

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • May 2006

YOUTH TOUR WINNERS ANNOUNCED

“We in America do not have government by the majority. We have government by the majority who participate” *Thomas Jefferson*

The words of Thomas Jefferson not only express an important principle of government, they also reflect the second of seven Cooperative Principles, *Democratic Member Control*. Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. Men and women serving as elected representatives are accountable to the membership. Members have equal voting rights – one member, one vote. The annual Youth Tour, sponsored by Maquoketa Valley Electric Cooperative encourages participation in both government and the cooperative way.



L-R Nan Brehm, Nicole Soppe, Emily Althoff

Five 2006 Youth Tour finalists and their families were invited to attend the final judging held on April 3rd. After the introduction and a dinner catered by Marilyn’s Catering of Cascade, the finalists read their essays titled, “Energy Efficiency – Starts at Home, Changes the World”, to MVEC employees and their families present. While the finalist had their individual interviews with the three judges, everyone in attendance was treated to a presentation by the 2005 Youth Tour trip winners of the highlights of their trip to our nation’s capitol.

This years winners of the all expense paid trip to Washington D.C. are Emily Althoff, daughter of Wayne and Alice Althoff, Nan Brehm, daughter of Tom and Molly Brehm and Nicole Soppe, daughter of John and Denise Soppe. Emily, Nan and Nicole will travel to Washington, D.C. June 10 - 15, 2006 where they will join approximately 1,000 Youth Tour participants. An action-packed week awaits them as they tour historic sites, meet congressional leaders, spend a day on Capitol Hill, explore the Smithsonian museums, take a cruise on the Potomac River and make new friends from Iowa and across the nation.

Two runner-up winners, Jennifer Lyon, daughter of Mike and Arlene Lyon and Dustin Schau, son of Jerry and Cindy Schau, were each presented \$300 cash honorariums.

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Maquoketa Valley Electric Cooperative is proud of the efforts made by all of the High School Juniors that participated in this years Youth Tour contest. The principle of *Democratic Member Control* and our *Commitment to Community* will continue to show through MVEC's sponsorship of the Youth Tour Program.

PLANT SEEDS OF CAUTION AROUND POWER LINES

Farm Electrical Safety is Never Out of Season

The risk of electrocution remains one of the greatest hazards on Iowa farms. Before heading back into the fields this spring, Maquoketa Valley Electric Cooperative and Safe Electricity reminds farm workers to be particularly alert to dangers near overhead power lines.

"Educate all who work on the farm about power line hazards. May is Electrical Safety Month, so now is a perfect time to bring up the topic," says Chuck Neuhaus, Safety Director for Maquoketa Valley Electric Cooperative. "Make sure everyone knows the location of overhead power lines and remind workers to keep farm equipment at least 10 feet away from them."

Simply coming too close to a power line while working is dangerous as electricity can arc or "jump" to conducting material or objects, such as a ladder, pole or a truck.

Many farm electrical accidents involving power lines occur when loading or preparing to transport equipment to fields or while working on farm machinery near power lines. "Sometimes a power line is closer than it looks. When moving large equipment or high loads near a power line, always use a spotter to help ensure that contact is not made with a line," says Chuck.

TAKE TIME TO THINK

What to do when making contact with power lines.

If farm machinery or moving equipment comes in contact with a power line, stay in the cab and call for help. Warn others who may be nearby to stay away and wait until the electric utility arrives to make sure power to the line is cut off.

If this is not possible, the proper action is to jump – not step – with both feet hitting the ground at the same time. Do not allow any part of your body to touch the equipment and the ground at the same time. Continue to shuffle or hop to safety, keeping both feet together as you leave the area. Never attempt to get back on or even touch the equipment.



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DISCONNECTION OF SERVICE COSTS

Your Cooperative is very much committed to the communities and members we serve on a fair and equitable basis to everyone. Maquoketa Valley Electric Cooperative is a not-for-profit company. Any expenses we incur above and beyond distribution of electricity are passed on to every member.

Section 12.4 Trip Charges, of the Maquoketa Valley Electric Cooperative Electric Tariff, filed with the Iowa Utilities Board, states, “ If a representative of the Cooperative travels to the premises to post for disconnect or to receive payment at the time of disconnect, a \$25 charge (plus taxes) will be added to and become part of the bill.” This charge is only assessed to those members who do not respond to the written correspondence or phone reminders of their past due balances. MVEC believes it is best for our members to charge a one-time \$25 trip charge to those creating the cost versus higher rates for everyone.

2005 RELIABILITY REPORT

The year 2005 was another good year from an outage standpoint as overall outage numbers were lower than both our 5 and 10 year average. In 2005, power was available to our members 99.98% of the time.

April’s issue of Watts Current addressed how the location of trees can help with your home’s energy efficiency and also how the location of your trees can be a safety hazard. The 2005 Reliability Report shows that 40% of our outage hours were due to tree caused outages. These figures show the importance of the placement of new trees as well as the maintenance of existing trees.

BURNING DITCHES CAN BE COSTLY

Not using caution around electricity can cost you your life. Not being careful when burning ditches can be costly as well. Fire damaged poles can cost \$600 to replace while a \$500 bill may take care of a new underground enclosure. Please be careful when burning around MVEC equipment.

