

COOPERATIVE CONNECTIONS



Building a Dream

South Dakota's
Unique Getaway
Pages 8-9

CPR & AED
Training
Pages 12-13

To serve you better



Ken Schlimgen
General Manager

Providing reliable power is and will always be a priority for electric cooperatives. These days, power reliability seems to be making the news more than ever. As the energy industry continues to transition and more segments of the economy are becoming electrified, the nation's electric grid is under pressure.

Last month, Director Mark Hofer and I joined 2,500 electric cooperative representatives in Washington, D.C. to deliver that message to Congress. We discussed issues like permitting reform and supply chain problems and how those issues impact the cooperative's ability to provide timely electric service to new members. If left unchecked, these issues could affect our ability to restore electric service after a storm.

From all reports, the visit to D.C. was very successful. Shortly after our visit, a Senate hearing with the Secretary of Energy took place. Four Senators raised the issue of the shortage of distribution transformers, and they all said they heard about the issue from their rural electric cooperative.

The energy industry is undergoing many changes. System replacement, technology advancements and increased emphasis on consumer preference is driving that change. Your cooperative is facing big decisions and board members have an opportunity to help chart a course for our future.

In June, Central Electric will host eight district meetings across our service area. Board elections will take place in Buffalo, Brule and Aurora County. Director Roger Campbell representing Brule County has indicated he does not plan to run for another term. Roger has served our cooperative since 2014, and we will miss his commonsense approach, sense of humor and commitment to our cooperative. We are grateful to Roger and our entire board for their service and leadership.

Last month, Central Electric took possession of a Ford F-150 Lightning all-electric pickup. We have been

planning and budgeting for this purchase for three years now. Our goal with this truck is to study its performance and limitations. We also want to learn how charging the pickup will impact our electric system so we can share the findings and plan for the future. Look for the Ford Lightning at your district meeting. We have learned the Polaris Kinetic all-electric UTV is now in production. The cooperative received a grant to purchase the UTV and have been waiting patiently for it to go into production. We expect to receive the side-by-side soon so we can test and share how it performs in the field.

As I wrap up my article, I want to remind you to always keep safety in mind. Be aware of overhead power lines and call 811 when necessary before starting on home or farm projects. Do your best to be aware of Central Electric crews and contractors working along our roadways. Please slow down and give them space to work, and don't put yourself or our crews in harm's way.

I hope to see you at our area district meetings in June. Until next month, stay safe!

To contact your cooperative with questions, please call 1-800-477-2892 or email cec@centralelec.coop.



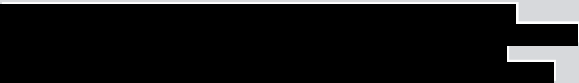
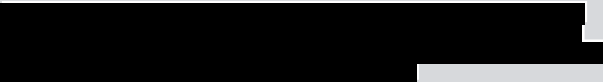
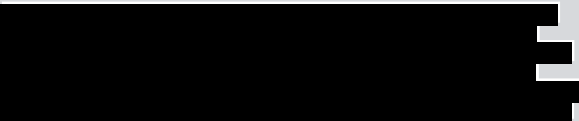
General Manager Ken Schlimgen (left) and Director Mark Hofer traveled to Washington, D.C. in April for the National Rural Electric Cooperative Association (NRECA) Legislative Conference to advocate for rural electric cooperative members across the country.

CENTRAL ELECTRIC
COOPERATIVE
CONNECTIONS

(USPS 018-963)

Board of Directors

Duane Wolbrink - President (Aurora County)
Todd VanWalleghen - Vice President (Sanborn County)
Mark Hofer - Secretary & NRECA Director (Hanson County)
Mark Reindl - Treasurer (Jerauld County)
Donita Loudner - SDREA Director (Buffalo County)
Roger Campbell - Director (Brule County)
Jeff Gustafson - Director (Davison County)
Robert Banks - Director (Miner County)
Merl Bechen - Director At Large (All Counties)



Our Mission

Provide reliable energy and services with a commitment to safety and member satisfaction.

Non-Discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer and lender. Central Electric Cooperative is an equal opportunity provider, employer and lender.

BOARD MEETING SUMMARY

The board of directors met on March 20, 2023, at Central Electric Cooperative's headquarters for the regular board meeting. They reviewed reports by management including details on operations, member services, communications, service department and financials.

BOARD REPORT

General Manager Schlimgen reported on East River Electric happenings, Basin Electric activities, Rural Electric Economic Development activities, grant funding opportunities, Rural Utilities Service updates, Wessington Springs request for utility labor assistance, and other management activities.

Luke Johnson, auditor from Eide Bailly, reviewed the annual audit report with the board of directors. No major concerns were discovered in the audit.

The board reviewed proposed cooperative by-law updates and made recommendations. By-laws will be discussed at district meetings in June, and recommended updates will be presented for approval of the membership at the annual meeting on September 19.

Director Banks reported on recent board training.

Director Bechen reported on CFC board training.

Directors Hofer, Loudner and Wolbrink reported on the NRECA Power Exchange conference.

