



We are grateful for our members! Wishing you a happy Thanksgiving

**Northern Plains Electric Cooperative offices
will be closed Thanksgiving Day, Nov. 28**

**1515 Main St. - Carrington
609 Fourth Ave. - Cando
Office hours:
Monday - Friday
8 a.m. - 4:30 p.m.**

INSIDE THIS ISSUE

- RDFC grants awarded
- Fighting hunger
- Win the trip of a lifetime
- Energy assistance available

NOVEMBER 2019



The Bisbee Rural Fire Protection District recently received a \$1,000 grant.

Rural Development Finance Corporation awards grants in Northern Plains service area

As a member of the Rural Development Finance Corporation (RDFC), Northern Plains Electric Cooperative was awarded \$2,000 in grants to community-based projects in its service area. RDFC is making these funds available so that more people become aware of its larger loan program that funds community-based projects and nonprofit entities with low-interest loans.

RDFC recently granted \$1,000 each to the Harvey Volunteer Fire Department and the Bisbee Rural Fire Protection District. Both these volunteer fire departments will use the funds for the replacement and upgrading of their SCBA (self-contained breathing apparatus) air packs for their firefighters. Their current SCBA air packs are no longer compliant with

the National Fire Protection Association (NFPA) standards, making them unsafe for use.

The Harvey Volunteer Fire Department has a 40-person roster and provides fire protection and rescue service for the Harvey Fire District, which includes the towns of Harvey, Manfred, Selz, Wellsburg and Martin, and the surrounding area. It covers about 504 square miles in four counties.

The Bisbee Rural Fire Protection District covers roughly 450 square miles, including the towns of Bisbee and Perth. The department is made up of 18 volunteer firefighters.

Congratulations to these two deserving organizations. ■



The Harvey Volunteer Fire Department received grant funds to purchase air packs for the firefighters.

Life hacks for the holidays

Thanksgiving is a favorite holiday, as family and friends reunite to feast and give thanks. The one drawback, however, is that the holiday contributes to an annual increase in energy use, due to a usual drop in temperatures, lights staying on longer, and appliances operating more frequently. Here are some energy-saving tips which can help lower the unwelcome tradition of higher energy bills following a Thanksgiving celebration:

TURKEY TIPS

- How much turkey can you and your guests really eat? Be sure to get the right size bird. A smaller turkey takes less time to cook and saves energy.
- It takes longer to cook the turkey when it is stuffed with dressing, so cooking the dressing separately can actually reduce oven usage.
- Adding side dishes that can be cooked at the same temperature while the turkey is cooking can also reduce oven use. Just make sure to adjust the cooking time to accommodate different temperatures.
- Resist the urge to check on your food as it cooks. Each time you open the oven door, you'll reduce the temperature inside by 25 degrees.

HOSTING

- Turn down the thermostat, whether it's manual or programmable. With all the heat from your kitchen and a house full of people, your home will stay plenty warm.
- If you are hosting a large gathering, use a cooler stocked with ice to hold drinks. You'll free space in your refrigerator and prevent cold air from escaping from frequent door openings.

AFTER THE FEAST

- Don't wash dishes by hand because an Energy Star-certified dishwasher uses less than half as much energy as washing dishes by hand and uses less water.
- Let the leftovers cool before placing them in the fridge, because your refrigerator has to work harder to cool them.

LIGHTING OPTIONS

- Get in the habit of turning off every light except in occupied rooms. In most cases, lighting can be turned off in outdoor areas or the garage. Make the switch to more energy-efficient lighting options, such as LEDs, which use at least 75 percent less energy, and last 25 times longer on average, compared to incandescent lighting.

Operation Round Up Helping fight hunger for 20 years

BY BRITTNEE WILSON



Food insecurity. It's a term becoming more commonly used in America. The U.S. Department of Agriculture describes food insecurity as the lack of consistent, dependable access to adequate food for active healthy living.

In North Dakota, more than 97,000 individuals are unsure where their next meal is coming from, with nearly half these being children and seniors, according to the Great Plains Food Bank. Food insecurity is something that affects more than hunger. It can have serious health effects, including diabetes, obesity, low birthweight, hypertension, depression

and anxiety.

In an effort to help fight food insecurity, it's been an annual tradition for Northern Plains Electric Cooperative's Operation Round Up (ORU) to approve grants to local food banks near the holidays.

Operation Round Up charitable grants are made possible through the generosity of Northern Plains Electric Cooperative members, who voluntarily elect to have their electric bills rounded up to the next dollar. Since the program's beginning in October 1998, grants totaling \$768,462 have been awarded to 1,064 local charitable causes. At its September meeting, the ORU

board of directors approved grants to 11 food banks in the Northern Plains service area. This marked 20 consecutive years that ORU has been giving to area food banks.

