

ROUGH RIDER NEWS

ELECTRIC COOPERATIVE

MARCH 2017



Improving the quality of life in rural areas

What's inside:

It's a challenge for businesses to remain open in small towns across North Dakota. West River Head Start continues to operate in Hazen, Carson, New Salem and Mandan, preparing children for kindergarten so they are starting at the same level, if not above, the level of their peers. In this month's local pages, learn how this business supports the local communities it serves — and why families who live in the Roughrider Electric Cooperative service area appreciate its structure and support.

- **WRHS helps parents 'see what more is'**
- **Plan to attend your annual meeting**
- **Plan your field safety and more**

West River Head Start: ‘We can help’

BY CARMEN DEVNEY

Stormy Brennan was an inquisitive toddler who loved to learn. To give her educational and social opportunities, her mother Sunny enrolled her in West River Head Start (WRHS), a day care and preschool that serves low-income families in Hazen. Two years later, Stormy was prepared for kindergarten but didn’t meet the age requirement, so she stayed another year — and helped the teachers work with the younger kids.

Stormy is now in kindergarten, and Sunny recently reflected on how these young students are assessed those first few weeks of school, to learn how much they know and what skills they need to develop and succeed.

“It’s crazy, the amount of stuff they need to know coming in, and how far ahead they [the Head Start kids] are versus the other kids. Stormy is at the top of her class academically,” Sunny says. “She is smart, but I do give props to Head Start for all of her success in kindergarten and acclimating well. They do such a fantastic job teaching the kids to write their names, and other skills parents may not be teaching at home. I can’t say enough about how fantastic the program is, and how the teachers here are awesome.”

Hazen is one of four locations to offer the WRHS program. Just as North Dakota’s local Touchstone Energy® Cooperatives are committed to improving the quality of life in rural areas, so is WRHS, with additional locations in New Salem, Carson and Mandan. In addition to providing a vital service in some sparsely populated areas, WRHS tries to keep things local.



PHOTO BY CARMEN DEVNEY

Samantha Gregerson, director of West River Head Start, says staff track kids and families constantly. How are they doing when they start? How are they doing throughout the year? Are they making gains and will they be ready for kindergarten? “That’s really what Head Start is here for: To get kids ready for kindergarten, so they are starting at the same level, if not above, the level of their peers.”

“We buy things at the grocery stores. We participate in the parades and fairs. We do as much as we can, so the community feels us when we are there,” says Samantha Gregerson, director of WRHS in Mandan. “They see us out and about. We try to stay out there and be visible as much as we can, so people don’t forget about us.”

Breaking cycles and helping parents ‘see what more is’

The Head Start program accepts children from 3 to 5 years old from families that are below the poverty

guideline. Governed by HIT, Inc., the day care and preschool gives children an opportunity to grow, thrive and develop a passion for learning. With age-appropriate curriculum and lessons, WRHS provides a foundation for academic success and school readiness that scaffolds children on a path of critical thinking and strong social emotional health.

Federally funded to serve “the neediest of the needy,” WRHS has a significant waiting list in the Hazen and Mandan locations, and is challenged to fill spaces in New Salem and Carson. To qualify for

the program in Hazen and Mandan, 90 percent of the children have to be at or below 130 percent of the poverty guidelines; in New Salem and Carson, it is 50 percent. The guidelines and qualifications vary based on rural towns needing to fill enrollment — and ultimately keep their doors open.

WRHS currently serves 118 children. There is one classroom within the public schools in Hazen, New Salem and Carson, and four classrooms in Mandan at a facility. Each class has two adults who can work with up to 18 children.

The teacher requirements are as stringent as those in the public schools. Each holds a two- or four-year degree in education, and assistants must also hold a degree or be enrolled in a child development associate credential.

Gregerson says the staff works to foster the tremendous amount of learning that occurs in a child's early years.

“The brain development that happens from ages 0 to 3 is huge. It's one of the largest gains they will make in their entire lives,” she says. “From ages 3 to 5, they are still making huge gains. The things they learn and the connections that are happening in the brain are pretty unbelievable.”

