



Cooperative Connections



**Your Home:
How Smart
Is It?**

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**Give Your
Heart Some
Love**

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RSCPA Board Adopts Local Authority Resolution



DeeAnne Newville, CEO

dnewville@renville-sibley.coop

coop, under the Renewable Energy section. Please note these rules have been written in-line with revised State Statute 216B.164 as well as PUC rules (Chapter 7835) that we have been operating under since 1983. The key change is that disputes relating to

The amount of distributed generation on Renville-Sibley's system is increasing each year.

At its December meeting, the Renville-Sibley Cooperative Power Association's board of directors adopted the local authority resolution and rules implementing the section of Minnesota Statute 216B.164 that applies to distributed generation (member-owned wind and solar). A copy of the statute, rules, dispute resolution policy and other documents relating to distributed generation will be posted on our website, www.renville-sibley.coop, under the Renewable Energy section. Please note these rules have been written in-line with revised State Statute 216B.164 as well as PUC rules (Chapter 7835) that we have been operating under since 1983. The key change is that disputes relating to

distributed generation will follow the dispute resolution process outlined in the rules. The purpose of the action taken was to secure local decision-making, not to change the way the cooperative interacts with distributed generation.

Copies of the statute, draft rules and the proposed resolution were posted on our website. In addition, meetings were held in July and August on this topic.

Members were encouraged to contact the cooperative or attend board meetings to discuss their ideas or concerns. All members with existing distributed generation facilities were personally invited to the meetings. Copies of the August newsletter article on Local Democracy and all related documents were sent to members who added distributed generation facilities after the meetings were held. Prior to taking action in December, we did not receive any feedback opposing our board taking local control over this process.

Renville-Sibley has 31 active distributed generation facilities, which includes four new distributed generation facilities that were commissioned during the month of December, bringing the total nameplate capacity up to 853.17 kW. Assuming a 17 percent overall capacity factor, these systems are expected to produce 1,270,540

kilowatt hours in 2018. The amount of distributed generation on Renville-Sibley's system is increasing each year. Over the next couple of months, we will be reviewing options to add a grid access fee for new distributed generation facilities.

In 2015, the state Legislature sought to return a level of fairness to how the electric distribution grid is paid for by allowing electric cooperatives and municipal utilities to charge a cost recovery fee (grid access fee) on distributed generation facilities. The fee will allow electric co-ops, like Renville-Sibley, to recover some of the cost shift that occurs between distributed generators and the rest of the membership. 551702

There is a fixed cost to deliver electric power to our members; the poles, the wires, the equipment and people that get the power to you and keep it reliable and safe. This fixed cost is recovered in two ways, through a monthly fixed charge and as a portion of your kilowatt hour (kWh) rate. Putting some of the fixed cost within the kWh rate was done on the assumption that the more energy a member used, the more demand they put on the grid and the more they should pay to maintain it. Distributed generators demand as much (or more) from the grid as the rest of the membership. However, because they offset some or all of their energy usage, they may not be covering their fair share to maintain the grid.

The grid access fee will be based on a cost of service study and will return a level of fairness to cover the cost of building and maintaining the electric distribution grid. Renville-Sibley staff members will work with professional engineers to determine what our grid access fee should be by consumer classification and plan to implement a fee, if approved by the board, for all new distributed generation facilities beginning May 1, 2018.

We will cover Local Democracy and the Grid Access Fee in more depth at our member informational meetings (see Page 3) in February. If you have any questions or concerns, please feel free to contact me. I can be reached by email at dnewville@renville-sibley.coop or by calling the office at 320-826-2593 or toll free 800-826-2593

Comparative Report			
	Jan. 1, 2017 (through Nov. 30)	Jan. 1, 2016 (through Nov. 30)	Jan. 1, 2007 (through Nov. 30)
Average No. of Consumers	1,885	1,884	1,968
kWhs Purchased	156,586,049	172,953,027	147,825,645
Cost of Purchased Power	\$9,732,456.24	\$9,786,715.77	\$4,660,653.39

Renville-Sibley

Cooperative Connections

(USPS 019-074)

Board of Directors

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 Roger Manthei – Vice Chair
 Alan Neyers – Secretary/Treasurer
 Steve Benson
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 Brayden Fischer – Journeyman Lineman
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 Lenae Wordes – Communications Manager

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Web site: www.renville-sibley.coop

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Congratulations, Brayden Fischer

Renville-Sibley is pleased to announce that Brayden Fischer has successfully completed a comprehensive training program for power line personnel, the Merchant Job Training and Safety Program (MJTS). This program provides 144 hours of academic training per year over a period of four years and is administered to line personnel throughout the United States.

The training material consists of three required textbooks and four workbooks with an advanced workbook available, one workbook per academic year. When a workbook is completed, a final exam is given for that workbook. After completing all workbooks, a comprehensive exam is given to test his knowledge on all four workbooks.

When Brayden passed the comprehensive exam and completed the required hours of on-the-job training, a certificate was awarded. This certificate acknowledges that Brayden is a journeyman lineman. With this certificate, he is registered as a journeyman lineman whether he is working at a cooperative, investor-owned or municipal utility anywhere in the United States.

Renville-Sibley congratulates Brayden on successfully completing this program and achieving the status of journeyman lineman.



Brayden Fischer

Member Informational Meetings Scheduled

Renville-Sibley will be hosting our annual member informational meetings throughout the service area the week of Feb. 19, 2018. All members are invited to attend and learn more about our electric cooperative and what is happening in the electric industry. Members who attend the meeting will receive an attendance gift (maximum of one gift per member). We look forward to seeing you at a member informational meeting.

Meeting Schedule:

- Feb. 19 at 6:30 p.m. – Athmann's Inn, Bird Island
- Feb. 20 t 9 a.m. – Community Center, Franklin
- Feb. 22 at 1:30 p.m. – Community Center, Sacred Heart
- Feb. 24 at 9 a.m. – Community Center, Danube



Several members attended the 2017 meeting in Bird Island.

Weathering a Winter Storm

When ice and heavy snow bring down limbs and power lines, safety is a consideration indoors and out. Make sure you know how to weather the storm.