Schlimgen provided an update on future outpost developments in Plankinton and Howard. Discussion followed.

The board reviewed monthly director expenses.

BOARD ACTION

The board considered or acted upon the following:

- A motion was made and seconded to authorize the board president and secretary to execute contract with Highline Construction, Inc. on behalf of Central Electric. Motion carried.
- A motion was made and seconded to renew Basin Electric's Federal Energy Regulatory Commission (FERC) case non-disclosure certificate for two years. Motion carried.
- A motion was made and seconded directing General Manager Ken Schlimgen to change Central Electric's business listing with the S.D. Secretary of State from the current classification of a utility district to a cooperative. Motion carried.

There being no further business, President Wolbrink adjourned the meeting. The next board meeting was scheduled for April 20.

FINANCIAL REPORT	YEAR TO DATE MAR. 2022	YEAR TO DATE MAR. 2023
Kilowatt Hour (kWh) Sales	98,677,722 kWh	95,520,344 kWh
Electric Revenues	\$ 9,455,826	\$ 9,339,957
Total Cost of Service	\$ 8,763,700	\$ 8,773,506
Operating Margins	\$ 692,127	\$ 566,451

Home Electrical Safety Tips

Electricity always seeks the easiest path to the ground. It tries to find a conductor, such as metal, wet wood, water – or your body! Your body is 70% water, so if you touch an energized bare wire or faulty equipment while you are grounded, electricity will instantly pass through you to the ground, causing a harmful – or fatal – shock.

The amount of electricity used by one 7.5 watt Christmas tree bulb can kill you if it passes through your chest. Even if it isn't fatal, electrical shock can easily cause serious falls, burns, or internal bleeding.

Your Home Wiring is just a number of loops, or circuits. A “live” wire brings current to a light or an outlet. A “neutral” wire returns current to its source. Between inside wiring and outside power lines is a service panel.

Most service panels have a main switch. Use it to cut all power when changing a fuse or in case of fire or shock. If you don't have a main switch, turn off all circuit breakers. Don't tamper with your electric meter. You'll risk shock, explosion, or fire.

Your service panel contains fuses or circuit breakers which interrupt power to specific circuits in case of a short circuit or overload. If this happens:

- Unplug appliances.
- Switch off power at the main switch.
- Try to determine the cause of the problem and correct it if possible.
- Replace the fuse that has a broken metal strip with a new fuse of the same rating – typically 15 amperes.
- If you have circuit breakers instead, switch the one that's “off” to “on.”
- Restore power.

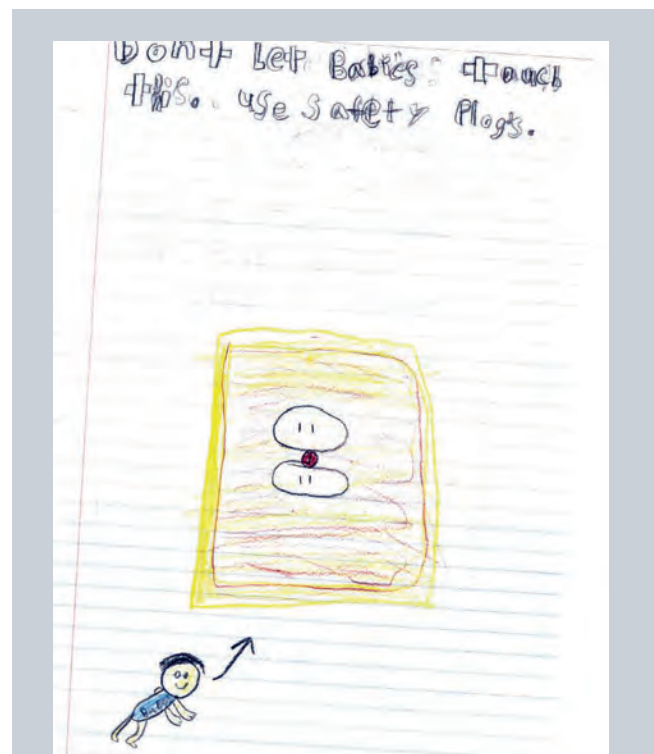
Never use anything other than a fuse to replace a fuse – you could cause a fire. If fuses blow or a circuit breaker trips often, contact a qualified repairman.

Grounding: The Third Prong

When you use a plug with three prongs, the third prong connects inside the outlet with a “ground wire,” which usually connects to a water pipe or a ground rod at the service panel. As a result, in case of a short circuit, electricity should flow through the grounding system instead of through you. Never remove the third prong.

Appliance Safety

Remember the most important rule for appliances – electricity and water don't mix. Keep appliances, especially hair dryers, away from bathtubs, puddles, sinks and wet hands. Wet skin increases the risk of shock, so unplug an appliance before cleaning – even if off, it can shock. Never put metal objects in live parts of appliances or in outlets. If an appliance overheats, unplug it and have it checked. Don't overload outlets. Use only appliances that are approved by a nationally recognized testing laboratory, such as Underwriters Laboratories.



