

ROUGH RIDER NEWS

ELECTRIC COOPERATIVE

SEPTEMBER 2022



PICTURE PROVIDED BY WEST DAKOTA VETERINARY CLINIC

*Dr. Kim Brummond
checks one of her patients.*

What's inside:

- Manager's message: Be prepared
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- Generator safety

Dr. Brummond & West Dakota Veterinary Clinic

BY ANNE HANSEN



PICTURE PROVIDED BY WEST DAKOTA VETERINARY CLINIC

A team of veterinarians cares for patients at West Dakota Veterinary Clinic.

For Roughrider Electric Cooperative member Dr. Kim Brummond, the memory of a class project is still vivid. For the project, every student wrote what they wanted to be on a paper leaf and hung it on a tree.

"I wrote down on my leaf that I was going to be a veterinarian. It was the only thing I had wanted to do for as long as I remember," said Brummond, the founder, owner and a veterinarian at West Dakota Veterinary Clinic in Dickinson.

Brummond made this dream a reality after attending Iowa State University in 1984 and graduating with a doctorate in veterinary medicine. After graduating, she was eager to return to her home state of North Dakota, where she worked for a practice in Killdeer.

"I am originally from the eastern part of the state, but once I experienced western North Dakota, well, wouldn't you know, I liked it!" she said.

In 1986, Brummond decided to become a sole practitioner in Dickinson with West Dakota Veterinary Clinic, where she and others care for a wide variety of animals, while staying up-to-date

on all the current industry best practices.

As the business continued to grow in success, so did the opportunity to expand and gain more staff members.

"In 2013, I took on another doctor, Dr. (Erika) Schumacher, and from there, we really took off," Brummond said. "We are now able to do things and have services that I only dreamed of and that is all because of the staff we have added and the changes and advances in medicine."

The additional staff and services have resulted in three expansions and, most recently, an update to the exterior of the building to make for a more welcoming environment, Brummond noted. Although many things have changed, the same care and service for animals and their owners continues to be the same.

"Being a vet isn't just about the animals, but it is also about the people caring for these animals as well," she noted.

Throughout the years, Brummond has worked hard to make the vet clinic an enjoyable experience for animals and people alike. Some of West Dakota Veterinary Clinic patients couldn't wait to see the vets.

"One of my favorite patients, a beagle named Barkley, became a buddy of mine and would come into the clinic and wouldn't stop screaming if he heard my voice. ... Sometimes, they even had to put him in a separate room until I could see him, because he was always so excited," she said.

The stories are endless, with relationships built from generation to generation with animal owners and pets. Some have even been adopted pets through Oreo's Animal Rescue, of which Brummond is a founding member.

One point Brummond couldn't stress enough is her team of professionals.

"Our team is very dedicated, and they are a wonderful group of people to work with," she said. ■

Manager's message:

Be prepared before the storm



Travis Kupper

It's your worst-case scenario. A major storm was predicted, and the predictions were right. Many power lines are down, and your electricity may be out for several days. You are low on everything – food, pet supplies, toilet paper, batteries, diapers and your medication.

Imagine how you would feel in this situation. While you can't

predict the weather yourself, you can plan ahead, so when a severe weather event strikes, you have the tools and resources to effectively weather the storm. The U.S. Department of Homeland Security offers several resources to help you prepare for major weather events and natural disasters. Visit www.ready.gov/make-a-plan.

Preparedness actions and items

- Stock your pantry with a three-day supply of nonperishable food, such as canned goods, energy bars, peanut butter, powdered milk, instant coffee, water and other essentials, such as diapers and toiletries.
- Confirm that you have adequate sanitation and hygiene supplies, including towelettes, soap and hand sanitizer.
- Ensure your first-aid kit is stocked with pain relievers, bandages and other medical essentials, and make sure your prescriptions are current.
- Set aside basic household items you will need, including flashlights, batteries, a manual can opener and a portable, battery-powered radio or TV.
- Organize emergency supplies, so they are together in an easily accessible location.

With advance warning

If a severe storm is expected with high winds and sustained rain, you may need to take extra steps to safeguard your home. Fully charge all

cellphones, laptops and devices, so you have maximum power in the event of a power outage. If you plan to use a small generator, make sure it's rated to handle the amount of power you will need, and always review the manufacturer's instructions to operate it safely.

During a prolonged outage

In the event of an outage, turn off appliances, TVs, computers and other sensitive electronics. This will help avert damage from a power surge, and will also help prevent overloading the circuits during power restoration. That said, do leave one light on so you will know when power is restored. If utilizing a small household generator, consider using LED holiday lights to illuminate a living area. A strand of 100 white lights draws little energy, yet produces considerable light. Solar lights also work, if they can receive some sunlight during the day for charging.

