

● OCTOBER 2024

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ELECTRIC COOPERATIVE LIVING

**Powering a brighter
future in Guatemala**

**An Iowa co-op and community
are recovering from disaster**

Family dinner recipes

Celebrate National Co-op Month with Harrison County REC activities ▶ See Page 12

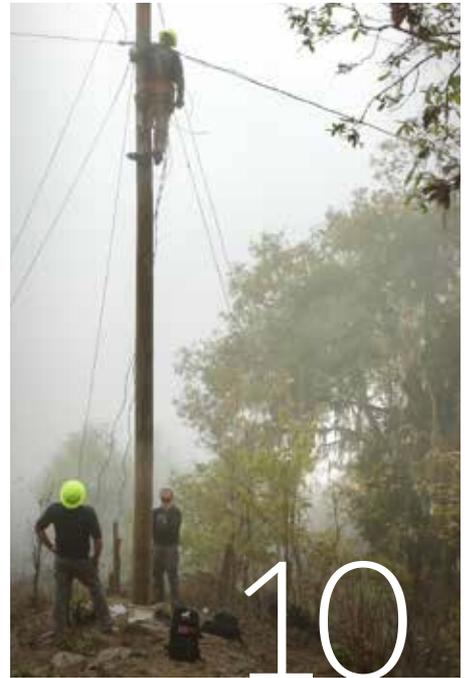
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Come back to silence

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ON THE COVER

The village of Las Peñas, Guatemala, where linemen from Iowa and Minnesota electric cooperatives worked to bring electricity to the community for the first time. Read more beginning on Page 10 of this issue.

REFLECTING ON OUR COOPERATIVE PRINCIPLES

BY LESLIE KAUFMAN



October is National Co-op Month, making it an opportune time to reflect on our cooperative principles. As I look back on my first few weeks

at the Iowa Association of Electric Cooperatives, the co-op principles of *cooperation among cooperatives* and *concern for community* really stand out to me for the following reasons.

Rebuilding after the Greenfield tornado

On May 21, severe storms rolled across Iowa, including a strong tornado that tore through Greenfield. We cover this story in more detail on Pages 6-7 and share how it affected employees of Farmers Electric Cooperative, which is based in Greenfield. In the aftermath of the storm, employees of Farmers Electric immediately headed out to help those in need, and neighboring electric cooperatives provided mutual aid to repair damage and restore power in impacted areas.

Powering a brighter future in Guatemala

Also in this issue, you'll read about how linemen from Iowa and Minnesota electric cooperatives worked together to bring electricity to a remote village in the Guatemalan mountains. We understand how essential electricity is to powering opportunities and improving quality of life. Electric cooperatives across the country volunteer their time and resources to help those less fortunate in developing countries because it connects us to our legacy and mission back home.

Shining the light on community volunteers

In the August and September issues of this magazine, you read about our Shine the Light contest, which celebrates our cooperative

commitment to community. Thank you for nominating deserving volunteers who make a positive difference in Iowa's communities! Learn more about our 2024 winners at www.IowaShineTheLight.com and make plans to nominate a local hero in June 2025.

October is co-op month

Once again, Iowa's electric cooperatives are teaming up with the Iowa Institute for Cooperatives and the Iowa Credit Union League to raise awareness about the many advantages of the cooperative business model. This month, we'll post videos about the seven cooperative principles and other co-op facts on social media. Visit www.IowaCooperatives.com for more information on how cooperative ownership works and why the co-op business model is effective.

Celebrating cooperative careers

Finally, we will commemorate Careers in Energy Week beginning Oct. 21. Iowa's electric cooperatives are proud to provide nearly 2,000 stable careers with excellent benefits in an exciting and fulfilling industry. Many electric co-op employees choose to raise their families in small towns and are actively engaged in their communities. Along with lineworkers, engineers and operations staff, electric co-ops also employ accountants, customer service representatives, IT professionals, human resources staff, communicators, energy advisors, economic development specialists and more. View our latest co-op job openings at www.iowarec.org.

Leslie Kaufman is the executive vice president and general manager of the Iowa Association of Electric Cooperatives.

EDITOR'S CHOICE CONTEST

WIN A \$100 GIFT CARD!

To celebrate National Co-op Month, we're giving away a \$100 gift card to your choice of a hometown business. Your selection can be a restaurant, hardware store, gift shop, grocery store, beauty salon or other local business that's vital to your community.

Visit our website and win!

Enter this month's contest by visiting www.ieclmagazine.com no later than Oct. 31. You must be a member of one of Iowa's electric cooperatives to win. There's no obligation associated with entering, we don't share entrant information with anyone and multiple entries from the same account will be disqualified.

