



Mountrail-Williams Electric Cooperative

Your Touchstone Energy® Cooperative 

WILLISTON

577-3765

STANLEY

628-2242

NEW TOWN

627-3550

DID YOU KNOW...

You, as a member-owner, are part of the
42 million people
who are served by electric cooperatives.

ELECTRIC COOPERATIVES SERVE:

47 states

Own **12%**
of the nation's meters

Employ **70,000**
people in the U.S.

Own **42%**
of the nation's
distribution lines

Cover **75%**
of the U.S. landmass

Are present in **2,500**
of the **3,141** counties in the U.S.



Keeping you safe during and after summer storms

BY LAURA COOK

No one knows electrical safety better than the experts who practice it every single day. Mountrail-Williams Electric Cooperative (MVEC) encourages you to practice safety with these reminders – for during and after a summer storm:

- **Avoid wires and water.** When lightning strikes a home during a storm, the electrical charge can surge through pipes and utility wires. That means you can get zapped if you're touching water or any device that's plugged in, whether it's a landline phone or toaster.
- **Skip the makeshift shelter.** During a storm, it's tempting to take cover under a picnic gazebo or golf cart, but in open-sided structures with no conductors to channel strikes, a bolt's path of least resistance

to the ground could be you. On top of that, these structures raise your risk of a lightning strike because of their height. Keep moving toward suitable shelter.

- **Portable generators.** Take special care with portable generators, which can provide a good source of power, but if improperly installed or operated, can become deadly. Do not connect generators directly to household wiring. Power from generators can backfeed along power lines and electrocute anyone coming into contact with them, including co-op lineworkers making repairs. It's best to hire a qualified, licensed electrician to install your generator and ensure that it meets local electrical codes.
- **Flooded areas.** Stay away from downed power lines and avoid

walking through flooded areas. Power lines could be submerged and still be live with electricity. Report any downed lines you see to MVEC by calling 1-800-279-2667 immediately.

- **Electrical equipment.** Never use electrical equipment that is wet – especially outdoor electrical equipment, which could be a potential danger after a summer storm. Water can damage electrical equipment and parts, posing a shock or fire hazard.

Along with 750 electric cooperatives nationwide, MVEC has partnered with Touchstone Energy® to put safety as our number one concern. For a checklist to assess safety hazards around your home or to take a quick safety quiz, go to <http://www.touchstoneenergy.com/together-we-save/overview/>. ■

Tips to help with energy efficiency



Periodically inspect your dryer vent to ensure it is not blocked. This will save energy and may prevent a fire. Manufacturers recommend using rigid venting material – not plastic vents that may collapse and cause blockages. **#energyefficiency**

Source: U.S Department of Energy



Keep warm summer air outside where it belongs! Add caulk or weather stripping to seal air leaks around leaky doors and windows.

Source:
U.S Department of Energy

Be efficient in the kitchen with no-bake recipes

BY MEGHAAN EVANS

Cooking in the summer can be unbearable, and the last thing you want to do on the hottest, most humid days is turn on the oven to make dinner. Your air conditioner works extra hard during summer

months to keep your home cool, so why not give it a break with easy, efficient, no-bake recipes. The recipes below are meant to help you make a delicious meal for your family, without breaking a sweat!

Tzatziki

This refreshing dip can be eaten with pita chips or veggies. You can also add it to some grilled chicken or veggies as a sauce, or even add it to a salad to make a creamy dressing! Here's the recipe:

2 cups (plus 1 T.) 2 percent Greek yogurt
1 cup cucumber, grated
1.5 T. lemon juice
1 T. olive oil
3 cloves minced garlic
3 T. dill leaves (plus extra for garnish)
Salt and pepper to taste

Add all the ingredients to a bowl, then stir gently to mix.