When outside, stay away from downed power lines:

- A power line does not need to be sparking or arcing to be energized. Equipment near power lines can also be energized and dangerous.
- Lines that appear to be “dead” can become energized as crews work to restore power, or sometimes from improper use of emergency generators. Assume all low and downed lines are energized and dangerous. If you see a downed or sagging line, contact your utility.
- Motorists should never drive over a downed line as snagging a line could pull down a pole or other equipment and cause other hazards.
- Be careful approaching intersections where traffic or crossing lights may be out.
- If you plan to use a generator, know how to operate it safely

Before a winter storm, you should have supplies on hand and know how to stay warm:

- Always keep a battery-powered radio or TV, flashlights and a supply of fresh batteries. You should also have water, blankets and non-perishable food.
- When power goes out, it often comes back in spikes. This can damage electronics. Keep your electronics safe by unplugging them when the power goes out. Leave one lamp or switch on as a signal for when your power returns.
- To prevent water pipes from freezing, keep faucets turned on slightly so that water drips from the tap. Know how to shut off water valves in case a pipe bursts.
- Never use a charcoal grill to cook or heat with inside the home. Burning charcoal gives off deadly carbon monoxide gas. Charcoal grills should only be used outdoors.
- If you live with a child or elderly person, you may need to take them somewhere with power so they can stay warm. If you are healthy enough to stay home safely, there are ways to stay warm: stay inside and dress warmly in layered clothing.
- Close off unneeded rooms.
- When using an alternate heat source, follow operating instructions, use fire safeguards and be sure to properly ventilate.

Source: safeelectricity.org

DESIGNER ELECTRICITY

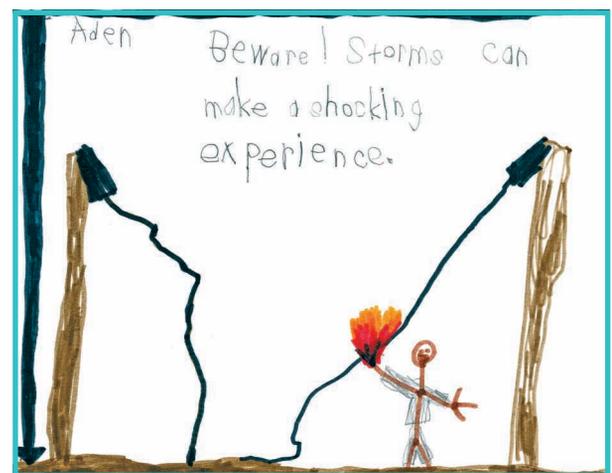
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

Energy Efficiency

Efficient lightbulbs and other appliances have actually reduced electricity sales, even as the population increases, the economy improves and we use more electronic devices.



KIDS CORNER SAFETY POSTER



“Beware! Storms can make a shocking experience.”

Aden Schaeffer, 6 years old

Aden is the son of Travis and Jessica Schaeffer, Tabor, S.D. They are members of Bon Homme Yankton Electric Cooperative, Tabor.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

Hiring the Right Contractor



Pat Keegan

Collaborative Efficiency

Your electric co-op may be able to provide a list of approved contractors in your area.

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on thermostats, please visit: www.collaborativeefficiency.com/energytips.

Sources

¹ <https://energy.gov/energysaver/insulation>
² <https://insider.energytrust.org/technical-tip-explain-heating-efficiency-ratings/>
³ <https://energystar.zendesk.com/hc/en-us/articles/212111387-What-is-SEER-EER-HSPF->

Dear Pat: We're wanting to make renovations to our home that will improve aesthetics and overall energy efficiency. How can we make sure we hire a contractor who will do a good job and stay within our budget? – Bridget and Neil

Dear Bridget and Neil: Great question! Renovations can be the perfect time to improve your home's energy efficiency. To make sure you get those energy savings, it's important to do some planning right from the beginning.

The first step is to educate yourself so you can be in control of your project. Helpful, easy-to-understand energy efficiency information is available for virtually any area of your home and any renovation project. Just be sure to use reputable sources, like energy.gov, energystar.gov or your local electric co-op.

You'll need that knowledge so you can judge the solutions each potential contractor proposes. Some products or methods that are sold as effective energy efficiency solutions may not work as well as they claim or may be too expensive relative to the energy savings they provide.

It's important to talk to your local building department to find out if your project requires a permit and inspections. Some contractors may suggest doing the work without a permit, but unpermitted work can cause problems if you need to file an insurance claim down the road or when you get ready to sell your home.

You can also use your newfound knowledge to ask the right questions of potential contractors. Ask about the product to be installed, the energy savings it should yield and whether it will improve comfort. Because energy efficiency installations and construction are specialized, most measures are unlikely to be installed correctly unless the installer has experience and hopefully some appropriate training or certification.

Finding a contractor can be a challenge, especially in rural areas. To find them, use your online search engine to “find a contractor in your area.” If you're in a sparsely-populated area, the right contractor may be located an hour or two away. Your electric co-op may be able to provide a list of approved contractors in your area. You can also check with a local energy auditor for contractor names.

You may decide you'd like to hire a small specialty contractor or a larger general contractor. Either way, it's crucial to hire someone with a contractor's license, a local business license and three types of insurance: liability, personal injury and workers' compensation. Check references to verify the contractor has a solid history of cost-control, timeliness, good communication and excellent results, including significant energy savings. You might learn that your lowest bidder has a tendency to increase the price after the job has begun.

As you choose between contractors, quality should be an even more important consideration than price. Poor-quality energy efficiency work will not deliver maximum savings.

Once you have settled on a contractor, be sure to get a written contract. It should include “as built” details and specifications that include energy performance ratings you have researched ahead of time, such as:

- The name of the individual doing the installation.
- The specific R value¹ if you're insulating.
- The make, model, the AFUE (annual fuel use efficiency) and COP² (coefficient of performance) ratings if you're replacing a furnace (and ask that an efficiency test be conducted before and after the work).
- The make, model and EER (energy efficient ratio) rating³ if you are replacing the air conditioner. (Some contractors are able to check for duct leakage in the supply and return ductwork with a duct blaster if you're doing any furnace or AC work.)
- Whether the contractor must pay for the necessary building permits.

Finally, be cautious about pre-paying. Keep the upfront payment as low as possible, set benchmarks the contractor must meet to receive the next payment and make sure a reasonable amount of the payment is not due until the project is completed, passes building inspections and you are fully satisfied. If you don't feel qualified to approve the project, you could even require testing or inspection by an independent energy auditor.

