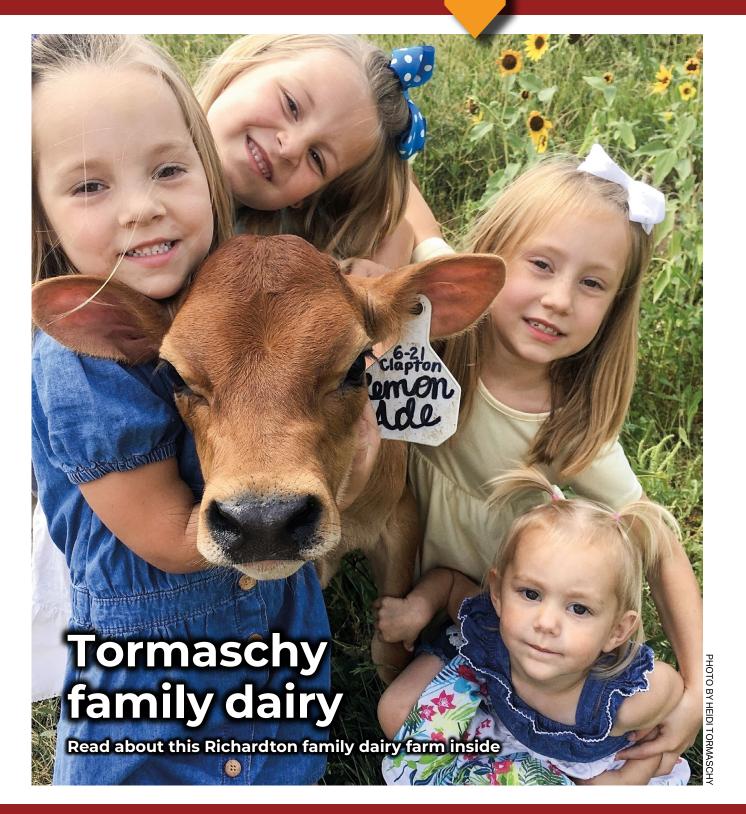


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MILKING MEMORIES:

Tormaschy family dairy

BY SAMANTHA VANGSNESS

In 1963, nestled in rural Richardton, Toby Tormaschy's grandparents could be found diligently milking their cow herd on their dairy operation. With care and dedication, they milked their cows, producing cream to be purchased by local community members. Fast-forward 60 years, and life looks a little different, but there are also similarities on the same family farm. Now, you will find Toby, his wife, Heidi, and their four little milkmaids, Natalie, Kate, Emma and Nora.

The roots on the family farm run deep, as Toby grew up milking with his grandparents, parents and uncle. In 2008, he took over the dairy operation soon after graduating from college. Life on a dairy wasn't a new concept for Heidi when she joined Toby on the farm a few years later. For Heidi, the dairy industry has always been a passion, as she grew up on a dairy operation near Flasher and was active in dairy advocacy.

For both, the dairy industry was a large part of their upbringing and something they often reminisce about from their childhoods. Now, they look forward to making memories with their girls, from farm chores to summer activities, all while instilling the hard work and passion that comes with the dairy industry.

Over the years, the couple has adapted and made changes to the operation to keep up with the industry and demand. One of those advancements included artificial insemination of the herd. This allows the Tormaschys to select certain genetics they would like for their herd. Toby also worked to implement an upgraded nutrition program so the cows could produce a consistent product.

Throughout the years, Toby and Heidi have updated the technology used, the infrastructure that houses the herd and their milking equipment. These advancements have helped the couple be more efficient and serve the cows the best they can. Dairy producers are hands on with their animals, since the cows are milked twice a day every day, even on holidays and in the blistering cold.

"Being in the dairy industry is sort of an addiction." Heidi says. "We love everything about it, such as building relationships with our cows and taking care of them."

