

living with energy IN IOWA

MAY 2021



Chariton Valley
Electric Cooperative, Inc.

Your Touchstone Energy Cooperative

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**CVEC annual
meeting update**

**New ideas for home
improvement projects**

**Asparagus and
rhubarb recipes**

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living with energy IN IOWA

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ON THE COVER



Congratulations to Marty Hulsebos, an Access Energy Cooperative member, for supplying the cover image for this month's issue of *Living with Energy in Iowa* magazine! ⚡

State programs provide financial assistance with mortgage, rent and utility bills due to COVID-19

BY REGI GOODALE

Many households and businesses have been financially impacted by the COVID-19 pandemic. Iowa's electric cooperatives are committed to the communities we serve, and we want to share some new state resources with our readers.

In late March, Gov. Kim Reynolds announced two new programs to assist eligible Iowans who have been impacted by the COVID-19 pandemic and need financial assistance: The Iowa Homeowner Foreclosure Prevention Program and the Iowa Rent and Utility Assistance Program. Both programs are administered by the Iowa Finance Authority.

Iowa Rent and Utility Assistance Program

Funded by the federal Consolidated Appropriations Act of 2021, this program will provide rent and/or utility assistance for up to 12 months. Eligible renters can receive financial assistance with past due rent, electricity, gas, propane, fuel oil, water, sewer and/or trash removal bills incurred no earlier than March 13, 2020.

Utility payments through the program will be made directly to utility providers and applied to the applicants' accounts. If you need assistance with electric bill documentation for your application, please contact your local electric cooperative.

Eligible households must be current renters earning no more than 80% of their county's area median income. One or more individuals in the household must have either qualified for unemployment benefits or have experienced a documented financial hardship as a result of the COVID-19 pandemic. And the household can demonstrate a risk of experiencing homelessness or housing instability,

which may include a past due utility or rent notice or eviction notice.

Full eligibility details are available at www.IowaHousingRecovery.com. The website includes an eligibility precheck and answers to frequently asked questions. You can also call Iowa's Utility Recovery Hotline at 515-348-8976 or 877-463-3269 for more information about this program.

Iowa Homeowner Foreclosure Prevention Program

This program reopened in late March to provide mortgage payment assistance for income-eligible homeowners impacted by COVID-19 who are at risk of foreclosure.

Eligible homeowners can receive mortgage assistance for up to four months (including up to two months in arrears), beginning with an April 1, 2020 mortgage payment.



There is a maximum assistance per household of \$3,600.

This short-term program will be available until funds are exhausted or a new federal program is launched. Program funding is provided through federal CARES Act funds. Complete eligibility details are available at www.IowaHousingRecovery.com or by calling the Housing Recovery Line at 855-300-5885 or 515-348-8813.

At www.IowaMortgageHelp.com, you can also learn more about Iowa mortgage help, which offers free, confidential mortgage counseling to Iowa homeowners at risk of foreclosure.

If you are at imminent risk of foreclosure and need legal assistance, Iowa Legal Aid may be able to assist you at no cost. Call 800-532-1275 or visit www.IowaLegalAid.com. ⚡

Regi Goodale is the director of regulatory affairs for the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

Win 10 shade trees

Shade trees can help lower summer energy bills. To help you get started, we're giving 10 lucky electric co-op members 10 free shade trees up to a foot tall. The winners also will receive a one-year membership to the Arbor Day Foundation, which includes a subscription to the organization's bimonthly newsletter, a copy of *The Tree Book* and discounts on future tree and shrub purchases. ⚡



Visit our website and win!

Enter this month's contest by visiting www.livingwithenergyiowa.com no later than May 31, 2021. 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 Home Technology Package from the March issue was Larry Heitmeier from Access Energy Cooperative.

CVEC is prepared for storms, are you?

BY LEILANI TODD



Spring is here, and while it brings much fun in the warmer weather, it can also bring the occasional severe storm. In the event of a power

outage, you can trust that CVEC is ready to respond and that we have an emergency plan in place.

The major cause of most power outages comes from damage to power lines due to falling trees and

branches. We work year-round – through right-of-way clearing – to ensure power lines in our service territory stand little risk of being damaged by trees, branches or other types of vegetation.

Despite our best efforts, during major storms, damage can occur. In the worst-case scenario, electricity may be out for several days. While we cannot always predict the severity of a storm, you can plan ahead so when a severe weather event strikes, you have the tools and resources to effectively weather the storm.

Here are some tips to help you prepare for major weather events and natural disasters.

Preparedness actions and items

- Stock your pantry with a three-day supply of non-perishable foods, such as canned goods, energy bars, peanut butter, powdered milk, instant coffee, water and other essentials (e.g., diapers and toiletries).
- Confirm that you have adequate sanitation and hygiene supplies, including towelettes, soap and hand sanitizer.
- Ensure your first-aid kit is stocked with pain relievers, bandages and other medical essentials, and make sure your prescriptions are current.
- Set aside basic household items you will need, including flashlights, batteries, a manual can opener and a portable, battery-powered radio or TV.
- Organize emergency supplies, so they are together in an easily accessible location.

With advance warning

If a severe storm such as a tornado is expected with high winds and sustained rain, you may need to take extra steps. Fully charge all cell phones, laptops and devices so you have maximum power in the event

of a power outage. If you plan to use a small generator, make sure it is rated to handle the amount of power you will need, and always review the manufacturer's instructions to operate it safely.

During a prolonged outage

In the event of an outage, turn off appliances, TVs, computers and other sensitive electronics. This will help avert damage from a power surge and will also help prevent overloading the circuits during power restoration. That said, do leave one light on so you will know when power is restored. If utilizing a small household generator, consider using LED holiday lights to illuminate a living area. A strand of 100 white lights draws little energy yet produces considerable light.