Power Line Safety

Paisley Koch, age 8

Paisley Koch, age 8, warns about the dangers of electrical outlets and babies. She gives great advice on keeping children safe. Paisley is the daughter of Cameron and Kayla Koch from Owanka, S.D., members of West River Electric.

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.

DAIRY DESSERTS

SWEDISH CREME

Ingredients:

- 2 cups heavy cream
- 1 cup plus 2 tps. sugar, divided
- 1 envelope unflavored gelatin
- 1 tsp. almond extract
- 1 tsp. clear imitation vanilla extract
- 2 cups sour cream
- 1 cup fresh or frozen red raspberries

METHOD

1. In a saucepan, combine cream and 1 cup sugar. Cook and stir constantly over low heat until candy thermometer reads 160 degrees, or steam rises from pan. (Do not boil). Stir in gelatin until dissolved; add extracts. Cool 10 minutes.
2. Whisk in sour cream. Pour into eight dessert glasses or small bowls. Chill at least 1 hour.
3. Before serving, combine raspberries and remaining sugar; spoon over each serving.

Joanne Singrey-Johnson
Watertown, S.D.

NO-CHURN BLACK FOREST RIPPLE ICE CREAM

Ingredients:

- 12 oz. Pitted cherries (fresh or frozen) thawed, halved
- 1/4 cup sugar
- 2 cups very cold heavy cream
- 1 14 oz. can sweetened condensed milk
- 1 tsp. pure vanilla extract
- 4 oz. bittersweet choc. chunks

METHOD

Place the cherries, sugar and 2 tps. water in a large sauce pan. Bring the mixture to a boil, then reduce heat and simmer, stirring often, until the cherries break down and the liquid turns to a thick syrup, 10 to 12 minutes. Transfer to a bowl and refrigerate until cool, about 15 minutes. Using an electric mixer, beat the cream, condensed milk and vanilla in a large bowl on medium/high until stiff peaks form, 3 to 4 minutes. Gently fold in the choc. chunks. Spoon half the cream mixture into a 4 1/2 x 8 1/2 loaf pan or 1 1/2 qt. freezer safe container. Spoon half the cherry mixture on top. Using a knife, swirl the cherry mixture through the cream. Repeat with the remaining cream and cherry mixture. Cover with plastic wrap and freeze until set. Keep frozen for up to 2 weeks.

Sue Hove
Sioux Falls, S.D.

RHUBARB STRAWBERRY CHEESECAKE

Ingredients:

- Rhubarb Sauce
- 2 1/2 cups thinly sliced fresh rhubarb
- 1/3 cup sugar
- 2 tps. orange juice
- Crust
- 2 cups finely crushed oreo cookies, (about 18 cookies)
- 1/3 cup butter, melted
- Filling
- 9 oz. white baking chocolate
- 3 packages (8 oz. each) cream cheese, softened
- 1 container (7 oz.) sour cream, at room temperature
- 1/2 cup sugar
- 1 tps. cornstarch
- 2 tps. pure vanilla extract
- 1/2 tsp. salt
- 3 extra large eggs
- Topping
- 1 pint strawberries, remove tops
- 1/4 cup strawberry jelly
- 2 tps. water
- Prepared whipped cream

METHOD

Preheat oven to 350°F. For the Rhubarb Sauce, mix rhubarb, sugar and orange juice in a medium saucepan. Bring just to boil and reduce heat. Cook about 5 minutes or until rhubarb is tender, stirring occasionally. Set aside to cool. For the Crust, mix cookie crumbs and butter in a medium bowl. Press mixture evenly into bottom of 10-inch springform pan sprayed with no stick cooking spray. Set aside. For the Filling, melt chocolate according to package directions and set aside. Beat cream cheese, sour cream, sugar, cornstarch, vanilla and salt on medium-high until well blended (about 5 minutes). Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Gradually beat in chocolate. Add cooled Rhubarb Sauce to the filling mixture, stirring gently to incorporate. Pour Filling mixture over cookie crust. Bake 1 1/2 to 2 hours or until edge of cheesecake is firm and center is almost set. Allow to cool 30 minutes. Refrigerate 4 hours or overnight. When cheesecake is completely cooled, place strawberries on top cut side down. Mix strawberry jelly and water in a small bowl. Brush over strawberries. Pipe whipped cream border around the cheesecake before serving.

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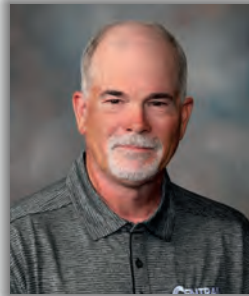
Please send your favorite recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2023. All entries must include your name, mailing address, phone number and cooperative name.

Employee Years of Service



Brian

37 years on June 9



Al

36 years on June 15



Gene

6 years on June 12



Daniel

4 years on June 10

Big Friend Little Friend named finalist in 'Who Powers You' contest

A local organization, Big Friend Little Friend of the Mitchell Area, was named a finalist in the Who Powers You contest hosted by Central Electric Cooperative and the region's other Touchstone Energy® cooperatives. The contest recognizes community members and groups that make a difference in the lives of others.