DID YOU KNOW?

The light bulbs given away by Maquoketa Valley Electric Cooperative in 2005 were equivalent to removing the emissions from 189 cars!





CAMP WYOMING THE GEM IN OUR MIDST

Grace Zimmerman, Anamosa

You've heard the expression of having a gem in your midst and not realizing that it's there---well, there's a real gem in our region of which many are not aware of in reality! Oh, I knew it was there – I'd read the sign east of Wyoming on Highway 64 many a time but I didn't realize the tremendous opportunities offered. That gem is Camp Wyoming! The director, Kevin Cullum, really opened my eyes with all the information he provided. Kevin started his job as director in April 2004. He was from Richmond, VA where he met his wife from North Carolina in 1993, when they were both at Camp Hanover in Richmond, VA. Prior to coming to Camp Wyoming, he was running a camp for underprivileged kids in New Jersey. His wife, Shelley is now a counselor at Bridgeview, contracted out to Bellevue-Clinton Schools. They are the parents of 4-year old Maggie and 7-month old Alex. His background made him a natural to serve as director for this outdoor ministry of two presbyteries, East Iowa and John Knox.

Kevin tells me a little about the camp. The camp covers 390 acres, a unique forested area with caves, bluffs and Bear Creek as an added bonus. It started 46 years ago in 1960 as a camp and conference center, available the year round.

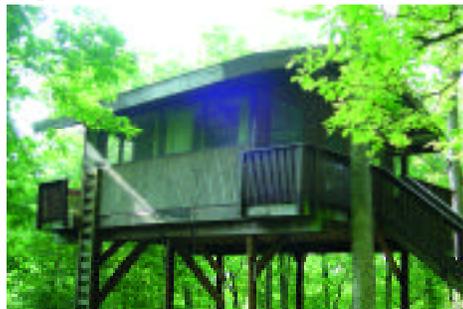
The 'Deer Center' is a multipurpose meeting and dining facility, which can handle 225 people. The "Owls Nest" is a family and adult retreat center, accommodating 30 people. "Bird & Tree" cabin units, each handle up to 14 people. What really surprised me is that Camp Wyoming is also available for RV camping with 20 full hook-ups and also tent sites! Rustic facilities are available from May 1st thru October 1st. In other words, you name it, Camp Wyoming's got it!

Kevin informs me, "Six people are on the year round staff and in the summer there's 35, which includes kitchen staff and counselors. We believe in and promote good criminal background screening. We have a small staff because of volunteers. Our volunteers are so important working with kids, lots are former campers, or involved with the church, having a consistent background. They perform maintenance, painting, work on platform tents, replace benches which have rotted with time, some sew robes for the "Christ Walk", where campers go back in biblical times, meeting with characters from the Bible, some help with general housekeeping, including washing

windows, while others may help the administrative staff with filing and newsletters. We really appreciate our wonderful volunteers."

This leads me to two questions. One; "What are platform tents?" to which Kevin answers that they are long standing, permanent structures for older campers and staff. Two; "Do you use trees from your own forested area for building?" to which Kevin replies in the affirmative that a local sawmill was used to make campfire benches from the dead trees.

Kevin, with pride, provides me with more camp information. "We have programs for kids from kindergarten to seniors, enrolling for one-week sessions. We've changed our structure to accommodate all ages at the same time, as a positive for parents so that they can send their kids to camp all at the same time. Lots of activities are provided for the campers: arts and crafts,





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swimming, hikes, and kayaking, canoeing, climbing tower, to name a few.

We're changing things at Camp Wyoming with a change in philosophy. We used to sell soda and candy. Now we're providing more natural snacks, nutritious fruits, s'mores and homemade ice cream-enforcing simplicity of life. The camp is good for physical exercise, social development, conflict resolution and creating emotional growth. It's a week-but it's a powerful week-things they'll remember. Second and third generations are attending which is a powerful aspect."



He continues, "We're initiating a capital campaign drive for maintenance, upgrades to site and facilities, construction of a high rope course, a climbing wall, construction of a health center and pool improvements." He laughingly adds, "We have the coldest pool in the history of mankind."

Camp Wyoming is proud to boast a sign that it's accredited by the American Camp Association, which focuses on health and safety regulations. "Here's where we are fortunate to have REC. They're quick to respond to any electrical emergency, and are very supportive with tree trimming," adds Kevin.

Kevin's pride of his work with Camp Wyoming is evident when he speaks of the goals and progress with the staff and volunteers all working together. We're glad to provide free tours for organizations from May to mid-August, with shuttle buses to acquaint visitors with the work and facilities of Camp Wyoming. Just call 563-488-3893 to arrange a tour. You may want to request a copy of the camp's newsletter, "Camp Wyoming Chronicles" which gives suggestions as to their needs list, ranging from band-aids and scissors to toilet paper. Those items can add a lot to camp life! It's easy to stop by Camp Wyoming, just 3 miles east of Wyoming, Iowa, at 9106 42nd Avenue, just off Highway 64 to stop at the friendly office for donations or for more information. You can look on the website www.campwyoming.net to find out more and can even register on line. There's a fax number too, 563-488-3895.