4 Maids A-Milking

In the fall of 2023, the Tormaschy family started thinking about the idea of selling raw fluid milk from their farm. This new adventure for the Tormaschys



Toby and **Heidi Tormaschy** and their four daughters have deep roots in the dairy industry.

started when a relative informed them House Bill 1515 passed the Legislature, which legalized the sale of raw fluid milk. The Tormaschys saw this as a new opportunity for their operation and a way to connect with consumers. The direct-to-consumer herd is made up of 15 A2 Holstein and Jersey cows. A2 is a gene that can be selected and bred into dairy cows, as the A2 protein may be easier for consumers to digest.

The Tormaschys take various steps to help ensure they are producing and packaging a safe product for their customers. One way they do this is by utilizing a bulk tank. Once a cow is milked, the milk goes into a bulk tank, which chills the milk within minutes. They also wash and sanitize the milk bottles before milk is placed in the jars.

What started as Toby and Heidi loading their minivan in the fall of 2023 with a few coolers of milk and meeting with local customers has turned into the purchase of a "milk mobile," which can hold four coolers that fit 13 gallons of milk each. Twice a week, Heidi drives to Bismarck and Dickinson to deliver milk by the half gallon to those who have claimed their jars for the week. They estimate they load and deliver 100 to 150 gallons of milk a week.

"We were not sure what this opportunity would present, but we only have room to grow from here," Toby says.

Through the pickup process of the milk as well as



posting on their Facebook page, "4 Maids A-Milking," Heidi and Toby have been able to interact with consumers and visit with them about what farmers do. Heidi says she spends a good amount of time answering messages on Facebook.

"I am glad people are reaching out to me to get information and are not turning to the internet. Farmers are willing to visit and want to answer consumers' questions," she says.

Aside from the milk-selling business and advocating for the dairy industry, Toby and Heidi enjoy spending time as a family doing chores with their little girls and raising them in an environment similar to how they were raised. It's a good way to grow up, Heidi says.

"They all have been in the barn since birth," she says. As the girls get older, they are learning and helping with various chores, and some have even started their own cow herd, which excites them, as well as Mom and Dad.

"They ask about certain cows now and they have been making the connections between them, which has been fun to see," Toby says.

An important aspect to being parents and dairy producers for Heidi and Toby is balance. They look forward to taking the girls to activities throughout the week, but also staying home and enjoying time together. As the family looks forward, they are excited for what is to come for their business as well as the time they will get to spend as a family.

To learn more about 4 Maids A-Milking, visit their Facebook page. ■







MANAGER'S MESSAGE:

EPA ruling can impact reliability



Jason Bentz

As an electric cooperative, our primary concern is the reliability of the service we provide to our valued members. It is with this commitment in mind we share with our members the deep concern regarding recent developments that threaten our local power supply and, consequently, our way of life. Our cooperative, along with the North Dakota Association of Rural Electric

Cooperatives, stands firmly against the new power plant rules released by the Environmental Protection Agency (EPA) on April 25.

These rules, while purportedly aiming to cut emissions from power plants, pose a dire risk to the reliability of our electric grid. They would force the premature retirement of reliable, dispatchable, baseload electric generation assets, putting the security of our power supply in jeopardy.

The timelines set forth by the EPA are unrealistic, and the technologies required are not yet deployable. For instance, existing coal-fired power plants would be required to reduce carbon dioxide emissions by a staggering 90% by 2032, necessitating the use of carbon capture and sequestration (CCS) technologies. While CCS shows promise and is actively being pursued by organizations like Minnkota Power Cooperative, it is not yet proven or commercially available.

Furthermore, while existing natural gas plants are exempt from immediate compliance, new natural gas units must adhere to strict greenhouse gas standards outlined in the new rule. This regulatory environment threatens the very foundation of our energy infrastructure.

