



Corning | Mount Ayr | Stanton

Southwest lines

A monthly publication for members of Southwest Iowa Rural Electric Cooperative

September 2023

County and State Fairs



Adams County Fair kids



Montgomery County Fair kids



Tim Pfeiffer, Southwest Iowa REC's Director of Member Service, and Eric Hensley, Southwest Iowa REC's Member Service Technician, brought the Hazard Hamlet to the Adams County Fair, Taylor County Fair, Ringgold County Fair, and Page County Fair over the summer! The Hazard Hamlet demonstrates electrical safety for kids. It shows a substation danger sign, overhead safety, along with other scenarios kids could encounter around electricity.



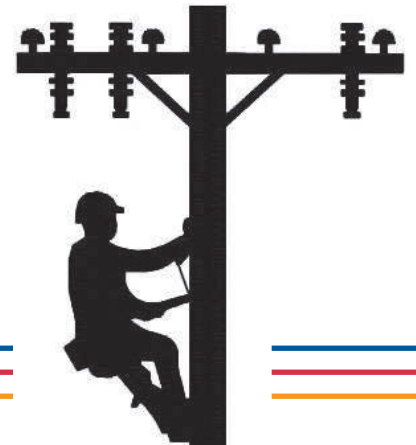
Tim was able to represent Southwest Iowa REC at the Iowa State Fair in August. The Iowa Association of Electric Cooperatives (IAEC) and Touchstone Energy had a booth in the Rastetter 4-H Exhibits building. They handed out plastic "hard hats", and suckers to over 4,000 kids during the 11 days of the State fair. They also were educating kids and families about the importance of electrical safety, energy-saving tips, green energy, and more! Tim had a great summer getting to chat with members and energy users from across Iowa.

Summer Activities

During the summer, some of our linemen and member service technicians got to spend time educating local youth about electrical safety!



On Tuesday, June 27th, Southwest Iowa REC's Director of Operations, Justin Murphy, Mount Ayr Line Foreman, Tanner Rinehart, and Mount Ayr Lineman, Cody Stackhouse were able to take Mount Ayr's new large bucket truck to Big Trucks in a Small Town event in Afton, Iowa. They talked to kids about electrical safety and demonstrated the bucket truck. Along with Southwest Iowa REC.



CEO's COMMENTS:

Understanding Energy Demand and Purchasing

You may not think you need to have an understanding of energy demand and purchasing, but do you ever look at your energy bill and wonder what it all means? If your answer to that question is “yes,” then you might be interested to learn how demand impacts your utility bill.

To start, it is important to understand how electricity is made and how it is delivered to your home.

Before Southwest Iowa REC can send electricity to your home, that electricity needs to be generated or procured by a Generation and Transmission cooperative (G&T). Our G&T is Central Iowa Power Cooperative (CIPCO). Once the electricity has been generated, it travels over high-voltage transmission lines to substations, where the voltage is reduced to a safer level. The electricity then travels over distribution power lines and finds its way into your home. So, while you pay your bill to us – your electric distribution cooperative – we don't actually generate the electricity you use. That is the job of CIPCO.

We do help to determine how much electricity our members need to power their homes and businesses, and you play a big part in determining how much electricity CIPCO needs to provide in order to keep the lights on in our community. That is where these terms “consumption” and “demand” come in.

Consumption is measured in kilowatt hours (kWh). Demand is measured in kilowatts (kW). A lightbulb “consumes” a certain number of watts, let's say 100 watts per hour. If that lightbulb stays on for 10 hours, it “demands” a certain number of kilowatts (in this case, 1 kW) from the generation station producing electricity. Now, if you turn on 10, 100-watt lightbulbs in your home for one hour, you are still consuming the same number of kW. However, you are placing a demand on the utility to have those kW available to you over the course of one hour, instead of ten. This requires the generation and transmission plant to produce more power in less time in order to meet your demand.

Southwest Iowa REC purchases kilowatt hours from CIPCO based on the average demand of our members. Peak demand refers to the time of day when the demand for electricity is highest. This is typically during the evening hours between 4:00 p.m. and 9:00 p.m. when families return home from work or school, cook dinner and use appliances the most. Using electricity during this peak demand period often costs more to both Southwest Iowa REC and to our members.

Demand is the reason your electricity bill fluctuates season to season and even year to year. Generating and distributing power can be a tricky and complicated business, but rest assured Southwest Iowa REC will always meet the necessary demand to provide safe, reliable and affordable electricity to your family.



Phil Kinser

Welcome to our New Employees!



On August 1st, Southwest Iowa REC welcomed Waylen Butler as an apprentice lineman in Mount Ayr. Waylen is from Union, Iowa. He recently

graduated from Northwest Iowa Community College. Welcome Waylen!



On August 16th, Connor Moheng started at the Stanton office as an apprentice lineman. Connor is from Sidney, Iowa. He recently graduated from Metropolitan

Community College. Welcome Connor!



Local Teen Attends National Youth Tour Program



Aubrey Reed of Mount Ayr recently participated in the National Electric Cooperative Youth Tour of Washington, D.C., sponsored by Southwest Iowa REC. She spent June 18-23 in Washington, D.C., with 37 other student leaders from Iowa.

Each year in June, this weeklong leadership development program provides high school students opportunities to learn about government, the electric cooperative business model, and today's pressing issues in the energy industry. Students met their elected representatives in the U.S. House and Senate, toured historic sites, and ran their very own Snack Cooperative.

