cream, condensed milk and vanilla in a large bowl on medium/high until stiff peaks form, 3 to 4 minutes. Gently fold in the choc. chunks. Spoon half the cream mixture into a 4 1/2 x 8 1/2 loaf pan or 1 1/2 qt. freezer safe container. Spoon half the cherry mixture on top. Using a knife, swirl the cherry mixture through the cream. Repeat with the remaining cream and cherry mixture. Cover with plastic wrap and freeze until set. Keep frozen for up to 2 weeks.

Sue Hove
Sioux Falls, S.D.

RHUBARB STRAWBERRY CHEESECAKE

Ingredients:

- Rhubarb Sauce
- 2 1/2 cups thinly sliced fresh rhubarb
- 1/3 cup sugar
- 2 tps. orange juice
- Crust
- 2 cups finely crushed oreo cookies, (about 18 cookies)
- 1/3 cup butter, melted
- Filling
- 9 oz. white baking chocolate
- 3 packages (8 oz. each) cream cheese, softened
- 1 container (7 oz.) sour cream, at room temperature
- 1/2 cup sugar
- 1 tps. cornstarch
- 2 tps. pure vanilla extract
- 1/2 tsp. salt
- 3 extra large eggs
- Topping
- 1 pint strawberries, remove tops
- 1/4 cup strawberry jelly
- 2 tps. water
- Prepared whipped cream

METHOD

Preheat oven to 350°F. For the Rhubarb Sauce, mix rhubarb, sugar and orange juice in a medium saucepan. Bring just to boil and reduce heat. Cook about 5 minutes or until rhubarb is tender, stirring occasionally. Set aside to cool. For the Crust, mix cookie crumbs and butter in a medium bowl. Press mixture evenly into bottom of 10-inch springform pan sprayed with no stick cooking spray. Set aside. For the Filling, melt chocolate according to package directions and set aside. Beat cream cheese, sour cream, sugar, cornstarch, vanilla and salt on medium-high until well blended (about 5 minutes). Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Gradually beat in chocolate. Add cooled Rhubarb Sauce to the filling mixture, stirring gently to incorporate. Pour Filling mixture over cookie crust. Bake 1 1/2 to 2 hours or until edge of cheesecake is firm and center is almost set. Allow to cool 30 minutes. Refrigerate 4 hours or overnight. When cheesecake is completely cooled, place strawberries on top cut side down. Mix strawberry jelly and water in a small bowl. Brush over strawberries. Pipe whipped cream border around the cheesecake before serving.

mccormick.com

Please send your favorite recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2023. All entries must include your name, mailing address, phone number and cooperative name.



Restated and amended bylaws passed by the Northern Electric Cooperative membership.

Kelly Brandlee

kbrandlee@northernelectric.coop

One of the responsibilities that falls on the Northern Electric board is to review the articles of incorporation and bylaws periodically. The last bylaw amendments by the membership occurred in 2012 and had not been thoroughly reviewed since the merger in 1997.

The board notified the members that a committee had been formed and sought feedback in the April 2022 issue of *Cooperative Connections*.

The committee and board worked with legal counsel and management for over a year, finalizing this restatement for our members to consider and vote on.

“As a committee, we met several times in 2022,” said Mike Traxinger, District 1 Director and Chair of the Bylaws Review Committee. “We unanimously recommended a set of updates and revisions to the full board. After submitting those recommendations, the board of directors reviewed those changes and provided feedback on the proposal.”

At the February 2023 meeting, the board unanimously agreed to a final version for the members to consider and vote on via mail. “The entire copy of the restatement was mailed to every member along with a ballot and a postage-paid ballot envelope,” continued Traxinger.

Ballots received by Northern Electric offices by 4:30 p.m. on April 20, 2023, were counted.

“As a member-owned cooperative, the governance of the cooperative is ultimately decided by the members. As the results demonstrate, the members overwhelmingly supported modernizing our cooperative’s bylaws. The board appreciates all the members who took the time to vote,” stated Traxinger.

The credentials and election committee tabulated the results of the election. The committee consists of Mark Sumption, District 1; Wayne Holt, District 2; Glen Larson, District 3; Cyndy Larson, District 4; Donna Sharp, District 5; Lance Vihauer, District 6; Katie Hansen, District 7; Malinda Fey, District 8; and Julie Granstrom, District 9.