L.B. Williams Elementary Principal Becky Roth nominated the organization and shared how several local students have benefited from the Big Friend Little Friend school-based mentoring program.

"Over the years in our community, we have really worked hard to create a partnership between the school district and the Big Friend Little Friend mentoring opportunity. We have many 'Big Friends' that are from DWU, business leaders, Mitchell High School and more," Roth shared in her nomination. "Big Friend Little Friend supports these kids by giving them connection and hope to be leaders in our community."

Besides the school-based mentoring program, the organization offers community-based mentoring, mom mentoring and youth hunting programs. To learn more, visit www.bigfriendlittlefriendmitchell.org.

The Who Powers You contest is nearing its conclusion, and winners will be announced on Keloland Living on May 21. The grand prize winner will receive \$3,000, the second place winner will receive \$1,500 and the third place winner will receive \$500. A recap of contestant interviews is available online at WhoPowersYouContest.com.



Central Electric's first electric vehicle

Dakotafest attendees got a hands-on look at the 2022 Ford F-150 Lightning with extended-range battery. It was a demo model for a local dealership which has now been purchased by the co-op.

Central Electric Cooperative recently acquired an electric vehicle (EV) to study its performance and the energy-related impacts of home charging systems.

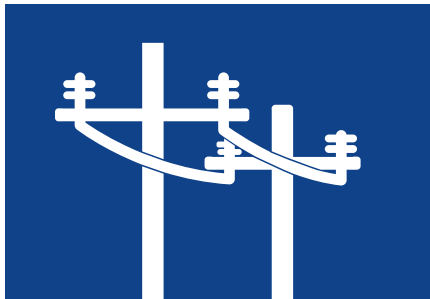
In April, the cooperative took ownership of an all-electric 2022 Ford F-150 Lightning pickup with an extended-range battery. We plan to study the vehicle and its capabilities. By studying EVs, the cooperative

strives to learn ways members and agricultural producers can potentially save money. As fossil fuels have seen drastic price fluctuations in recent decades, electric rates have remained relatively steady. The unit will help the cooperative learn about home charging requirements.

Also on the horizon, grant funds are being utilized to help purchase an electric side-by-side Polaris Ranger

Kinetic. As our staff studies the unit, we hope to educate our membership about beneficial electrification and the ability to potentially eliminate various maintenance expenses.

Central Electric is taking steps to learn more about emerging EV technologies to determine if they can benefit our rural population. Look for an EV at the upcoming district meetings in June.



ATTEND YOUR LOCAL DISTRICT MEETING IN JUNE

Aurora County

June 21, 2023
Ag Building, Plankinton
Meal @ 6:30pm
Director Election

Davison County

June 8, 2023
Fairgrounds, Mitchell
Meal @ 6:30pm
Q&A session

Jerauld County

June 7, 2023
Springs Inn Cafe, W.S.
Meal @ 6:30pm
Q&A session

Sanborn County

June 14, 2023
4-H Building, Forestburg
Meal @ 6:30pm
Q&A session

Brule County

June 22, 2023
Ag Building, Pukwana
Meal @ 6:30pm
Director Election

Hanson County

June 5, 2023
Al Al's Pheasant Ranch,
Emery, Meal @ 6:30pm
Q&A session

Miner County

June 12, 2023
4-H Building, Howard
Meal @ 6:30pm
Q&A session



Buffalo County

June 15, 2023
Tribal Gym,
Fort Thompson
Meal @ 6:30pm
Director Election

FAMILIES WELCOME!

Members receive one \$10 energy bill credit per household. Enjoy a free meal, cookbook, handouts and more.



BUILDING A DREAM

J. Dylan Moro and his cousin, Knut Finnevolden, stand outside Moro's family-built treehouse yurt.

Moros' Treehouse Yurt Offers Unique Dakota Getaway

Frank Turner

frank.turner@sdrea.coop

From the vast, open prairies of the east to the towering Black Hills in the west, South Dakota's diverse landscape presents a breathtaking tapestry of natural beauty for camping enthusiasts to explore. With 13 state parks, six national parks, and numerous recreation areas at their disposal, visitors and residents alike are always within arm's reach of a world-class camping experience, complete with the guarantee of an unforgettable sunset.

The allure of South Dakota's outdoors extends well beyond aesthetics. Outdoor enthusiasts can also find a plethora of adventure by rock climbing the steep quartzite cliffs of Palisades State Park or catching a glimpse of a wild buffalo or bighorn sheep in Custer State Park.

Given the abundance of breathtaking

locations, it comes as no surprise that many enthusiasts desire a camping experience that matches the splendor of their natural surroundings. Simply put, sometimes a basic tent just doesn't suffice. Campers have embraced a variety of specialty camping styles, such as staying in treehouses and fully furnished cabins. With options ranging from off-grid yurts to glamping tents outfitted with complimentary Wi-Fi, these innovative accommodations elevate the traditional outdoor experience, catering to each individual's preference, comfort, and style.