The winner of the pressure washer from the August issue was **Dwayne Seeck**, a Guthrie County REC member-consumer.



ENTER ONLINE BY OCT. 31!

DID YOU READ OUR NEWSLETTER CAREFULLY?

We have selected two lucky winners for a \$25 bill credit!

Spot your account number in our newsletter and call us! (Example: Account 4321 is written four three two one.) Members must contact Harrison County Rural Electric Cooperative by Oct. 31 to be eligible to claim this credit. Questions?

Contact us at 712-647-2727.



CAPTURE OUR CO-OP IN OCTOBER

October is National Co-op Month, and we want to capture the great views throughout our service territory! If your photo is one of two photos chosen, it will be featured in our 2025 calendar, and you could win a \$25 bill credit and a basket of Harrison County Rural Electric Cooperative (REC) goodies. All photo submissions are due by 4 p.m., Monday, Oct. 28. Account number nine four seven nine zero zero nine one two. Winners will be announced on Friday, Nov. 1, and calendars will be available in Harrison County REC's office lobby by Dec. 16.



Jonna Lamberson (2024)



Julie Steuve (2023)



Kelly Stevens (2024)



Matt and Dawn Joerg (2023)



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October is National Cybersecurity Awareness Month.

Let's work together to build a safer digital world. Whether at home, work or school, we can increase our online safety with the following tips.

- Recognize and report phishing attempts.
- Use strong, unique passwords.
- Enable multi-factor authentication.
- Update software regularly.



STAY SAFE AND WARM WITH A WINTER HOME READINESS GUIDE

Soon, the temperatures will drop. Now is the perfect time to prepare your home for winter weather. Harrison County Rural Electric Cooperative recommends following these tips for home maintenance. Plus, take note of these reminders of ways to stay safe during a power outage. Account number three four nine one zero zero zero one zero.



Five tips to prepare your home for winter

1 Inspect your heating system

- Have your heating system professionally serviced.
- Replace air filters if needed.
- Ensure vents and radiators are unblocked for efficient heat distribution.

2 Prepare pipes and water supply

- Insulate exposed pipes to prevent freezing.
- Drain and shut off outdoor faucets and irrigation systems.
- Know the location of your water shut-off valve in case of emergencies.

3 Maintain smoke and carbon monoxide detectors

- Replace batteries in smoke and carbon monoxide detectors.
- Test detectors to ensure they are functioning correctly.

4 Prepare your home's exterior

- Clear gutters and downspouts of leaves and debris to prevent ice dams.
- Trim trees and bushes away from the house to prevent damage from heavy snow.
- Ensure downspouts extend away from your home's foundation.
- Drain and store garden hoses to prevent freezing.
- Service and store outdoor equipment such as lawn mowers and trimmers.
- Gather winter tools such as snow shovels and ice melt.

5 Increase home energy efficiency

- Seal gaps and cracks around windows and doors with weatherstripping or caulk.
- Set ceiling fans to rotate clockwise to circulate warm air.
- Lower your thermostat a few degrees to save on heating costs.

POWER OUTAGE SAFETY

If the electricity goes out due to a winter storm, you might be in for a prolonged power outage as crews work through the harsh weather to get the power back on. If this happens, contact Harrison County REC as soon as you can so we know you have lost power.

At home, have enough nonperishable food and water for 72 hours in case of power outages or severe weather. Experts suggest storing one gallon of water per person per day.

Include these essentials in your emergency kit:

- First-aid kit
- Flashlights and batteries
- Warm clothing
- Blankets

- Phone chargers and backup charger sources

Gather important documents, medical supplies/medicines and medical records. Remember your pets. Make sure you have enough supplies for them as well.

What to do if the power goes out

Winter weather is unpredictable, with high winds, whiteouts and ice storms. These conditions can cause hazardous roads and power outages.

Actions to stay safe during a power outage:

- Avoid travel and stay inside, dressed warmly in layered clothing.
- Place a draft block at the bottom of doors to minimize cold drafts from entering the house.

- When using an alternative heat source, follow operating instructions and be sure to ventilate properly.
- Keep grills, camp stoves and generators out of the house, basement and garage.
- Use a tarp and portable canopy when using a portable generator if conditions are damp or wet.
- Move fuel-powered generators at least 20 feet away from the house.
- Keep a close eye on the temperature in your home. Infants and people over the age of 65 are often more susceptible to the cold. You may want to stay with friends or relatives or go to a shelter if you cannot keep your home warm.

For more information on keeping your family safe during and after a winter storm, visit [SafeElectricity.org](https://www.SafeElectricity.org).

