

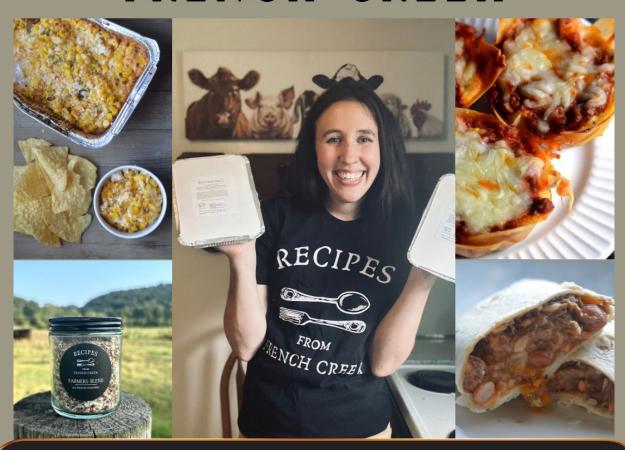
LOAD MANAGEMENT METERS

LEGISLATIVE VISIT

EV UPDATE

RECIPES

FRENCH CREEK



MEET BOBBI JO BERG OF RECIPES FROM FRENCH CREEK IN PAGE 6

FREEZER MEALS

Meal Planning Classes • Recipes • Farm Goods



A MESSAGE
FROM
Your
General
Manager

Hollee McCormick EVP/General Manager

The Balancing Act of Electricity Supply and Demand

Electricity is essential for nearly every aspect of daily life—so essential that we rarely think about how it's produced and delivered to our homes. You might be surprised to learn that behind the scenes, a network of experts is working daily (and even by the minute) to anticipate how much electricity you need before you even use it.

We're all connected to the electric grid, so ensuring the right amount of electricity for all involves a complex process of forecasting energy demand, planning for capacity and securing enough supply to meet Americans' needs.

Powerful sources

First, electricity must be generated at a power plant using either traditional sources, such as coal, natural gas or nuclear energy, or from renewable sources, such as solar, wind or hydropower.

At Allamakee-Clayton Electric Cooperative, we work closely with Dairyland Power Cooperative, our local wholesale power partner, to secure enough electricity for our communities, using a diverse mix of energy sources to generate the power we deliver to your home or business. By maintaining a diverse energy mix—coal, natural gas, wind and solar— ACEC has options to ensure reliable power at a competitive cost.

On a larger scale, across the country, electricity supply and demand are managed through a market that includes long-term planning agreements, where electricity is bought and sold just like other common goods and services. Because ACEC works with our wholesale power partner, which

is also a cooperative, we are able to pool resources and expertise to deliver affordable power to our local communities. #478-XX

Electricity supply changes throughout the day because demand fluctuates based on consumers' needs. For example, ACEC knows that we need to ensure more electricity in the mornings when you're starting your day, and in the evenings when you're cooking dinner, running appliances and watching TV. Demand also increases when weather patterns change, such as extremely warm or cold temperatures.

Managing supply and demand across the grid

Across the country, other electric utilities are managing the same task of balancing supply and demand, which is why we have a larger network of key players in place to ensure enough power is delivered across the grid.

In most cases, the amount of electricity generated and how much is sent to specific areas are coordinated and monitored by regional transmission organizations (RTOs) and independent system operators (ISOs). In other areas, individual electric utilities perform these tasks.

RTOs, ISOs and electric utilities act as air traffic controllers for the electric grid. They forecast when you, your neighbors and communities across a large region will need more power. These organizations take measured steps to ensure there's enough supply to meet demand.

Looking ahead

As the energy sector undergoes rapid change, it's important for all consumers to understand the basics of electricity supply and demand.

Electricity use in the U.S. is expected to rise to record highs this year and

A Balancing Act:

ELECTRICITY SUPPLY AND DEMAND

Behind the scenes, a network of people and facilities work together to ensure you have electricity when you flip the switch.



Electricity is generated at a power plant, then sent across the grid to homes, schools and businesses.

The amount of electricity generated and how much is sent to where it's needed are typically coordinated and monitored by regional grid operators that essentially act as energy traffic managers.

Regional Grid Operators







Regional Transmission Organizations

Independer System Operators

dent Electr m Utilitie ors

*

As electricity demand varies throughout the day, grid operators, power plant operators and electric utilities work to forecast, plan and purchase enough electricity for everyone.

Ensuring communities have the exact amount of electricity they need is a challenging task, but behind the scenes, a network of industry experts make it happen every day.



Factors that Impact Electricity Supply and Demand



- Demand Surges
- Extreme Temperatures
- Infrastructure Costs and Availability
- Supply Chain Challenges
- Fuel Costs
- Federal and State Regulations



next, with the demand for electricity expected to at least double by 2050. At the same time, energy policies are pushing the early retirement of always-available generation sources, which will undoubtedly compromise reliable electricity.