This wooded location is perfect for Camp Wyoming, surrounded by nature, which seems to beckon all for camping, retreats and visits. Doesn't this sound like the ideal spot to send kids to camp, go on a retreat, or stop by for a family-oriented vacation, saving gas money by not traveling afar or paying high airfares?

DID YOU KNOW?

Trees that lose their leaves in the fall (i.e., deciduous) are the most effective at reducing heating and cooling energy costs. When selectively placed around a house, they provide excellent protection from the summer sun but permit winter sunlight to reach and warm your house.





WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

CLIMB UP FOR GOOD HEALTH

April 28 was National Arbor Day. Iowa's Arbor Day is always the last Friday in April. What does Arbor Day have to do with nutrition and health? Actually, trees have quite a lot to do with good health. Trees provide two foods that provide health benefits to us, fruits and nuts.

Fruits and nuts are good sources of calcium, potassium, fiber, magnesium, vitamins A, C, and E. Two cups of fruits are recommended for a 2000-calorie intake. Choose a variety of fruits. Select fresh, frozen, canned or dried fruit rather than drinking fruit juice, for most of your fruit choices.

Fruits provide nutrients vital for health and maintenance of your body. Eating a diet rich in fruits as part of an overall healthy diet may reduce risk for stroke, and other cardiovascular diseases, protect against certain cancers, such as mouth, stomach, and colon-rectum cancer. Fiber rich fruits may reduce the risk of coronary heart disease. Eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.

The nutrients supplied by nuts include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. B vitamins found in this food help the body release energy, play a vital role in the function of the nervous system, aid in the formation of red blood cells, and help build tissues. Vitamin E, an anti-oxidant, helps protect vitamin A and essential fatty acids from cell oxidation. Almonds and hazelnuts (filberts) are rich sources of vitamin E.

Here are some ways to get more nuts in your diet:

- Add nuts to your favorite stir-fry recipe.
- Add nuts to yogurt to make a crunchy treat.
- Add nuts to a spinach and strawberry salad.
- Trail mixes (homemade or purchased) add nuts.
- Add nuts to your favorite banana or zucchini bread recipe.
- Spread a nut butter onto celery sticks for a quick snack.
- Find recipes that have nuts in them, like the one below.

Marvelous Apple Salad (Serves 4)

- 2 red apples, washed, cored and chopped
- 1 Clementine, sectioned and sliced OR 1 (11ounce) can Mandarin Oranges, drained
- 2 stalks celery, washed and chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts
- 1 (8 ounce) container nonfat lemon yogurt

In large bowl, combine apples, Clementine, celery, dried cranberries and walnuts. Mix in yogurt and chill until ready to serve.

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MEMBER NIGHTS WELL ATTENDED

Approximately 200 people attended the 2006 member nights that were held in Peosta and Manchester. Members and their families enjoyed a nice meal and had the opportunity to learn more about their cooperative and energy saving tips. The members that returned their RSVP were eligible to win an electric grill valued at \$90. Robert H. Clemen from Masonville was the grill winner at Swiss Valley Nature Center. Bonnie Kass of Peosta won \$10 when she guessed there was 358 metal seals in the jar. Don Dede of Manchester won a \$25 bill credit for his guess of 65,000 poles maintained by MVEC.

Allan Till of Maquoketa brought home the grill from the Hurstville Interpretive Center. Tory Puetz of Bernard guessed 356 metal seals to win \$10, Donald Nissen of Maquoketa guessed there were 62,498 poles maintained by MVEC and won a \$25 bill credit

Correct Answers: There were 360-meter seals in the jar.
MVEC maintains 59,412 poles.

RECare FUNDS

Maquoketa Valley Electric Cooperative is committed to the communities and members we serve. It appears our member's *Commitment to Community* is strong as well. In fiscal year 2004-05, 100 cooperative members donated \$1,179 to the RECare program offered by MVEC. These funds were forwarded to Operation New View and HACAP for distribution through their programs.

RURAL CO-OPERATIVES MEMBERS QUESTIONNAIRE

Some members of Maquoketa Valley Electric Cooperative may have received a questionnaire regarding Hospitalization and Surgical Insurance. This insurance plan is promoted by an independent agency and not affiliated, associated or endorsed by MVEC.

WATTS THE ANSWER?

Camp Wyoming covers _____ acres.

Trees that lose their leaves in the _____ (i.e., deciduous) are the most effective at reducing heating and cooling energy costs.

In fiscal year 2004-05, 100 cooperative members donated _____ to the RECare program offered by MVEC.

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: _____

April winners:

Stephen Brimeyer, Sherrill
John Kuntz, Lisbon



NOTICE



Maquoketa Valley Electric Cooperative will be closed Monday, May 29, in observance of Memorial Day. Enjoy the holiday.

Visit our Web Site

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

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Web Site: www.mvec.coop

After Hours Call Center 800-582-8998

After hours you may also call the service person
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Farley, Jim Lehman.....	563-744-3005
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