Then, enjoy your new energy efficient space!

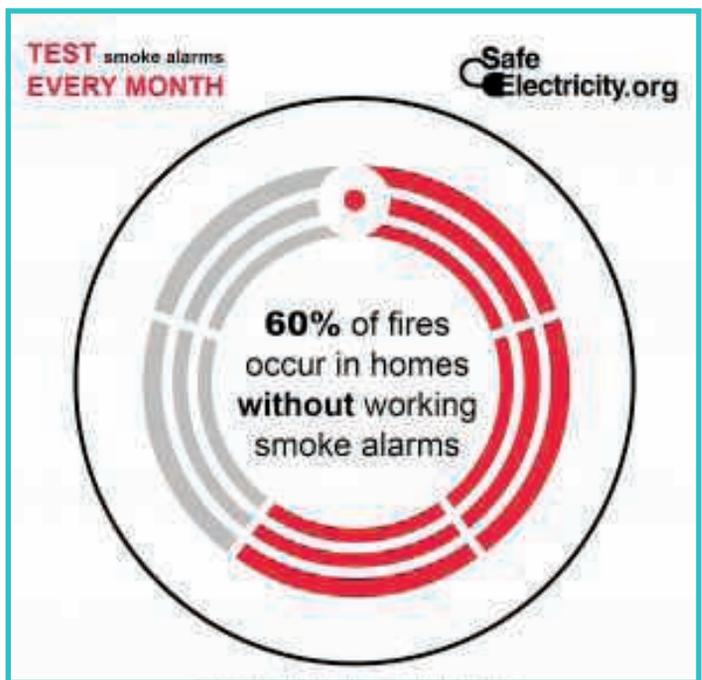
These steps can help prevent electrical fires in your home.

KEEP YOUR HOME SAFE FROM ELECTRICAL FIRES

Your lights turn on in an instant and your plug slides into outlets without sparks or shocks. You can't see it and typically don't think much about it. However, the electricity that we take for granted every day requires attention to potential hazards and taking steps to keep everyone safe.

Safe Electricity offers these tips to help keep your home safe from electrical problems and fires:

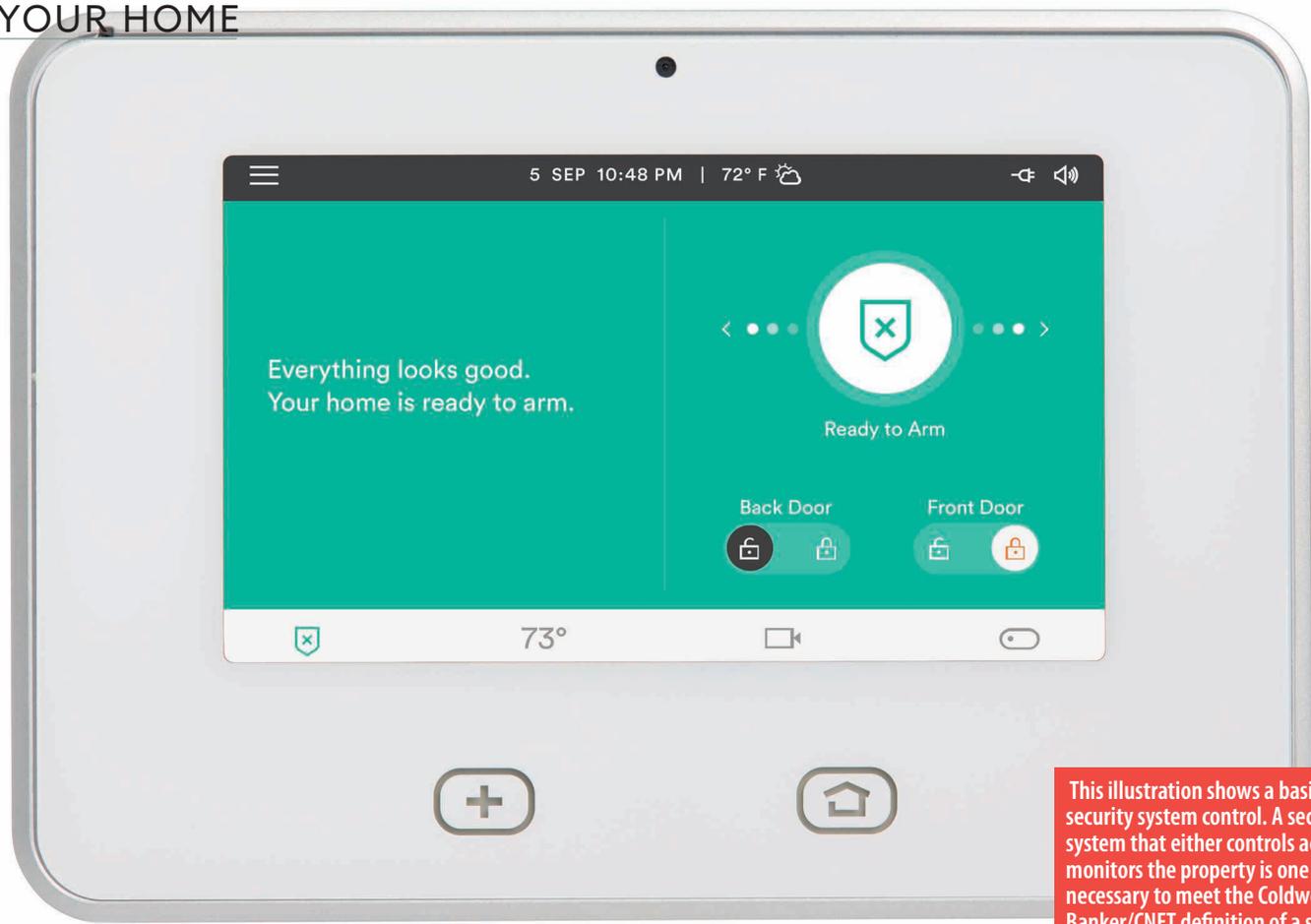
- Have all work done by a qualified electrician.
- Get regular check-ups for older homes, which have older wiring and are often designed for fewer appliances and electronics. Have the electrical system checked every five to 10 years, depending on the age of your home. If your home is older than 30 years, make sure the wiring meets updated National Electrical Code standards.
- Watch for warning signs such as hot or discolored switch plates, cords or plugs; dimming or flickering lights or buzzing or sizzling sounds. If you smell a burning odor, check it out immediately and unplug electric items in that area.
- Immediately repair loose outlets and discard or replace cracked, cut or broken insulation on electric cords.
- Keep cords out of walkways and high traffic areas so they don't get stepped on and damaged and cause a tripping hazard.
- Use extension cords temporarily, not as permanent wiring. Too many extension cords in one area creates a risk of overheating or overloading circuits.
- Never use cords or appliances that have exposed, damaged or faulty wiring. Have them repaired or replaced.
- Avoid using nails or staples to secure electric cords in place. When an electrical cord is punctured, it increases the likelihood of electric shock and fire.
- When you replace light bulbs, ensure that you match the



recommended wattage for your lamp or other light fixtures. Using an incorrect wattage increases the likelihood for electrical fires.