GRIT AND DETERMINATION BRING AN IOWA CO-OP AND A COMMUNITY BACK FROM DISASTER

BY STEVEN JOHNSON

Sometimes the seventh cooperative principle of concern for community is more than an affirmation. It's a matter of life and death.

When a devastating EF-4 tornado swept through the tightly knit Iowa community of Greenfield on the afternoon of May 21, lineworkers and employees of Farmers Electric Cooperative left their secure, concrete-walled shelter about a mile away as soon as it was safe to do so.

As they entered Greenfield, population about 2,100, they shoved aside debris, pulled survivors from the rubble and tended to the wounded in a community that resembled a war zone.

"We talk about the cooperative principles and how we're like a family," says Holi Weston, CEO of Farmers Electric, whose family lost its century-old home to the tornado. "Tragedy just makes it real. I couldn't be prouder of this group."

The pain from one of the most violent tornadoes on record – peak internal winds topped 300 mph – is still being felt. It left five dead, destroyed or damaged more than 150 homes in Greenfield, ended the school year prematurely and rendered the city fire station and hospital unusable.

But Farmers Electric, with about 5,100 members spread across parts of six counties, is part of a community-wide effort bringing a new sense of normalcy to the spirited city.

"System-wise, we've had more damage from ice storms," says Dave Shike, a lifelong area resident and operations superintendent at Farmers Electric. "But that's a matter of going out and fixing things. The tornado had an impact beyond just the poles and the wires. You're talking about people's lives."



Silos remain twisted and torn and buildings remain damaged weeks after a tornado hit Greenfield. Support for the community has come from near and far. Photos: Steven Johnson



First rumblings

Tuesday, May 21, began with warnings of volatile weather in Adair County. Weston elected to keep her daughter Maddie, a high school junior and avid track competitor, at home, just in case. Schools released students early because of the tornado threat, the first time that longtime residents can recall such a precaution.

At Farmers Electric, which has 21 full-time employees, the co-op staff gathered as it does before any storm to monitor the potential course of severe weather and review plans for power restoration. Around 3:30 p.m., alarms went off on everyone's phones, a simultaneous cacophony of beeps and buzzes. According to

plan, the staff headed for the co-op "vault," the building's secure zone.

"We had a roll call list in the vault that we've never used before, but we did that day," says Weston, who has been at Farmers Electric since 2009 and CEO since December 2022. "You could just tell it was different."

Different indeed. The staff was in the vault for a couple of minutes at most, but in that time, Weston's husband messaged her that their street was gone. Lineworker Trey Eddy reached his wife, huddled with their two children in the basement of their damaged house. Their neighborhood was wiped out, she told him. Another call and Weston learned her father, Dennis Pickrell, was trapped with a fallen wall on his chest.

No one had time to think

Shike knew the tornado had wreaked havoc on the co-op system, but power restoration would have to wait. A group of lineworkers jumped into trucks and headed toward what was left of Southeast First and Second Streets, among them Eddy, also Weston’s neighbor. Weston followed them with Marisa Pickrell, Farmers Electric work order accountant and wife of a cousin of Weston.

“When we were driving for town, I don’t know that we were prepared for what the town was going to look like,” Pickrell shares. “We were running over stuff but at that point, we didn’t care. Let’s just get there. I just kept saying, ‘Oh, my God. Where is all this stuff from?’”

Gas was leaking from the hospital and homes. Residences were ripped from their foundations and scattered everywhere. The tornado had lifted Eddy’s car and hurled it 100 feet away. He and other lineworkers pulled Weston’s father from the caved cinder block wall to safety; he was treated for his injuries and said he could not have sustained his position much longer.

“Then the linemen just took off running,” Weston says. “At that point, they weren’t worried about outages. Our line superintendent wasn’t worried about outages. They were worried about the people, pulling people out of basements. One of our linemen took off his sweatshirt and used it as a tourniquet on a lady’s leg. They took doors and used them as gurneys. A new apprentice was sitting with a challenged adult, just sitting with him until he could get help for a head wound.”

She adds, “I don’t think anybody had time to think. It was just unbelievable.”

The recovery process begins

After about 90 minutes, Shike made the call – crews needed to get back into the field and restore power.

“It was just a mess. We were cutting our way through lines. We had 40 poles on the ground,” he says.

Mutual aid came from Clarke Electric Cooperative in Osceola as several lineworkers helped Farmers Electric clear debris and rebuild lines. A small municipal electric utility serves Greenfield, and Farmers Electric reached out to it with support and materials.

Shike says service was restored to members who could safely receive it on Friday, May 24.

“We left a lot of things on the ground to be cleaned up later,” he adds. “We’re still waiting on some members to decide whether they want to rebuild or go in another direction.”

