

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • September 2005

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the members of Maquoketa Valley Electric Cooperative will be held at the Palace Ballroom, 27317 Olde Farley Road, Farley, Iowa at 1:00 p.m., Thursday, September 8, 2005, to take action upon the following matters:

- The reports of officers and committees
- The election of three directors of the Cooperative for a term of three years each

The terms of the following directors expire upon the date of this Annual Meeting:

- | | |
|----------------------|--------------------------------|
| • Eldon R. Busch | Jackson and Clinton Counties |
| • Gene A. Manternach | Jones, Cedar and Linn Counties |
| • Judy A. Gotto | At-Large |

All other business which may legally come before the meeting or adjournment or adjournments thereof.

In connection with the election of directors scheduled for this meeting, the following members have been nominated for director by the Nominating Committee appointed by the Board of Directors of the Cooperative pursuant to the Bylaws.

Three-Year Term (Three to be elected)

- Jackson County and portions of Clinton County – Eldon R. Busch
- Jones County and portions of Cedar and Linn Counties – Gene A. Manternach
- At Large – Judy A. Gotto

A summary of the Cooperative Articles of Incorporation and Bylaws pertaining to membership, annual meetings, Board representation and election procedures for election of directors is on page 3 of this newsletter for your review.

You are urged to attend this meeting, hear the reports of the officers, vote for directors, and transact such other business as may come before the meeting.

The Annual Meeting is conducted in English. If you are not conversant with this language and plan to attend, contact the Cooperative in advance so an interpreter can be provided.

If you have any disability and need special accommodation to have a full and equal enjoyment of this program, contact the Cooperative prior to the meeting to make arrangements.

Dated at Anamosa, Iowa, this 26th day of August, 2005.

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Maquoketa Valley Electric Cooperative

Our Energy Working For

ANNUAL MEETING THURSDAY, SEPTEMBER 8, 2005

Palace Ballroom, Farley

Registration	10:00 a.m. – 12:30 p.m.
Music by The Dover Show	11:00 a.m. – 1:00 p.m.
Lunch served by the Palace Ballroom	11:00 a.m. – 1:00 p.m.
Business Meeting	1:00 p.m.

- Door Prizes
- Drawing for Electric Grills and Cash Prizes
- Cast your ballot in the Board of Directors election
- Visit the display area:
 - ~Burmeister Electric Company
 - ~Delaware County Meats
 - ~Dubuque County Conservation
 - ~Fletcher-Reinhardt, Inc.
 - ~Hermesen Nursery
 - ~MVEC Metering Display-Learn how to read the electronic meters
 - ~Park Farm Winery
 - ~Visiting Nurse Association, Dubuque--Free blood pressure checks
 - ~Youth Tour Winners



Directions: US Hwy 20 to Exit 300. Turn south to frontage road and go west one-half mile on Olde Farley Road.

***Request For Absentee Ballot
Maquoketa Valley Electric Cooperative Election for Directors***

Please send absentee ballot to:

Name _____

Address _____

Account Number _____

Absentee Ballot may be requested no earlier than 10 days before meeting date. Completed ballot must be received at the office at 109 N. Huber Street, Anamosa, IA 52205 by September 7, 2005.



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SUMMARY OF ARTICLES AND BYLAWS

Membership

Article VII of the Articles of Incorporation provides that “any individual, firm, association, corporation, partnership or other organization or any individual acting as an accredited representative of any firm, association, corporation, partnership or other organization may become a member in this Association by applying for a membership certificate***agreeing to purchase from the Association the amount of electric energy***and agreeing to comply with and be bound by these Articles of Incorporation, the Bylaws of the Association, and such rules and regulations***. Husband and wife may jointly become a member***. (If two individuals hold a joint membership together they shall be jointly entitled to one (1) vote***.)”

Annual Meeting

Bylaw II of the Bylaws provides that “An Annual Meeting of the members shall be held between August 1 and November 1 of each year with the exact date to be set by the Board of Directors.” Article VIII, Section 3 of the Articles of Incorporation indicates that the members shall be “entitled to receive ten (10) days written notice of the time and place of all meetings and of the purpose of all special meetings.”

