

Central Electric

Your Touchstone Energy® Partner 

Cooperative Connections

AUGUST 2016 VOL. 17 NO. 4



Berry Delicious

Stewart's Aronia Acres **P8-9**

Keeping Everyone Safe



Ken Schlimgen
General Manager

Electricity is a powerful form of energy. We can't see it, but we know it's the reason we live comfortably with lights, heaters, computers, machines and appliances.

Tragically, a young farmer from South Dakota recently died after the farm equipment he was handling came in contact with an overhead power line. This unfortunate accident demonstrates the raw power that electricity can have.

Electricity is very useful and in most cases, safe, but it needs to be respected.

Central Electric is insured by Federated Rural Electric Insurance Exchange. We are one of 810 electric and telephone cooperatives that are insured by Federated. In 2015, these insured cooperatives reported 99 contacts with electric power lines resulting in 13 fatalities.

So far this year, Central Electric has experienced 7 events where someone accidentally contacted a power line.

So far this year, Central Electric has experienced 7 events where someone accidentally contacted a power line. These accidents occurred when individuals were either digging, trimming trees or operating large equipment around power lines. While 7 accidents may not seem like very many, ZERO is the number we would like to see. These 7 accidents did not result in an injury or a fatality, but they did cause damage to the cooperative's equipment and power outages to some of our membership.

Federated Rural Electric Insurance Exchange also reports that over the past five years, these same cooperatives have experienced 22.8 electric contacts annually involving an employee. Over forty percent of these employee contacts happen during the summer months of June, July, and August.

What do all of these accidental electric contacts have in common, and how can we prevent them from happening? I believe that we get so consumed by the project or projects at hand that we lose our awareness of our surroundings. Activities other than our job duties increase as we look forward

to family events, outdoor activities, and family fun. All of these things cause us to reduce our focus on keeping ourselves and others safe.

This past month's employee safety meeting was focused on bucket truck and pole top rescue—in other words, what our employees do after an electric contact to save the life of a co-worker. While this is important, I would much rather prevent an accident from happening.

In an effort to keep you safe, our employees were asked to remind you, our members, to be aware of overhead and underground power lines. This reminder can happen when making small talk at the grocery store, at school activities or at a community event. Hopefully, a friendly conversation may help you to remember to be safe in all your activities.

I would also ask you to remind our employees to take time to be safe in their daily work. This will remind both our employees and you to take time for safety. The most critical thing needed to achieve safety is to be aware of the dangers around you. Let's work together to keep you, your family and our linemen safe.



To Stay Safe around overhead power lines, workers should:

- Use a spotter when operating large equipment near power lines.
- Use care when raising augers or moving tall equipment around power lines.
- Keep equipment at least 10 feet from power lines.
- Inspect the height of farm equipment to determine clearance from power lines.
- Always remember to lower equipment before transporting it.
- Never attempt to move a power line.

If you suspect a power line is too low, contact Central Electric.

Central Electric Cooperative Connections

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Mission Statement

Providing Reliable Energy and
Services at a Good Value

This institution is an equal
opportunity provider and
employer.

Co-op News

AG APPRECIATION DAY



Gate Sponsored by South Dakota's
Touchstone Energy® Cooperatives

Wednesday, Aug 10, 2016
W.H. Lyon Fairgrounds,
Sioux Falls, SD

Free Admission
with ticket* until 1:00 pm
Free Lunch
Live Entertainment by
Mogen's Hereos
11:00 a.m. - 1:00 p.m.

*We have a limited number of free
tickets available for members to pick up
at the Betts Road Service Center.

Safety During Harvest

Harvest season can yield higher numbers of electrocution, shock and burn injuries. Safe Electricity urges farm workers to avoid tragic accidents by using caution when completing farm activities that take place around power lines. Equipment contacting overhead power lines is the leading cause of farm electrocution accidents in the Midwest.

Many of these accidents occur near grain bins when augers make contact with power lines. Many types of farm equipment can come in contact with overhead power lines, creating a direct path for electricity. Tractors with front-end loaders, portable grain augers, fold-up cultivators and equipment with antennas can easily become electrical hazards and must be operated with care. Know the location of power lines and keep farm equipment at least 10 feet away from them.

Farm workers should remember the following safety tips:

- Always lower portable augers or elevators to their lowest possible level – under 14 feet – before moving or transporting; use care when raising them.
- Be aware of increased height when loading and transporting larger modern tractors with higher antennas.
- Use a spotter to make sure contact is not made with a line when moving large equipment or high loads.
- Be careful not to raise any equipment such as ladders, poles or rods into power lines.
- Use qualified electricians for work on drying equipment and other farm electrical systems.
- Inspect farm equipment for transport height and determine clearance with any power lines that the equipment must pass.
- Review the possibility of underground utility supplies for new or replacement power lines.
- If you have a standby power system, review its location, operation and importance with all workers.
- Never try to raise or move a power line to clear a path.