Weston says power restoration had practical and psychological value. “It’s one thing to cross off the list. The power is on. Now we can start cleaning. Now we start cooking meals.”

Shike also gained a new neighbor, as Weston’s family took up residence in a cabin on his property for about two months. The north side of her house was destroyed, though her daughter’s track medals remained untouched on a desk. She and her family are in a rental home until they figure out their

next move. Pickrell and her family, including two daughters, have been living with a brother, while the Eddy family lives in an empty farmhouse owned by the uncle of an electric cooperative foreman.

Relief contributions have been flowing in to deal with an estimated \$30 million in repairs, and the hashtag #greenfieldstrong has been prominent on social media. In late July, the Register’s Annual Great Bicycle Ride Across Iowa (RAGBRAI), passed through Greenfield. Farmers Electric closed its office for the day to help with the event, with riders donating about \$10,000 to the Greenfield cause.

“It’s been the longest and shortest few months of my life,” Weston says. “I have always said that I am super thankful for this team we have. We’re a pretty close team, but after the tornado, seeing how everyone supported everyone else shows you that the co-op is a family in good times and bad.”

Steven Johnson is a contributing writer for the National Rural Electric Cooperative Association.



Family Dinner FAVORITES

ITALIAN CASSEROLE

- ½ pound ground pork
- ½ pound ground beef
- ⅓ cup onion, chopped
- 1 medium garlic clove, minced
- ½ teaspoon salt
- ½ teaspoon oregano
- 1 can tomato soup
- ⅓ cup water
- 2 cups wide noodles, cooked
- ½ pound Velveeta cheese
- 4 ounces cheddar cheese, shredded (or more cheese if desired)

Brown pork, beef and onion together. Drain. Add seasonings to the mixture. In a large bowl, combine meat mixture with soup, water, noodles and Velveeta cheese. Place in a 9x12-inch casserole dish or a round casserole dish. Sprinkle shredded cheddar cheese around the edges of the casserole (or over the entire casserole). Bake at 350 degrees F for 30 minutes. You can also freeze prior to baking and bake later. Casserole is great served with bread sticks and a lettuce salad. *Serves 6*

Dianne Riley • Osceola
Clarke Electric Cooperative, Inc.

BBQ SANDWICHES

- 3 pounds hamburger
- 1 onion, chopped
- 1 can tomato soup
- 1 tablespoon mustard
- 1 cup ketchup
- ¼ teaspoon chili powder
- ⅓ cup brown sugar
- 3 teaspoons salt
- buns

Brown hamburger with onion, drain. Add remaining ingredients and simmer for 20 minutes. Serve on buns. *Serves 30*

Bethany Van Wyhe • Lester
Lyon Rural Electric Cooperative

LOADED BAKED POTATO CASSEROLE

- 1 pound chicken breast, cubed
- 6-8 red-skinned potatoes, cubed
- ⅓ cup olive oil
- 1½ teaspoons salt
- 1 teaspoon black pepper
- 1 tablespoon paprika
- 2 tablespoons garlic powder
- 2 tablespoons hot sauce, plus more, if desired
- 2 cups cheese, shredded
- 1 cup bacon, crumbled
- 1 cup green onion, diced

Mix the first eight ingredients and bake at 400 degrees F for 55-60 minutes. Top with cheese, bacon and green onion for the last 5 minutes of baking. *Serves 8*

Nancy Hemann • Parkersburg
Grundy County Rural Electric Cooperative



Visit www.ieclmagazine.com and search our online archive of hundreds of recipes in various categories.

CHEESY CHICKEN SPAGHETTI

- 16 ounces dry spaghetti, cooked
- 1 pound Velveeta cheese, cubed
- 2 cups chicken, cooked and chopped
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can RO-TEL tomatoes, undrained
- 1 can mushrooms, drained
- ½ cup water
- 1 small onion, diced
- salt, to taste
- pepper, to taste

Spray slow cooker with nonstick cooking spray. Combine all ingredients in slow cooker and stir to mix well. Cook on low for 2-3 hours. Stir before serving. *Serves 6-8*

**Arie Schiller • Donnellson
Access Energy Cooperative**

HEARTY HAM CASSEROLE

- 4 cups ham, cubed
- 2 cans corn, drained
- 4 cups potatoes, cooked and diced
- 2 tablespoons onion, chopped
- ½ cup butter
- ⅔ cup flour
- 3½ cups milk
- ¼ teaspoon pepper
- 2 cups cheddar cheese, shredded

In a large bowl, combine ham, corn and potatoes, set aside. Sauté onion and butter for 2 minutes. Stir in flour and blend. Add milk and pepper, then bring mixture to boil. Cook and stir for 2 minutes. Add to the ham mixture and stir. Transfer to a 9x13-inch baking dish. Cover and bake at 350 degrees F for 45 minutes. Uncover and sprinkle with cheese. Bake 5 to 10 minutes longer.