During thunderstorms, keep away from windows, listen to local news or a weather radio for emergency updates and check CVEC's Facebook or website for restoration updates.

After the storm

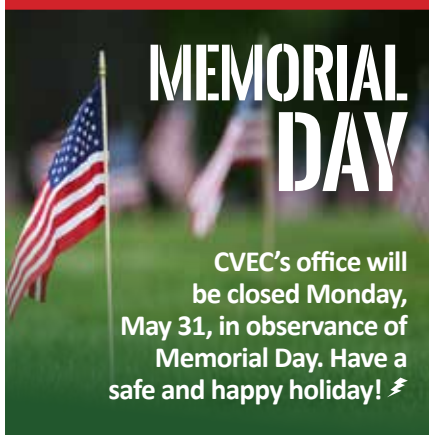
Avoid downed power lines and walking through flooded areas where power lines could be submerged. Allow ample room for utility crews to safely perform their jobs – including on your property.

There's power in planning

Planning for severe storms or other emergencies can reduce stress and anxiety caused by the weather event and can lessen the impact of the storm's effects. Sign up for local weather emergency alerts and warnings and make sure you are following CVEC on Facebook to stay abreast of restoration efforts and other important co-op news and information. Act today because there is **power** in planning! ⚡

Leilani Todd is the general manager of Chariton Valley Electric Cooperative.

OFFICE CLOSING



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Investing in your electric system

Safety is always in style for CVEC's linemen. Electricity has the ability to do great things, but it can also do enormous harm. That's why our linemen wear protective rubber gloves and sleeves when working on any type of electrical line. This safety equipment provides protection against electrical shock and burns and are tested at 20,000 volts. Protective gloves, usually made of leather, are also worn over the rubber protective gloves to protect the rubber from punctures and cuts. The sleeves CVEC's linemen wear are also made of the same rubber material and help protect from their wrists to their shoulders.

Our linemen work high off the ground, often inches away from energized power lines that carry thousands of volts of electricity.



There is no room for mistakes. That is why CVEC invests time and money in providing training and protective gear to our linemen. ⚡

How much do you think the cost is for a pair of rubber gloves/sleeve combination?

- A. \$324.75
- B. \$602.33
- C. \$800.94
- D. \$925.41

Answer: C

ANNOUNCEMENT

Annual meeting to be held virtually

Chariton Valley Electric Cooperative is committed to maintaining the health and safety of our members, our employees and the communities we serve from COVID-19. With the ongoing pandemic, CVEC's board of directors have decided this year's annual meeting will be held virtually on Aug. 2, 2021.

CVEC board elections will continue as the voting process can be completed by mail. The election committee "tellers," which are made up of cooperative members and CVEC's attorney, will tally the ballots submitted by noon, Monday,

Aug. 2, to determine and certify the election results.

A full report of the election results, voting prize winners and the recipients of the "Luck of the Draw" scholarships will be provided that evening on CVEC's Facebook page and website.

Be on the lookout for the information that we will be sharing leading up to our annual meeting, which will showcase the

cooperative difference, value of membership and benefits of being part of a cooperative. Thank you for your understanding during these special circumstances. We hope you will participate in our virtual annual meeting! ⚡



Kile Overmyer promoted to journeyman lineman

Chariton Valley Electric Cooperative is pleased to announce that Kile Overmyer, an Albia native, has passed all the required assessments and trainings to achieve his journeyman lineman status as of February 2021. He is now part of the select group of highly skilled individuals that work both a physically demanding and challenging job each day to keep our power on.



Kile attended the North American Lineman Training Center program in McEwen, Tennessee, where he received his diploma in 2016. He started his line career with the City of Pella Electric Distribution company as an apprentice lineman. He was hired at CVEC in January 2020 and has spent the last year working through the final steps of his apprenticeship program where he continued bookwork and hands-on learning from experienced journeymen linemen at CVEC.

Kile is a valued member of our team and we are proud of his commitment to the apprenticeship program and to CVEC.

Congratulations, Kile! Your future is bright. ⚡



CVEC's linemen loved the posters and letters they received in honor of Linemen Appreciation from Miss Romano's 3rd grade class in Moravia, Mrs. Hamilton's preschool class in Moravia and Mrs. Romano's kindergarten class in Albia. They were truly appreciated!

Unified efforts power the economic development puzzle

BY KAY SNYDER

The second week of May marks National Economic Development Week, providing an opportunity to highlight the strategic and unified effort that goes into supporting business growth and community vitality across Iowa. As part of its foundational principle of Concern for Community, your electric cooperative works with numerous partners to foster a thriving business climate in your area.

Economic development means different things to different people. On a broad scale, anything a community does to foster and create a healthy economy can fall under the umbrella of economic development. Most of the time, economic development focuses on promoting investment, creating jobs and improving the quality of life for residents. Economic development is truly a puzzle, with a diversity of essential players coming together to address dozens of core activities accomplished by accessing many programs and resources.

Recognizing the benefits of a unified effort to power the “puzzle of economic development” and fit these pieces together, Iowa’s electric cooperatives created the Iowa Area Development Group (IADG) to serve as its economic development organization. For decades, IADG staff has been immersed in statewide economic development, compiling the network of partners, knowledge of programs and project experience needed to support this vital business initiative. IADG focuses on business attraction, existing business expansion, entrepreneurship and community development projects.



There are hundreds of examples of electric cooperative-inspired economic development success stories across Iowa, including the following two recent examples.

Powering business growth

The Butler Logistics Park, located in rural Butler County near Shell Rock, provides a perfect example of how an industrial park can spark incredible regional growth through business location and job creation. Butler County REC, Butler-Grundy Development Alliance, Iowa Northern Railway Company (IANR) and Central Iowa Water Association are vital partners in developing this 230-acre and expanding industrial park.