During thunderstorms, the American Red Cross recommends avoiding electrical equipment and land-based telephones. Use battery-powered TVs and radios instead. Keep away from windows. Listen to local news or NOAA Weather Radio for emergency updates, or check Roughrider Electric Cooperative's Facebook page for restoration updates.

After the storm, avoid downed power lines and walking through flooded areas where power lines could be submerged. Allow ample room for utility crews to safely perform their jobs, including on your property.

Power in planning

Advance planning for severe storms or other emergencies can reduce stress and anxiety caused by the weather event and can lessen the impact of the storm's effects. Act today, because there is power in planning. ■



GENERATOR SAFETY

USE BACKUP POWER SAFELY

When used properly, portable and standby generators are a great option to provide backup power during brownouts or blackouts.

Learn how to use generators safely with the following tips:

GENERATORS

Location



Always keep generators at least **20 feet** away from your home



Never operate a generator in an **enclosed space**



Make sure the generator has **3-4 feet** of clear space above and on all sides for proper ventilation



Keep generators **away** from doors, windows and vents



Always **direct exhaust** away from your home

Use



Always use **grounded cords** and inspect cords for damage prior to use



Use the **proper cord** for the wattage being used



Always use **GFCI protection**



Make sure to start / stop generators when **no electrical loads** are connected



Keep generators **dry, do not operate when wet**, and refuel when cool

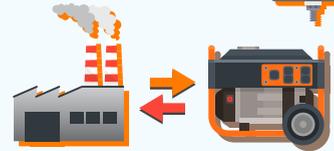


Do not overload generators



Do not plug a generator directly into your home, connect items being powered **directly to the generator**

TRANSFER SWITCHES



Transfer switches, whether manual or automatic, allow you to choose between **utility power** or **backup generator power**



Transfer switches are the only way to **safely power** your home's electrical system



Using a transfer switch **prevents backfeeding**. This occurs when your generator becomes a power source for the **surrounding area** and can damage your home, your neighbors' homes, and injure workers trying to restore power

CARBON MONOXIDE (CO) POISONING PREVENTION



Improper use and installation of generators could **cause CO poisoning**



Make sure your home has **carbon monoxide alarms** outside each sleeping area and on every level of the home



CO can kill in as little as **5 minutes**

Symptoms of CO poisoning



Dizziness



Headaches



Nausea



Tiredness



If you experience CO poisoning symptoms, **get fresh air, do not reenter areas** and **call 911**.

Lineworkers attend hotline school

Roughrider Electric Cooperative joined lineworkers from across the state for the North Dakota Association of Rural Electric Cooperatives (NDAREC) Hotline School.

The session was held at the Bismarck State College lineworker training facility in Mandan. The annual field training teaches lineworkers how to safely work on energized lines through hands-on instruction and demonstrations from experienced lineworkers.

“Hotline School allows employees to simulate live linework that they could potentially do in a normal day’s work,” said Jason Bentz, operations manager at Roughrider Electric Cooperative. “It is used as a training tool, so the new employees who may not get to utilize hot work in their normal everyday work get a chance to keep their skills up-to-date and help them learn safe ways to keep the power on while working on energized equipment.”

This training prepares lineworkers for situations when de-energizing the lines is not possible and helps keep power flowing during storms or scheduled maintenance, when possible.

“It is important to train employees on new equipment and keep familiar with industry changes and provide a chance to work with others in the state to learn different ways to get the job done safely and efficiently,” Bentz noted. ■



PICTURE PROVIDED BY RACHEL NEFF

Safety Starts with ME: Kayla Fandrich

For Kayla Fandrich, Roughrider Electric Cooperative's customer service representative, the shift from summer to school comes with the reminder to remove distractions while driving, as crosswalks get busier and an influx of new drivers takes to the roads.

"At Roughrider Electric, we speak a lot about safe driving practices and remind members to be safe and recognize their surroundings, whether that be driving in a tractor around power lines or slowing down if lineworkers are working alongside a road," Fandrich said. "It is important to remove the distractions while driving."

Distracted driving is considered any activity that diverts our attention, including texting, calling or adjusting the entertainment system, according to Anne Prince, the National Rural Electric Cooperative Association's member communications manager. Doing any of these activities while driving increases the potential for injuries and fatalities. In fact, distracted driving is one of the leading causes of motor vehicle accidents in the United States.