- If small children are present, install tamper resistant outlets or use outlet covers to reduce the risk of shocks and fire.
- Educate your loved ones on the dangers of electricity and provide guidance on care for your appliances and electronics.
- Electrical safety can also reduce energy waste and save on the power bill. Turn off electronics and lights when they are not in use. This reduces heat as it lower electricity use.

Learn more about home electrical safety at www.SafeElectricity.org.



This illustration shows a basic security system control. A security system that either controls access or monitors the property is one feature necessary to meet the Coldwell Banker/CNET definition of a smart home. (Vivint Smart Homes)

WHAT MAKES A SMART HOME?

Terry Woster

Freelance Writer

Everyone has an idea about what the phrase “smart home” means, but experts recently defined and identified the basic features and systems that make a home fit the phrase.

A dependable Internet connection is an essential piece, necessary for the connections that make the features of the home interact with each other and with the homeowner to get the most from each feature, whether it’s the doorbell camera, the thermostat or the sound system.

“You can’t have a smart home if it can’t connect to smart appliances,” says David Sirot, vice president of North American Communications



An illustration of the Smart Home Staging Kit available from the Worthington Group to sellers who list with Coldwell Banker. The kit includes a Nest Learning Thermostat, Nest Protect smoke and carbon monoxide alarm, Nest Cam Indoor security camera, August Smart Lock, August Connect, and Lutron-Caseta Wireless Lighting Starter Kit. More information is available at SmartHomeStaging.com. (Illustration courtesy of Coldwell Banker)

You can't have a smart home if it can't connect to smart appliances.

for Coldwell Banker Real Estate. He also said more and more people are interested in smart-home features in the homes they buy and in the renovation projects they undertake.

To come up with a definition of a smart home, Coldwell Banker Real Estate LLC in 2016 collaborated with CNET, a media website that produces news and reviews of consumer technology.

“For a time, we were stumped,” Sirotty said. “There simply was no definition of what it was. It needed to be broad enough and simple enough to be understandable. If you have certain specific and basic features or systems, if I can call your property a smart home, I can market your home very differently. That’s significant.”

A commonly accepted definition of the term is important because it provides “a clear and unified designation to keep up with rapidly evolving technology in the home,” he said.

In a prepared release on May 10, 2016, Coldwell Banker and CNET outlined the definition they wrote:

Smart Home: A home that is equipped with network-connected products (that is “smart products,” connected through Wi-Fi, Bluetooth or similar protocols) for controlling, automating and optimizing functions such as temperature, lighting, security, safety or entertainment, either remotely by a phone, tablet, computer or through a separate system within the home itself.

To be considered a smart home, the property must have a smart security feature that either controls access or monitors the property or a smart temperature feature, in addition to a reliable Internet connection. The property also must have at least two additional features from the following list:

- Appliances (smart refrigerators and

You have the power with
Smart Home Technologies

- 1 Smart Hub/Bridge**
If you are looking to make your home smart without having to hire a company to install an interconnected system, then an internet-connected smart hub is the first thing you’ll need. A smart hub will allow you to control all your smart devices from one app by acting as a middle man that facilitates communications between all your smart home devices.
- 2 Smart Lighting**
Like most items in a smart home, smart lighting can be controlled with a few swipes of a smart phone app. But smart lighting is more than just convenient. Smart light bulbs are more energy efficient than standard incandescent bulbs. Some bulbs use GPS on your phone to determine your location, and can turn on or off depending on where you are located. Some bulbs are even voice controlled!
- 3 Smart Blinds**
Smart blinds can be useful for those who have tall, hard-to-reach windows; for those who have difficulty moving around the house; or for those who simply want

to smarten their home. Smart blinds allow you to schedule your blinds to open and close during certain times of day – a bonus if you are trying to be energy efficient – or control them via an app.

- 4 Smart Locks**
Smart locks allow you and anyone else you wish to enter your home with ease. Some smart locks let you open your doors with your cell phone. Some let you see who is coming and going while you are out of the house. Some even allow you to assign security privileges to certain people.
- 5 Smart Thermostat**
A smart thermostat is a great way to keep your home smart and energy efficient. Many smart thermostats can learn your heating and cooling behavior and will auto-schedule based on your preferences.
- 6 Smart Cooking Appliances**
Smart cooking appliances, like smokers, allow you to cook a perfect meal away from home, without burning the house down! Wi-Fi technology makes these cooking appliances smart!

smart washer / dryers)

- Entertainment (smart TVs and TV streaming services)
- Heating/Cooling (smart HVAC system, smart fans or vents)
- Lighting (smart light bulbs and lighting systems)
- Outdoors (smart plant sensors and watering systems)
- Safety (smart fire/carbon monoxide detectors and nightlights)

- Security (smart locks, smart alarm systems or cameras)

- Temperature (smart thermostats)

- The term “smart home” can be intimidating and overwhelming,” Lindsey Turrentine, editor-in-chief of CNET.com, said in the prepared statement. “We want to make it easy for everyone to better understand what a smart home is, in order to simplify the process in helping them choose the right devices for their homes.”

December

Board Meeting Highlights

The December board meeting was held on Thursday, Dec. 21, at 9 a.m. All board members were present except Alan Neyers and Wayland Zaske. Others present were CEO DeeAnne Newville, Lenae Wordes and Gene Alex.