Through active marketing, Trinity Industries became interested in the property as a location for the \$60 million TrinityRail Maintenance Services facility, which purchased the entire park. Local players came together to work through the company’s requirements. Butler County REC secured a \$2 million pass-through loan from the U.S. Department of Agriculture to support installing nearly 8,000 additional feet of rail to the IANR main track, necessary to meet the company’s requirements.

“With any project such as this, there are numerous parts that have to come together, including the work of many individuals,” says Craig Codner, CEO of Butler County REC. Our staff put in many hours toward this project and continues to be engaged as the park expands. We have a tremendous working relationship with the Butler-Grundy Development Alliance, who was instrumental in attracting the plant to the park.”

“I also cannot say enough about



the IANR team. This was a true partnership with everyone's goal the same, to bring the plant to the Butler Logistics Park," Codner adds.

The impact of the 230-acre rail maintenance facility is the creation of more than 250 career opportunities for current residents and those attracted by these positions, and an overall boost to the local economy.

Spurring additional growth, in October 2020, Mid-Iowa Cooperative, a farmer-owned cooperative based in east-central Iowa, broke ground on Shell Rock Soy Processing, a \$270 million soybean crushing plant located on an expansion of the Butler Logistics park. The facility is expected to create 50 high-quality jobs when operational in 2022.

Powering community services and entrepreneurship

Concern for Community and Cooperation among Cooperatives are two of the cooperative principles that shine in this community

development project spotlight.

818 Forward with Faith (FWF) is a non-profit dedicated to building homes where adults with disabilities can lead lives of dignity while their specialized physical, emotional and social needs are met. FWF was founded by Jerry and Judy Fynaard, whose son Caleb was born with cerebral palsy. It was right after high school when Caleb was involved in an automobile accident, and the special care he needed became more than his current living facility could provide. That is what spurred the Fynaards to found FWF with the mission of providing homes for adults with disabilities that are an extension of their childhood home and a safe haven for the residents and their families.

Pella Cooperative Electric Association and Southwest Iowa REC provided \$300,000 from their Revolving Loan Funds to support the FWF home construction, which opened in Pella in November 2019.

With the goal of "one Faith House at a time," FWF is working toward constructing a home for women also to be located in Pella.

"Pella is a small community where we step up to take care of each other and work to support those in need. Pella Cooperative Electric and Southwest Iowa REC were honored to use our resources to help Forward with Faith develop a solution for a need in our community," Pella Cooperative Electric CEO Jon Miles says.

While just two projects were highlighted in this article, examples of large and small "wins" are frequently included in your local newspapers, electric cooperative and chamber newsletters, and *Living with Energy in Iowa* magazine.

Rural utilities have an important presence in local communities. Throughout the past several years, the local ownership of businesses in rural communities continues to trend downward. So does the pool of stakeholders willing and able to invest, engage and support local business and community development efforts. Your electric cooperatives actively participate and contribute to business and community initiatives across the state.

We're grateful that electric cooperative staff, and their members, volunteer time and talents to support local communities across Iowa. Every one of these roles is a vital piece of powering economic development. ⚡



Kay Snyder is the director of marketing and communications for the Iowa Area Development Group.

RHUBARB & ASPARAGUS RECIPES



Creamy Rhubarb Dessert

- ½ cup butter
- 1½ cups plus 2 tablespoons flour, divided
- 1 cup pecans, chopped, divided
- 4 cups rhubarb
- 1 cup plus 3 tablespoons sugar, divided
- 16 ounces cream cheese
- 2 teaspoons vanilla, divided
- 3 eggs, lightly beaten
- 1½ cups sour cream

Cut together butter and 1½ cup flour. Add ½ cup pecans and press into 13x9-inch pan. Mix rhubarb, ½ cup sugar and 2 tablespoons flour. Spoon over crust and bake at 350 degrees F for 15 minutes. Mix together cream cheese, ½ cup sugar and 1 teaspoon vanilla until smooth, then add eggs. Pour over hot rhubarb and bake at 350 degrees F for 30-35 minutes. Cool 10 minutes. Mix sour cream, 3 tablespoons sugar and 1 teaspoon vanilla. Spread over hot cheesecake, sprinkle with ½ cup pecans. Cool 1 hour then refrigerate. *Serves 12-16*

Cindy Bru • Marshalltown
Grundy County Rural Electric Cooperative

Chicken Asparagus Casserole

- 4 chicken breasts
- 1½ teaspoons seasoned salt
- ¼ teaspoon pepper
- ¼ cup vegetable oil
- 20 ounces frozen asparagus
- 10½ ounces cream of chicken soup (1 can)
- ½ cup mayonnaise or sour cream
- 1 teaspoon lemon juice
- ¼ teaspoon curry powder
- 1 cup cheddar cheese, grated

Cut chicken into bite size pieces and season with seasoned salt and pepper. Sauté chicken in oil for 5-6 minutes until white and opaque. Remove and drain on paper towels. Cook asparagus as directed on package. Drain and place in greased 9x13-inch baking dish. Add chicken pieces. In a separate bowl, mix soup, mayonnaise or sour cream, lemon juice and curry powder. Pour over chicken and sprinkle with cheese. Bake at 350 degrees F for 30 minutes. *Serves 8*

Linda Terlouw • Pella
Pella Cooperative Electric Association

Rhubarb Surprise Pie

- 1 cup flour, sifted
- 1 teaspoon baking powder
- ½ teaspoon salt
- 2 tablespoons butter
- 1 egg, beaten
- 2 tablespoons milk
- 3 cups rhubarb, diced
- 1 package strawberry Jell-O (3 ounces)
- ½ cup flour
- 1 cup sugar
- ½ teaspoon cinnamon
- ¼ cup butter, melted

Sift together 1 cup sifted flour, baking powder and salt. Cut in 2 tablespoons butter, add egg and milk then mix. Press into a greased 9-inch pie pan. Arrange rhubarb in pie pan and sprinkle with Jell-O. Combine ½ cup flour, sugar, cinnamon and ¼ cup melted butter and sprinkle on top of pie. Bake at 350 degrees F for 50 minutes or until rhubarb is tender. *Serves 6*

Lea Bradley • Mount Pleasant
Access Energy Cooperative

Fresh Facts Source:
Iowa Department
of Agriculture and
Land Stewardship

MEDICINAL ROOTS

Rhubarb is a very old plant that dates back to ancient China in 2700 BC. At that time, it was used for medicinal purposes. The roots of the Chinese variety are still used in medicine today.