J. Dylan Moro and his wife, Keena Byrd-Moro, both residents of Spearfish,



Moro's treehouse yurt is fully furnished, complete with tables, couches and a wood stove.

S.D., erected one such location on the outskirts of Lead, S.D., with the help of their family and neighbors in 2015. After both serving in the military as Army Reserve Nurses, Dylan and Keena saved up enough money to purchase a lot of land and realize their dream of building a treehouse yurt in the Black Hills.

“It was always my dream to build up there,” said Dylan. “We wanted to create an experience where people could escape and reconnect with nature.”

Their dream became a reality thanks to the amazing effort put forward by their family, friends and neighbors. More than 10 individuals contributed to the project, assembling the yurt in just two days despite a snow storm during the construction process.

“I remember being so close to finishing the project in one day,” he recalled. “Despite the snow, I could see the finish line and wanted to keep going, but the conditions were getting slippery. For safety, my wife convinced us to wait, and she was right, of course.”

Even Keena’s late father, who had Alzheimer’s and Parkinson’s during

the project, assisted how he could by peeling logs and building railings for the treehouse yurt. Dylan shared that having Keena’s father as part of the project made the experience even more special for their family. The structure now stands as a testament to his memory and provides a connection with their family’s past.

“He loved being up there and part of the project,” he shared. “I can honestly say that we built this structure by hand without any machinery. We relied on the many hands of our friends and family to get the job done.”

When the family finished, the end result was a rustic treehouse yurt perched between two pine trees on a mountain slope, overlooking the Mickelson Trail. Today, the Moros’ treehouse yurt guarantees a remote escape, free from nearby tents or campers. And while it’s only accessible by dirt road, the location still offers easy access to some major attractions of the Black Hills, including Deer Mountain Ski Resort and Pathways Spiritual Sanctuary.

“It’s a really cool spot, and for me, I love having access to the trail for easy

biking and running,” said Dylan. “And it’s not unusual to catch a glimpse of an ongoing bike race or marathon on the Mickelson Trail from the deck of the yurt.”

Listed on Airbnb, the location has garnered over 241 reviews and 4.83 stars from campers from all over the United States, featuring two beds, a wood stove, and an indoor fireplace. Even still, the getaway location isn’t for the faint of heart. With no running water or onsite electricity, campers must rely on the yurt’s amenities, which cater to campers seeking a balance of comfort and authenticity in their outdoor experience.

“Part of the beauty of the yurt is that it’s totally off-grid, but people need to know what they are getting into,” he said. “But that shouldn’t scare anyone away. We have hosted people from all walks of life: people who have never camped before, people who are driving across the country and want a unique stay, and even locals who just want to get away. Everyone finds something here that they enjoy.”



Perched between two trees, the Moro family yurt provides a unique getaway location for visitors to the Black Hills of South Dakota.

Lutjens named Scholar of the Week

Central Electric Cooperative and Mitchell High School are pleased to recognize Kobi Lutjens, son of Kerri Lutjens, as the Touchstone Energy® Scholar of the Week for May 7-13, 2023. The Scholar of the Week program is a partnership between Dakota News Now Television, Central Electric Cooperative and other local Touchstone Energy Cooperatives that honors accomplished high school students.

According to Mitchell High School Guidance Counselor Erin Fowkes, Lutjens is a motivated student who plans to pursue a degree in civil engineering. He earned 23 dual college credits as a junior, and during his senior year, he will earn an additional 19 credits, allowing him to graduate high school as a college sophomore.

Lutjens is active in rodeo, track, men's softball and band. He also started a community garden in his backyard, allowing people in his community to pick fresh produce.

"Central Electric Cooperative salutes Kobi and all students who set an example of hard work and high academic standards," said Tara Miller, manager of communications at Central Electric Cooperative. "He should be proud of his accomplishments."



Mitchell senior Kobi Lutjens (right) accepts his Scholar of the Week award from Central Electric Cooperative Manager of Communications Tara Miller.

Lutjens received a \$250 scholarship and was featured on Dakota News Now on Monday, May 8. If you missed it, you can find the story at www.dakotanewsnow.com by typing Kobi Lutjens in the search tool.

The Scholar of the Week program captures the commitment electric cooperatives have to the communities they serve. Nominations from faculty are no longer being accepted for this school year but will be accepted for new seniors in the fall.

Surplus vehicle auction June 7

The pictured vehicle was declared surplus and will be sold to the highest bidder at Central Electric's Betts Road location on Wednesday, June 7. Bidding is open to the public. The vehicle will be accessible for on-site viewing at 9:00 a.m., one hour prior to the sale.

When: Wednesday, June 7, 10:00 a.m.

Where: Central Electric Cooperative, 25487 403rd Avenue, Mitchell S.D.

How to Bid: Interested parties must be present to bid or have a bidder representative present. If multiple interested parties are present, an auction will begin.