The following items were reviewed and approved by the board:

- Minutes of the November board meeting
- Operating and disbursement reports for the month of November
- Safety report for December
- Write off of delinquent accounts
- Nominating Committee appointments
- Revised Schedule A – Standard Pricing Guide
- Local Democracy Resolution
- Local Democracy Rules
- Policy 116 – Cooperative Dispute Resolution Rules
- Policy 424 – Distributed Generation/

Net-Metering Policy

- Removal of Policy 406 – Interconnection of Distributed Generation Systems – 40 kW and Greater
- Removal of Policy 408 – Distributed Generation Inverter Connected Systems rated less than 40 kW
- Purchase material for the 2018 construction work plan
- NRTC annual meeting voting delegate

The board reviewed:

- List of new members and capital credits transferred
- Reports from staff members as to the activities in their department. Items in the reports include:
 - High level Statement of Operations review – YTD through November 2017 (unaudited)
 - Organization activities
 - East River update
 - NRECA update

Notice:

The January board meeting will be held on Monday, Jan. 29, 2018, at 9 a.m.

The February board meeting will be held on Monday, Feb. 26, 2018, at 9 am.

- MREA update
- Line crew work in progress and pending work
- Accounts receivable
- Christmas Open House
- 80th annual meeting

Upcoming meetings were discussed.

Please contact the Renville-Sibley office if you would like more information regarding the board meeting.

FREE Want Ad Service

Members can submit ads for the following categories: Giveaway, For Sale, For Rent and Wanted. Ads should be or are limited to no more than 15 words and must be received by the first of the month to be included in the following month's newsletter. Renville-Sibley reserves the right to edit content or exclude ads due to space restrictions. Ads will be run one time only unless resubmitted. Please complete the following information and mail to the Renville-Sibley Cooperative Power, PO Box 68, Danube, MN 56230.

Name: _____

Address: _____

Phone number: _____

Ad to be placed (limit of 15 words per ad)

Type of ad: Giveaway For Sale For Rent Wanted

Energy Efficiency Tip of the Month

Consider insulating your hot water pipes. Doing so can reduce heat loss, allow you to lower the temperature setting and save an additional 3 percent to 4 percent per year on water heating.

Source: energy.gov



For Sale

For Sale: Leather couch, mission style, good condition – \$50

Scott Person, Renville, MN, 320-249-4145



Attention Teens

Scholarships to be Awarded

Renville-Sibley Cooperative Power Association will be offering \$3,000 in scholarship money to students in this region. The scholarships are for the 2018-2019 school year.

Renville-Sibley is allocated a \$1,000 scholarship from Basin Electric to be awarded at the discretion of the cooperative. Another \$1,000 scholarship is from Renville-Sibley.

A committee of Renville-Sibley board members, as well as an employee of the cooperative, will select the recipients of the \$1,000 Basin Electric Scholarship and the \$1,000 Renville-Sibley Scholarship. These scholarships will be awarded based on a combination of SAT/ACT scores and overall grade point average, work experiences, participation in school and community activities, a personal statement of career goals and a written recommendation by a third party. Additional consideration will be given to applicants interested in a position related to the electric industry for the Renville-Sibley scholarship.

The remaining \$1,000 scholarship is distributed from uncashed capital credit checks and is awarded by a **random drawing** at the annual meeting from the remaining completed applications.

All scholarship applicants must be U.S. citizens and a dependent of a member of Renville-Sibley Cooperative. They must be a high school senior who plans to enroll as a full-time student in an undergraduate course of study at an accredited two-year or four-year college, university or vocational/technical school. Applications will be accepted until Feb. 16, 2018. Winners will be announced to the public at the cooperative's annual meeting on April 5, 2018.

Renville-Sibley participates with other Minnesota electric cooperatives in sponsoring the continuation of the Jay York Scholarship. Mr. York was a Lake Wilson farmer who dedicated his life to the rural electric program and to education in rural Minnesota. He was the first Minnesotan to serve as president of the National Rural Electric Cooperative Association (NRECA). Scholarships are available each year from this program and are selected by random drawing. Each participating cooperative may submit one candidate's name for the drawing. The amount of this scholarship is determined based on the number of cooperatives that participate in the program. Over the past 20 years, Renville-Sibley has awarded eight Jay York scholarships.

Only one completed application is required for an applicant to be considered a candidate for any of the available scholarships. Incomplete applications will be excluded. For more information and a scholarship application form, contact Renville-Sibley at 1-800-826-2593 or 826-2593. Application forms are also available at our web site www.renville-sibley.coop.

Where's the Number?

Last month, David Kellerman did not find his member number in the newsletter. The credit will continue to grow to a value of \$20. A new number has been hidden somewhere in this newsletter. If you find your number and call the office by the 5th of February, you will receive this credit on your electric statement. Good luck in your search!



Mark Your New 2018 Calendar!

Renville-Sibley's 80th annual meeting will be held on Thursday, April 5th at the Island Ballroom in Bird Island. More information will be in upcoming newsletters.

Mission Statement:

Renville-Sibley Cooperative Power Association will provide efficient, reliable electric energy and services to enhance the quality of rural living.



Adding exercise to the daily routine is good for the heart.

HEART HEALTH

The Undeniable Truths of Heart Health: Diet and Exercise Remain Keys

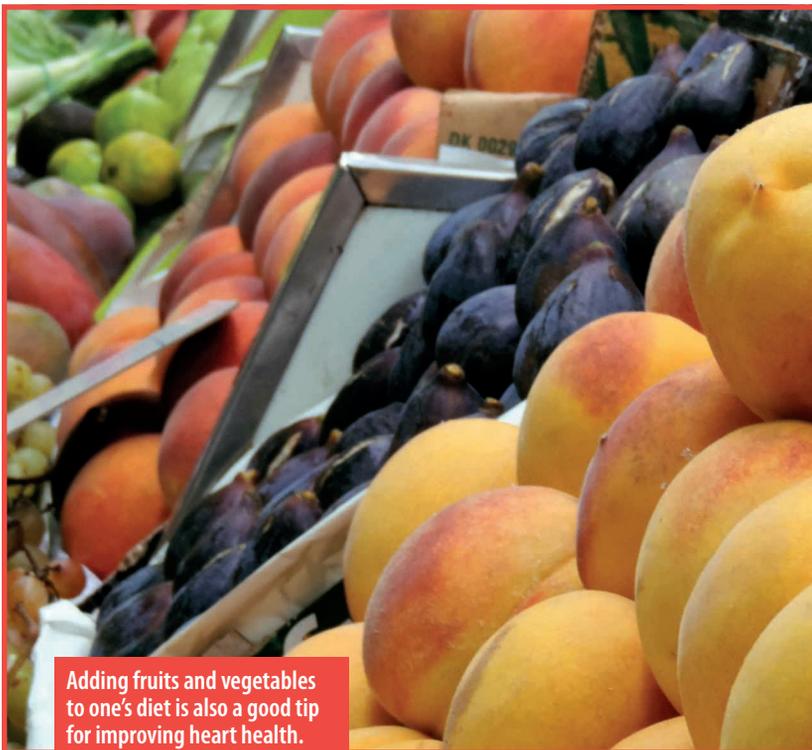
Debra Gibson Isaacs

Always consult your doctor for any matters relating to your health. This information is not intended to diagnose any medical condition or to replace your healthcare professional.