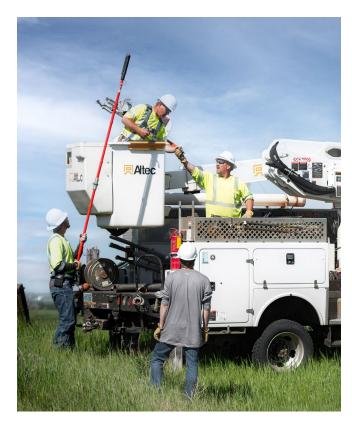
Looking ahead to 2032, the prospect of a future without coal is deeply troubling. As demand for electricity continues to rise, these EPA rules threaten to exacerbate reliability challenges, as highlighted by the North American Reliability Corporation. The North American Reliability Corporation, a not-for-profit international regulatory authority whose mission is to assure the effective and efficient reduction of risks to the reliability and security of the electric grid,

estimates the demand for electricity will grow 10% through 2032, while the electric generation to meet that demand is projected to grow only 4% in that time

As a community, we pride ourselves on innovation and progress. Our electric cooperatives have diversified and made strides forward, but we cannot compromise on reliability. The implications of these regulations are dire: more blackouts, higher costs and increased uncertainty for families and businesses.

We urge our policymakers to consider the practical implications of these rules and prioritize the reliability of our power supply. It is essential we work together to ensure a sustainable energy future without sacrificing the reliability and security of our local grid.

Juson & Bort





SAFETY STARTS WITH ME: Watch for crews

When the power goes out, so do Roughrider Electric Cooperative's line crews. Lineworkers are the first to respond after an outage occurs, and they work tirelessly to restore power to the communities served.

When widespread outages occur, multiple crews will be out in the field simultaneously working to repair damage at multiple locations. Even routine work has the potential to be dangerous, and it takes the full attention of the lineworkers and their colleagues, who are also responsible for the team's safety. Distractions can have deadly consequences.

Here is what YOU can do:

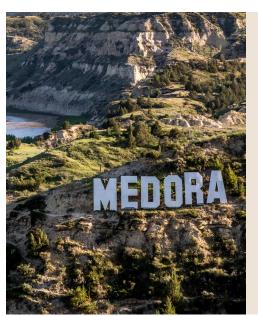
- If lineworkers are on or near your property during a power outage, for vegetation management or for routine maintenance, please allow them ample room to work. These small accommodations help protect our crews – and you.
- If you're traveling and see one of our crews on the side of the road, we kindly ask you to move over if possible and give them a little extra space to work. We deeply care about the safety of all, and this extra precaution ensures just that.
- If you approach a crew while traveling on a twolane road, moving over to the next lane might not be an option. In this case, we simply ask you to slow down when approaching roadside crews. If you approach a crew while traveling on a four-lane road, and safety and traffic conditions allow, we ask you to move over into the far lane.

"Summer is busy for us," says Jordan Braun,



journeyman lineworker. "We are working on construction projects across our service territory and that may be near the roadway at times. I urge everyone to please be mindful and move over when they see a crew working roadside. This ensure safety for all."

As a member of Roughrider Electric, you can feel confident knowing we're standing by, ready to restore power as quickly and safely as possible. ■



EXPLORE IT, ADORE IT AND SAVE:

Medora discounts

Roughrider Electric Cooperative is excited to offer Medora discounts for some unforgettable family summer fun! Roughrider Electric is able to offer its members a discount by being a Touchstone Energy® member. Simply call 1-800-MEDORA-1 and give the discount code **"TOUCH2024"** for a 15% discount on all of the following during any night of the season.

The code is good for reservations over the phone, website or in person.

Discounts offered for Medora vacation

- Medora Musical
- Pitchfork steak fondue
- · Bully Pulpit Golf Course
- Gospel Brunch tickets
- · Old Town Hall Theater shows

Lodging at any of the following:

- · Elkhorn Quarters
- · Badlands Motel
- · Rough Riders Hotel



Unclaimed capital credits

The following list contains the names of current or former Roughrider Electric Cooperative members who had unclaimed capital credit checks mailed in December 2023.