Payment is expected in full at the conclusion of the sale. For more information, contact Lincoln Feistner at 1-800-477-2892.



2007 GMC Canyon

218,000 miles

Inline 5-cylinder 3.7 liter engine

Standard cab

Two-wheel drive

Automatic transmission

Opening bid price: \$2,900



Annual pole testing

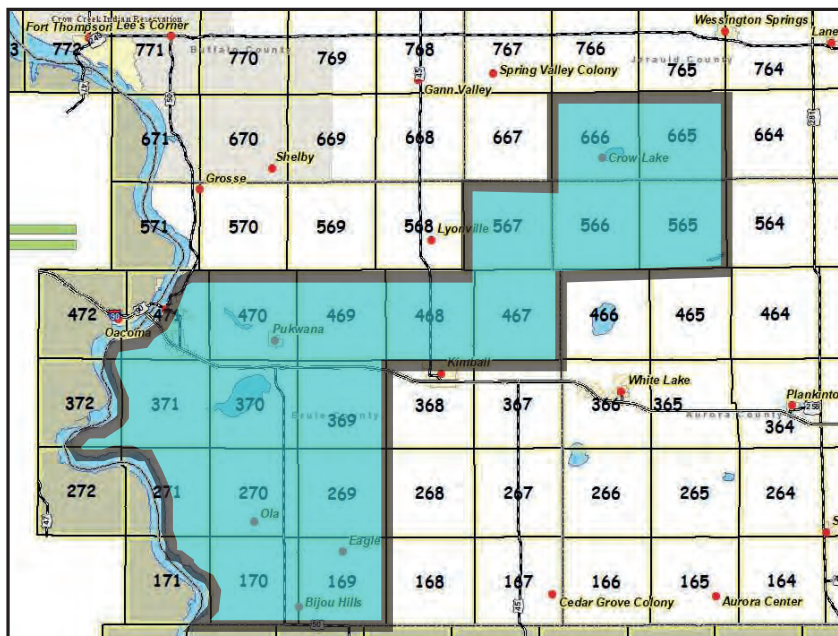
Central Electric Cooperative's annual pole inspection program is scheduled from late May through July in the areas outlined below.

The cooperative contracted with SBS Pole Inspections to complete the testing. SBS will utilize a crew of three to five workers who have performed testing in our area in previous years.

Members may notice the crews digging around poles or riding ATVs and pickups along power lines. Crews will identify themselves by using Central Electric magnets on vehicles and other possible means.

The inspection program is intended to detect poles with potential faults and prevent future unplanned outages or damages. Approximately 5,000 poles will be tested.

If you have questions or concerns, please contact Central Electric Cooperative by calling 1-605-996-7516 or 1-800-477-2892.



Reasons to Celebrate



June 22 is National HVAC Technician Day

Big shout out our HVAC team for keeping us comfortable all year round. HVAC services are available to members and non-members. Pictured above from left to right: Lincoln, Aaron, Donn and Wade.



June 28 is National Logistics Day

National Logistics Day is a time to recognize our resident warehouse logistics experts, Andrew (left) and Evan (right). They do all they can to make sure inventory is here when our teams need it. Their dedication is sincerely appreciated.

CENTRAL
ELECTRIC COOPERATIVE

Your Touchstone Energy® Cooperative 

CPR & AED TRAINING

Photo Credit: Nate Breske

Essential No Matter What Field You Work In Or Play On

Laura London

Lake Region Electric Association

Millions of sports fans who tuned into Monday Night Football on January 2nd watched in shock as what had moments before appeared to be a regular night of sporting rivalry, turned into a heroic lifesaving response. Buffalo Bills defensive safety Damar Hamlin, a strong, athletic 25-year-old, suddenly collapsed on the playing field seconds after making a routine play against the Cincinnati Bengals. Almost instantaneously medical personnel sprang into action. The grave situation was reflected in the faces of the players, coaches, staff and fans. While Hamlin had no underlying medical condition, it was later determined that he had

experienced an often-fatal condition called commotio cordis, which is a rare disruption of the heart rhythm caused by a blunt, nonpenetrating impact to the chest that causes arrhythmia without structural damage to the heart. The quick response and administration of CPR saved Hamlin's life.

There are certain professions where the possibility of using life-saving interventions such as CPR and AEDs is more likely than others, and training is necessary. Certain risk factors, whether it be profession, age or health condition, can also increase the likelihood of someone experiencing a cardiac event. The fact is that cardiac arrest can happen anywhere, at any time, to any person.

CPR and AED training is vital regardless of what field you work in or play on.

Nate Breske, a Webster graduate, and member of Lake Region Electric Association is the head athletic trainer for the Buffalo Bills NFL franchise. Breske's affable personality and engaging smile can seem out of place when pictured amongst the hard appearing coaches and personnel of the NFL, but there he is shining bright on the sidelines and behind the scenes to make sure the program runs smoothly. The multi-faceted position of head athletic trainer comes with a load of responsibility, including looking out for the health and safety of the athletes, designing rehabilitation programs for injured players, working closely with the performance and coaching staffs to get the most out of each player on gamedays, managing the medical

staffs, administering care for injured players, and working with the GM and upper management to bring in players through free agency and the draft. Breske never expected that one of his players would suddenly collapse on the field from cardiac arrest seconds after attempting a tackle, but Breske and his team were prepared.