How to Sneak More Exercise into Your Day

Sonya Angelone, a registered dietitian nutritionist (RDN) who holds a masters of science degree, is on the other end of the phone, explaining ways to sneak exercise into already-crowded days.

Although most of us wish it weren't true and wish there were a magic pill to keep our hearts healthy, diet and exercise remain the undeniable keys to a healthy heart. We know that but ... we're too busy for one more thing, can't afford a gym membership, are too tired after work, want to spend



Adding fruits and vegetables to one's diet is also a good tip for improving heart health.

The key is to avoid just being sedentary.

what little time we have with our children.

“Incorporate subtle exercises into things you already do,” Angelone suggests, rejecting the notion that we have to have chunks of time or money to improve our heart health.

“For example,” she says, “do a wall chair when on the phone or while brushing your teeth.”

What I don’t know at the time is that she is practicing what she teaches as we talk. “I’m doing a wall chair as we speak, she tells me a bit later. “I just put my back against the wall, my feet on the floor, and slid down the wall until you could set a book on my knees or a child could sit on my lap. This is engaging my quadriceps, lowering my blood sugar from just eating lunch, burning extra calories and strengthening my legs so I am less likely to fall.”

Angelone, a spokesperson for the Academy of Nutrition and Dietetics and a practicing nutritionist in the San Francisco Bay area, has more examples – all simple and cost-free or very low cost.

“Lunge down the hall,” she suggests. “It only takes a few lunges a day to make a difference. Or alternately stand on your tiptoes and flat on your feet. This strengthens your lower legs.”

Another idea is to hold both arms out to your side with a book in one arm. Your body will look like a “T.” Hold that position until your arms shake. Stop and repeat.

How many can you do? It doesn’t matter, according to Angelone. The idea is to go from where you are to an ability to do more.

Another few examples:

- While sitting in a chair or watching television, contract your abdominal muscles 20 times.
- While sitting in a chair, lift your toes, put them back on the floor, and repeat. This strengthens your shins.
- While sitting at the table, pedal a foot cycle.

“The key is to avoid just being sedentary,” the nutritionist says. “If you have a sedentary job, get up every half hour. Do something. Go outside and walk around the building, go up and down a flight of steps. Engage your muscles.

Important Note: *The only caveat is to make sure you have no limitations or injuries. If you do, check with your physician before trying any of these ideas.*

How to Sneak More Nutrition Into Your Diet

Eggs are packed with protein; they are good for you. Egg yolks have cholesterol; eggs are not good for you.

Butter is better than margarine or is it that margarine is better than butter?

What is the difference between monosaturated, saturated, partially hydrogenated and trans fats?

Confusion abounds about nutrition. Sometimes it is hard to keep up with the latest science, sometimes the science changes and sometimes we just can’t remember what the science says.

Sonya Angelone, a registered dietitian nutritionist (RDN), spends her days counseling people in the San Francisco area about nutrition. Before she reveals the answers to some of the biggest nutritional conundrums, Angelone says there is one important point to remember about nutrition: There is no one-size-fits all. Each of us is different and can process food differently. Age and activity level make a difference. Medical conditions can also alter nutritional recommendations.

Now, drumroll please, here are Angelone’s answers to two of the most common and perplexing questions about nutrition:

Eggs

Although the newest dietary guidelines remove the limit of eggs and dietary cholesterol, they still recommend avoiding excess. Eggs are a nutritious food, but whether they are good or bad depends on the person. Genes help determine how someone metabolizes nutrients, including cholesterol. Some people absorb excess dietary cholesterol and should limit eggs (one of the richest source in our diets). But, most people can consume eggs regularly. They just need to be sure it isn’t cooked in excess oil and doesn’t come with bacon, hash browns, white toast and butter!

Also, the recommendations are different for a healthy person wanting to eat a healthy diet versus someone with heart disease who is trying to reverse their disease. For the latter, I limit dietary cholesterol, including eggs. The American Heart Association is a good site for great information.

On Balance: Neutral.

Suggestion: Ask your physician to run a cholesterol balance test. This will tell you whether your high cholesterol is because your liver makes too much cholesterol or because you absorb too much cholesterol.

Butter or Margarine

I do not like margarine ever. It has trans fats. That simply means that something has been artificially added to make the margarine harden into a stick or tub. The producer transformed liquid oil into a solid fat by adding hydrogen atoms – thus the term hydrogenated. This process changes the fat into an unhealthy fat.

Now there has been so much pressure from the government that producers are going back to using transformed fats. While they are not using palm oil, which is not healthy, coconut oil is not healthy either. The liver uses saturated fats to make cholesterol.

Some people believe that coconut oil is not bad because of a study. There were two groups, one which substituted sugar for fat and another group which substituted coconut oil for fat. It wasn’t that the coconut oil was better. It was that the sugar is so bad.

On Balance: Butter is always the best choice.

Suggestion: Try nut butter instead.

Member Involvement

Are You Interested in a New Adventure?

Renville-Sibley Cooperative Power Association is beginning to plan for the 80th annual meeting of the membership that will be held April 5 at the Island Ballroom in Bird Island, Minn. Three (3) directors will be elected during that time, each for a three-year term.