**Bonnie Boot • Pella
Pella Cooperative Electric Association**

BACHELOR'S PIE

- 2 pounds hamburger
- 1 medium onion, chopped
- 2 cans tomato soup
- 2 cans green beans or mixed vegetables, drained
- 6 cups mashed potatoes
- 2 cups sharp cheddar cheese, shredded
- salt, to taste
- pepper, to taste

Brown hamburger and onion in large skillet, drain. Combine with soup and green beans or mixed vegetables. Add salt and pepper to taste. Transfer to a 9x13-inch baking pan. Spread mashed potatoes on top (like frosting a cake) and sprinkle with cheese. Bake at 350 degrees F for about an hour or until cheese melts. *Serves 16*

**Joanne Fox • Sioux City
North West Rural Electric Cooperative**

DEVILED SWISS STEAK

- 1 3-pound beef round steak, 1-inch thick
- 2 teaspoons dry mustard
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 2 tablespoons cooking oil
- 1 4-ounce can mushroom stems and pieces water
- 1 tablespoon Worcestershire sauce

Cut meat in half for easier handling. Mix mustard, salt and pepper together, then sprinkle over meat. Pound seasonings into both sides of meat. In skillet, quickly brown meat on both sides in hot oil. Drain excess fat. Drain mushrooms, reserving liquid and setting mushrooms aside. Add water to liquid to make ½ cup. Add Worcestershire sauce, then pour liquid mixture over meat. Cover and simmer 1¼ to 1½ hours on low heat or until meat is tender. Add mushrooms and heat through. Transfer meat to platter and pour remaining liquid and mushrooms over meat. *Serves 8*

**Danice Zern • Conrad
Grundy County Rural Electric Cooperative**

WANTED:

CHERRY RECIPES

**THE REWARD:
\$25 FOR EVERY ONE WE PUBLISH!**

Deadline is Oct. 31

Submit your **favorite recipes using cherries**. Please include your name, address, telephone number, co-op name, recipe category and number of servings on all submissions.



EMAIL: recipes@ieclmagazine.com
(Attach your recipe as a Word document or PDF to your email message.)

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POWERING A BRIGHTER FUTURE FOR THE PEOPLE OF LAS PEÑAS, GUATEMALA

BY ERIN CAMPBELL

Have you ever considered how different your life would be without daily access to electricity? Simple tasks like making coffee, taking a hot shower, washing clothes, refrigerating food, cooking meals or lighting a room would become nearly impossible without safe, reliable electric service.

Living without electricity was common in rural America before electric cooperatives were formed in the 1930s and 1940s, even though most people in cities and towns benefitted from the conveniences of power. Many of us are a generation or two removed from those times; however, 14 linemen from Iowa and Minnesota electric co-ops were able to experience the fulfillment of powering a brighter future for the rural village of Las Peñas, Guatemala, in June.

Through their respective statewide associations, several electric cooperatives from Iowa and

Minnesota teamed up for a rural electrification project through NRECA International, which is affiliated with the National Rural Electric Cooperative Association (NRECA). Since 1962, NRECA International has brought electricity to more than 220 million people throughout Africa, Asia and Latin America.

Working in a mountainous terrain

The team's mission was to build primary and secondary electric distribution infrastructure and wire more than 30 homes in the village of Las Peñas, nestled in mountainous terrain at an elevation of 6,000 feet above sea level.

The daily journey from Jalapa, where the linemen stayed in a hotel, to Las

Peñas took over an hour by vehicle via primitive, narrow dirt roads and switchbacks. During the rainy season, the dirt roads quickly become washed out and impassable by vehicles. Near the end of the project, they had to hike the arduous final mile on foot every day.

Las Peñas is only about 15 miles from the bustling city of Jalapa as the crow flies, but lifestyles in these two locations are vastly different.

"Close your eyes for a moment and imagine you're at a campground with the smell of wood burning. Now add the smell of the livestock barns from the county fairgrounds and the smell of tortillas cooking – that's what it was like to be in Las Peñas,"



A villager checks out electrical equipment, which will power her home.



Linemen worked on steep areas to string wire and place power equipment.

Follow the linemen's journey on our public Facebook group: **2024 Powering a Brighter Future in Guatemala**

explains Scott Meinecke, director of safety and loss control for the Iowa Association of Electric Cooperatives, who traveled to the village near the completion of the project.