Cherry Rhubarb Crunch

- 2¼ cups oatmeal
- ¾ cup flour
- ¾ cup brown sugar
- ¾ cup oleo
- 1 cup sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 can cherry pie filling
- 4 cups rhubarb, diced
- 1 teaspoon vanilla extract

Combine oatmeal, flour, brown sugar and oleo. Cut together to make crumbs. Save ¾ cup crumbs for top and spread the rest in 9x13-inch pan. In saucepan, combine sugar, cornstarch and water; cook until thick. Remove from heat and add pie filling, rhubarb and vanilla extract. Pour over crumb crust and sprinkle with remaining crumbs. Bake at 350 degrees F for 40 minutes.

Barbara Dather • Melvin
North West Rural Electric Cooperative

Ham and Asparagus Roll-Ups

- 30 fresh asparagus spears
- 15 ham slices
- 8 ounces cream cheese

Trim asparagus to length of ham slices. Wash the asparagus and blanch briefly for 2 minutes in boiling water. Remove stalks and put in bowl of ice water. Spread cream cheese on ham slices then add two asparagus spears and roll them up. Keep refrigerated until served. *Serves 15*

Ann Clark • Panora
Guthrie County Rural Electric Cooperative Association

Rhubarb Dump Cake

- 1 pound rhubarb, chopped (3-4 cups)
- 1 cup sugar
- 1 package strawberry Jell-O (3 ounces)
- 1 package yellow cake mix
- 1 cup water
- ¼ cup butter, melted

Spread rhubarb evenly over bottom of a greased 9x13-inch cake pan. Sprinkle sugar over the rhubarb, then the dry Jell-O, then the cake mix. Pour water and melted butter over the top. Do not stir. Bake at 350 degrees F for 45 minutes or until rhubarb is tender. This comes out like a cobbler.

Kathy Carter • Williams • Prairie Energy Cooperative

Asparagus Bacon Quiche

- 1 pound fresh asparagus
- 6 bacon strips
- 1 9-inch baked pastry crust
- 3 eggs
- 1½ cups half and half cream
- 1 cup grated Parmesan, divided
- 1 tablespoon green onions, sliced
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 pinch ground nutmeg

Trim asparagus and cut into 1-inch pieces, then cook and drain. Cook and crumble bacon. Arrange bacon and asparagus in pastry crust. In a bowl, beat eggs, then add cream, ½ cup cheese, onions, sugar, salt, pepper and nutmeg. Pour over asparagus and bacon. Sprinkle with remaining cheese. Bake at 400 degrees F for 10 minutes. Reduce to 350 degrees F and bake for 23-25 minutes longer.

Anna Domnick • Rock Rapids
Lyon Rural Electric Cooperative

ONLY EAT THE STALKS

Rhubarb is a perennial plant that is usually eaten fresh and harvested in the spring when the stalks are tender. Only the stalks (petioles) should be eaten because the leaves contain moderately poisonous oxalic acid.

FRESH FACTS

THREADED ON STRAW

Strawberries are thought to have originated with the Romans, maybe as far back as the Greeks. The name "strawberry" may have resulted from children in the 19th century, who threaded the berries on straw and sold them.

FRESH FACTS

PACKED WITH VITAMIN C

Strawberries contain vitamin C, folic acid, potassium and fiber. Eight fresh strawberries provide approximately the same amount of vitamin C as an orange.

FRESH FACTS

Wanted: Chicken Recipes The Reward: \$25 for every one we publish!

Winner, winner, chicken dinner! A versatile protein, chicken is a recipe favorite. Whether it's grilled, baked, fried or in sandwiches, salads or casseroles, the possibilities are endless. 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 May 31, 2021. 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@livingwithenergyiniowa.com
(Attach your recipe as a Word document or PDF to your email message.)

MAIL: Recipes

Living with Energy in Iowa magazine
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Trending now: Home improvement

Tips for making environmentally friendly and cost-effective choices

BY JULIA ROBINSON

With ongoing pandemic concerns and expanded remote working options, many of us are not only spending more time at home, but we're also considering a home office upgrade, creating a music room or enhancing an outdoor space. Mischa Fisher, chief economist for HomeAdvisor, says the growth in home improvement in 2020 was huge: "We nicknamed it the year of the home."