- The First District, consisting of the townships of Cornish, Severance and Moltke in Sibley County; the townships of Ridgely and West Newton in Nicollet County; and the townships of Cairo, Wellington, Martinsburg, Camp, Bandon and Palmyra in Renville County, is represented by Alan Neyers, Whitey Hinderman and Philip Nestande. Alan Neyers' term will expire in 2018.
- The Second District, consisting of the townships of Honner and Delhi in Redwood County; and the townships of Beaver Falls, Flora, Henryville, Birch Cooley, Norfolk, Melville, Bird Island and Kingman in Renville County, is represented by Randy Dolezal, Wayland Zaske and Matt Haubrich. Randy Dolezal's term will expire in 2018.
- The Third District, consisting of the townships of Roseland and Holland in Kandiyohi County; Rheiderland in Chippewa County, and the townships of Troy, Winfield, Emmet, Crooks, Sacred Heart, Hawk Creek, Ericson and Wang in Renville County, is represented by Steve Benson, Gary Peterson and Roger Manthei. Gary Peterson's term will expire in 2018.

As stated in the Renville-Sibley bylaws, the following are the Qualifications and Tenure for the position of Director:

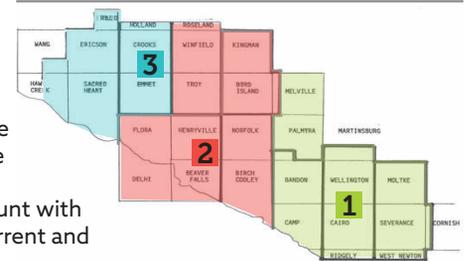
Each director shall be a member of the Cooperative and shall be elected by the members within their respective district at the annual meeting of the members for a term of three years. No member shall be eligible to become or remain a director or to hold any position of trust in the Cooperative who is not a bona fide resident in the area served by the cooperative, or who is in any way employed by or financially interested in a competing enterprise or a business selling electric energy or supplies to the cooperative, or a business primarily engaged in selling electrical or space heating/cooling appliances, fixtures, or supplies to the members. When a membership is held jointly by two or more persons, including husband and wife, only one of such joint tenants may be elected a director, provided, however, that neither one shall be eligible to become a director, unless all shall meet the qualifications herein set forth.

Director qualifications required for service to the cooperative shall include:

- Must be an individual and must be at least 21 years of age.
- Must be fluent in the English language since nearly all business at the cooperative is conducted in English.
- Must be competent and able to execute a contract.
- Must not have been convicted of a felony or crime involving moral turpitude during the preceding 10 years prior to becoming a director for the cooperative or during the period while serving as a director.
- Must have a high school diploma or equivalent.
- Must make a reasonable effort to become and remain knowledgeable about special issues regarding electric cooperatives by attending training, workshops and seminars.
- Must attend at least three-fourths (3/4) of all monthly scheduled board meetings during any twelve (12) month period.
- Anyone interested in candidacy for a director position in 2018, the following guidelines must apply:

- Must be a resident within the district seeking the candidacy
- Receive electric service from Renville-Sibley at the residence within the district
- The member's account with Renville-Sibley is current and in good standing.

Director Districts



As a Director, the member agrees to:

- Abide by, promote and uphold the Articles of Incorporation and Bylaws, both of which can be found on our website, and Policies of Renville-Sibley Cooperative Power Association.
- Attend regular and special Board meetings of the cooperative.
- Attend, when appointed, committee meeting of the cooperative.

If anyone should decide to seek candidacy for the board of directors, there are many rewards to be enjoyed when elected. A director has the opportunity to demonstrate their leadership quality and increase their knowledge within the cooperative business environment and the electric industry. As a director, this person could play a significant role in the future development of Renville-Sibley Cooperative Power Association.

A director also has a very important responsibility which is to uphold and abide the bylaws of the cooperative. Directors are to act as the trustees for the assets of the cooperative and are assigned the duties of formulating, approving and reviewing the policies that provide guidelines for the cooperative.

The board is responsible for sending representatives to the affiliated association meetings that often include voting requirements. They include East River Electric Power Cooperative, Minnesota Rural Electric Association, Basin Electric Power Cooperative, National Rural Utilities Cooperative Finance Corporation, CoBank, Cooperative Network and the National Rural Electric Cooperative Association.

Directors attend seminars and meetings of several organizations to learn about the industry. Directors are asked to lobby and remain informed on legislative issues that could impact this industry and/or the cooperative way of doing business. The board meets monthly and reviews financial reports, work plans, annual audits, planning documents and evaluates the cooperative operations while approving budgets and purchases.

Most of all, a director should be available to visit with their constituents and have a genuine spirit of helping others at all times.

Board meetings are typically held on the last Monday of every month, beginning at 9 a.m. in December, January and February and beginning at 8 a.m. the rest of the year. The estimated time needed to be committed annually is approximately 30 days which includes monthly meetings and committee assignments. Directors are compensated per diem for their time as well as all personal expenses.

If you are interested in becoming a candidate for the Renville-Sibley board of directors, contact the Renville-Sibley office at 1-800-826-2593 before Feb. 1 for further information.



2017 Minnesota Youth Tour participants take a photo with Sen. Amy Klobuchar.

Teens: You Could Win a Trip to Washington, D.C.

Each year, rural electric cooperatives across the nation sponsor roughly 1,800 students on the Rural Electric Youth Tour to Washington, D.C. The youth tour program continues to foster the grassroots spirit of the rural electric cooperatives by demonstrating to high school juniors and seniors how our government works and what the electric cooperative business model is all about. Renville-Sibley's 2017 Youth Tour delegate, Amy Albrecht, commented, "This trip was truly an experience of a lifetime." You can read more about Amy's experience in the November 2017 *Renville-Sibley Cooperative Connections*.

In 2018, Renville-Sibley will be sending one high school junior or senior on an all-expenses-paid trip to the Washington, D.C., Youth Tour. The selected student will spend six days in our nation's capitol visiting museums, chatting with politicians and making memories and friends that will last a lifetime. What is the best part of this trip? The best part is the fact that Renville-Sibley will pay all of the expenses.

More information and how to apply can be found below.

Contest purpose:

Select one youth to represent Renville-Sibley Co-op Power on the Washington, D.C., Youth Tour.

Eligibility:

The contest is open to any current high school junior or senior whose family is a member of our cooperative.

Requirements:

Contestant shall write a 300-word essay. The topic is to imagine traveling backward or forward in time and write about the value of electricity to the people living in that time period.

Complete a Youth Tour application form which can be found on Renville-Sibley's web site at www.renville-sibley.coop.