Directors

Article IX of the Articles of Incorporation provides that “the Board of Directors shall be made up of (9) members of the Cooperative. The Directors serve for a three-year term. Each year the terms of three Directors expire on the date of the Annual Meeting.”

Nominations and Election of Directors by the Members

Article IX of the Articles of Incorporation indicates—“There shall be four (4) numbered geographic districts***. Two Directors representing each district and one serving at large. Candidates for election to the Board of Directors shall be nominated by a nominating committee***. Any fifty (50) or more members may make other nominations***. The election of Directors shall be by ballot and each voting member shall be entitled to cast one (1) vote for each Director to be elected.”

Please do not hesitate to contact the Cooperative office should you have any questions concerning membership requirements or the procedure of nomination and election of Directors at the Annual Meeting of the Cooperative.





MAKING AN INSULATING DECISION

Grace Zimmerman

Are you planning on building a new home? Is your present home cool and drafty in the winter time? Are you contemplating siding or adding insulation to your present home? If you answered 'yes' to any of the above questions, contact the "Cellulose Insulation Specialists", Rich and Joyce Reiter Noonan at 17751 Bellevue-Cascade Road, Zwingle, Iowa 52079 or by calling 563-686-4324. But, even if not, Noonan's may change your mind.

The information you'll receive from this optimistic couple will provide you with the pros and cons of cellulose insulation versus fiberglass. When I asked how all this started, Rich and Joyce told me that they were originally from the Cascade-Bernard area but ended up in Texas. "When we wanted to move back to this area, one of Dad's relatives said he'd like to sell his farm. As a result, we showed an interest in the farm and since that meant retaining the farm in the Noonan name, it was a natural for us to become the owners of this 235 acre farm", answered Rich. "There was no house on the property so our first step was to build one. We enjoyed working with the lumber company. It was the plumber who recommended cellulose insulation because it would be another money



*Above: "Cellulose Insulation Specialists",
Rich and Joyce Reiter Noonan*

and energy saver along with the geothermal system."

Joyce continues, "We were so impressed with the product causing the builders to suggest that there was need for someone in this area to 'do the cellulose'. So, again it was a natural." In these days of stress, it was so refreshing to note their attitude of working together. Joyce adds, "It's an odd business for a couple. The business is not overly physical. The heaviest thing is the 30 pound bag of insulation. We do get dirty and we look like fuzz-balls when we get done. We don't mind getting dirt under our fingernails. The home builders and contractors really like it. We have to educate people about cellulose insulation as to how effective it is and how it saves money."

And educate me, they did! The most outstanding way was the little model house demonstration which, when heated, indicated the

amazing difference between how heat transfers slowly through the cellulose insulation versus the fiberglass. In ten minutes there was a difference of 20 to 25 degrees.

Both Joyce and Rich are really enthusiastic about cellulose insulation. "We enjoy seeing the new homes after insulation. One of the often heard remarks of the customers is how it lessens the noise in the house. Cellulose is actually recycled newspapers. Adding a fire retardant chemical gives the material a class 1 fire rating making it a very safe product. A pest controller is added as is a mold inhibitor. And, it's non-allergenic," concludes Rich.

If you understand R-value, the laboratory measurement that measures only one heat transfer mechanism (conduction), Joyce and Rich will inform you that using cellulose insulation controls convection and radiation heat as well as conduction. I was interested to learn that in our older home, now probably insulated in the attic with loose-filled fiberglass, that a layer of cellulose insulation would help control convection and boost the R-value. In case you haven't already figured it out, I've been converted to believing in geothermal and now I give credence to the fact that



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cellulose insulation and geothermal go hand in hand to help save on heating and cooling costs.

Noonan Insulation has Certificates of Achievement for completing a building science training program in Minneapolis.