ELECTION RESULTS



690



54

Spoiled
Ballots

17

Total

751

KEY POINTS OF RESTATED AND AMENDED BYLAWS

1. Modernizing Language

- Clarifying that any type of entity may qualify for membership by adding trusts, estates, limited liability companies, partnerships and cooperatives to the current membership definition.
- Allowing two non-married individuals to hold a joint membership.
- Authorize members that are entities to designate an officer of the entity to vote on behalf of the entity and sign a director nominating petition.
- Removes outdated language.

2. Revisions in Response to COVID-19

- Authorizes the board to delay, reschedule or suspend the annual member meeting due to a health emergency, natural disaster or other emergent circumstance.
- Authorizes and permits members to participate in member meetings virtually, if authorized by state law.
- Authorizes the cooperative to provide notice via mail and/or electronically, and if authorized by state law, allow for members to vote electronically.

3. Updates to Board of Directors

- Authorizes a designated representative of an entity member to run and be elected as a director, provided that the designated representative resides in the district the entity is a member within.
- Adds a qualification that a director must have the capacity to enter into legally binding contracts.
- Allows an individual member or the designated representative of an entity member to serve as a director for 15 consecutive years, while also clarifying that such individual or designated representative cannot be a director for at least three years after such 15 consecutive year period.
- Clarifies and adds language that the board can set various policies in accordance with the bylaws, including but not limited to policies on membership, districts, compensation, inspection of records, etc.

4. Grammatical and Technical Corrections

- The changes include several corrections to ensure the use of consistent language, as well as language intended to clarify certain provisions.



Northern
Electric
Cooperative

A Touchstone Energy® Cooperative





J. Dylan Moro and his cousin, Knut Finnevolden, stand outside Moro's family-built treehouse yurt.

Moros' Treehouse Yurt Offers Unique Dakota Getaway

Frank Turner

frank.turner@sdrea.coop

From the vast, open prairies of the east to the towering Black Hills in the west, South Dakota's diverse landscape presents a breathtaking tapestry of natural beauty for camping enthusiasts to explore. With 13 state parks, six national parks, and numerous recreation areas at their disposal, visitors and residents alike are always within arm's reach of a world-class camping experience, complete with the guarantee of an unforgettable sunset.

The allure of South Dakota's outdoors extends well beyond aesthetics. Outdoor enthusiasts can also find a plethora of adventure by rock climbing the steep quartzite cliffs of Palisades State Park or catching a glimpse of a wild buffalo or bighorn sheep in Custer State Park.

Given the abundance of breathtaking

locations, it comes as no surprise that many enthusiasts desire a camping experience that matches the splendor of their natural surroundings. Simply put, sometimes a basic tent just doesn't suffice. Campers have embraced a variety of specialty camping styles, such as staying in treehouses and fully furnished cabins. With options ranging from off-grid yurts to glamping tents outfitted with complimentary Wi-Fi, these innovative accommodations elevate the traditional outdoor experience, catering to each individual's preference, comfort, and style.

J. Dylan Moro and his wife, Keena Byrd-Moro, both residents of Spearfish,



Moro's treehouse yurt is fully furnished, complete with tables, couches and a wood stove.

S.D., erected one such location on the outskirts of Lead, S.D., with the help of their family and neighbors in 2015. After both serving in the military as Army Reserve Nurses, Dylan and Keena saved up enough money to purchase a lot of land and realize their dream of building a treehouse yurt in the Black Hills.

"It was always my dream to build up there," said Dylan. "We wanted to create an experience where people could escape and reconnect with nature."

Their dream became a reality thanks to the amazing effort put forward by their family, friends and neighbors. More than 10 individuals contributed to the project, assembling the yurt in just two days despite a snow storm during the construction process.

"I remember being so close to finishing the project in one day," he recalled. "Despite the snow, I could see the finish line and wanted to keep going, but the conditions were getting slippery. For safety, my wife convinced us to wait, and she was right, of course."

Even Keena's late father, who had Alzheimer's and Parkinson's during

the project, assisted how he could by peeling logs and building railings for the treehouse yurt. Dylan shared that having Keena's father as part of the project made the experience even more special for their family. The structure now stands as a testament to his memory and provides a connection with their family's past.

"He loved being up there and part of the project," he shared. "I can honestly say that we built this structure by hand without any machinery. We relied on the many hands of our friends and family to get the job done."

When the family finished, the end result was a rustic treehouse yurt perched between two pine trees on a mountain slope, overlooking the Mickelson Trail. Today, the Moros' treehouse yurt guarantees a remote escape, free from nearby tents or campers. And while it's only accessible by dirt road, the location still offers easy access to some major attractions of the Black Hills, including Deer Mountain Ski Resort and Pathways Spiritual Sanctuary.