These checks have either been received, but not cashed, or returned to Roughrider Electric by the postal service, because it could not locate the members at the address on file. A further search by Roughrider Electric personnel has not turned up their whereabouts. If you know of the whereabouts of members on this list, please have them contact

MEIDINGER, TRENT MEIER, TODD G. MELGOZA, MIGUEL MELVIN, WILLIAM MESSER, BLAKE MESSER, JEREMY J. MESSER, LELAND MESSER, RAY MESSER, SHERI MEYER, TOM MICHELS, SHIRLEY MICKELSON, AMY MILES, ANGELA MILLER, CASEY MILLER, DAVID MILLER, DON E. MILLER, GENE R. JR. MILLER, JOSHUA MILLER, ROGER MITCHELL, ERIN MITCHELL, MADELYN MITCHELL, RORY MITTELSTEADT, REUBEN MOE, TAMMY J. MOE, TOM MONROE, CHASITY MONSTAKAKIS, BILL MONTHYE, MACEL G. MOON, COURTNEY MOORE, STACI J. MOSBRUCKER, JAN MOSIER. TOM H. MOUNTAIN VIEW FARMS **MULARCHEK PARTNERSHIP** MULUMUDI, MAHESH MURRAY, GLENN MUSCHA, CHRIS MYERS, AMANDA MYERS, RICK J. MYRUM, ROGER NAGEL, LYLE **NALCO CHAMPION** NALCO COMPANY LLC

N.D. STATE HEALTH DEPARTMENT **NELSON. JENIFER** NELSON, RYAN NELSON, SUSAN J. NEMECEK, JASON NETTUM, BONNIE NETZER, DAVID NEUBERGER, JENNIFER M. NEUBERGER, KELLY J. NEUTGENS, CHANDRA NEWBURY, JENNIFER NEWMAN, SUSAN NGUYEN, QUOC NICHOLS, ARDATH AND WAYLAND, NICHOL NIEBUHR. STEVEN K. NOEL. JESSE NORTH STAR ANGUS **RANCH** NOVOTNY, DEAN **NUTRIEN AG SOLUTIONS** INC. O'BRIEN, JEN O'SHEA, MERLE OBERLANDER, JENNIFER OBRIGEWITCH, KAREN ODERMANN, PETER L. ODNEAL, JOSEPH A OLANDER, DONAVON OLHEISER, TRAVIS OLHEISER, VAUNDA OLHEISER, MARY JANE OLSEN, KELLY OLSON, KANDI OLSON, MEL OLSON, SARA OLSSON, LEILA OPITZ, TYLER OPPEGARD, AMBER OPPEGARD, MICHAEL ORDAHL, SHAUNA OSTERHOUT, JACK OUKROP, MARY L. OYHUS, MARILYN J.

Roughrider Electric at 800-748-5533. Please keep in mind not all of the capital credit amounts are large, but we would like to get these checks to the proper parties.

Persons who wish to claim checks from the following list should be prepared to provide proper personal identification.

The names list below are only a portion of Roughrider Electric's unclaimed capital credit list.

Please note, these are unclaimed capital credits as of

ROBSON, GARETT

PAVLICEK, KELCEE PAVLICEK, NEIL G. PAXTON, KARLA J. PENA, GERARDO PEREZ, JOHNNY PERRY, TIMOTHY PETERSON, RAYMOND PETERSON, SHAWN PETERSON, TABATHA PLATZ, DARYL POECKES, DALE POIKUS, RALPH POLENSKY, JANEL POMMERER, DIANE PONTOW, GLENN D. POTTER, STEPHEN J. POWER PLANT GYM PRABHU. SANTOSH PRESCOTT, PHILLIP PRIVRATSKY, GARY PROPST, CASSIE PRUITT, DAWN PUPPE, MARIA QUIGLEY-ROTH, MELISSA RAGAINS, TIM RAMBERG, BRIAN RANCH OIL CO. RANDALL, PHIL N. RANGITSCH, DONNA REBEL, MIKE **RED IRON PUMPING &** SUPPLY INC. REED. SAVANNAH REINER, AMBER REISS, MELISSA RENDELL, JOHN D. RETTERATH, CORNELLIA RETTERATH MANAGEMENT RICHARD, FARREN RICHARDSON, GARY RICK, JAMES JR. RIDGERUNNERS MC CLUB RIVERO, SERGIO ROBERSON-KITZMAN,

DAYNA

May 15.