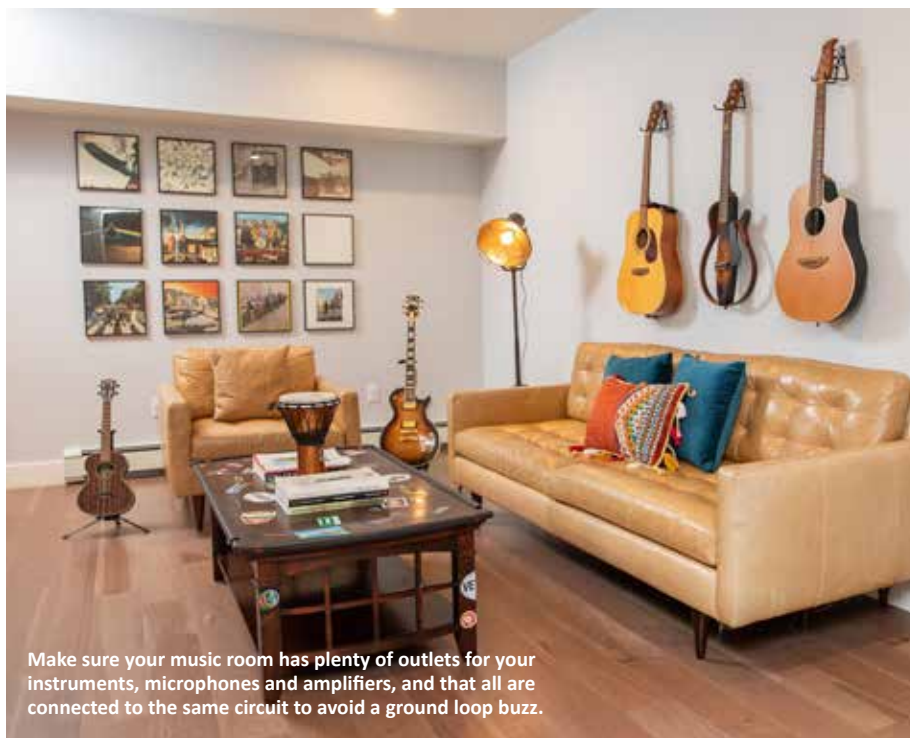
"In past years, there was a significant focus on return on investment," Fisher says. "People do a project because they're planning on selling their house." Last year was different because 41% of people said they planned upgrades specifically to make their homes better suit their lifestyle. It's a trend that's continuing in 2021.

No matter what project is on tap, it's essential to start with basic improvements that ensure your energy needs are met safely and efficiently. HomeAdvisor, a digital marketplace that aims to connect clients with prescreened local service professionals, found home maintenance budgets doubled in 2020 compared to previous years. Simple updates to infrastructure can make every home kinder to the environment and safer, with the added benefit of trimming electric bills.

Green building with simple improvements

Simple improvements based on a home's current condition can go a long way toward improving energy efficiency. "Often improvements are more beneficial than investing in newer technology, such as solar panels," says Peter Pfeiffer, president of an architecture firm and an early advocate for the ENERGY STAR® program, which encourages energy-efficient appliance purchases.

He recommends that homeowners plan their improvements based on



Make sure your music room has plenty of outlets for your instruments, microphones and amplifiers, and that all are connected to the same circuit to avoid a ground loop buzz.

increasing overall energy efficiency, beginning with modest repairs. The next step involves pricier improvements like replacing windows and upgrading to more efficient appliances. The most advanced improvements center on renewable energy generation and storage.

Pfeiffer suggests homeowners start by eliminating energy-wasting gaps in the home's structure and shading windows and walls.

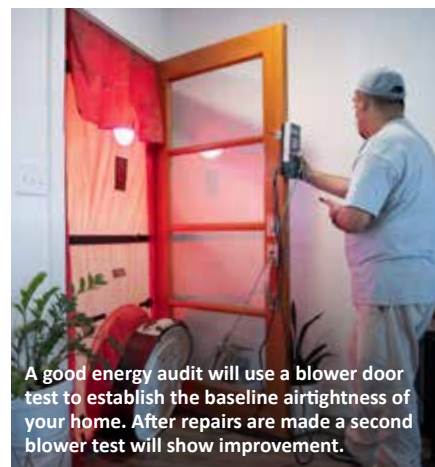
STEPS TO ELIMINATE ENERGY-WASTING GAPS

① Audit energy use

To find your home's trouble spots, engage a professional for a home energy audit. Your electric co-op offers advice on audits, which likely includes a review of your electric bills and a thorough examination of your home. Auditors will inspect the quality of insulation, test for electrical

hazards, make a thermographic inspection with infrared scanning, and conduct a blower test that measures the quality of air sealing around ducts, doors and windows.

The auditor then prepares a report detailing their findings and recommendations. According to the U.S. Department of Energy, the average home has enough air



A good energy audit will use a blower door test to establish the baseline airtightness of your home. After repairs are made a second blower test will show improvement.

projects

Replacing regular window screens with solar screens can keep your home 10-15 degrees cooler in the summer by blocking the sun's rays that can heat the inside of your home.



leakage to add up to a 2-square-foot hole that remains open 24 hours a day. Fortunately, simple remedies can save up to 30% on utility bills. With your co-op's guidance, an energy audit will help you prioritize fixes for tightening your home and using shade to your advantage.

② Keep outside air outside

Managing the infiltration of outside air can affect homes year-round. Common recommendations are to update weatherstripping and caulk around doors and windows, clean filters and vents, and seal leaks in your ducts. Pfeiffer points out that leaky ducts are more wasteful than an inefficient air conditioner. It's more important to make sure you have an airtight heating, ventilating and air conditioning system before upgrading to a new air-handling system.

③ Prevent radiant heat

Radiant heat is absorbed from sunlight and can be transmitted through roofs and windows into the home. Pfeiffer advises using roof overhangs, awnings or planting trees and landscaping to shade west-facing windows to prevent the sun's rays from hitting the windows directly. Thermal drapes and window coverings can also deflect heat from sunny rooms. Radiant barriers in an attic can prevent heat from the roof from transferring to the attic floor and warming the rest of the house in the summer, saving money on cooling bills.

④ Add insulation

Adding insulation to a home's attic, basement, walls or crawl spaces will improve



With good planning, adding insulation to your home can be a successful DIY project.

energy efficiency. Pfeiffer says that optimal roofing materials combined with shade will prevent radiant heat from leaking into the home in the first place. Sealing basements and crawl spaces and wrapping your water heater in a thermal blanket also improve energy efficiency.