In addition to providing care and education, WRHS has social workers on staff who meet with families and provide parenting skills.

“If we have a mom and dad who are living paycheck to paycheck and worrying about where their next meal will come from, we can help. Or, if they need help getting their parenting skills under control so their kids are learning a better way, or different way, of growing up; when parents say, ‘I want more for my kids, and how do I do this,’ we're able to help them see what more is,” Gregerson says.



West River Head Start provides services to low-income families first. Director Samantha Gregerson encourages interested parents to submit an application regardless of economic situation, as enrollment fluctuates; especially in smaller communities.

WRHS also has qualified personnel stay on top of vaccinations, dental exams, physicals and behavior screenings to ensure the children's basic needs are being met. Staff can also start children on an Individualized Education Plan that can be finished by the time they start kindergarten.

“That saves the public schools money because they don't have to invest that extra time and effort because we already did,” Gregerson says.

It also helps public school teachers teach, rather than focus on a handful of students who require more time and attention due to adverse behaviors, or who are behind in academics.

“That's why we are here,” Gregerson says. “We get calls from principals every year, asking, ‘Who do you have coming up?’ They are excited about the kids coming from Head Start. They can see a difference in the kids who have had that structured environment. It's good to hear those kinds of things.”

Stormy Brennan's brother, Jaxson, is one of those up-and-coming kids. He started WRHS in Hazen when he was in day care — and still needing a nap. The staff assessed his schedule and needs, and made sure he got the rest and other skills he needed.

“I'm very happy [with the program],” his mother Sunny concludes. “His learning has stepped up so much, and he's going to be that much more ready for kindergarten next year.”

For information on West River Head Start, visit www.hitinc.org/ and click Services and West River Head Start. Or, call Director Samantha Gregerson at 888-327-4670 or 701-663-9507 to see if your family qualifies for enrollment. ■





Your Touchstone Energy® Cooperative 

Mark your calendars for the 2017 Annual Meeting

Roughrider Electric Cooperative will hold its annual meeting **Wednesday, June 7**, in Dickinson. Look for more information in upcoming issues of *North Dakota Living*.

Vote by mail 2017 Annual Meeting

In 2009, Roughrider Electric Cooperative's board of directors decided to offer the members the option of voting by mail. Ballots and instructions will be mailed prior to the annual meeting. Under the bylaws, no nominations are accepted from the floor at the annual meeting. A qualified member of Roughrider Electric Cooperative may become a candidate for election by being nominated by the Nominating Committee or by a petition submitted not less than 60 days before the meeting.

Mail-in ballots will only be sent to members upon request. To request a ballot, please contact Steve Hildebrand at 701-748-2293 or 800-748-5533 prior to May 12. You may also contact Steve at: shildebrand@roughriderelectric.com

TO: All Members

FROM: Donald A. Franklund and Christopher L. Baumgartner, Alliance Co-General Managers

SUBJECT: Nomination Process

To comply with Rural Utilities Service requirements, we must provide each member with a summary of the bylaws on the nomination process prior to the nomination of candidates for board positions. The following is the bylaw section on nominations:

SECTION 4. Nominations.

- (a) A Nominating Committee shall be selected by the Board of Directors in time for its first meeting to be held before the annual meeting of members in 2009 and for each annual meeting of members thereafter. The Nominating Committee shall consist of an equal number of members from each of the Cooperative's Districts and a minimum of two members from each district shall be selected. No member of the Board of Directors may serve on the Nominating Committee. The Board of Directors shall establish rules for the conduct of and arrange for the meeting of the Nominating Committee. The Secretary shall notify the members of the Nominating Committee in the manner provided by Article II, Section 4 delivered at least fifteen days before the date set for the Committee meeting. From and after 2009, the Nominating Committee shall meet at least sixty days before the annual meeting of members to nominate at least one qualified candidate for each directorship for which there is a vacancy to be filled by a vote of the members. Upon conclusion of the meeting, the Nominating Committee shall cause a list of nominees for Directors to be posted at the principal office of the Cooperative.
- (b) By petition, any fifteen or more members of the same district acting together may make other nominations for each directorship in that district for which there is a vacancy to be filled by a vote of the members, provided the petition is filed with the Secretary not less than sixty days prior to the annual meeting of members. The Secretary shall cause to be posted such nominations at the same place where the list of nominations made by the committee is posted.
- (c) The Secretary shall cause to be mailed, with the notice of the annual meeting of members, or separately but at least fifteen days before the date of the meeting, a statement of the number of Directors to be elected and the names and addresses of the candidates, specifying separately the nominations made by the Nominating Committee and also the nominations made by petition, if any.
- (d) Unless voting by mail for directorships has been approved, the President, acting as Chairman of the meeting, shall invite additional nominations from the floor and nominations shall not be closed until a reasonable time has passed during which no additional nominations have been made. No member may nominate more than one candidate at any single annual meeting of members.