Breske described what went through his mind when he saw Hamlin collapse on the field, “I instantly knew that it was a major medical issue that would require our assistance and expertise to help. We were prepared, willing and able to help do whatever we could to help save his life.” Lifesaving action was taken and CPR was performed by multiple people on the field in what Breske describes as “a complete team effort.” An AED was also used before Hamlin was transported by ambulance to the hospital. Something that Breske would like others to know: “You have permission to help out to the best of your ability when there is an emergency situation that may make you uncomfortable. Doing something is better than doing nothing at all!”

Breske says the Bills organization requires even non-medical personnel

to have CPR training “Everyone is certified, and we practice our EAP regularly to ensure that we are prepared for emergency situations such as this. The non-medical personnel are educated and will continue to be educated in the importance of knowing what to do in an emergency situation.” Breske has never had to personally perform CPR but recalls performing the Heimlich maneuver on Andy Meek, a high school classmate. Breske said the incident with Hamlin taught the Bills, “It is important to be prepared for situations like this. You never want to be put in this situation, but if you are, being prepared will help to give you the best chances for a good outcome. Not everything was perfect, but we had the best outcome that we could have hoped and prayed for.”

Due to the quick response and efforts by everyone on the field and the medical staff in Cincinnati, Hamlin was recently cleared to return to the game. Breske travelled with him to several heart specialists around the country to make sure all of the doctors were in agreement that Hamlin was physically and mentally healthy enough to return to action.

Damar Hamlin has teamed up with the American Heart Association to encourage people to learn how to perform CPR. Breske calls this a great thing. “The more people that know what to do in this situation will help save lives.” You can join Damar Hamlin’s #3forheart CPR Challenge by visiting the American Heart Association website <https://www.heart.org/en/damar-hamlins-3-for-heart-cpr-challenge>.

Electric Cooperatives in the state of South Dakota require all linemen to be CPR trained and get a refresher every year per OSHA regulations. Mark Patterson, Manager of Loss Control Services at South Dakota Rural Electric Association (SDREA) said that not all co-op staff are required to have the training, but the majority are trained because emergencies don’t just happen in the field.

AED devices are recommended at each work site through the Rural Electric Safety Achievement Program (RESAP.) Patterson concurs with Breske that CPR is a good skill to have and refresh. He said employees go through the training “hoping that you never have to use it but if you do, it will come back to you automatically.” While there have been a number of electrical contacts during Patterson’s 13-year career with SDREA, only one time has CPR been performed and in that case, saved the life of a lineman.



American Heart Association

Damar Hamlin's #3forHeart™ CPR Challenge

Join Damar in taking 3 simple steps to support CPR education and training, research and other lifesaving programs. You can help save lives today.

TAKE THE CHALLENGE

WWW.HEART.ORG/3

Training reaches local first responders

Tara Miller

Manager of Communications

Emergency responders are usually the first to arrive on the scene of an accident or fire, so they face a greater risk of encountering electrical hazards such as damaged equipment or downed power lines.

In an effort to protect and educate local first responders, Central Electric Cooperative offered free electrical safety training at the cooperative headquarters west of Mitchell on April 13. Attendees included local first responders, fire department personnel and emergency medical technicians (EMTs). The annual training helps improve safety and bridge the gap between first responders and electric cooperative personnel.

During the training, Central Electric's Manager of Operations Brian Bultje showed common

examples of electrical meters and provided guidance and protocols for disconnecting power during an emergency.

Brian Baldwin, an independent emergency safety education instructor, guided participants through hands-on rescue exercises involving electrical hazards.

The group gained insight into how electric cooperatives are dispatched after an emergency call is made. Line Superintendent Dusty Roskens asked fire department and ambulance crews to remain patient when they need assistance from an electric utility.

"Just remember, once dispatch notifies the on-call lineman, it takes time to report to the shop and then drive to the location of the emergency," Roskens explained.

Bultje and Roskens also provided a first-hand look at the components inside an underground transformer box and answered questions on various electrical topics.

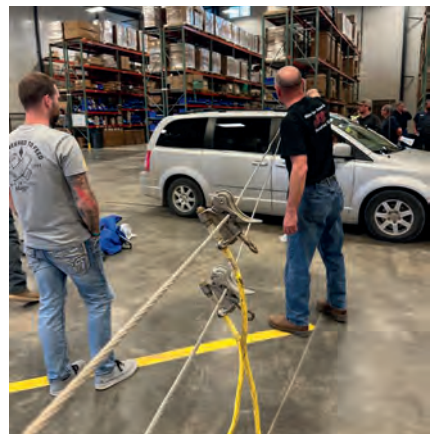
Participating organizations included Corsica Ambulance Service, Emery Volunteer Fire Department, Ethan Fire Department, Fedora Volunteer Fire Department, Letcher Volunteer Fire Department, City of Mitchell, Mount Vernon Volunteer Fire Department, Plankinton Ambulance Service, Plankinton Volunteer Fire Department, Pukwana Volunteer Fire Department, Rosedale Fire Department, Sanborn County Ambulance Service, Spencer Volunteer Fire Department and Town and Country Fire and Rescue of Woonsocket.