I have to add that this knowledgeable, enthusiastic couple, parents of a son and a daughter, are also proud grandparents of four, with whom they like to spend their spare time. When I inquired about the farm ground, Joyce informed me, "My brothers crop the farm. We have 50 beef cows and calves and feed out cattle. We have some hay ground so we do get involved in farming. We don't have to punch a time clock. It's important to have flexibility in time. Being married eight years, it's a way we can do together what we enjoy doing and help builders provide a better end result for homeowners."

I realize I haven't really full explained the value of cellulose insulation, but maybe I've made you curious enough to look into it further. I'll leave it up to you to spread the word and contact the Noonan's at Otter Creek, just off Highway 61 between Maquoketa and Zwingle on Bellevue-Cascade road near the Church. They can help you make the smart insulating decision.

REQUEST YOUR FREE CREDIT REPORT

In January's Watts Current issue we told you about a new opportunity to request a free copy of your credit report. Several members have called asking us for the contact information to obtain their free report. There are three ways to order your report as follows:

- 1) Toll Free 1-877-322-8228
- 2) Internet at www.AnnualCreditReport.com
- 3) Mail to: Annual Credit Report, PO Box 105281, Atlanta GA30348-5281

You will need your home telephone number, your social security number and your date of birth to complete the request. The toll free number is automated and your name and address will be automatically referenced based on the home telephone number you provide. Or, you can change the automated information to request a credit report for a different member of the household.

You will also be asked whether you are requesting the report from one credit reporting bureau or from all three bureaus including Equifax, Experian and Trans Union. You have the option to request all three reports at the same time or stagger your requests throughout a one-year period. Your report will be processed and mailed within 15 days.

If you request your report through the online option, you will be asked additional questions for security purposes and will then be able to view your account online for up to 30 days.

WATTS THE ANSWER?

- 1) The new food pyramid has three key messages, variety, nutrient dense, and _____.
- 2) Cellulose insulation is made from _____.
- 3) Directors will be elected at the Annual Meeting for a term of _____ years each.

Mail your answers in with your energy bill or email them to dreyhons@mvec.com

Two winners will each receive a \$10.00 credit on their energy bill.

Name: _____

Address: _____

July Winners:

Tim/Charla Simon, Farley
Robert A. Both, Sr., Bellevue





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

MyPyramid for a Healthy Family

Have you looked at the new USDA food guidance system? A key message of the new food guide is 'one size does not fit all.' People have different calorie needs, so the new food guidance system includes 12 different calorie levels, from 1,000 to 3,200. Calorie levels are based on gender, age and level of physical activity.

The new food guide has three key messages.

- 1) There's a strong focus on eating a variety of healthy and colorful foods within the food groups for a healthy diet.
- 2) There's a strong emphasis on physical activity. We need to make sure we get adequate calories and nutrients while balancing calorie intake with physical activity to avoid excess weight gain and to promote fitness.
- 3) There's a strong emphasis on nutrient density. We need to get the most nutrients from the calories we eat.

To achieve these goals Iowans need to increase their consumption of a variety of fruits and vegetables. The key message is to eat a variety of colors and especially the deep greens and orange vegetables. Vegetables high in potassium help counter the effects of sodium in the diet and reduce the risk of hypertension.

The recommendation for vegetable consumption is given in cups. We need 2 1/2 cups a day and especially the deep green and orange ones. Young children seem to enjoy raw veggies, so having prepared cut up carrot and celery sticks, cucumber rounds, bell pepper strips and other veggies available for snacks is helpful.

It's surprising that so many Iowans do not eat the recommended amount of fruit for good health. Fruits are so delicious and easy to eat. But it is true that many of us eat very little fruit, and we need to focus on creative ways of incorporating fruits into our eating plans. Most young people and adults need 1 1/2 to 2 cups of fruit per day.

Fruits including melons and berries can be added to a variety of dishes, such as salads, chicken and fish dishes, rice and pasta recipes. Dried fruit can be a handy snack from a backpack, purse or desk drawer.