Recipes continued on
following page



Pita with Spiced Chickpea Salad and Whipped Feta

Spread the whipped feta into your pita, add the chickpea salad, and you have a delicious sandwich. Add grilled chicken or even a couple slices of smoked turkey or chicken breast for a heartier meal. Here's the recipe:

For the spiced chickpea salad:

2 cans chickpeas
2 T. olive oil
3 T. lemon juice
2 tsp. cumin
2 tsp. dill
2 tsp. sumac
1/2 tsp. salt
1/2 tsp. pepper

1/2 tsp. red chili flakes
3 cloves garlic
4 oz. cherry tomatoes
1/2 cup chopped cucumber
1 small red onion
finely diced
1 T. fresh dill
1 T. chopped fresh cilantro

Add chickpeas, olive oil, lemon juice and spices to a bowl, stir to combine. Allow the mixture to sit for 15 minutes to one hour to let the flavors meld together.

Add the tomatoes, cucumber and onion. Add the fresh dill and cilantro, stir to combine.

For the Whipped Feta:

6 oz. feta cheese
2 oz. cream cheese
1/4 cup olive oil

Add feta and cream cheese to a blender, slowly drizzle the olive oil into the blender top until the mixture is creamy and smooth.

Lemon Truffles

These quick and easy lemon truffles from Premeditated Leftovers is sure to satisfy any sweet tooth! Here's the recipe:

2 1/2 cups lemon cake mix
8 T. melted butter
2 T. lemon juice
Zest of one large lemon

For Lemon Cake Mix:

2 3/4 cups cake flour
1 3/4 cups fine white sugar
2 tsp. baking powder
3/4 tsp. salt
Zest of two lemons

Combine the cake mix ingredients into a large bowl, stir gently to combine. Add the melted butter, lemon juice and lemon zest. Use your hands to combine until the flour is moist and flakey. Roll dough into two inch balls, roll in sugar and serve!

Remember, no-bake recipes are a great way to keep your kitchen cool during the summer and show off your culinary skills. These are just a few of my favorites, but you can find a wealth of no-bake recipes online. Stay cool, and happy cooking!



(Meghaan Evans writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.)

Easy steps to greater efficiency

BY ANNE PRINCE

Do you want to save money and electricity, but have limited time, money and patience? According to the U.S. Department of Energy, a “typical American family” spends nearly \$2,000 per year on their home energy bills. Much of that money, however, is wasted through leaky windows or ducts, old appliances or inefficient heating and cooling systems.

Luckily, there are several relatively easy ways to save energy without a substantial commitment of time and money. These efforts will help you save whether you own or rent an older or newly constructed home. And, you won't have to hire a specialist or call in a favor from someone who is handy with tools to help you.

Where to start

According to *Money Magazine*, “improving the envelope” of your home is a good place to start. Sunlight, seasonal temperature changes and wind vibrations can loosen up even a tight home, increasing air leakage. Doors and windows may not close tightly, and duct work can spring leaks, wasting cooled and heated air. By placing weather stripping and caulk around windows and doors, you can keep cool air inside during warm months and prevent chilly air from penetrating the indoors during colder months. Sealing gaps around piping, dryer vents, fans and outlets also helps to seal the envelope and creates greater efficiency. Apply weather stripping around overlooked spaces like your attic hatch or pull-down stairs.

Replacing incandescent bulbs with LED bulbs can make a big difference in home efficiency and is

one of the fastest ways to cut your energy bill. Known for their longevity and efficiency, LED bulbs have an estimated operational life span of typically 10,000 to 20,000 hours, compared to 1,000 hours of a typical incandescent. According to the U.S. Department of Energy, by replacing your home's five most frequently used light fixtures or bulbs with models that have earned the ENERGY STAR rating, you can save \$75 each year.

Wrapping up savings

Installing a blanket around your water heater could reduce standby heat losses by 25 to 45 percent and save you about 7 to 16 percent in water heating costs, according to the U.S. Department of Energy. For a small investment of about \$30, you can purchase pre-cut jackets or blankets and install them in about one hour. On a safety note, the U.S. Department of Energy recommends that you not set the thermostat above 130 degrees on an electric water heater with an insulating jacket or blanket; the higher temperature setting could cause the wiring to overheat.

Given that a large portion of your monthly energy bill goes toward heating and cooling your home, it makes sense to ensure your home's heating, ventilation and air conditioning (HVAC) system is performing at an optimal level. Checking, changing or cleaning your filter extends the life of your HVAC system and saves you money.