"At Roughrider, we understand our jobs have the potential to be dangerous, but we are motivated to stay safe not only for ourselves, but for our families and our children," Fandrich said. "We want the same for our membership and that is why we ask to remove the distractions – no matter if you're in a field or a school zone. A text, call or entertainment is not worth the potential consequence."

The National Safety Council recommends taking these valuable tips into consideration, as we get back into the swing of things this school year:

- **Obey school speed zones** – Pay attention upon entering a school zone. Know the speed limit, and learn the drop-off and pick-up procedure.



- **Never pass a bus loading or unloading children** – Ten feet around a bus is the most dangerous area for children. Please keep your distance to allow for children to safely enter and exit the bus.
- **Stay back from the curb** – Teach your children to stay at least three big steps back from a curb. This ensures a safe distance from your child and the street.
- **Practice with your new driver often** – Inexperience in teen drivers is often the leading cause of teen crashes. It is important to teach your student-driver possible situations that can occur when driving.

"Although we should work to eliminate distracted driving no matter the season, it is especially important with the new school year approaching," Fandrich said. ■



DON'T LET THE **CHILL** AFFECT YOUR **BILL**

When cold weather approaches, you can keep your home comfortable and still keep your energy bills from escalating with these winter tips from Roughrider Electric Cooperative:

BUNDLE UP YOUR HOME

Check around doors and windows for leaks and drafts. Add weatherstripping and caulk where heat might escape. Make sure doors seal properly.



PLUG THE PLUG

Electric wall plugs and switches can allow cold air to enter. Purchase simple-to-install, foam gaskets that fit behind the switch plate and effectively prevent leaks.



CLOSE THE DAMPER

Don't forget to close the damper on your fireplace when the fireplace is not in use. If the damper is open when you're not using the fireplace, your chimney functions as a large open window that draws warm air out of the room and creates a draft.

CHECK YOUR HEATING SYSTEM

Get a routine maintenance and inspection of your heating system each autumn to make sure it is in good working order.

CHANGE THE FILTER

Be sure to clean or replace your system's air filter. At a minimum, change the filter every three months; a dirty filter clogs the system, making the system work harder to keep you warm.

CHECK YOUR INSULATION

Insulate your attic. In an older home, that can be the most cost-efficient way to cut home heating costs. Before energy efficiency standards, homes were often built with little or no insulation. As a result, large amounts of heat can be lost through walls, floors and ceilings.

CHANGE A LIGHT BULB

Lighting our homes can represent 20% of home electricity bills and is one of the easiest places to start saving energy with more energy-efficient bulbs.



LOWER THE THERMOSTAT

Lowering the setting on your thermostat will result in savings, too!



Board Meeting Highlights

When, where and who: The board of directors of Roughrider Electric Cooperative met at the Roughrider Hotel on July 29.

Minutes of the previous meeting: The board reviewed and approved the minutes of the June 24 meeting.

Co-general managers' report: Travis Kupper presented the co-general managers' report, in which he reported that Roughrider Electric Cooperative received an official notice from the Western Area Power Administration on a proposed rate increase.

Maintenance Solutions Cooperative contract: The board approved proposed services contract with Maintenance Solutions Cooperative.

Board member reports: Attendees at meetings over the past month reported to the board.

CFO report: Alex Craigmile presented the board with a summary of financial reports, which were accepted by the board.

Overhead line replacement contract: Jason Bentz presented the board with an update on the Red Trail CO₂ operation.

Strategic planning prep: The board was encouraged to think of topics it would like to discuss as part of the cooperative's strategic planning



www.roughriderelectric.com

HAZEN OFFICE

701-748-2293 or 800-748-5533
800 Highway Dr., Hazen, ND 58545
7:00 a.m. - 3:30 p.m. CT 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 800-748-5533
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 in the drop boxes located at Dickinson City Hall, 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
- Darell Herman; Beulah 873-4371
- William Retterath; Center 794-8729
- Arnold Kainz; Dickinson 483-8207
- Dan Price; Hensler 794-3779
- Callen Schoch; New England 290-3836

MANAGEMENT

- Don Franklund Co-GM/CEO
- Travis Kupper Co-GM/CEO



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Energy Efficiency Tip of the Month

Water heating accounts for a large portion of home energy bills. To save energy (and money!) used for water heating, repair any leaky faucets, install low-flow fixtures and insulate accessible hot water lines. When it's time to purchase a new washing machine or dishwasher, look for models that are ENERGY STAR®-certified.

Source: Dept. of Energy