What do you do if farm equipment or vehicles come in contact with power lines:

- It's almost always best to stay in the cab and call the local electric utility. If the power line is energized and you step outside, your body becomes the path and electrocution is the result.
- Warn others who may be nearby to stay away and wait until the electric utility arrives to make sure power to the line is turned off.
- If the equipment or vehicle is on fire, the proper action would be to jump out with both feet hitting the ground at the same time. Continue to hop or shuffle to safety, keeping both feet together as you leave the area. Do not allow any part of your body to touch the equipment and the ground at the same time.
- Once away from the equipment or vehicle, do not go back until the electric utility gives permission to do so.

8/11 Day: Reminder to Call Before You Dig

Aug. 11 provides a natural reminder for people everywhere to call 811 prior to any digging project to have underground utility lines marked. Every six minutes an underground utility line is damaged because someone decided to dig without first calling 811.

Things to know about making an 8-1-1 call:

- Every digging project requires a call to 811.
- Calling 811 a few days prior to digging notifies utility companies of the intent to dig and gives representatives time to mark the appropriate lines. The call can be called from anywhere in the country.
- A representative from your local one call center will answer the call to find out the location and description of the digging site.
- The affected utility companies will be notified of the intent to dig.
- The utility companies will each send a professional locator to the digging site to identify and mark the approximate location of the underground lines.
- Once lines have been marked, you should respect the marks and dig carefully around them.
- Hitting an underground utility line while digging can cause serious injuries, disrupt service to entire neighborhoods, and potentially result in fines and repair costs.



Kids' Corner Safety Poster

"Stay away from fallen power lines."



Ashley Placek, 11 years old

Ashley is the daughter of Perry and Laura Placek, Ipswich, S.D. They are members of FEM Electric Association, Ipswich.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

Succulent Salads



Layered Summertime Salad

- | | |
|-------------------------------------|-------------------------------------|
| 2 cups gemelli or spiral pasta | 4 cups torn romaine lettuce |
| 1 cup mayonnaise | 1 cup snow peas, trimmed and halved |
| 2 T. lemon juice | 1 cup cauliflower florets |
| 1 tsp. sugar | 1 cup broccoli florets |
| 1/2 tsp. garlic powder | 1 large sweet red pepper, chopped |
| 1/2 cup sliced green onion | 1/2 cup shredded Swiss cheese |
| 4 strips bacon, cooked and crumbled | |

Prepare pasta according to package directions. Meanwhile, in a small bowl, mix mayonnaise, lemon juice, sugar and garlic powder; set aside. Drain pasta and rinse in cold water. Toss with onions and half of bacon. In a large bowl, layer one-half of lettuce, pasta mixture, peas, cauliflower, broccoli, red pepper, mayonnaise mixture and cheese. Repeat layers; sprinkle with remaining bacon. Refrigerate until ready to serve.

Deloris Bachman, Rapid City

BLT Salad

- | | |
|--|--------------------------|
| 1-1/2 cups tubetti macaroni, cook until tender, drain and cool | 1 cup chopped celery |
| 1 lb. bacon, cooked and crumbled | 1 cup chopped tomato |
| 1 bunch green onions, sliced thin | Dressing: |
| | 1-1/2 cups mayonnaise |
| | 3 tsp. vinegar |
| | Salt and pepper to taste |

Combine first 5 ingredients. Mix mayonnaise, vinegar, salt and pepper. Add to pasta mixture.

Barbara Angerhofer, Hendricks, MN

Pineapple-Pretzel Salad

- | | |
|-------------------------------|---|
| 2 cups crushed pretzels | 1 (8 oz.) pkg. cream cheese, softened |
| 1 stick butter, melted | 1 (20 oz.) can crushed pineapple, drained |
| 1 cup sugar, divided | |
| 1 (8 oz.) container Cool Whip | |

Combine pretzels, butter and 1/2 cup sugar. Spread in a 9x13-inch pan. Bake at 400°F for 7 minutes. Cool. Break into pieces and set aside. In a large bowl, beat cream cheese and remaining sugar. Add Cool Whip and pineapple. Mix well and refrigerate overnight. Just before serving, add pretzel pieces.

Cindy Krakow, Strandburg

Texas New Potato Salad with Grilled Red Onions

- | | |
|---|---|
| 3 lbs. small red potatoes | 1 bunch fresh cilantro, thick stems discarded, coarsely chopped |
| 1 red onion, cut into thick slices | |
| 1 T. coriander seed | Dressing: |
| 1 pinch cumin seed | 1/4 cup olive oil |
| 1 T. oregano | 1 T. red wine vinegar |
| 2 serrano chiles or 2 jalapeño chiles, minced | 1 tsp. salt |
| 3 slices bacon, crisply cooked and coarsely chopped | 1/2 tsp. black pepper |

Cook potatoes in boiling water 20 to 25 minutes or until tender. Drain and cool to room temperature. Quarter the potatoes; set aside. Grill onion slices over high heat until lightly caramelized. Toast coriander and cumin seeds in small dry skillet on medium heat 1 minute or until fragrant. Add oregano; lightly toast about 20 seconds, watching for burning. Immediately remove spices from skillet. Mix oil, vinegar, toasted spices, salt and pepper in large bowl with wire whisk until well blended. Add potatoes, onions, chiles, bacon and cilantro; toss lightly. Yield: 8 servings