Air filters prevent dust and allergens from clogging your HVAC system. Otherwise, dust and dirt trapped in a system's air filter leads to several problems, including: reduced air flow in the home and up to 15 percent higher operating costs;

lowered system efficiency; and costly duct cleaning or replacement. Many HVAC professionals recommend cleaning the system filters monthly. A simple task like changing the filters on your HVAC system makes your unit run more efficiently, keeping your house cooler in the summer and warmer in the winter.

Take control of your energy savings

Take a look at your programmable thermostat. When was the last time you checked to make sure it was programmed for the current season and family schedule? This is one of the best energy-saving tools at your fingertips. It enables you to fine tune the temperature during particular hours of the day. Many models allow you to differentiate between weekday and weekend schedules, and Internet-connected thermostats can learn your schedule and make adjustments automatically. Most models come with an override option so you can make manual adjustments without losing overall programming. You can only achieve these efficiencies and savings if it is programmed properly and adjusted periodically to keep pace with changes in household routines.

Remember, there are easy steps you can take now to improve the energy efficiency of your home. ■

(Anne Prince writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.)

What to know before you dig

With construction season upon us, Mountrail-Williams Electric Cooperative (MWEC) reminds you to call 811 prior to any digging projects. Using the one call system is FREE to homeowners and farmers. It also allows for all utilities to mark your property to ensure your safety.

Even if it is a small project like planting a tree or shrubs, as well as a new mail receptacle, it is important to make that call. Many utilities are buried just a few inches below ground and you can easily hit a line when digging simple projects. Not only does making the call help your safety, but you take the chance of knocking out your power and your neighbor's services if a line is hit. Hitting a line can also result in fines and other damages.

If you have lines that were marked in prior years, you need to contact 811 again prior to digging. Erosion and root system growth can alter the depth or location of buried lines. Your local utility may have also completed work since the last locate.

Contractors or landscapers you have hired need to contact 811 prior to beginning their work as well. To make sure this is happening, be sure to check with your contractor or landscaper.

If your plans for digging are in small areas, you can use white paint or white flags to have your local utilities only locate for those areas. Make sure to let your 811 operator know what your plans are so that they may help you sufficiently.

MWEC puts safety first for its employees and members. Please remember to keep yourself safe. ■

APWA UNIFORM COLOR CODE	
WHITE :	Proposed Excavation
PINK :	Temporary Survey Markings
RED :	Electric Power Lines, Cables, Conduit and Lighting Cables
YELLOW :	Gas, Oil, Steam, Petroleum or Gaseous Materials
ORANGE :	Communication, Alarm or Signal Lines, Cables or Conduit
BLUE:	Potable Water
PURPLE :	Reclaimed Water, Irrigation and Slurry Lines
GREEN:	Sewer and Drain Lines
KNOW THE COLOR CODE!	




IT'S THE LAW

ALWAYS CALL BEFORE YOU DIG

**ALL HOMEOWNERS
ALL PROFESSIONALS
GOVERNMENT AGENCIES**

Top tips to reduce your water heating bills



Slow the flow

- Install low-flow faucets and shower heads, which can achieve water savings of 25-60 percent. For maximum water efficiency, select a shower head with a flow rate of less than 2.5 gallons per minute. You can purchase some quality, low-flow fixtures for around \$10 to \$20 a piece and achieve water savings of 25 to 60 percent.
- The aerator – the screw-on tip of the faucet – ultimately determines the maximum flow rate of a faucet. Aerators are inexpensive to replace and they can be one of the most cost-effective water conservation measures. For maximum water efficiency, purchase aerators that have flow rates of no more than 1 gallon per minute.

Check the water heater

- Turn down your water heater's thermostat to 120 degrees.
- If your water heater's tank leaks, you need a new water heater. Purchase a more energy-efficient model.

Fix leaks

You can significantly reduce hot water use by simply repairing leaks in fixtures, such as faucets and shower heads. A leak of one drip per second wastes 1,661 gallons of water and can cost up to \$35 per year.

Consider new appliances

Purchase Energy Star appliances such as dishwashers and clothes washers. The biggest cost of washing dishes and clothes comes from the energy required to heat the water. You'll significantly reduce your energy costs if you purchase and use an energy-efficient dishwasher and clothes washer.