Additional Information:

- Deadline for application is Feb. 16, 2018
- The winner will be announced by March 16, 2018
- **Tour Dates:** June 9-14, 2018

Sample itinerary (subject to change):

■ Saturday, June 9

- Travel day
- Electric Cooperatives 101 class

■ Sunday, June 10

- Walking tour of monuments, Arlington Cemetery, Smithsonian museums, night monument tour

■ Monday, June 11

- Mount Vernon, National Museum of the Marine Corp, Old Town Alexandria and NRECA Youth Night

■ Tuesday, June 12

- Group picture in front of White House, Newseum, National Archives, Smithsonians, Holocaust Museum and attend a John F. Kennedy Performing Arts Center show

■ Wednesday, June 13

- Library of Congress, U.S. Capitol tour, visit the Galleries, Capitol visits with senators and representatives, United States Botanical Gardens and Souvenir City
- NRECA dinner and dance

■ Thursday, June 14

- Travel day

More information can be found at the National Youth Tour website <http://youthtour.coop>

December 15-March 31

South Dakota snowmobile trails season, Lead, SD, 605-584-3896

January 17-25

Winter Art Show, Spearfish, SD, 605-642-7973

January 19

Portland Cello Project Concert, Spearfish, SD, 605-642-7973

January 19-20

Media One Funski, Sioux Falls, SD, 605-339-0000

January 19-20

ISOC Deadwood SnoCross Showdown, Deadwood, SD, 605-578-1876

January 20

Bark Beetle Blues, Custer, SD, 605-440-1405

January 21

REO Speedwagon, Deadwood, SD, 605-559-0386

January 26-February 4

Annual Black Hills Stock Show and Rodeo, Rapid City, SD, 605-355-3861

January 27

Sioux Empire on Tap, Sioux Falls, SD, 605-367-7288

January 27

Lakota Games on Ice, Mitchell, SD, 605-996-5473

February 3

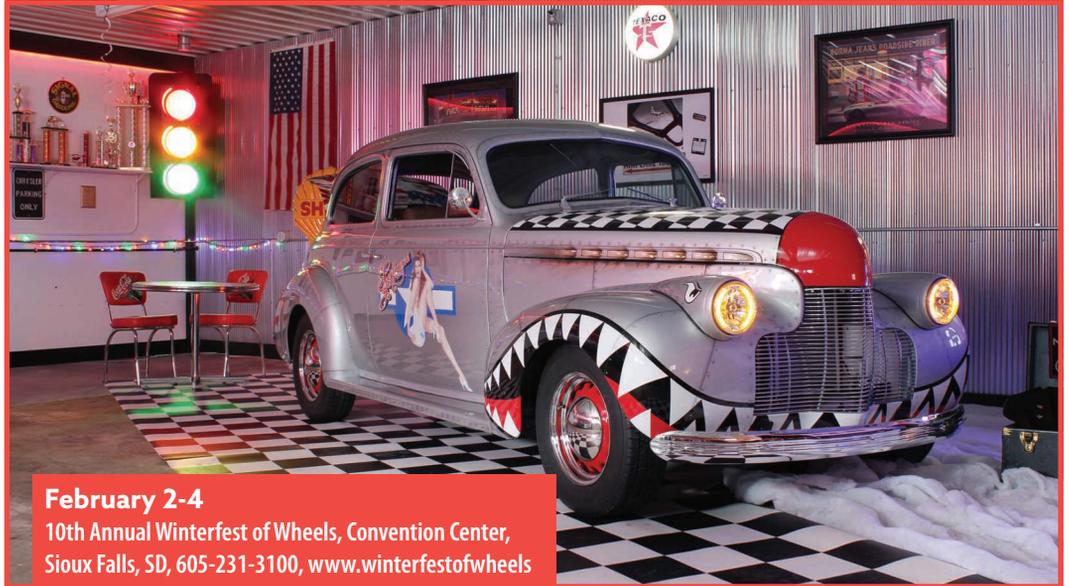
Don McLean, Deadwood, SD, 605-559-0386

February 3

Tomahawk Snow Jam, Deadwood, SD, 605-569-2871

February 6-10

Winter Farm Show, Watertown, SD, 605-886-5814



February 2-4

10th Annual Winterfest of Wheels, Convention Center, Sioux Falls, SD, 605-231-3100, www.winterfestofwheels.com

February 9-11

Black Hills Sport Show and Outdoor Expo, Rushmore Plaza Civic Center, Rapid City, SD, 605-394-4111

February 15-17

Sno Jam Comedy Festival, Sioux Falls, SD, siouxfallssnojamcomedyfest@gmail.com

February 16-18

2018 National Pheasant Fest and Quail Classic, Sioux Falls, SD, 651-209-4933

February 16-18

Annual Frost Fest, Brookings, SD, 605-692-6125

February 24

Snow Jam, Lead, SD, 605-569-2871

February 24

Farm and Home Show, 10 a.m. to 3 p.m., Presho, SD, 605-895-9445

February 24

Annual Outhouse Races and Chili Cook-off Contest, Nemo, SD, 605-578-2708

March 3-6

2018 Summit League Basketball Championship, Sioux Falls, SD, 605-367-7288

March 10-11

2018 Gun Show, American Legion Hall, Saturday 9 a.m. to 5 p.m., Sunday 9 a.m. to 3 p.m. MST, Philip, SD, 605-859-2280 or 605-441-8466

March 16-17

28 Below Fatbike Race, Lead, SD, 605-584-3435

March 16-17, 23-24

60th Annual Schmeckfest, Freeman, SD, 605-925-4237

March 17

Annual Ag Day at the Washington Pavilion, Sioux Falls, SD, 605-367-6000

March 27

Socks in the Frying Pan Concert, Spearfish, SD, 605-642-7973

March 31

Eggstravaganza, Rapid City, SD, 605-716-7979

April 5

McCrossan's Wildest Banquet Auction in the Midwest featuring A Night Out with the PBR, 5:30 p.m., Arena, Sioux Falls, SD, Tickets: \$75 each, 605-339-1203, www.mccrossan.org

April 6-8

Professional Bull Riders Built Ford Tough Series, Sioux Falls, SD, 605-367-7288

April 20-21

Craft Beer Fest, Deadwood, SD, 605-578-1876

To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.