Your family can start their day with a sliced banana or strawberries or fresh blueberries in season, on cereal or in yogurt. It's easy to make blueberry or strawberry sauce for waffles, pancakes and ice cream. Canned fruit (in its own juice) can be great for young children and older adults, who may have difficulty with some fresh

fruits. Frozen fruit is a good alternative, especially for use in cooking, baking or for milkshakes. Buying in season keeps costs down and gives you the best-tasting and most nutritious fruit. Iowans need to include fruits high in potassium to help prevent hypertension.

Try fruits that are new to you and your family, like the tropical fruits found in Florida. Although some juice is fine, we should get most of our fruit as whole or cut up fruit rather than juice, to get the dietary fiber we need.

The website MyPyramid.gov contains a wealth of information about healthful eating, food choices and physical activity. Also, you can find a calorie level that is right for someone your age and gender, which is at a healthy weight.

Pancakes are something many of us have in our meal patterns. But, they can get us a nutritional boost if we add a dark yellow vegetable like pumpkin. See recipe suggestion on page 7.



MEET THE DIRECTOR CANDIDATES

The nominating committee has announced the candidates for the 2005 election to the Board of Directors to be held at the Annual Meeting on September 8, 2005

Representing Jackson County and portions of Clinton County

Eldon R. Busch - 31101 280th Avenue, Bellevue

- Married to Donna; 2 adult children; 2 grandchildren
- Lives on a farm North of Bellevue
- Degree in Business Administration from University of Dubuque
- Served six years in the Iowa National Guard
- Employed by Nau Insurance Company as a Claims Supervisor
- Member of St. John's Lutheran Church in St. Donatus
- MVEC member since 1976
- MVEC board member since 1996



Representing Jones County and portions of Cedar and Linn Counties

Gene A. Manternach - 9608 Maple Road, Cascade

- Two sons, Twin daughters; 1 grandchild
- Owns 4th generation century family farm
- Past finance chair & lay director of St. Matthias Parish
- Past vice-president Western Dubuque School Board
- Member of Iowa Farm Bureau, Iowa Pork Producers, Iowa Corn & Soybean producers
- Former Assistant Majority Leader of Iowa House of Representatives serving on these committees:
 - Agricultural
 - Economic Development
 - Transportation
 - Justice Systems Appropriations
- MVEC member since 1978
- MVEC board member since 1999
- CIPCO Director



At-Large

Judy A. Gotto - 24651 Dyersville East Road, Epworth

- Married to Dan; 3 sons, 1 daughter, 1 grandchild
- Owns and operates 4th generation century family farm
- Farm includes crops of corn and soybeans
- Member of St. Clement's Parish in Bankston
- Manages Betty Jane Candies in Dubuque
- MVEC member since 1979
- MVEC board member since 1998, currently serving as Treasurer



Pumpkin Pancakes
Makes 12-16 pancakes

1 cup all purpose flour
1/2 cup Pumpkin puree fresh cooked or canned
1 Tablespoon sugar
1 cup 2% milk
2 eggs, separated
2 teaspoons baking soda
1/4 teaspoon salt
1/2 teaspoon ground cinnamon
2 Tablespoons canola or corn oil

Combine dry ingredients and spices in a bowl. In a second bowl, whisk together, pumpkin puree, egg yolks, milk and oil. Stir wet ingredients into dry ingredients. Use a mixer to beat egg whites until peaks form, then fold them into the batter. Pour one-quarter cup of batter onto a greased griddle and cook until golden brown. Serve with syrup.





**MVEC office will be closed
Monday, September 5, 2005
in observance of
Labor Day.**

Visit our Web Site

at www.mvec.coop or
Email direct to the following departments:

- Billing questions: billing@mvec.com
- Product or service questions: memberservice@mvec.com
- Maintenance issues: maintenance@mvec.com



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After hours you may also call the service person
in your area to report outages or trouble on the
line.

Anamosa, Dallas Paustian.....	319-462-4848
Cascade, Pete Boffeli	563-852-3180
Dubuque, Rick Olsem.....	563-582-3668
Farley, Jim Lehman.....	563-744-3005
LaMotte, Brett Cox.....	563-773-8614
Manchester, Dan Petersen.....	563-927-6491
Maquoketa, Jerry Streeper.....	563-652-5014

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