Nutritional Information Per Serving: Calories 212, Total Fat 8g, Saturated Fat 1g, Cholesterol 3mg, Sodium 381mg, Carbohydrates 30g, Dietary Fiber 4g, Protein 5g

Pictured, Cooperative Connections

RECIPE AND PHOTO COURTESY OF MCCORMICK GOURMET

Snicker Salad

- | | |
|--|--|
| 1 (3 oz.) pkg. instant vanilla pudding | 3 to 4 apples, peeled, cored and cut into small pieces |
| 1 cup milk | 6 Snickers bars, cut into small pieces |
| 1 (8 oz.) container Cool Whip | |

In a large bowl, mix together pudding, milk and Cool Whip. Chill for 1-1/2 hours. Add apples and candy bars; stir and serve.

Amy Schoenfelder, Cavour

Sunrise Salad

- | | |
|-------------------------------|-------------------------------|
| 1 large can crushed pineapple | 1 cup green grapes, sliced |
| 1 pkg. lemon jello | 1 cup miniature marshmallows |
| 1 (8 oz.) pkg. cream cheese | 1 (8 oz.) container Cool Whip |

In a saucepan, bring pineapple to a boil. Add jello; mix well. Add cream cheese, stirring until melted. Put in a bowl and refrigerate until thick. Add sliced grapes and miniature marshmallows. Stir in Cool Whip. Refrigerate until set.

Sally Hlavka, Howes

Please send your favorite garden produce, pasta and crockpot recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2016. All entries must include your name, mailing address, telephone number and cooperative name.

Farm Safety and Your Cooperative

By Patrick Soukup

I can still remember the days during planting season where big farmers had an 8 row planter pulled by a 2-wheel drive tractor. There are still some out in the country, but fewer are seen every year.

We now see up to 32 row planters with either a big 4-wheel drive tractor or a tracked machine pulling those planters. We also have sprayers with boom widths of 120 feet. Previously, we only saw equipment this size at the very large operations in the area or custom applicators who performed this service to the farmers. Now, the growth that we have seen in the agriculture sector has brought larger equipment to the family farms. Today's demands on the industry require producers to get more done in less time as efficient operators.

How is this concerning to your electric cooperative? Our power lines and poles on the edge of fields or even in fields are a dangerous obstacle to the operators in the field. This has become one of our greatest concerns regarding farm safety for our members.

Do you know what to do if you come into contact with a power line? Who else is operating your equipment—a hired hand, spouse, son or daughter? Do they know what to do if machinery contacts power equipment? The answer is to **stay put and not get out of the equipment**. By exiting the equipment, you risk electrocution and even death. Most operators running this equipment will either have a cell phone or radio contact to call 911 first, and then contact a home station if needed. Even if you are not able to call for help, you need to stay put, where you are safest. Most likely, the contact will cause an outage and a neighbor

Who else is operating your equipment—a hired hand, spouse, son or daughter? Do they know what to do if machinery contacts power equipment?

will call the cooperative, who will find you.

If you are in danger and at risk of death by staying in the equipment (i.e. fire), you should exit in the following manner per Occupational Safety and Health Administration (OSHA) guidelines.

- Jump from the equipment with your feet together—you **must not** touch the ground and the equipment at the same time. By touching the equipment and the ground at the same time, you become a path for the electric current and risk electrocution. Allow your knees to bend as you contact the ground and roll if you need to, to absorb the fall.
- Keep your feet together and shuffle as you move away from the equipment.

We ask that before entering a field, please look up and around for power equipment. While the machinery is growing, the power lines are not. Much of the farming equipment is only used seasonally, so we urge even expert operators to double-check clearances each year. Furthermore, remind anyone else running the machinery to check for power equipment—including your hired help, spouses, friends, and children.

Let's get everyone home safely this harvest season.



OSHA FactSheet

Working Safely Around Downed Electrical Wires

Electrical hazards exist in some form in nearly all occupations. However, those hazards multiply for workers involved in cleanup and recovery efforts following major disasters and weather emergencies. One particular life-threatening danger exists around downed and low-hanging electrical wires.

Safety First

Above all else, always consider all equipment, lines and conductors to be energized. Be cautious and if you notice downed wires or damaged electrical equipment, contact appropriate utility personnel. Remember that circuits do not always turn off when a power line falls into a tree or onto the ground. Even if they are not sparking or humming, fallen power lines can kill you if you touch them or even the ground nearby.

Energy

Downed wires can energize other objects, including fences, water pipes, bushes and trees, buildings, telephone/CATV/fiber optic cables and other electric utilities. Even man-hole castings and reinforcement bars (re/bar) in pavement can become energized by downed wires. During storms, wind-blown objects such as canopies, aluminum roofs, siding, sheds, etc., can also be energized by downed wires.