Electricity will allow girls to attend school

Most of the families of Las Peñas farm corn, coffee beans and other crops by hand and raise pigs and chickens. The women and girls stay close to home, cooking food and tending to household chores.

“Without electricity or reliable refrigeration, girls don’t have time to go to school; they are needed at home to help grind corn and cook every day. Bringing electricity to these rural villages is especially transformative for girls because they can now complete food prep chores on the weekends and store a week’s supply of food in a refrigerator, which means they can go to school and receive an education,” Meinecke says.

Building infrastructure by hand

Before the linemen arrived, no power lines were serving the village. Villagers helped the local municipal utility set poles for the team, and they got to work immediately stringing primary wire across 3.5 miles of distribution infrastructure. Without modern equipment like bucket trucks, all the work had to be completed by hand.

Mike Berkenpas of North West REC says many of the spans in the mountains were 1,000 feet or more between poles because of the unbelievably steep terrain. For context, spans between poles in Iowa are set to a standard of approximately 200 feet. Bailey Bautsch of Maquoketa Valley Electric Cooperative was impressed with how the villagers helped the linemen pull up the wire and carried tools during the project.

The rain was challenging throughout the project, prompting the team to be thankful for the maintained roads back home.

“When it rains, you can’t get to the village without walking. The road is only built for tractors, horses and mules, and it was built 3 weeks before we got here,” explains Hunter Venz of Prairie Energy Cooperative.



Linemen from Iowa and Minnesota pose with Las Peñas villagers.

The following **Iowa electric cooperatives** and **linemen** participated in this year’s effort. Allamakee-Clayton Electric Cooperative, **Jason Donnelly**; East-Central Iowa Rural Electric Cooperative, **Brian Reidy**; Eastern Iowa Light & Power Cooperative, **Andy Koopmann**; Maquoketa Valley Electric Cooperative, **Bailey Bautsch**; Midland Power Cooperative, **Tanner Dreier**; North West Rural Electric Cooperative, **Mike Berkenpas**; Prairie Energy Cooperative, **Hunter Venz**.

When the linemen finished wiring more than 30 homes for electricity, it was time to celebrate.

“June 18 was supposed to be the inauguration and lighting ceremony; however, we finished a few days early, so we loaded up water filters and the things we bought for the villagers to help make their lives easier. We met them about halfway down the mountain since driving on the road was still too dangerous. We had a small ceremony on the road and thanked them for all their help over the past days we were onsite,” shares Brian Reidy of East-Central Iowa REC.

“Their mayor gave a speech, thanking all who were involved in the long process to get power to the village over the past several years. We handed out the things we brought and said our goodbyes, loaded the remaining gear and headed back up and off the mountain for the last time. What a memorable and humbling experience – I’m not sure words could ever articulate what we experienced.”

Electricity is a doorway to opportunity

As the linemen shared photos of the project and the village, a young boy standing outside the doorway of his home as a lineman wires it for electricity is a metaphor for how electricity provides a doorway to new opportunities for the next generation.

Electrification transformed rural America over 80 years ago, and today, it’s happening in remote Guatemalan villages as they gain access to electricity. Electricity provides access to safer cooking and lighting, easier chores, safer food and water, higher-quality education, better healthcare and more. Participating in these international electrification projects connects us even more to our cooperative mission of powering lives and empowering communities.

Erin Campbell is the director of communications for the Iowa Association of Electric Cooperatives.



A young boy stands outside as his home is wired for electricity.



Scan the QR code to watch the project video.

CELEBRATE NATIONAL CO-OP MONTH WITH HARRISON COUNTY REC AND STUFF THE BUCKET

Help us fill our Line Crew bucket located in our lobby with donations to the Harrison County Food Pantry and the Woodbine Community Food Pantry.

**DONATIONS WILL BE ACCEPTED
SEPT. 23 THROUGH OCT. 31**

HIGH-PRIORITY DONATIONS INCLUDE:

- PASTA NOODLES OF ALL KINDS
- ALL KINDS OF CEREAL
- PANCAKES/SYRUP
- SMALL BAGS OF FLOUR AND SUGAR
- CANNED SWEET POTATOES
- SALTINES
- CHILI BEANS AND CANNED TOMATOES
- SHAMPOO
- DISH SOAP
- TOILET PAPER AND PAPER TOWELS
- BAR SOAP/BODY WASH
- TOOTHPASTE/TOOTH BRUSHES



CONGRATULATIONS TO TOM ELLISON ON HIS RETIREMENT

Harrison County Rural Electric Cooperative wishes Tom Ellison well as he retires after 15 years of dedicated service to the co-op and its members!