"It's a really cool spot, and for me, I love having access to the trail for easy

biking and running," said Dylan. "And it's not unusual to catch a glimpse of an ongoing bike race or marathon on the Mickelson Trail from the deck of the yurt."

Listed on Airbnb, the location has garnered over 241 reviews and 4.83 stars from campers from all over the United States, featuring two beds, a wood stove, and an indoor fireplace. Even still, the getaway location isn't for the faint of heart. With no running water or onsite electricity, campers must rely on the yurt's amenities, which cater to campers seeking a balance of comfort and authenticity in their outdoor experience.

"Part of the beauty of the yurt is that it's totally off-grid, but people need to know what they are getting into," he said. "But that shouldn't scare anyone away. We have hosted people from all walks of life: people who have never camped before, people who are driving across the country and want a unique stay, and even locals who just want to get away. Everyone finds something here that they enjoy."



Perched between two trees, the Moro family yurt provides a unique getaway location for visitors to the Black Hills of South Dakota.

Petitions are now available for 2023 board of directors seats

Nominating Petitions Due By August 4.

During Northern Electric Cooperative's 2023 Annual Meeting (Tuesday, September 19, 2023) members will elect Directors for Districts 4, 6, and 7.

Incumbent directors Josh Larson, Columbia (Dist. 4), Kirk Schaunaman, Aberdeen (Dist. 6), and William (B.J.) Hansen, Turton (Dist. 7) are all eligible to run again and are up for re-election.

Northern Electric Cooperative uses a petition process to nominate directors. A petition must be circulated for each candidate. Candidates must be cooperative members and reside in the district they wish to represent. A designated representative of an entity may seek election. The representative must reside within the district in which they would represent. Each petition must be signed by at least ten (10) cooperative members residing in that candidate's specific district.

Only one party of a joint membership may sign a petition; but not both.

Petitions are available at the Northern Electric offices in Bath and Redfield. Director petitions must be submitted not more than one hundred-twenty (120) nor less than forty-five (45) days before the Annual Meeting to have names placed on the official ballot and the Notice of the Meeting.

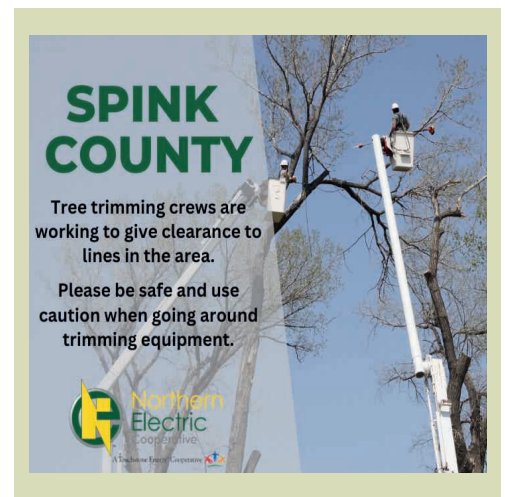
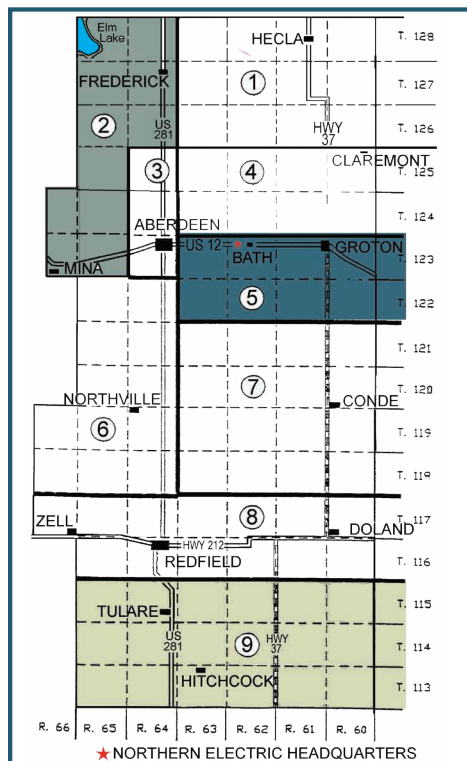
Petitions must be filed at a Northern Electric Cooperative office by close of business (4:30

p.m.) Friday, August 4, 2023. No petitions filed after August 4, 2023 shall be considered valid.

Nominations are not permitted from the floor during the meeting.

Members may only sign ONE nominating petition for a director candidate from their district of record.