Backfeed

When electrical conductors are inadvertently energized by other energy sources, backfeed occurs. Some of those sources include:

- Circuit ties/switch points
- Lightning
- Generators
- Downstream events

Simply testing for energy sources is not sufficient since hazardous electrical events can happen without warning. Ensure that proper lockout/tagout procedures are always followed.

Rules to live by

- Do NOT assume that a downed conductor is safe simply because it is on the ground or it is not sparking.
- Do NOT assume that all coated, weather-proof or insulated wire is just telephone, television or fiber-optic cable.
- Low-hanging wires still have voltage potential even if they are not touching the ground. So, "don't touch them." Everything is

energized until tested to be de-energized.

- Never go near a downed or fallen electric power line. Always assume that it is energized. Touching it could be fatal.
- Electricity can spread outward through the ground in a circular shape from the point of contact. As you move away from the center, large differences in voltages can be created.
- Never drive over downed power lines. Assume that they are energized. And, even if they are not, downed lines can become entangled in your equipment or vehicle.
- If contact is made with an energized power line while you are in a vehicle, remain calm and do not get out unless the vehicle is on fire. If possible, call for help.
- If you must exit any equipment because of fire or other safety reasons, try to jump completely clear, making sure that you do not touch the equipment and the ground at the same time. Land with both feet together and shuffle away in small steps to minimize the path of electric current and avoid electrical shock. Be careful to maintain your balance.

This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations. This information will be made available to sensory impaired individuals upon request. The voice phone is (202) 693-1999; teletypewriter (TTY) number: (877) 889-5627.

For more complete information:



U.S. Department of Labor

www.osha.gov

(800) 321-OSHA

DOC 7/2005

Stewart's Aronia Acres:

Spreading Berry Goodness

By
Brenda
Kleinjan

A SMALL PLOT OF LAND IN SOUTH CENTRAL SOUTH Dakota is packing an antioxidant wallop for Jeff and Jolene Stewart of Wagner, S.D.

Shortly after purchasing land near Wagner about a decade ago, the Stewarts planted field wind breaks and included a row of aronia berries to see how the fruit would fare.

It did well. Very well.

For Jeff, a forester by trade and Jolene, a nurse, pursuing the production of the berry made sense and they moved forward with planting 10.5 acres of the specialty crop in 2010 and 2011.

"Most people wouldn't consider them a first choice if picking berries to eat fresh," Jeff acknowledges. "The tannins in the skin leave a bit of an

astringent taste. That actually helps keep the antioxidant in the berry high."

Since most of the market for aronia berries is in the juice market, the Stewarts freeze much of the crop in two refrigeration units on site.

"Right now the biggest use for the aronia berry is juice. You get more juice after the berry is frozen, so they go straight to the freezer," Jeff said. "The freezing breaks down the fibers more."

But, before hitting the freezer, the thousands and thousands of pounds of berries must first be cleaned and destemmed, then bagged and boxed.

The berry is native to North America and was used by indigenous people to make pemmican and also to help keep meat from spoiling while traveling.





Left: Stewart's Aronia Acres near Wagner, S.D., includes 10.5 acres of aronia berry bushes. **Below:** Haskap bushes – also known as honeyberries – are a new addition to the Stewarts' operation. They are experimenting with five varieties on a 1.5 acre plot and will add two more varieties next season as they work to determine which variety will fare best in the southern reaches of the berry's growing zone. **Opposite Page:** Jeff and Jolene Stewart stand among their Stewart's Aronia Acres operation. **Cover photo:** The aronia berry is high in antioxidants.

"Aronia has the highest antioxidants of any other cultivated berry in the world," said Jeff.

He added that antioxidants can lower cholesterol, lower blood pressure and stabilize blood glucose along with providing other health benefits.

While they have had good harvests up until now – they harvested 32,000 pounds of aronia in 2015 – the fruit is really hitting its stride as it enters its fifth growing season, which should have the bushes yielding their full potential.

An extreme drought in 2012 took its toll on the berries and the plants are finally recovering.

"Timely precipitation is important for growing berries," said Jeff noting that the 11 inches of rain received in May and June set a good foundation for a good harvest.

In addition to the aronia berries, the Stewarts also have an acre of black currants.

Like the aronia berries, the black currants have health benefits that appeal to the Stewarts and others.

"Black currants have four times the amount of Vitamin C than the same amount of an orange," Jeff said. "They are very, very nutritious as far as vitamins."

This season, the Stewarts added an experimental stand of honeyberries – also known as haskap – to the mix. The bush thrives in more northerly climes as a Zone 2 plant, so growing it on the Nebraska border is pushing its southern boundaries.

"We are at the southern edge of where we think we can grow them," Jeff noted.

The Stewarts are experimenting with five different varieties of honeyberries on 1.5 acres to see which will do best. They plan on adding an additional two varieties in the 2017 season to further their experiments, which was funded in part by a South Dakota Department of Agriculture Specialty Crop block grant.

The three berries each have slightly different, yet complimentary, harvest seasons.

"The honeyberry ripens before most others,

so they'll be ready to harvest before the black currants in mid-July.