SECURING CONNECTED DEVICES ON YOUR HOME NETWORK

BY RYAN NEWLON

October is National Cybersecurity Awareness Month, and while we should always be vigilant of the latest cyber threats and risks, this is a great time to raise awareness about simple steps we can take to make our digital lives more secure.

Every day, we integrate more smart devices into our home networks, often without a second thought. From smart light bulbs to connected kitchen appliances, our homes are becoming increasingly interconnected. While the convenience of controlling our environments with a smartphone is exciting, it brings a host of security concerns that we must consider.

When you bring new connected devices into your home, it's crucial to understand what you're adding to your network and how to do so securely. If you connect devices without understanding the implications, you could be opening the door to potential problems. Remember, manufacturers typically prioritize functionality and profit over security. They deliver the basics of what you need, leaving you responsible for securing the rest.

To navigate this complex landscape, here are a few tips to help you secure connected devices on your home network.

■ Secure your router (or modem).

Your router comes with a default ID assigned by the manufacturer. Consider changing the router name to one that is unique to you. You should also change the router's default password to a stronger one that is at least 12 characters long and includes letters, numbers and symbols.

■ Be smart about passwords.

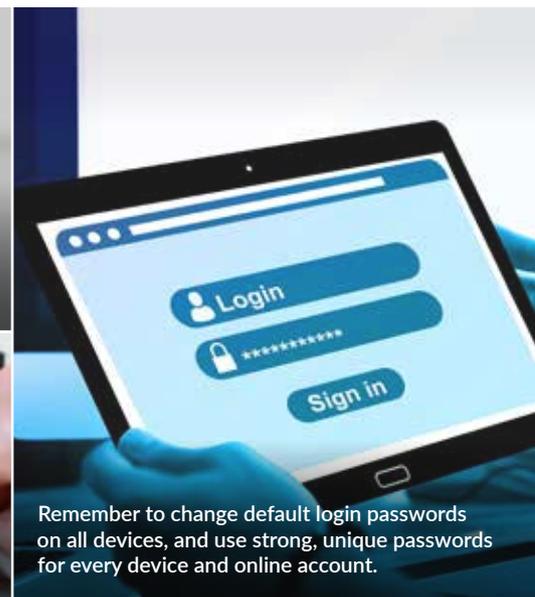
Remember to change default login passwords on all devices and use strong, unique passwords for every



If possible, keep your most critical devices on a separate network from your smart home gadgets to minimize risk.



Change the default device name and password for your modem or router.



Remember to change default login passwords on all devices, and use strong, unique passwords for every device and online account.

device and online account. Avoid reusing passwords, and if you have trouble remembering them, enlist the help of a password manager.

■ **Know what you're connecting to your home network.** Understand the purpose of each device on your network. If possible, keep your most critical devices on a separate network from your smart home gadgets to minimize risk. Many routers allow you to create a secondary (guest) network, which can be used to separate your smart devices from other connected electronics, like your laptop.

■ **Set devices to update automatically.** Most device manufacturers roll out updates to resolve bugs and enhance functionality. You should be able to select an "automatic update" option to ensure your devices include the latest security patches and features.

■ **Feeling overwhelmed? Find a cyber buddy.** Connect with a family member, friend or even a tech-savvy neighbor in your community. You can also check to see if your internet service provider offers support.

Taking steps toward better cybersecurity habits is about ownership, vigilance and proactive measures. Remember: it's a journey, so if you find managing multiple devices cumbersome, consider simplifying your digital surroundings. Being proactive now can prevent cyber issues down the line.

For your local electric cooperative, cyber threats don't stop at our front door, which is why we are deeply committed to staying on top of the latest cybersecurity practices. We belong to a network of hundreds of co-ops, and we work together to learn about the latest risks and share our experiences.

Together, we can secure our digital lives and support each other through the complexities of the modern age. Let's take these steps together and build a safer digital future for everyone.

Ryan Newlon writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

COME BACK TO SILENCE

BY DARCY DOUGHERTY MAULSBY

Here on the farm, harvest is one of the busiest times of the year. Days are short, to-do lists are long, and it's always a race against time and the weather to get the corn and soybeans in the bin.

Machines provide a constant soundtrack to all this activity. Everywhere you turn, the roar of combines, tractors, semi-trucks and grain dryers never wanes. As much as I love this exciting time of year, my thoughts turn to something I heard a speaker address this past summer.

That young man is a pastor and an avid outdoor enthusiast who cherishes his annual summer trip to the Boundary Waters Canoe Area Wilderness (BWCAW). Located in northern Minnesota, this massive area contains more than 1,200 miles of canoe routes, 12 hiking trails and 2,000 campsites.