For a complete copy of the Northern Electric Cooperative Bylaws contact Northern Electric at 605-225-0310 or stop by one of the offices in Bath or Redfield. The bylaws are also available online at www.northernelectric.coop/cooperative-bylaws



Customer Appreciation

PANCAKE BREAKFAST

During the Spink County Achievement Days at the Fairgrounds in Redfield.

**Friday, July 21
7:00am - 9:30am**

This event is **FREE** and open to the public.

UNDER CONSTRUCTION

HIGHWAY 12 CONSTRUCTION HAS STARTED IN FRONT OF OUR BATH OFFICE.

PLEASE USE CAUTION!

TO AVOID CONSTRUCTION, YOU CAN UTILIZE THE SMART HUB FOR BILL PAYMENTS.



DIRECTOR NOMINATION AND ELECTION PROCESS

DIRECTOR QUALIFICATIONS

Northern Electric Cooperative Bylaws
Article IV Section 4

No person shall be eligible to become or remain a director who:

1. Is an employee of the Cooperative.
2. Is not a member and bona fide resident of the service area served by the Cooperative located within the particular District provided that if the member is an entity other than a natural person then such person must be the Designated Representative of the entity, and such Designated Representative must reside within the district they represent.
3. Is in any way employed by or financially interested in a competing enterprise or business selling electric energy or supplies to the Cooperative or a business primarily engaged in selling electrical or plumbing appliances, fixtures or supplies to the members of the Cooperative.
4. Has been previously removed as a Director in accordance with the procedures provided for removal in these Bylaws.
5. Has failed to attend at least 2/3 of all regular board meetings during any consecutive twelve (12) month period.
6. Has been employed by the Cooperative in the past five (5) years.
7. Has pled guilty or has been convicted of: a felony, any crime involving dishonesty, or any crime involving moral turpitude.
8. Does not have the capacity to enter into legally binding contracts.

2023 Annual Meeting Scheduled For Tuesday, September 19

NORTHERN ELECTRIC COOPERATIVE BYLAWS ARTICLE IV SECTION 6

Section 6. Nomination of Directors. Any ten (10) or more members including a Designated Representative of an entity, in such District may file or sign a nominating petition, in the form provided by the Cooperative, with the Secretary placing in nomination any qualified member from such District. Each signatory shall place the date of signing and the member's address on said petition. No member may sign a petition to nominate more than one candidate, and to do so shall invalidate the member's signature on the petition signed on the latest date.

This procedure shall be followed in each director district in which the director term shall expire. Upon receipt of such petition and having found the same to be in order, the Secretary shall post such nomination in the principal office of the Cooperative. Candidates so nominated shall be identified in the Notice of the Meeting and shall also be named on the official ballot.

Such Petition for Nomination shall be filed with the Cooperative not more than one hundred-twenty (120) nor less than forty-five (45) days before the membership meeting. The order in which the

nominees shall appear on the printed ballot shall be determined by lot under the supervision of the Secretary. If any nominee should refuse to become a candidate or is not qualified, in accordance with the requirements of these Bylaws, the Secretary of the Cooperative is authorized and directed to remove the name or names from the list of posted nominees and/or from the ballot.

The Secretary shall be responsible for mailing with the notice of the annual meeting, or separately, but at least ten (10) days before the date of the meeting, a statement of the number of directors to be elected and the names and addresses of the candidates nominated. No nominations shall be permitted from the floor. Each member of the Cooperative present at the meeting shall be entitled to vote for one candidate from their specific district from which a director is to be elected. Upon establishment of a quorum the annual member meeting shall be deemed convened. Voting may occur in accordance with the procedure established by the Board. The candidate from each district receiving the highest number of votes at the meeting shall be considered elected as a director.



CPR & AED TRAINING

Photo Credit: Nate Breske

Essential No Matter What Field You Work In Or Play On

Laura London

Lake Region Electric Association

Millions of sports fans who tuned into Monday Night Football on January 2nd watched in shock as what had moments before appeared to be a regular night of sporting rivalry, turned into a heroic lifesaving response. Buffalo Bills defensive safety Damar Hamlin, a strong, athletic 25-year-old, suddenly collapsed on the playing field seconds after making a routine play against the Cincinnati Bengals. Almost instantaneously medical personnel sprang into action. The grave situation was reflected in the faces of the players, coaches, staff and fans. While Hamlin had no underlying medical condition, it was later determined that he had

experienced an often-fatal condition called commotio cordis, which is a rare disruption of the heart rhythm caused by a blunt, nonpenetrating impact to the chest that causes arrhythmia without structural damage to the heart. The quick response and administration of CPR saved Hamlin's life.