The aronia berry is the last to ripen with their harvest in mid-August.

"It takes a full two weeks to harvest the berries," Jeff said.

The Stewarts have a berry harvesting machine – originally designed for currants, but has been modified to accommodate the aronia berries as well.

But before the harvest begins, the Stewarts embark on a cleaning and disinfecting process for their certified organic operation.

"It's quite the process," Jeff notes as he lists the equipment which includes totes used in the harvester, the refrigeration units, bagging areas and other aspects.

"Everything has to be disinfected," he said.

And as the prep work for harvest takes place, the Stewarts will welcome others to learn from their operation as part of the South Dakota Specialty Producers Association's Berry and Vegetable Tour.

"It's a slow process to inform people about the berry," Stewart said.

The tour should help spread the word.

On July 30, the Stewarts, along with a nearby vegetable and melon grower, Pesicka's Farm, will open their doors – or rather gates – for those interested in learning more about South Dakota's growing specialty produce providers.



If You're Going...

The South Dakota Specialty Producers Association is hosting a Berry and Vegetable Tour on July 30 in the Wagner, S.D., area.

Participants will tour Stewart's Aronia Acres near Wagner and Pesicka's Farm, a vegetable and melon grower, near Lake Andes.

1 p.m. Tour: Stewart's Aronia Acres (29870 393rd Ave., Wagner)

2 p.m. Lecture: *Better Living Through Fruit* – Dr. Rhoda Burrows (SDSU Extension)

2:30 p.m. Depart for Pesicka's Farm

3 p.m. Tour: Pesicka's Farm (29139 389th Ave., Lake Andes)

4 p.m. Lecture: *Dakota Fresh Food Hub* – Kari O'Neill (SDSU Extension), Cornie Hofer and Tracy Pesicka

Pre-registration required by July 27.

Contact Cory Tomovick at ctomovick@hotmail.com

Chefs can earn 2.0 continuing education hours at each location through the American Culinary Federation.

Operation Round-Up: Calling for Applications

Applications are now being accepted for Operation Round-Up Funds. Application deadlines are May 1st and November 1st. Funds are then distributed each June and December.

The next deadline is November 1, 2016 for disbursement in December 2016. Applications and guidelines can be found at www.centralec.coop.

Who can apply?

Funding gives priority to the categories of community service, economic development, education and youth, environment, emergency energy assistance, and disaster relief.

Funds are available to both qualifying individuals and organizations. The organizations do not need to be members of the cooperative; however, they do need to benefit people who live within and adjacent to the geographic area that Central Electric serves. Contributions will generally only be made to non-profit organizations that have been granted tax-exempt status under Internal Revenue Code Section 501(c)(3).

Restrictions

- Contributions will generally not be made for
 - Lobbying, political and religious organizations;
 - Veteran, fraternal and labor organizations;
 - Fund-raising dinners, raffles and other events;
 - Individuals (except school scholarships and disaster relief);
 - Capital fund campaigns;
 - National fund drives; and
 - Advertising.

Evaluation Factors

Applications will be considered in regards to the potential benefit to area residents and the community; level of community support for the program/organization; fiscal and administrative capability of the organization to deliver a quality service or program; and results that are predictable and can be evaluated.

Projects that will be completed within 12 months following the grant application will be given priority as opposed to projects that have already been completed.



Above: The Operation Round-Up Board of Trustees met for the first time on June 21, 2016. They will be responsible for reviewing applications and granting funds.

Below: The Board of Trustees includes (back L-R) Dave Jorgenson, Greg Kotas, Scott Kolousek, Jim Headley, (front L-R), Carla Amick, Connie Hattervig, Jill Ekstrum, Ellen Speck. Not pictured: Dale Peters



New Notification Method: Automated Phone Calls

Central Electric Cooperative has begun utilizing automated phone calls for courtesy messages to our members. This means you might receive a phone call from Central Electric with a pre-recorded message by one of our employees. These courtesy calls will be sent to notify members of planned outages in their area or remind members that their electric bill is past due.

In order to verify that the call is not a scam, this is what you should look for. Our automated phone calls will be pre-recorded by one of our employees. The caller ID will read 605-996-7516, which is our office phone number. Additionally, the phone call **will not** ask you to type in any personal information. Calls will only direct you to our website at www.centralec.coop or pay-by-phone number, 855-730-8707. If you are in doubt regarding the authenticity of a phone call, you can call our office to verify the call.

If you would like to opt out of all automated calls from Central Electric, call our office, and we will add you to the “do not call” list. Please note that by opting out, you opt out of all automated phone calls including planned outage notifications and electric bill reminders.

In order to ensure that you receive all notifications from Central Electric, please make sure that your contact information is up to date with our office.

Energy Efficiency Tip of the Month



Is your room air conditioner working overtime? Reduce air leaks by installing rigid foam panels (instead of the commonly used accordion panels) in between the window frame and unit, and secure with duct tape.