As the holidays approach, food banks typically see an influx of donations. To better understand the specific needs of our rural food banks, we visited with a few in our area to get a deeper insight. Many food banks will take any kind of donation at any time, as they are typically always in need. However, factors and limitations for some rural food banks do come into play. If you're considering donating to a food bank, here are some things to think about:

Ask before you donate

To suit their need, no one knows better than your local food bank what food-insecure families in your community need most.

An important factor is space. In rural North Dakota, many food bank locations are part of a shared community space with other nonprofits and/or businesses. This can limit the intake of donations at certain times. Many lack fridge/freezer spaces and cannot accept donations or need to limit perishable donations.

Take time to volunteer

Donating food is a wonderful

thing, but it's even better if you have some time to give. Many food banks also implement meal programs for seniors and school children. These programs wouldn't be possible without manpower from community volunteers.

Become a financial donor

If your schedule does not allow time to gather and drop off nonperishable donations, consider giving cash. Food banks can turn a small donation of money into large quantities of food.

Consider donating some of these items

Canned goods are at the top of list for usual donations. Try to think

outside the box. Donate supplies needed to cook meals, such as olive oil, vegetable oil and spices. Baking items are needed, such as sugar, flour and cake mix. Many food banks will also accept hygiene products, such as deodorant, shampoo, toothpaste and diapers.

Timing

While volunteering around the holidays is great and much-needed, the fact is that people are hungry all year long. Consider making a plan and marking your 2020 calendar to check back with your local food bank in the spring and summer.

Things to avoid

Avoid donating items with glass or cellophane packaging, which can be broken in transit. Also, if donating

canned goods, try to avoid ones that need can openers or special equipment. Pop-top cans, whether for vegetables, meat or fruit, are easier for kids and elderly to open.

If you are short on time and money, but are willing to give in some way, consider taking the needs of your local food bank to social media. Raise awareness about food insecurity to your family, your friends, your coworkers and your neighbors. Encourage them to donate, spread the word and volunteer. Every positive action helps.

Food banks deliver much more than meals to hungry families. They deliver hope. "North Dakota nice" is not just a clever alliteration. We are lucky to live in a state where people are genuinely happy and willing to help their neighbors. ■

Are you in need of assistance or looking to volunteer?

Benson County

- BDECAN Food Pantry | Warwick | 294-2283
- Community Nourishment | Tokio | 294-3012
- Dakota Baptist Church | Fort Totten | 766-4516
- Maddock Community Food Pantry | Maddock | 438-2738

Eddy County

- Hunger Free Food Pantry | New Rockford | 947-2478
- Spirit Lake Ministry Center | Sheyenne | 799-1174

Foster County

- Carrington's Daily Bread | Carrington | 652-2333

Griggs County

- Griggs County Bread of Life | Cooperstown | 730-6221

Kidder County

- Kidder County Food Pantry | Steele | 327-4488

Pierce County

- Pierce County Food Pantry | Rugby | 776-5597

Ramsey County

- Hope Center | Devils Lake | 351-1819
- Senior Meals and Services | Devils Lake | 662-5061
- Veteran Resource Group of North Dakota | Devils Lake | 866-2446

Rolette County

- Dakota Prairie Community Action-Rolla | Rolla | 477-6188
- Dunseith Food Pantry | Dunseith | 246-3266
- Turtle Mountain Worship Center Food Pantry | Belcourt | 477-6695

- Turtle Mountain Chippewa Food Pantry | Belcourt | 477-6017
- Veterans Resource Group-Rolla Site | Rolla | 477-5265

Stutsman County

- Community Action Region VI | Jamestown | 252-1821
- Progress Community Center | Jamestown | 251-2964
- Salvation Army | Jamestown | 252-0290

Towner County

- Cando Area Food Pantry | Cando | 968-3195

Wells County

- Central Dakota Food Pantry | Harvey | 324-4645

Find full list at www.greatplainsfoodbank.org.



Some 175 third- through sixth-graders from Fessenden-Bowdon and Harvey schools attended Progress Ag Safety Day put on by NDSU Extension Service of Wells County.

Northern Plains Electric participates in Safety Day

Through educational programs, publications and events, North Dakota State University (NDSU) Extension Service in Wells County gives local residents easy access to the resources and expertise of NDSU. Every other year, the Wells County Extension office offers a Progressive Ag Safety Day to third- through sixth-graders at Fessenden-Bowdon School and Harvey Elementary School.

The mission of the Progressive Agriculture Safety Days is simple – to provide education, training and resources to make farm, ranch and rural life safer and healthier for children and their communities.

Some 175 kids participated in the safety day that took place on Sept. 10. Eight topics were presented this year on electrical safety, sun safety, drug/alcohol awareness, water safety, internet safety, lawnmower safety, farm equipment safety and railroad safety.