There are certain professions where the possibility of using life-saving interventions such as CPR and AEDs is more likely than others, and training is necessary. Certain risk factors, whether it be profession, age or health condition, can also increase the likelihood of someone experiencing a cardiac event. The fact is that cardiac arrest can happen anywhere, at any time, to any person.

CPR and AED training is vital regardless of what field you work in or play on.

Nate Breske, a Webster graduate, and member of Lake Region Electric Association is the head athletic trainer for the Buffalo Bills NFL franchise. Breske's affable personality and engaging smile can seem out of place when pictured amongst the hard appearing coaches and personnel of the NFL, but there he is shining bright on the sidelines and behind the scenes to make sure the program runs smoothly. The multi-faceted position of head athletic trainer comes with a load of responsibility, including looking out for the health and safety of the athletes, designing rehabilitation programs for injured players, working closely with the performance and coaching staffs to get the most out of each player on gamedays, managing the medical

staffs, administering care for injured players, and working with the GM and upper management to bring in players through free agency and the draft. Breske never expected that one of his players would suddenly collapse on the field from cardiac arrest seconds after attempting a tackle, but Breske and his team were prepared.

Breske described what went through his mind when he saw Hamlin collapse on the field, “I instantly knew that it was a major medical issue that would require our assistance and expertise to help. We were prepared, willing and able to help do whatever we could to help save his life.” Lifesaving action was taken and CPR was performed by multiple people on the field in what Breske describes as “a complete team effort.” An AED was also used before Hamlin was transported by ambulance to the hospital. Something that Breske would like others to know: “You have permission to help out to the best of your ability when there is an emergency situation that may make you uncomfortable. Doing something is better than doing nothing at all!”

Breske says the Bills organization requires even non-medical personnel

to have CPR training “Everyone is certified, and we practice our EAP regularly to ensure that we are prepared for emergency situations such as this. The non-medical personnel are educated and will continue to be educated in the importance of knowing what to do in an emergency situation.” Breske has never had to personally perform CPR but recalls performing the Heimlich maneuver on Andy Meek, a high school classmate. Breske said the incident with Hamlin taught the Bills, “It is important to be prepared for situations like this. You never want to be put in this situation, but if you are, being prepared will help to give you the best chances for a good outcome. Not everything was perfect, but we had the best outcome that we could have hoped and prayed for.”

Due to the quick response and efforts by everyone on the field and the medical staff in Cincinnati, Hamlin was recently cleared to return to the game. Breske travelled with him to several heart specialists around the country to make sure all of the doctors were in agreement that Hamlin was physically and mentally healthy enough to return to action.

Damar Hamlin has teamed up with the American Heart Association to encourage people to learn how to perform CPR. Breske calls this a great thing. “The more people that know what to do in this situation will help save lives.” You can join Damar Hamlin’s #3forheart CPR Challenge by visiting the American Heart Association website <https://www.heart.org/en/damar-hamlin-3-for-heart-cpr-challenge>.

Electric Cooperatives in the state of South Dakota require all linemen to be CPR trained and get a refresher every year per OSHA regulations. Mark Patterson, Manager of Loss Control Services at South Dakota Rural Electric Association (SDREA) said that not all co-op staff are required to have the training, but the majority are trained because emergencies don’t just happen in the field.

AED devices are recommended at each work site through the Rural Electric Safety Achievement Program (RESAP.) Patterson concurs with Breske that CPR is a good skill to have and refresh. He said employees go through the training “hoping that you never have to use it but if you do, it will come back to you automatically.” While there have been a number of electrical contacts during Patterson’s 13-year career with SDREA, only one time has CPR been performed and in that case, saved the life of a lineman.



American Heart Association

Damar Hamlin's #3forHeart™ CPR Challenge

Join Damar in taking 3 simple steps to support CPR education and training, research and other lifesaving programs. You can help save lives today.

TAKE THE CHALLENGE

WWW.HEART.ORG/3

VIP TOUR

June 21-22 | Bismarck, ND | Beulah, ND



2023 NORTHERN ELECTRIC VIP TOUR

Northern Electric Cooperative is taking members to North Dakota for a behind-the-scenes tour of the electric-generation resources that power your lives. The tour will take place on June 21-22, 2023.

TRIP DETAILS:

Tour the Basin Electric Power Cooperative facilities, mines, and generating units which produce the electricity you receive from Northern Electric. A commercial bus will be used for transportation.