ROHR, KEVIN ROMANYSHYN, RAINALD ROMO, LARAE ROSS, TIFFANY ROSS, INDUSTRIES ROSSELOTT, M.C. ROSSOW, JOSHUA D. RUIZ, FRANK RUNGE, RUSSELL W. RUSK, KELLEY RUSSELL, MARTINA RYDEN, MARY L. S&S INSTALLERS SABROSKY, TRAVIS SADLER, TERILEE SAFFORD, LYNN SAGE, JACOB SAGE, TOM SAILER, CURTIS SAILER, DAVID SAILER, GAIL SAILER, LUCILLE D. SAILER, SIDNEY SAINT CYR, JOY SAKAKAWEA MOTEL SAKYIAMAH, ALEXANDER SAMPSON, ELAINE SANCHEZ, KELLY SAND, JACLYN SAND, REBECCA L. SANNES, MICHAEL S. SANSAVER. ALONNA SANTROCK, TINA SARGENT, LANETTE SCARBER, MICHAEL D. SCHAEFFER, CARLA SCHANTZ, DOUG SCHAPER, JOHN SCHAPER, RYAN SCHEID, LEE SCHICK, SHEILA SCHIFF, JEFF A. SCHMEICHEL, JEFF SCHMIDT, STEPHANIE SCHMITZ, CINDI

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RADIO

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Roughrider Electric board meeting highlights: **March 22**

The meeting of the board of directors of Roughrider Electric Cooperative was held on March 22 at Roughrider Electric's Dickinson office. The meeting was called to order at 9 a.m. A quorum was present. Also attending were co-General Managers/CEOs Travis Kupper and Jason Bentz, Chief Financial Officer Alex Craigmile, Director of Key Accounts Leonard Hibl, Line Superintendent Shawn Olson, Board Liaison Connie Hill and Roughrider Electric's counsel, Jennifer Grosz.

Consent agenda: An amendment was proposed to the agenda. The agenda was approved as amended.

Strategic/action: Bentz and Kupper provided the co-general managers' report, which included updates on Basin Electric Power Cooperative, North Dakota Association of Rural Electric Cooperatives grant programs, Region 8 meeting, the National Rural Electric Cooperative Association's PowerXchange Conference, the strategic plan and Upper Missouri Power Cooperative. Reports for West Dakota Utility Services and 3C

Construction were reviewed. The co-general managers also provided Basin Electric Power Cooperative's CEO report.

Action items: The audit report, Upper Missouri Power Cooperative and grant funding were discussed and approved by the board.

Department reports: Craigmile provided the CFO report. Olson provided the operations report, which included project updates. Hibl's written member services report was provided, including scholarship awards, committee review and an annual meeting update. Grosz provided the board with an update on the status of projects addressed in her written legal report.

Discussion/general

information: The co-general managers led a discussion of the progress being made on the strategic planning session action items.

The meeting concluded with the adjournment. President Greg Steckler certified the accuracy of the minutes.

Next meeting date: The next meeting is at 10 a.m. CT June 28 in Hazen. ■



Payments may be deposited in the deposit box by Roughrider Electric's main office entrance or in the drop boxes located at Krause's Super Valu in Hazen or Bronson's Super Valu in Beulah,

> DICKINSON OFFICE 701-483-5111 or 800-748-5533 P.O. Box 1038, 2156 4th Ave. E. Dickinson, ND 58602 7 a.m. – 4 p.m. MT Monday-Friday

Payments may be deposited in the deposit box west of Roughrider Electric's main office entrance or the west and south locations of Family Fare supermarkets.

OFFICERS AND DIRECTORS

| Greg Steckler, President; Dunn Center | . 548-8122 |
|---|------------|
| Roger Kudrna, Vice President; Dickinson | .483-8377 |
| Troy Sailer, Secretary; Golden Valley | .948-2427 |
| Bruce Darcy, Treasurer; Golden Valley | .983-4222 |
| Jesse Flath, Hazen | .880-0386 |
| Darell Herman; Beulah | .873-4371 |
| Arnold Kainz; Dickinson | . 483-8207 |
| Dan Price; Hensler | .794-3779 |
| Callen Schoch; New England | . 290-3836 |
| | |

MANAGEMENT

| Travis Kupper | Co-GM/CEO |
|---------------|-----------|
| Jason Bentz | Co-GM/CEO |



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