Inefficient clothes washers can cost three times as much to operate than energy-efficient ones. Select a new machine that allows you to adjust the water temperature and levels for different loads.

Wash your clothes in cold water whenever possible.

Unofficial minutes of regular board meeting April 19, 2017

Directors present: Hartsoch, Johnson, Lynne, Jorgenson, Bratvold, Lalim, Haugen, Grant and Sorenson.

Directors absent: None.

Others present: Manager Haugen, in-house counsel Ellis, attorney Foust and staff members.

The meeting was called to order at 8:30 a.m. Minutes of the March 29 board meeting were approved as presented. The agenda for the meeting was approved as presented.

Meeting reports:

North Dakota Association of Rural Electric Cooperatives (NDAREC) – Director Grant presented the NDAREC board report. As part of his report, the 2017 Legislative Conference draft agenda, NDAREC flyer and NDAREC proposed resolution concerning rural cooperative development were provided.

Upper Missouri Power Cooperative – Director Jorgenson reported on the Upper Missouri annual meeting. As part of this report, the Upper Missouri general manager report was also presented.

Cooperative Finance Corporation (CFC) – Sorenson, Lynne and Grant will attend the CFC Forum 2017 in June.

Basin Electric Power Cooperative – The March 2017 Basin report video was presented.

National Rural Electric Cooperative Association (NRECA) – A letter was presented to the board from NRECA International, requesting sponsorship for a program that supports the development of safe, reliable, and affordable electricity worldwide. The board approved to contribute to the program annually for the next five years.

Federated Insurance – A letter was presented to the board regarding the cooperative's safety and loss prevention assessment.

President's report: Member complaints regarding the current

meter deposit policy was discussed.

New business: There was discussion on irrigation rates. The board will take the current policy on irrigation rates under advisement and readdress it at a future meeting.

Upcoming meetings: Due to conflicts, the July board meeting was rescheduled to July 27. There was discussion on having a two-day meeting June 28 and 29.

Operating and financial report: Jay Lux reported the preliminary results from the CFC financial forecast that was completed just prior to the April board meeting.

Capital credit retirements: The board approved the retirement of the following capital credit accounts:

Elsie Long estate
Clarice Weigel estate
Clifford Halvorson estate

Bad debts: The board approved the transfer of \$4,104.07 from accounts receivable to bad debts. Efforts will continue to collect these sums including the retention of capital credits.

Special equipment/work order closeouts: The board approved the closeout of the following special equipment/work order:

Closeout 662.....\$89,960.05
TOTAL\$89,960.05

Manager's report:

Reliability/outage report – Jerry Rehak presented the reliability and outage report. There were 151 outages reported in March, mostly due to high winds.

Employee wellness update – Brandy Hanson presented a brief report on employee wellness, including the training completed for the Employee Wellness Committee, and the efforts being made to create or implement an official policy and program for employee wellness.

Operations update – Manager Haugen presented a brief report on operations and construction.

MWEC building update – Manager Haugen presented an update on the MWEC building progress. He also presented a budget sheet to date. The

building construction is currently on budget.

SPP – Manager Haugen presented an overview of the formula rate implementation protocols, including key dates and deadlines.

He also presented a brief report on the quarterly Markets & Operations Policy Committee meeting he recently attended.

Manager Haugen presented a power point on wind generation in SPP. SPP hit a record-breaking peak of approximately 52 percent of the SPP load in the SPP region was served by wind power in February, and 54 percent in March.

He presented the 2017 SPP integrated transmission planning near-term assessment and the quarterly reliability report.

Annual meeting: Manager Haugen discussed the director requirements and voting for director positions.

Adjournment: There being no further business, the meeting was adjourned. ■

MOUNTRAIL-WILLIAMS ELECTRIC COOPERATIVE

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Robert Grant Co-chairperson
Blaine Jorgenson Secretary
Cheryl Hartsoch Treasurer
Nick Haugen..... Director
Larry Johnson..... Director
Warren Bratvold..... Director
Aaron Lynne Director
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