COST: FREE

The trip is funded by Northern Electric Cooperative. Funding for the trip covers each participant's transportation, lodging (double occupancy), and meals. Members are required to supply their own personal/shopping money.

TOUR RULES:

- All Northern Electric members, **even those who have gone on the tour in the past**, are eligible to attend. Preference will be given to members who have never gone before.
- Registrants must be current members of Northern Electric.
- Attendees may bring an accompanying partner of their choice on the trip.
- In the event an attendee cannot go on the trip, Northern Electric staff will select another participant.

TOUR APPLICATION

Name: _____

Address: _____

City: _____

State: _____

Zip Code: _____

Email: _____

Phone: _____

APPLICATION DEADLINE: MAY 24

Please mail applications to:

Northern Electric Cooperative
Attention: Kay Albrecht
PO Box 457
Bath, SD 57427

OR APPLY ONLINE AT:

northernelectric.coop/viptour



July 24-27

APPLY ONLINE AT:
northernelectric.coop/youthexcursion

2023 YOUTH EXCURSION

The 2023 Youth Excursion is a FREE four-day experience for high school students of Northern Electric members. Students will learn about the energy industry, cooperatives, and tour the power plants that supply their electricity.

TRIP DETAILS:

Students will stay at Bismarck State College in North Dakota. A commercial bus will pick up students at Northern Electric on July 24 and drop them off at the co-op office in Bath on July 27. Students will also participate in fun evening activities like visiting a Bismarck-area waterpark and cruising down the Missouri River on the Lewis and Clark Riverboat.

APPLICATION DEADLINE: JUNE 1

Please mail applications to:

Northern Electric Cooperative
Attention: Kay Albrecht
PO Box 457
Bath, SD 57427

or apply online at:

northernelectric.coop/youthexcursion

YOUTH EXCURSION APPLICATION

Name: _____

Address: _____

City: _____

State: _____

Zip Code: _____

Parent/Guardian: _____

Email: _____

Phone: _____

School: _____

Year in School
(2023-2024): _____

T-Shirt Size: _____

Gender: _____



June 3-4, 2023
Siouxland Renaissance
Festival
 100 N Lyon Boulevard
 Sioux Falls, SD
 866-489-9241

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.

JUNE 3
Health Connect of South
Dakota: The Human Race 5K
 9 a.m.
 Sertoma Park
 Sioux Falls, SD

JUNE 3
Lunafest
Zonta Women's Art, Music &
Film Festival
 2:30 p.m.
 Custer Beacon
 Custer, SD

JUNE 3-4
Siouxland Renaissance
Festival
 100 N Lyon Boulevard
 Sioux Falls, SD
 866-489-9241

JUNE 8-10
Black Hills Quilt Show
 2:30 p.m.
 The Monument
 Rapid City, SD
info@bhquilters.org

JUNE 11
River Honoring Community
Potluck
 5 p.m.
 Clay County Park River Shelter
 Vermillion, SD

JUNE 16
SDSU Alumni & Friends
Tourney
 12 p.m.
 Olive Grove Golf Course
 Groton, SD

JUNE 16-18
Fine Arts In The Hills Show
& Sale
 Main Street
 Hill City, SD

JUNE 21
2023 McCrossan Boys Ranch
Golf Classic for Kids
 Central Valley Golf Course
 Hartford, SD
 605-339-1203

JUNE 23
Flandreau Fridays
 5 p.m.
 Downtown Flandreau
 Flandreau, SD

JUNE 24
Vendor Fair &
Farmer's Market
 8 a.m.
 122 Vilas St
 Hermosa, SD

JULY 4
Firecracker Couples Tourney
 Olive Grove Golf Course
 9 a.m.
 Groton, SD

JULY 12
Lion's Club Summer Fest/Car
Show
 City Park
 9 a.m.
 Groton, MN

JULY 22
Richmond Lake Association's
Annual Pontoon Poker Run
 Richmond Lake
 Aberdeen, SD
 605-225-0609

JULY 22
20th Annual Make-A-Wish
Poker Run
 C&S Motorsports
 Aberdeen, SD
 605-216-6638

JULY 26
Groton Golf Association
Fundraiser Lunch
 Olive Grove Golf Course
 11:30 a.m.
 Groton, SD

SEP 9 - OCT 29
Back Forty Beef Corn Maze &
Adventure Farm
 Every weekend starting Sep. 9,
 through Oct. 29
 10 a.m.
 Pierpont, SD
 605-941-2615

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