The Nominating Committee appointed by the board consists of Gordon Ficek, Dickinson; Ivo Schoch, New England; Alan Kadrmaz, Dickinson; Bruce Voegelé, Beulah; David V. Sadowsky, Dickinson; Robert Fitterer, Golden Valley; John Smith, Beulah; Cole Price, Hazen; Clay Price, Washburn.

One committee meeting was held Jan. 27 in Hazen and another was held Feb. 24 in Dickinson.

If you have questions concerning nominations, feel free to contact anyone on the Nominating Committee or please call our office for information.

You've planned every acre HAVE YOU PLANNED FOR YOUR SAFETY?

As spring planting nears, Roughrider Electric Cooperative reminds hardworking farmers and ranchers to stay safe. Overhead power lines are necessary to deliver electricity, but those same power lines can also be deadly if not treated with respect. While you need to focus on the field and your machinery, Roughrider Electric Cooperative urges you to also watch for electrical hazards around the farm or ranch.



Be aware

Farmers and their equipment should always be 10 feet away from power lines on all sides. Field cultivators and sprayers can often reach as high as 12 feet in the air. Practice extreme caution and use a spotter to make sure you stay far away from power lines when you use tall equipment.

If you have purchased new equipment, be aware of antennas or other attachments that may pose new hazards. A newer, bigger piece of equipment may no longer clear a line. In addition, shifting soil may also affect whether or not machinery avoids power lines from year-to-year.

Power lines also may sag over the years. If power lines on your property are sagging, contact Roughrider Electric to repair the lines. Never try to move a power line on your own.

Overhead power lines are not the only electric hazard on the farm. Guy wires, used to stabilize utility poles, are grounded. However, when one of the guy wires is broken, it can become charged with electricity. If you break a guy wire, call Roughrider Electric to fix it. Don't do it yourself.

Follow these other tips:

- Look over work areas carefully for overhead power lines and utility poles. Make sure you, your family and employees know the location of overhead power lines, and use routes to avoid the lines when moving equipment. Do this every year, as equipment sizes and soil conditions may change.
- Be aware of increased heights of equipment; especially new equipment with higher antennas.
- Avoid moving large equipment alone. Have someone watch as you move equipment to ensure you are clear of power lines.
- Be extra careful when working around trees and brush; they often make it difficult to see power lines.

What if you contact a power line?

Imagine that you are driving a tractor to the field when things come to a screeching halt. You look back to see what's stopping you, only to discover that you're tangled in an overhead power line! What do you do?

- First, DON'T climb out. If your equipment does contact a power line, stay in the cab and call for help. Warn others to stay away and wait until Roughrider Electric arrives. Most utility lines are uninsulated, bare wires. Do not let your body become a direct link between the power line and the ground.
- If you must leave the tractor due to immediate danger, such as a fire, jump as far away as you can, making sure that no part of your body touches the tractor and the ground at the same time. Land with both feet together and shuffle with your feet a few inches at a time, making sure to never break contact with the ground or cause separation between your feet.
- Once you're off the tractor, do not go back until Roughrider Electric Cooperative disconnects the power line.

Report from

THE BOARD OF DIRECTORS

JAN. 27, 2017

When, where and who: The Board of Directors met in Dickinson Jan. 27.

Agenda: The Board reviewed, added to and approved the meeting agenda.