Source: energy.gov

 Touchstone Energy® Cooperatives
of South Dakota

***South Dakota's
electric co-ops
will be on hand
at these events:***



Stop by the Touchstone Energy® Cooperatives building (Booth 215) at Dakotafest for safety information, energy efficiency displays and more!



Check out the latest energy efficiency and technical displays and more at the Touchstone Energy® Cooperatives booth in the Expo Building!

Aberdeen Water Ski Troupe is Making a Splash

By
Brenda Kleinjan

FOR THE PAST 20 YEARS, THE ABERDEEN AQUA ADDICTS water skiing team has been wowing summer audiences near the Hub City.

One of two water skiing clubs in South Dakota (Catfish Bay Water Ski Team near Sioux Falls was formed in 1990), the Aqua Addicts formed in 1995 and began their public shows the following summer.

The team has competed at regional and national water skiing competitions and performs shows throughout the summer at their home lake – Dahme Lake south of Aberdeen, S.D., – and in various communities. (The team signed an 85-year lease on the private lake about six years ago.)

But, before the Addicts take a bow on their 2016 season with their anniversary show celebrating the team's 20th year of performance on Aug. 20, team members will spend the day in the water making sure people who may not otherwise have the chance to water ski can experience the thrill of skimming

along the water behind the boats' powerful engines.

From 10 a.m. to 4 p.m., the Aqua Addicts will host their second "Escape to the Lake" Adaptive Ski Event. In 2015, 30-plus skiers attended the event that was hampered a bit by weather. There, individuals of various physical abilities were able to shed their wheelchairs or other devices and ski using various adaptive equipment provided by the team.

Already this summer, 44 individuals have skied with the Aqua Addicts through the YMCA Dream-Makers program.

"We're hoping for more than 60 skiers this year," said Todd Thorson, who serves on the Aqua Addicts board of directors and is the primary contact for the adaptive ski event.

Half of the proceeds from the evening's 20th anniversary show are being donated to the ASPIRE program in Aberdeen. ASPIRE, Inc., is a nonprofit agency that provides services to people with devel-





Above: The Aberdeen Aqua Addicts Water Ski Team will host an “Escape to the Lake” Adaptive Ski Event from 10 a.m. to 4 p.m. on Aug. 20 at Dahme Lake south of Aberdeen, S.D., on U.S. Highway 281. Organizers hope to have 60 people register for the event. **Inset:** Female skiers perform during a July 2016 show. **Opposite page:** Skiing in a pyramid formation is one of the more iconic portions of the Aqua Addicts’ show.

opmental disabilities.

For 18 years prior to establishing the Aberdeen adaptive ski event, the team had been taking Hub City residents to North Dakota to participate in a similar event. Two years ago, they decided to bring the experience to northeast South Dakota.

For Thorson, the show and the adaptive event are about promoting the sport he has been involved with nearly his entire life.

The son of three-event skiers who competed in tournaments, Thorson started skiing at age 2. He’s spent the past 43 summers in the water and notes that his dad still performs in the show at age 72 doing a turn around on a trick ski.

There are more than 100 USA water skiers affiliated with the Aqua Addicts and each week 60 people are needed to put on the show which consists not only of the skiers, boat drivers and spotters, but also dock help, music and comedy performers.

The Aqua Addicts use six boats and will utilize more than 10,000 feet (nearly 1.9 miles) of rope in the course of the show. The final act alone uses 2,400 feet of rope (nearly a half mile) as 24 skiers enter the water at one time for the finale.

The 2016 theme for the show is “Camp Aqua Addicts” and includes not only the expected skiing, but also a skit and music.

Thorson notes that while skiers navigating the lake in the shape of a pyramid is one of the biggest icons of the show, the ballet swivel portions are crowd pleasers.

“We have the reigning national free-style jump skier on the team, won the last two years in a row, plus the winner from the year before that,” Thorson added, noting the talent of team members, some who have skied professionally.

The Aqua Addicts perform most Thursday nights June through August at Dahme Lake. For their complete schedule, visit <http://aquaaddicts.org/2016-show-schedule>



Water Ski Show Basics

Show skiing has been called the most entertaining discipline in the sport of water skiing. It is fast-moving, exciting, graceful and most of all, fun to watch. Water ski shows feature several water ski acts choreographed to music and built around a theme that tells a story. Shows involve amateur performers with usually 30 or more members. Some shows even have more than 200 members! Age is not a factor since ski club performers can range from children to grandparents.

The show incorporates numerous types of water skiing, however they generally focus on five major areas which include:

1. Team Jumping — For spectators, this is the most thrilling event. Usually three to five skiers will perform spins and flips over the 5-1/2-foot ski jump. Distances can exceed 100 feet and frequently spectacular falls occur during this act. Fortunately, the skiers wear protective clothing and know how to handle the falls safely.

2. Ballet and Swivel — Generally performed by young women, this act features a line of skiers choreographed to music. Some skiers may be using swivel bindings which allows them to make 180-degree turns or 360-degree spins.

3. Barefooting — Just as the name implies, this act involves skiers skimming across the surface of the water on nothing but the bare soles of their feet. Boat speeds are usually in excess of 35 mph. Watch for multi-skier barefoot lines and barefoot pyramids.