"This wilderness offers freedom to those who wish to pursue an experience of expansive solitude," proclaims the U.S. Forest Service on its website.

Hmmmm, expansive solitude. What an intriguing concept.

The young man noted it's illegal to have a motor running in the BWCAW. What a stark contrast to daily life. Nearly everywhere you go, there's a motor running, from the car engine to the hum of the refrigerator or the whirl of a fan.

"For most of human history, people weren't overwhelmed with noise," the young man added. "Our souls aren't designed to be inundated with noise. We need to withdraw from the world periodically and seek more silence."

Turn down the volume

Consider the remarkable phenomenon that transforms people when they spend time in the BWCAW. The newbies seem agitated

for the first few days without all the electronic distractions that dominate modern life. After a couple of days, however, a "wilderness detox" kicks in.

The young man noted that his buddies who go with him to the BWCAW start enjoying life at a slower pace. It's not unusual to see them sitting by the campfire, just watching the flames, mindlessly poking the ashes with a stick. They are content.

"When we learn how to be quiet and listen, something deep inside us awakens," the young man said. "Our spirit is alert and paying attention."

The true power of silence emerges in the space it creates for reflection and understanding. Silence becomes a source of great strength.

Commit to listening

Silence can be uncomfortable, however, because we don't practice it.

Valuing silence also requires you to answer some key questions. Whose voice is the loudest in my life? What voices do I need to turn down? How can I listen for those gentle whispers that matter most?

It's possible to carve out silence, even in our chaotic, noisy world. The young man who savors the silence of the

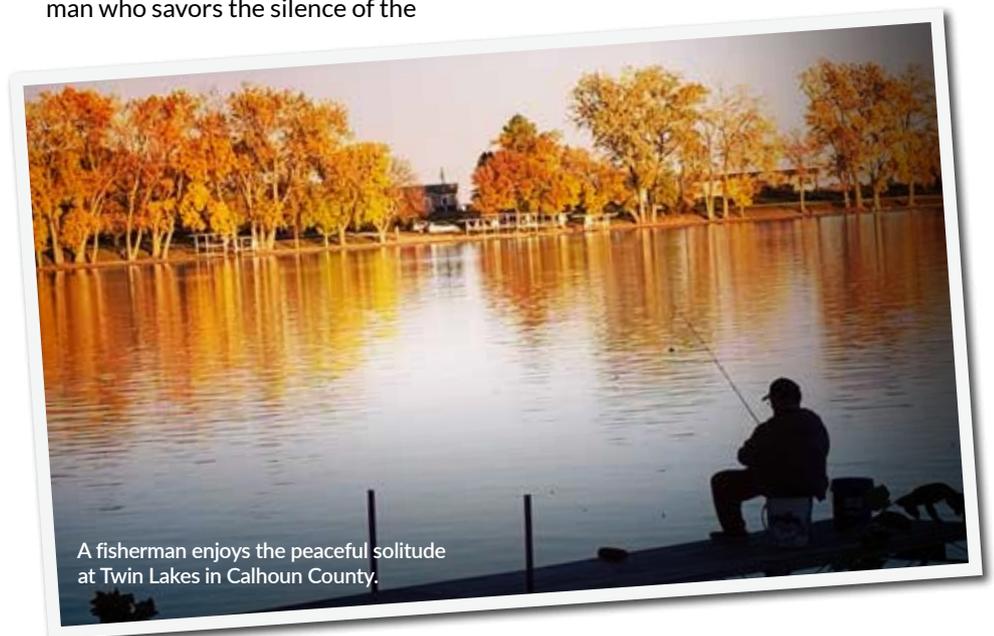
BWCAW urges us to accept one of these three challenges this week:

- 1 Enjoy silence next time you're traveling in your vehicle.** That means no music, phone calls, talk radio or podcasts.
- 2 Seek silence under the stars.** Go outside, and gaze at the night sky. Marvel at the beauty and grandeur of the heavens.
- 3 Carve out 5 minutes for silence each day.** Sit quietly in the morning before your day begins or take 5 minutes in the evening just to breathe, calm down and experience the silence. Set a timer on your phone so you don't have to watch the clock.

While these might seem challenging at first, pick one and give it a try. Once you do, seeking silence will become like water or air – essential to your very existence.

Silence allows us to channel our energies, provides the clarity we need to face challenges and calms our soul. That's a bountiful harvest indeed.

Darcy Dougherty Maulsby lives near her family's Century Farm northwest of Lake City. Visit her at www.darcymaulsby.com.



A fisherman enjoys the peaceful solitude at Twin Lakes in Calhoun County.



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