⑤ Upgrade lighting

Efficient lighting and lighter colors are key considerations when adding a home office or hobby space.

Replace lightbulbs with energy-efficient CFLs or LEDs to decrease energy consumption. An Energy-Star qualified CFL uses about one-fourth of the energy and lasts 10 times longer than traditional incandescent bulbs, and Energy-Star-qualified LEDs last 15 to 25 times longer. Light fixtures should hang close to the work or hobby space without getting in the way.

"The color of the horizontal reflecting surfaces in the room makes a big difference in how much energy you use," Pfeiffer says. "You need about three times as much lighting if you've got dark countertops compared to light-colored countertops."

⑥ Take additional steps to reduce demand

Once you've invested some time and a little money into making basic improvements, Pfeiffer advises implementing additional energy-saving measures. Replacing older appliances and windows with ENERGY STAR®-rated and e-coated products will save energy over the lifetime of your home. Solar panels can help you create your power, but they won't have as big of an impact unless you first address your energy demands.

"Before you go to the sexy things like solar on the roof, or things that you can talk about at a cocktail party, let's reduce the demand of energy first," Pfeiffer says.

Make safety a priority with home improvement projects

Rewiring your lights and adding new electrical systems to your home are complex and hazardous tasks that are best left in the hands of a licensed electrician.

Replacing old electrical outlets with ground-fault circuit interrupter (GFCI) outlets, while not a cost-saving improvement, is a necessary safety upgrade for outlets around water. GFCIs protect against shocks by breaking the flow of electrical current if they detect a fault. They are required in new construction, but the Electrical Safety Foundation International estimates 40 million homes do not have these lifesaving outlets in all "wet" rooms.

In addition, consider having an arc-fault circuit interrupter (AFCI) breaker professionally installed. AFCIs protect against fire-causing arcing that is commonly caused by damaged or worn wiring. ⚡

Are you on the list of “lost” members who haven’t received a capital credits check?

Are we looking for you? One advantage of belonging to a rural electric cooperative is receiving your share of capital credits. Any earnings left over after all expenses and/or reserves are paid are allocated to members as capital credits. They represent your share of ownership and can also be referred to as patronage dividends.

Each year, hundreds of capital credit checks are returned to the cooperative due to one reason or another. This list is of former members from the years 2007 and 2008 whose checks



have either been returned to the cooperative or not cashed.

If your name is on the list: Contact

CVEC at 641-932-7126. Verify the address, phone number and the Social Security Number associated with the account. Upon verification, a replacement check will be mailed.

If you know someone on the list: Contact them and inform them their name is on the list and that they will need to contact CVEC.

If the person on the list is deceased: The executor of the estate of the deceased member should contact CVEC for further instructions to close out the patronage dividends. 🌱

A

AADNES ERIC OR BRANDY
ALBIA SOCCER CLUB
ALEXANDER RANDALL D
ALLEN LUCINDA M
ALLTEL CORPORATION
ANDREW PAUL D
APPANOOSE CO
LIVESTOCK INC
ARMINTROUT NORMAN
OR MIRIAM

B

BACKSTROM VERN W
BALLARD SEAN L
BARTLETT JUANITA
BATES JOHN W OR
LAURA M
BENEFIEL RONALD G OR
LILLIE
BERRIER DEBBIE L
BLANKENHEIM
MEREDITH C
BOLEY ROGER OR RITA
BOUSEMAN TIMOTHY
OR MELISSA
BRINKLEY TRACI R
BROOKS CHRISTOPHER C
BROZOVICH JR GEORGE J
BRUMMEL MYLES L
BRYSON WILL J OR
BELINDA
BULLARD SHANNON M
OR PEGG
BUNTON JACKIE L

C

C V W FARMS LLC
CARPENTER JIMMY L
CASTER NEVA C
CHAMBERS ESTATE
ROBERT T
CLARK ESTATE HELEN J
COLE MEGGIE A OR
RICKY
CONGER ESTATE L K
CONWAY ESTATE M
KATHRYN
COVILLE JR ROBERT L
CRANE ALICE C

CROOKS ESTATE REVA
CULLOR JOHN L OR
DRUCILLA C

D

D M DAIRY BAR LLC
DAVIS CAROL A
DAVIS CYNDI
DAVIS FARMS
DAVIS IRENE
DEGROOT WADE E
DELOOF ESTATE MARK A
DOWN HOME STATUES
DOWNING LLOYD W
DRAKE CONNIE P
DRUMMOND PATRICK
DUSTIN FLEVIA J OR
CHAD A
DYE MATHEW

E

EDDY RACHEL A
ELLIS TYLER S
EWING ASHLEY M

F

FAMILY SHOE SPORTING
STEWART
FISHER MICHAEL G
FLUEGGE PROPERTIES
FOSTER BRANDON W
FRY SR JOHN A

G

GARDNER CAROL A
GERDES RICHARD
GEREMESZ CHRISTEN
BROOKE
GERMAN CALLIE MAY
GILBERT JACKIE J
GILLASPIE DANIELLE D
GILMORE SHERYL D
GLENN ESTATE
LOWETA B
GLICK TIMOTHY A
GOMEZ JOHN G
GRAHAM DOUG L OR
SARAH S
GRIM CHRISTINE
GROSVENOR MEGAN L
OR GEOFF

H

HAIDER STEPHEN L
HARJO STEVEN M
HARLAND MICHAEL T
HARMON KIMBERLY
HARVEY FLOYD L
HAYES JESSICA M
HEABS RED BARN
HEFFELFINGER
HEATHER M
HINDMAN SARAH
HIRCHAK SAM J
HOWARD RAYMOND E
HUMPHREY JERRY D