4. Doubles — Features a man and woman team performing various lifts (similar to ice skating) while being pulled by the boat. The male skier either holds onto a handle or is pulled along by a harness, thus freeing his arms to perform the overhead lifts.

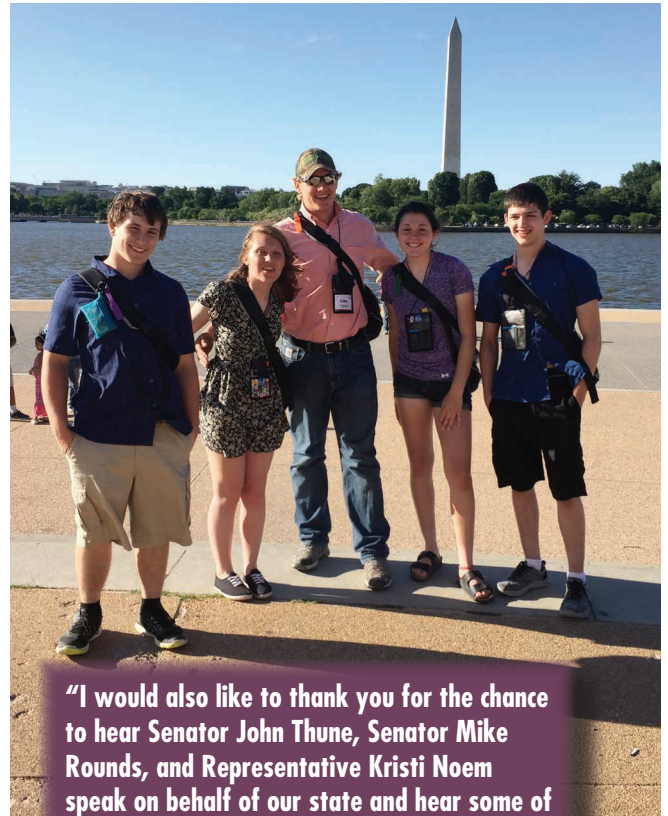
5. Pyramid — Is the ultimate in team work. Using hundreds of feet of rope, skiers actually build a human pyramid on water. Look for pyramids up to five levels high where the top skier often is 25 feet above the water — a spectacular display of teamwork.

Source: Aberdeen Aqua Addicts Water Ski Team
<http://aquaaddicts.org/about-show-skiing/>

YOUTH TOUR 2016

Central Electric Cooperative sponsored six area students on the 2016 Youth Tour to Washington, DC, in June.

The Central Electric student representatives are pictured in the bottom picture in front of the White House. Left-right: Luke Mairose, Abby Hanson, Madalyn Hattervig, Stephanie Faulhaber, Kaitlyn Asmus, Jennifer Luczak



"I would also like to thank you for the chance to hear Senator John Thune, Senator Mike Rounds, and Representative Kristi Noem speak on behalf of our state and hear some of the plans they hope to put forth."
-Kaitlyn Asmus, Mitchell, SD





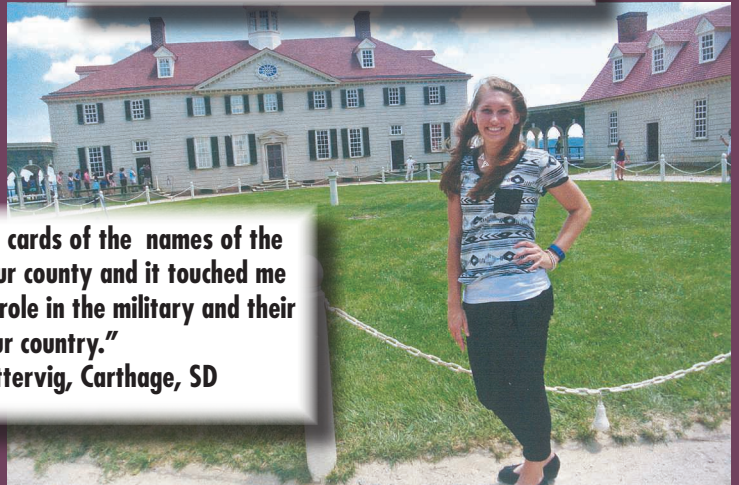
**"If you were to ask me what my favorite thing about the whole trip was I would have to say EVERYTHING! I am not able to choose because I loved every minute of the tour."
- Abby Hanson, Alexandria, SD**