“Thirteen presenters, three volunteers/program coordinators, 11 teachers, and five para-educators all helped make the program a success!” said Lindsay Maddock, event coordinator.

Among the 13 presenters, two of Northern Plains Electric Cooperative’s (NPEC) employees, Operations Supervisor Danny Schuchard and lineworker Tom Zink, were recruited to present on the dangers of electricity and teach ways to stay safe. They brought some of the gear lineworkers wear and use on the job and presented safety practices. But the fan favorite, voiced by the kids, was Northern Plains’ miniature farm model, complete with working electricity, that was used to demonstrate how an electrical contact could be deadly.

“I’m honored to be a part of programs like this and I’m glad the co-op takes the time to send employees like myself to educate young minds on electrical safety. Even if our demonstration only sticks in one of the kid’s heads, and prevents an accident, I’d call that a success,” Zink said.

“We feel strongly that this program really could save a life someday and that makes all the planning organizing, and preparations all worth it,” Maddock said. ■



NPEC lineworker **Tom Zink** gives an insight to a day in the life of a lineworker.



NPEC Operations Supervisor **Danny Schuchard** gives the kids an electrical demonstration on safety practices on the farm.

JUNE 20 TO 26, 2020

HIGH SCHOOL SOPHOMORES & JUNIORS

Win the Trip of a Lifetime!

AN ALL-EXPENSE-PAID TRIP TO WASHINGTON, D.C.

- To enter the essay-writing contest, you must be a sophomore or junior in high school.
- You and your parents or guardian's primary residence must be served by Northern Plains Electric Cooperative.
- If you have a question, contact Brittnee Wilson, Northern Plains Electric Cooperative, during regular business hours.
- The deadline is Jan. 31, 2020. You can email entries to Brittnee Wilson at brittneew@nplains.com or mail a hard copy to: Youth Tour Essay Contest at P.O. Box 608 Cando, ND 58324-0608.

ESSAY QUESTION:

If chosen as a Youth Tour delegate, you will travel to Washington, D.C., to experience and learn about America's rich history. What moment in American history do you wish you had been a part of and what would you have contributed?

CHECK OUT THE ESSAY CONTEST GUIDELINES AT
www.ndyouthtour.com

TOP 3 REASONS

TO ENTER THE ESSAY-WRITING CONTEST

1. All-expense-paid trip to Washington, D.C., compliments of Northern Plains Electric Cooperative
2. A whole week to visit unforgettable historic monuments, museums and the U.S. Capitol
3. A learning experience you'll never forget





Energy assistance available

Are you or someone you know having difficulty paying home heating bills? If so, there is a federal program that could help.

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible low-income households with home energy assistance.

Eligible households are encouraged to apply for assistance for:

HEATING ASSISTANCE: LIHEAP can pay for a portion of fuel or electricity used to heat the home you live in during the months between Oct. 1 and May 31. The amount of benefit depends on your income, the type and size of your home, and the type of fuel used to heat your home.

WEATHERIZATION SERVICE: The weatherization program helps low-income families make their homes and apartments energy-efficient. Weatherization seals a

home to keep warm air in and cold air out during the winter.

FURNACE AND CHIMNEY CLEANING: The program can pay (up to a certain amount of monies dependent on the service) to clean and inspect your furnace and/or chimney.

EMERGENCY ASSISTANCE: LIHEAP funds are available when there is a home energy emergency that may threaten the life of your family.

ENERGY COST REDUCTION DEVICES: Funds are sometimes available to help with installation costs of energy-reducing device to qualify for lower electric heat rates.

Applications are accepted from Oct. 1- May 31 of each heating season. For LIHEAP services, call your local county social services office or contact Energy Assistance Program, N.D. Department of Human Services, at 1-800-755-2716. ■

NORTHERN PLAINS

Electric Cooperative

Your Touchstone Energy® Cooperative

An equal opportunity provider and employer.

CANDO OFFICE:

609 4th Ave.
Cando, ND 58324

CARRINGTON OFFICE:

1515 West Main
Carrington, ND 58421

OFFICE HOURS:

Monday-Friday
8 a.m. to 4:30 p.m.

www.nplains.com
justask@nplains.com
800-882-2500

BOARD & MANAGEMENT:

President

Tracy Boe, Mylo

Vice president

Curtis Wiesz, Heaton

Secretary/treasurer

Randall Simon, Oberon

Assistant Secretary/treasurer

Dave Teigen, Rugby

District 1

Mark Brehm, Cando

District 1

Bruce Olsen, Cando

District 3

Russell Carlson, Jamestown

District 3

Judy Geier, Heaton

District 3

Curtis Hanson, Pettibone

General Manager

Seth Syverson

Manager of Engineering & Operations

Ashten Dewald

IT Manager

Scott Buchholtz

Business Manager

Cheryl Belle

Northern Notes Editor

Brittnee Wilson