The Electric Cooperative Youth Tour has been a joint effort of locally owned electric cooperatives, such as Southwest Iowa REC, their statewide trade associations, and the National Rural Electric Cooperative Association (NRECA) for 65 years.

Aubrey said she had the experience of a lifetime. "The Youth Tour was so amazing," Reed said. "It was really cool to meet my senators and representatives and learn about politics up-close. Plus, I made friends and

experienced history first-hand. It really made me think about what it means to be an American and shows that people my age do care about this country."

In addition to taking in the sights of the nation's capital, all the state groups convened for the Rural Electric Youth Day, sponsored by NRECA, to learn from public figures and other inspirational speakers. This year's Youth Day agenda included Mike Schlappi, a four-time Paralympic Medalist and two-time world Wheelchair Basketball champion. Schlappi shares his inspiring message for every American, young or old: "Just because you can't stand up, doesn't mean you can't stand out."

Since 1958, Iowa's electric cooperatives have sponsored high school students on Youth Tour for visits to their U.S. congressional delegations, energy and grassroots government education sessions, and sightseeing in Washington.

For more information on how you can participate in Southwest Iowa REC's 2024 Youth Tour program, check out swiarec.coop/youth-tour. Search for "Iowa Youth Tour" on Facebook, Instagram, and Twitter to see the group's recent adventures from 2023.



Reduce Energy Use During Peak Hours

Peak hours are the busiest times for your local electric cooperative, since many people are using electricity at the same time. In addition, it costs your co-op more to generate electricity when demand soars during peak periods – and the cost of your electricity also may rise. Obviously, using less electricity during peak periods can save you co-op – and you – money.

Here's how you can help during peak hours, which generally are between 4 p.m. and 9 p.m.:

- Shift household chores and activities away from peak periods. Wait to run your dishwasher until you go to bed, for instance.
- Use the most energy-efficient appliances you have. Your microwave oven, for example, uses considerably less energy than your stove or cooktop.
- If you're buying a new appliance, make sure you get a highly efficient one. Look for "Energy Star" labels when you're evaluating different models.
- Be aware of your energy consumption, and try to get in the habit of using energy efficiently year-round.



Use the energy you need, but use it wisely! You'll help your co-op avoid building expensive new power plants – and that, in turn, will help keep your electric rates stable.

Bravo!

Thank you for sponsoring my Senior showmanship award. Thank you for your support for the fair, 4-H, and FFA.

– Josie McCunn

Southwest Iowa REC,

Thank you so much for selecting me as a recipient of your scholarship. It has always been my goal to go to college and thanks to this scholarship and others, it can be a reality.

– Sincerely,
Anjali Kathrikar

Dear Southwest Iowa REC,

I was the recipient of the Southwest Iowa REC scholarship. The money from this scholarship will help me pay for my tuition and books. I will be attending Southwestern Community College in Creston, Iowa. Thank you for your support.

– Riley Long

Dear Southwest Iowa REC,

I was the recipient of the Southwest Iowa REC scholarship. The money from this scholarship will help me pay for my tuition and books. I will be attending Southwestern Community College in Creston, Iowa. Thank you for your support.

–Emmet Long

TikTok Chicken Cobbler Casserole

- 4 tablespoons butter – melted
- 4 cups shredded chicken
- 1 box Red Lobster Cheddar Bay biscuit mix
- 2 cups milk
- 12 ounces frozen mixed vegetables
- 1 cup chicken broth
- 1 can cream of chicken soup

1. Preheat oven to 400° F.
2. Spread the melted butter over the bottom of a 9×13 casserole dish. Place the chicken and frozen vegetables evenly over the butter. (TIP: just place butter in pan and put in open while it preheats!)
3. Whisk together the biscuit mix and 2 cups of milk. There may still be some lumps, that is okay. Pour the mixture over the chicken and veggies. Do not mix.
4. Whisk together the cream of chicken soup and chicken broth. Pour mixture over the casserole. Do not mix.
5. Bake for 40-50 minutes or until the sides are bubbling and the top starts to brown. Let sit 5 minutes to set, then serve



The RECipe



Dear Southwest Iowa REC

I was the recipient of the Southwest Iowa REC scholarship. The money from this scholarship will help me pay for my tuition and books. I will be attending Southwest Community College for The John Deere Tech program. Thank you for your support.

– Peyton Long



Energy Efficiency Tip of the Month

Did you know fall is the perfect time to schedule a tune-up for your heating system? Home heating accounts for a large portion of winter energy bills, and no matter what kind of system you have, you can save energy and money by regularly maintaining your equipment.

Combining proper equipment maintenance and upgrades with recommended insulation, air sealing and thermostat settings can save about 30% on your energy bills.

Source: Dept. of Energy



Find us on Facebook

Corning
1801 Grove Ave., Corning, IA 50841

Mount Ayr
1502 W. South St., Mount Ayr, IA 50854

Stanton
415 Broad Ave., Stanton, IA 51573

Phone Number: (888) 220-4869

Board of Directors

Marilyn Werner, President

Mark Herzberg, Vice President

Ken Peppmeier, Secretary

Kay Fast, Treasurer

Alan Spencer

Dana Morgan

Jason Smith

Deena Moore

Terry Barnes

Dale Walkup

Phil Kinser, CEO