J

JONES MARC

K

KAMERICK JUSTIN M
KEPNER DEREK ALAN
KINCART JERRY D OR
GWEN K
KING ROBERT A
KLOBNAK LYDIA J
KOURI JOHN J

L

LAIN ESTATE LEOLA
LAMAR ESTATE WILMA
LAMBERT BETTY
LAMMEY CORA E
LANDGREBE MELISSA G
LANE MICHELLE L OR
JAMES R
LEFFLER MALLORI A
LIL PEOPLES PALACE
LIND ANDREW G
LINVILLE ESTATE JULIE A
LONG ESTATE THELMA
LOWE JUNIOR L OR
MARJORIE
LOWMAN WESLEY D

M

MAHONEY ESTATE
BRENDAN B
MATHESON ROBERT DR
MAUPIN DANA J
MCCLAIN PAUL E

MCCLURG ESTATE
BRYAN L
MCCOMBS ESTATE
RICHARD E
MCDONALD VANESSA M
MCGARRAH ERIC S
MCKIM JANE
MCKIM STEVEN OR
DANA M
MENDENHALL
DOROTHY C
MESSAMAKER MATT
MIHOLOVICH LINDA
MIKLES PAUL E OR
MILDRED M
MITCHELL JEWELL
MOFFATT ASHLEY M
MOFFATT MARGARET
MAY
MOORE CHARLES W BILL
MOSSBARGER ALISHA M
MULLET VERNON A
MUNDY ESTATE
VELMA A
MUSICK BILL G OR
CAROLYN
MYERS JACK OR ELAINE

N

NES TRAFFIC SAFETY
NEW VIC LLC THE
NICHOLS WILLIAM F OR
BOBBIE
NORTHROP CHRISTIE L

O

O'CONNER W NORRIS
O'NEAL KELLY E
OVERTURF LUCILLE

P

PARKER COTY
PATERSON CASSANDRA L
PEEK RICHARD P
PLATTER BARB J
POST SASHA L
POTTORFF BECKY S
PREW EDWARD OR
CHRISTINE
PULLMAN VICKIE L

R

RALLS MICHELLE M
RASKIE RANDALL C
RATHBUN MARINA LC
OR TOM BRO
RATHBUN YACHT CLUB
RAY RICHARD D OR
SHARON
REED JESSE
RICHARDS PATRICK B
RICHEY R BRUCE

S

SALDANA DANIEL C
SAMS SHELLY K
SCHEKKER CARROLL
OR DEE
SCHROEDER CLEM OR
EVELYN
SEBRING LORRAINE M
SELIX BRITTNEY M
SELKEN AUSTEN M
SENTIMENTAL JOURNEY
LLC WALK
SEVERA KERRY M
SHELLKING HOMES INC
SHIPMAN BRUCE A
SHIPMAN JASON R
SIMMONS PAUL A
SIMONS ANGELA OR
JEREMY
SIMPSON PAUL W
SINDELAR CARL P
SLOFKOSKY ESTATE
MARY A
SLYSZ ESTATE WILLIAM
SMITH CYNTHIA L
SMITH ESTATE ANGEL L
SMITH ESTATE TERRY G
SMITH SUSANNE L
SORENSEN SHAUN S
SPENCER EILEEN
STEIL ESTATE RICHARD E
STEPHENS BRYAN K
STEPHENS KEITH L
STRAIGHT JOCELYN E
SWIFT MISTY K

T

TAFT JOSEPH OR ANGELA

TAYLOR JEREMY A
TEETER BRITTANY M OR
CHAD

V

VAN BLARICON
BRADLEY J
VICKERMAN JASON

W

WALDRON BUDDY
HARRY
WALKER LORRAINE
WALTON JAY B OR
TRACY R
WARE KIMBERLY K
WHEELER JAMES L OR
PENNY L
WHITE DALTON O
WHITE EDWARD B
WHITE TRACY J
WILLIAMS ADAM E
WILLIAMS JEREMY PAUL
WILLIAMS RODNEY A
WILLS WESLEY W
WILSON WANDA J
WINTERTHIEME
MICHAEL W OR LO
WITYSHYN DONALD OR
GERALDINE
WOLFORD RODNEY G
WOOD ESTATE
DAPHAN C
WRIGHT FRED C
WYATT JANA D

Y

YARKOSKY DANNY OR
SHELLY
YERINGTON JOE P OR
DEETTA
YOUNG BRIAN T OR
ANNA M

Z

ZACH LARRY V
ZAPUTIL JAMIE J

Dam Site Depot is a desirable destination

With 11,000 acres of gorgeous water and 150 miles of shoreline, Rathbun is Iowa's second-largest lake. This pristine lake is an outdoor paradise for those who love water or experiencing the ambiance that surrounds the lake. For kids and adults, locals and visitors, this southcentral Iowa location is a welcome destination to soak up the sunshine and Iowa's beauty.

The Dam Site Depot is on the east side of Rathbun Lake and offers a convenience store/bait and tackle shop, cabins, boat and camper storage, a playground and 20-acres of permanent campsites. For the past seven years, co-owners Brenda Thompson and her husband Tom Kracht have been growing and developing their business to offer additional amenities and boost the property's appeal.

The couple made the investment out of a love of the Rathbun Lake area. Before making the leap into business ownership, Brenda worked in finance and management and Tom worked in facilities engineering.

"We love the lake and feel fortunate to be in an area that embraces what it means to be a community," Brenda says. "Since we bought the property, our goal has been to complete a sizable project every year. Most of our projects revolve around improving the 'curb appeal' and making upgrades to improve the experience for visitors."

Campsites, cabins, a store and more

All the campsites offered at Dam Site Depot are permanent, with the residents choosing to make their full-time, warm weather homes near the lake. There are 79 campsites, and due to increased demand, 23 spots were added in the past few years. Because all the sites are permanent, there is a waiting list of nearly 50 people wanting to purchase an annual campsite.