Minutes of the previous meeting: The Board reviewed and approved the minutes of the Dec. 16, 2016 meeting.

Co-General Managers' report: Chris Baumgartner and Don Franklund presented the managers' report.

Safety Coordinator report: Mr. Stastny referred the Board to his written report. He noted that the Cooperative saved money for qualifying for four different WSI programs last year, which amounted to a 25 percent savings.

Chief Financial Officer report: Mr. Kupper provided the Board with a summary of his written report.

Operations and Construction report: Mr. Bentz referred the Board to his written report.

Members Services/Key Accounts report: Mr. Hibl referred the Board to his written report. He provided the Board with an update on the service-area agreement and franchise processes in South Heart, Belfield, Beulah and Hazen.

Upcoming meetings: The next Board meeting was set for 10 a.m. Central Time on Feb. 23, 2017, at Roughrider's office in Hazen, North Dakota.

Other business: There being no other business, upon motion made, seconded and unanimously carried, the meeting adjourned. ■

Roughrider Electric Cooperative offers members CONSERVATION AND ENERGY EFFICIENCIES INCENTIVES

Roughrider Electric Cooperative is continuing the conservation and energy-efficiency program through 2016. The incentives help you, the member, become more energy efficient.

The program for 2017 will include ground-source heat pumps and air-source heat pumps.

Members must buy and install qualifying systems between Jan. 1, 2017 and Dec. 31, 2017. The program for the heat pumps is for new installation or for replacement of a conventional heating system.

Roughrider Electric Cooperative personnel will check the

installation, and get the appropriate documentation and receipts. Once completed and approved, Roughrider Electric Cooperative will send a check directly to the member to help cover the purchase cost.

A maximum dollar amount has been set aside for the incentive program. The program will close when we meet this amount. Roughrider Electric reserves the right to cancel the program without further notice. One rebate allowed per member.

For more information, please contact Brad Quenette, director of member services, at 800-748-5533 or email bquenette@roughriderelectric.com.

Ground-Source Heat Pumps:
Required minimum efficiency

\$150 per ton with a maximum rebate of \$600
CLOSED LOOP: EER >= 14.1 COP >= 3.3
OPEN LOOP: EER >= 16.2 COP >= 3.6

Air-Source Heat Pumps:
Required minimum efficiency

\$100 per ton with a maximum rebate of \$400
HSPF >= 8.2 EER >= 12 SEER >= 14.5

SPRING INTO ENERGY SAVINGS

March brings the beginning of spring and the start of a new season.
And spring cleaning can bring a fresh opportunity to find ways to save energy and money.

Here are just a few simple ideas from Roughrider Electric Cooperative to improve the energy efficiency and comfort of your home as warmer temperatures arrive:

- 1. Service your air conditioner.** Easy maintenance such as routinely replacing or cleaning air filters can lower your cooling system's energy consumption by up to 15 percent. Also, the first day of spring could serve as a reminder to check your air conditioner's evaporator coil, which should be cleaned annually to ensure the system is performing at optimal levels.
- 2. Use ceiling fans.** Cooling your home with ceiling fans will allow you to raise your thermostat four degrees. This can help lower your electricity bills without sacrificing overall comfort. In the winter months, ceiling fans should go clockwise to push rising warm air downward. In the summer, however, the fans should circulate counterclockwise for the opposite effect.
- 3. Caulk air leaks.** Using low-cost caulk to seal cracks and openings in your home keeps warm air out – and cash in your wallet.
- 4. Seal ducts.** Air loss through ducts can lead to high electricity costs, accounting for nearly 30 percent of a cooling system's energy consumption. Sealing and insulating ducts can go a long way toward lowering your electricity bills.
- 5. Dust off electronics, light bulbs and vents for efficient use of energy.**
- 6. Open windows.** Creating a breeze allows you to naturally cool your home without using air conditioners. This is an ideal tactic in spring when temperatures are mild. If it's warmer during the day, open the windows in the evening and close them during the day.
- 7. Cook outside.** On warmer spring days, keep the heat out of your home by using an outdoor grill instead of the indoor oven.
- 8. Set the thermostat.** On warm days, setting a programmable thermostat to a higher setting when you are not at home can help reduce your energy costs by approximately 10 percent.
- 9. Switch on bathroom fans.** Bathroom fans suck out heat and humidity from your home, improving comfort.
- 10. Clean out your fridge.** It's one of the biggest energy hogs in your whole home, with the average fridge using nearly 14 percent of a household's energy. By properly cleaning out your fridge, you can reduce its energy consumption and cut down your electricity bill. Start by rolling your refrigerator away from the wall and using a duster or vacuum hose to clear the dirt and dust from the coils. Remove unneeded and old food from your fridge to allow air to circulate and increase efficiency.