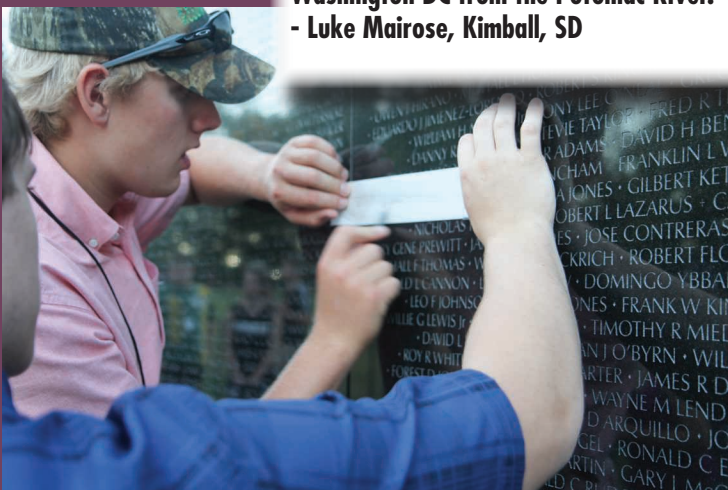
**"I made tons of new friends from all over the United States, learned about cooperatives and how they form, and visited absolutely stunning sites!"
- Stephanie Faulhaber, Wessington Springs, SD**



**"We received cards of the names of the veterans in our county and it touched me reading their role in the military and their sacrifice to our country."
-Madalyn Hattervig, Carthage, SD**



**"I learned so much about the history of our country and I enjoyed getting to meet up with our legislators in their workplace. I never dreamed that I would view the sights of Washington DC from the Potomac River."
- Luke Mairose, Kimball, SD**



**"[This trip] will help me in the future because I met a lot of new people from different states and learned more about our country's history."
-Jennifer Luczak, Letcher, SD**

Regional Dateline

July 21, 28

Music in the Garden, 6 to 8 p.m.
Wessington Springs, SD
605-539-1169

July 29-31

Desperado Days
Friday: bull riding, inflatables
Saturday: Pork Rib cook-off
pedal pull, Dustin Evans and
the Good Times Band
Sunday: Texas Hold Em' finals,
Kimball, SD, Contact Thersa at
605-680-4781 or "Desperado
Days" on Facebook

July 30

Jerauld/Sanborn County Relay
for Life, Free-will donation
supper 5 p.m., Opening
ceremonies 6 p.m., Spartan
Field, Wessington Springs, SD
Contact John Paulson at
605-539-9632 (day) or
605-539-1506 (evening)

July 30

RSVP Outdoor Vendor and Craft
Show, 9 a.m. to 5 p.m.
In conjunction with Crazy Days
Mitchell, SD, 605-995-8440

August 5-6

Jerauld/Buffalo County 4-H
Achievement Days, Friday
4 to 8:00 p.m., Saturday
8:30 a.m. to 4 p.m., Ag Build-
ing, Wessington Springs
Contact Julie Barber at
605-539-9471

August 6

City-Wide Rummage Sale
8 a.m., Wessington Springs
Contact Mette Ness at
605-539-1712/605-730-2700



PHOTO COURTESY OF SOUTHEASTERN ELECTRIC COOPERATIVE

To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.

Events of Special Note

August 12-14

26th Annual Old Fashioned
Threshing Show, Bahnson
Farm, Humboldt, SD
605-526-3495 or 605-251-9974

August 20

Forestburg Melon Festival
and Classic Car Show, Old Ball
Park, Forestburg, SD, Contact
Adam Alt at 605-770-8512

August 6

Foothills Classic Car & Tractor
Show, Noon to 3:30 p.m., Main
Street, Wessington Springs, SD
Contact Dana Fagerhaug at
605-539-1805/605-350-1687
or Fred Knight at
605-539-0283

August 14

Old Time Style Show and Pie
Social, Free will offering
2 p.m., Opera House
Wessington Springs, SD
Contact Judy Winegar at
605-539-1594

August 14

"A Look Into the Past"
Reading and performance of
Jerauld County history, 2 p.m.
1905 Opera House
Wessington Springs, SD

August 20-21

28th Annual Threshing Bee
Rosholt, SD, 605-537-4426
www.rosholtthreshingbee.com

August 24-28

Corn Palace Festival
Mitchell, SD, 605-995-8430

August 25-28

Prairie Village 54th Annual
Steam Threshing Jamboree
Madison, SD, 605-256-3644

August 25-28

State South Dakota Senior
Games, Aberdeen, SD
Howard Bich at 605-275-6891
habich@sio.midco.net
southdakotaseniorgames.org

August 26-27

Southern Hills Music and Arts
Festival, Custer, SD
605-440-0640

August 27

McCrossan Boys Ranch Xtreme
Event Rodeo, McCrossan Boys
Ranch Campus, Sioux Falls, SD
605-339-1203

September 9-10

Kyle Evans Memorial Wagon
Train Ride, Horseback or
Wagon Train teams invited
Contact Mark Reindl at
605-350-3742 or email
mreindl@venturecomm.net or
Brian Bergeleen at
605-539-0014

September 10

Foothills Bud Light Bull Bash
6:30 to 8:30 p.m., Jerauld
County 4-H Rodeo Grounds
Wessington Springs, SD
Contact Larry Powell at
605-770-4370 or Brian Berge-
leen at 605-539-0014

September 10-11

Twin Rivers Old Iron Festival
Parade, Kids pedal pull
tractor pull, church service
homemade pie and kuchen
and more, Delmont, SD, Call
605-779-5291/605-779-2211