Attendees viewed the inside of a transformer box during electrical safety training.



Safety education instructor Brian Baldwin prepared attendees for mock accident scenarios they would respond to during the training.



First responders participated in training exercises involving electrical hazards.

NRECA Spotlight on Excellence Award

Central Electric Cooperative strives to keep members informed, and we were recognized with the Spotlight on Excellence Award from the National Rural Electric Cooperative Association (NRECA) for our 2022 District Meeting informational booklets. Manager of Communications Tara Miller accepted the award at the NRECA Connect Conference on May 2.

“The Spotlight on Excellence Awards Program has been recognizing outstanding co-op communicators and their work for more than 35 years – that work is all the more critical in today’s evolving energy industry,” said Scott Gates, senior editor with North Carolina’s Electric Cooperatives. “These national awards are highly competitive, and we congratulate those who earned the distinction this year.”

Miller said, “The publication was a collaborative effort. Special thanks go out to the management team and others who helped pull the content together and make it a success.”

The annual Spotlight on Excellence Awards program recognizes the best communication and marketing efforts by electric cooperatives and related organizations nationwide. More than 650 entries were submitted across multiple categories. Faculty members from the University of Missouri Columbia and accomplished professionals in the fields of marketing, digital communications and newspapers judged the entries.



Manager of Communications Tara Miller accepted the Spotlight on Excellence Award for the 2022 District Meeting publication.

Co-op Connections® Card

CENTRAL
ELECTRIC COOPERATIVE

A Touchstone Energy® Cooperative



Revitalizing Local Business

Central Electric Cooperative is revitalizing the Co-op Connections® Card program, and we want to include your business! The program allows our members to connect with local businesses like yours.

Here's How It Works

- Businesses offer valuable discounts to our members.
- The discounts are featured in the newsletter, on the website and through the Co-op Connections phone app.
- Members benefit by saving money and communities benefit from local spending.
- The only cost is the discount you offer!

For more information about the program, call 1-800-477-2892 or send an email to cec@centralec.coop. We look forward to promoting your business!



June 3-4, 2023
Siouxland Renaissance
Festival
 100 N Lyon Boulevard
 Sioux Falls, SD
 866-489-9241

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.

JUNE 5
Hanson County District Meeting
 A1 Al's Pheasant Ranch,
 Emery, SD
 Meal @ 6:30pm
 Question & Answer session

JUNE 7
Jerauld County District Meeting
 Springs Inn Cafe, Wessington
 Springs, SD
 Meal @ 6:30pm
 Question & Answer session

JUNE 8
Davison County District Meeting
 Fairgrounds, Mitchell, SD
 Meal @ 6:30pm
 Question & Answer session

JUNE 12
Miner County District Meeting
 4-H Building, Howard, SD
 Meal @ 6:30pm
 Question & Answer session

JUNE 14
Sanborn County District Meeting
 4-H Building, Forestburg, SD
 Meal @ 6:30pm
 Question & Answer session

JUNE 15
Buffalo County District Meeting
 Tribal Gym, Fort Thompson, SD
 Meal @ 6:30pm
 Director Election
 Question & Answer session

JUNE 21-24
Crystal Springs Rodeo
 Clear Lake, SD
 605-874-2996

JUNE 21
Aurora County District Meeting
 Ag Building, Plankinton, SD
 Meal @ 6:30pm
 Director Election
 Question & Answer session

JUNE 22
Brule County District Meeting
 Ag Building, Pukwana, SD
 Meal @ 6:30pm
 Director Election
 Question & Answer session

JUNE 23
River City Friday Nights
 Fishing for a Cure & Cancer awareness
 Chamberlain, SD
 Facebook.com/
 RiverCityFridayNights
 *Register to fish by June 16 at
 www.FishingForACure605.com

JUNE 30
River City Friday Nights
 Military & Public Service
 Appreciation
 Chamberlain, SD
 Facebook.com/
 RiverCityFridayNights

JULY 7
River City Friday Nights
 Chamberlain H.S. Alumni
 Chamberlain, SD
 Facebook.com/
 RiverCityFridayNights

JULY 14
River City Friday Nights
 Agriculture Appreciation
 Chamberlain, SD
 Facebook.com/
 RiverCityFridayNights

JULY 15-16
Charles Mix Saddle Club
SDRA Rodeo
 Geddes, SD
 605-680-2763

JULY 28-29
Farley Fest
 Lake Farley Park
 Milbank, SD
 www.farleyfest.com

Note: Please make sure to call ahead to verify the event is still being held.