PHOTOS BY NDAREC/JOHN KARY



Roughrider Electric Cooperative congratulates its former apprentice linemen who have earned journeyman status. **Andrew McFarland** (photo on right) and **Kaden Ficek** (photo on left) received their certificates from the NDAREC safety services team including, from left: **Steve Homes, James Neether** and **Jeff Tweten**.

Roughrider Electric commends graduating apprentices

The North Dakota Association of Rural Electric Cooperatives (NDAREC) hosted the 53rd annual REC Apprenticeship Training and Safety (AT&S) Conference Jan. 11-13 at the Ramkota Hotel in Bismarck. The conference is sponsored by the NDAREC AT&S program, with cooperation from the U.S. Department of Labor, Office of Apprenticeship.

The conference drew about 200 representatives of NDAREC member-cooperatives, students of the Bismarck State College lineworker program and the electric industry for classroom sessions, equipment evaluations and awards ceremonies. Training topics included incident investigation, working in severe weather, temporary protecting grounding and bonding, preparing for dog encounters and more.

Christina Roemmich, director of safety services for NDAREC, says the AT&S conference provides an opportunity to reflect what is going on in the industry, and to recognize the accomplishments the students have made in training and safety throughout the year.

Roughrider Electric Cooperative linemen and other employees who

attended the conference include Andrew McFarland, Kaden Ficek, Bryan Braun, Shawn Olson, Russel Goodwin, Russel Walters, Kyle Irwin, Wayne Schmaltz, Tyler Schlosser, Cory Halter, Anthony Schaff, Jordan Braun and Jason Bentz.

Ficek and McFarland earned recognition during the banquet, for having successfully met the requirements of the AT&S program, which is administered by NDAREC. This four-year program is approved by the U.S. Department of Labor Bureau of Apprenticeship and sponsored by the co-op, which covers the costs of the program.

Apprentices must have 8,000 hours of supervised training on poles, tower and construction; line hardware and framing; overhead conductors; tools and equipment; transformers; oil circuit reclosers, regulators and capacitors; metering and instrument transformers; rolling stock; engineering; records; safety meetings; hot-line maintenance; troubleshooting; underground; substations; lighting; and service. All apprentices are required to take and pass a series of tests throughout their coursework.



www.roughriderelectric.com

HAZEN OFFICE
701-748-2293 or 800-748-5533
800 Highway Dr., Hazen, ND 58545
7:30 a.m. – 4 p.m. CST Monday-Friday

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 800-627-8470
P.O. Box 1038, 2156 4th Ave. E.
Dickinson, ND 58602
8 a.m. – 5 p.m. MST Monday-Friday

Payments may be deposited in the deposit box west of Roughrider Electric's main office entrance or in the drop boxes located at Dickinson City Hall, or the north and south locations of Family Fare supermarkets.

OFFICERS AND DIRECTORS

Roger Kudrna, President; Dickinson	483-8377
Darell Herman, Vice President; Beulah	873-4371
Troy Sailer, Secretary; Golden Valley	948-2427
Bruce Darcy, Treasurer; Golden Valley	983-4222
William Retterath; Center	794-8729
Arnold Kainz; Dickinson	483-8207
Dan Price; Hensler	794-3779
Greg Steckler; Dunn Center	548-8122
Callen Schoch; New England	579-4395

MANAGEMENT

Don Franklund	Co-General Manager/CEO
Chris Baumgartner	Co-General Manager/CEO



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