"The permanent sites create a sense of community for families,



and people look forward to gathering together and watching "neighborhood" kids and grandkids grow up over the years," Tom says.

The cabins provide accommodations for 4- to 6-person groups next to Rathbun Lake and feature many amenities. The kitchenettes have a full-size refrigerator, stove, microwave, dinnerware and cookware, making it easy to create family meals and wonderful memories during a lakeside stay. A bedroom, full bath, including linen and towels, and television add comfort to getaways, whether it's a family reunion, fishing or hunting trip. In addition, grills and fire pits are cabin amenities.

Near the campsites, the couple has added a playground. Plus, two ponds on the property provide ample swimming and fishing opportunities. The catch-and-release pond offers hours of endless entertainment for families.

The duo has spent considerable time and effort on upgrading the services offered at the store, which is located on the south end of the campground.

"We offer bait, tackle, camping and

boating supplies, groceries, beverages, ice and propane – basically a little bit of everything," Tom explains. Inside the store, Brenda's love of antiques adds flair and gives a nod to nostalgia.

A big attraction for families is the annual Fourth of July fireworks celebration the couple organizes on the property. Throughout the year, campers donate their cans and bottles (which are redeemed), as well as personal donations, to raise money for the fireworks display.

Plans for continuous improvement

Over the next several years, Brenda and Tom have plans to continue improving the business and overall property by adding more cosmetic touches. Additional permanent campsites will likely be added as well as some indoor storage. This year, they will add horseshoe pits near the volleyball nets and bags game areas.

"We also just finished installing a surveillance security system around the store and campground," Brenda adds. "When people come here to visit or to stay, we want it to be an atmosphere where they can relax and enjoy this beautiful area." 🌿

New contest shines the light on community volunteers



Iowa's electric cooperatives are excited to announce a new statewide contest, which celebrates our cooperative commitment to community. Called **Shine the Light**, the contest will accept nominations in June and award three winners with a \$1,500 check to their local charity or community organization.

"We're excited to launch this cooperative effort to shine the light on local volunteers," says Erin Campbell, director of communications for the Iowa Association of Electric Cooperatives. "So many people throughout the areas served by Iowa's electric cooperatives deserve to be recognized for making a positive impact."

Sponsored by the Touchstone Energy Cooperatives of Iowa, the Shine the Light contest will accept contest entries online during the

month of June. The three winners will be announced during the Iowa State Fair in August. In addition to receiving a \$1,500 donation for their charity or nonprofit of choice, the winners will also be featured in the September issue of *Living with Energy in Iowa* magazine.

How to nominate

Member-consumers and employees of Iowa's electric cooperatives are eligible to nominate local volunteers. If you receive electricity from an electric cooperative in Iowa, you're a co-op member-consumer and invited to nominate someone who is making a positive impact in the community. The volunteer being nominated does not need to be a co-op member-consumer. Minors may be nominated with consent from their parents or legal guardians. ⚡

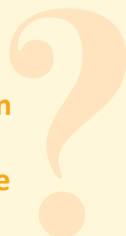
Step 1:

Go to www.IowaShineTheLight.com from June 1-30 to make a nomination and to review the contest rules.

Step 2:

As a nominator, provide your contact information and answer the following question in 500 words or less.

How has your nominee made a positive difference in the community, and why do they deserve to be recognized?



Gardening genes don't grow here

BY VALERIE VAN KOOTEN

Once spring quits messing around and gets into high gear, all those garden-minded folks will be out staking, planting and cleaning out old beds. I have great respect for them. They are feeding their families and their neighborhoods. They are enjoying nature and providing beautiful bouquets.

I do not appear able to scale their ranks.

Skipped by the gardening gene

Somehow the gardening gene skipped me. My grandparents had lovely spreads beside their houses. My mother's flower garden includes heirloom blooms from her great-grandmother. My dad enjoys planting a few beans and peppers. Together, they can and freeze apples, pears and peaches. My uncle, for many years, owned a huge truck farm and sold at markets all over central Iowa.

I have some irises in front of my house.

Oh, it's not that I didn't try. When we moved into our present home 20 years ago, I was determined to have a little bed behind our house. It was a gush of optimism – new home, fresh dreams of the Becky Home-Ecky in me coming out. Even then, I'm not sure what made me think it would work. When Kent and I lived in Pammel Court at Iowa State University, we rented a small garden allotment from the university. Despite a brave start, the result was a complete disaster, with the rabbits eating most of what we had grown. In retrospect, I think we were the trashy allotment, the one the neighbors despaired of. We didn't renew the next year.

Putting faith in peas and zinnias

However, going forward, I bravely put my faith in pea pods and zinnias. My 15-by-15 foot garden seemed so



small when I started. I'd be able to fill it up immediately! That was before I reckoned with our property's extreme clay soil. I clawed the seeds into the ground where they stayed, a pathetic patch of doomed dreams and a real pain to mow around. In desperation, I put out some mint plants, which immediately took over the entire area. Even today, when I mow, the scent of chocolate mint wafts up.

Over the years, I've half-heartedly tried a few things. Tulip bulbs were dug up by the voles and squirrels in the area. My dependence on perennials and thinking they'll come back every year, and I won't have to do anything, met a quick death when they bloomed one year and refused to, well, perennial. The weeds in my little

flower patch quickly get ahead of me unless I'm incredibly determined. My one glory are my irises, which seem to like our difficult soil and my glibly negligent care.

I have resigned myself to being the broken link in a family line of green thumbs, although that trait seems to have passed itself to my middle son, who has a new sunroom full of plants and a yard with lots of bulbs that seem undisturbed by wildlife, neighbor dogs or little kids.

I hope things work out for him. If not, I'll lend him a few irises. ⚡

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, two incredibly adorable grandsons and a lovely granddaughter.



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