ACEC and Dairyland Power remain committed to providing reliable energy to the members we serve. That's why we are preparing now for increased demand and other challenges that could compromise our local electric supply.

Managing the balancing act of electricity supply and demand is a complex job, which is why we have a network of utilities, power plant operators and energy traffic managers in place to direct the electricity we need and keep the electric grid balanced.

To learn more about Dairyland Power's (hence ACEC's as well) power supply, visit www.misoenergy.org/. ■

Check your

holiday gift cards

Gift cards are easy, versatile gifts. But they're also prime

engineering. How can you

you examine the gift card and package. When possible, choose cards from behind the counter or opt for digital gift

protect yourself? Make sure

BY: ALLAMAKEE = CLAYTON

targets for scammers who use "gift card draining" to steal funds before the recipient can even use the card. Card draining scams involve thieves stealing or altering gift card numbers before the cards are purchased. Scammers can also perpetuate gift card draining scams through social

UPGRADES TO DUAL FUEL PROGRAM

Over the next several years, ACEC will replace all water heater and dual fuel control devices currently in use by members. These controls include the water heater and interruptible heat/water heaters that are a part of the dual fuel program. ACEC has partnered with Northeast Iowa Mechanical to replace a portion of the water heater controls.

How do I know if I have one of these? If your rate on your monthly statement is a "B" or "C" rate, or your farm number ends in -XX.

As explained by ACEC Manager of Member Services Ryan Wagner, the current radio equipment running the controls is obsolete and no longer viable. The new receivers use cellular signal, and in some cases where cellular connectivity isn't available, WIFI is utilized.

Members who opt into the electric water

heater program receive a \$60 a year credit against their service availability charge. Those who participate in the dual fuel program have a lower kilowatt per hour charge for the energy they use for electric heat that is on the dual fuel meter.

The change takes about 30 minutes; however, we do need to go inside your residence to make the switch.

ACEC and/or Northeast Iowa Mechanical will reach out to residents to schedule a day and time to make the change. However, members are encouraged to call to schedule a time that works best for them.

If members no longer want to be on the program, they are asked to call Ryan Wagner to have it removed free of charge.

For more information, contact Ryan at 888-788-1551. ■

2024 SERVICE MILESTONES



DAVID DECKER
Director of Finance &
Administrative Services,
30 years



AANDI DEERING
Staking Engineer,
10 years (plus 7 years
previous service)



JASON DONNELLY First Class Lineman, 15 years



TRAVIS ERICKSON First Class Lineman, 20 years



BLAIR EVERMAN First Class Lineman, 20 years



SUSAN GOODMAN Engineering Supervisor, 20 years



BEN GRANGAARD First Class Lineman, 15 years



BRENDA HACKMAN Manager of Economic Dev. & Community Relations, 5 years



HOLLEE MCCORMICK Executive VP/General Manager, 10 years



DOUG MOOSE, Custodian/Warehouse Coordinator, 25 years



BRAD PECINOVSKY, Compliance & Training Coordinator, 10 years



JO SUCKOW, Data Processing Clerk, 55 years

cards.

Sponsored by

2025 INCENTIVE REBATES ANNOUNCED

The 2025 ACEC Electric\$ense incentives/rebates program has been announced, offering rebates on items such as electric water heaters, HVAC units, lighting, EV chargers and more. The list of energy efficient items that are eligible for a rebate are printed on page 5. The list can also be found online at acrec.com/rebates.

Rebates begin at \$0.50 and go up to \$800. Eligibility criteria for each item is listed on the form. To receive the rebate, members must purchase the qualifying item, fill out the appropriate form and return the form and documentation to the Co-op within three months of purchase or installation

(clarified on form). Members must install the equipment within the Cooperative's service territory and, in most cases, must be ENERGY STAR® rated.

Some items must participate in ACEC's load/energy management program to qualify. #3878

Members who made qualifying purchases in late 2024 are still eligible for 2024 rebates, as long as all documentation is submitted within three months of purchase or installation date.

For more information, visit acrec.com/rebates or call or email Ryan Wager at 888-788-1551, rwagner@acrec.coop.



ACEC hosted its 2024 legislative meeting in early December. This annual meeting includes state and federal legislators and coop staff and directors, discussing issues important to rural electric cooperatives. Pictured are, from left, front row – Christopher
Giesen, Dairyland Power; Jeff Bradley, ACEC Director; Georgie Hilby, representative for Congresswoman Ashley Hinson;
Rochelle Fuller, representative for Senator Chuck Grassley; back row – Jason Herbert, Dairyland Power; Brenda Hackman,
ACEC manager of economic development and community relations; State Representative Chad Ingels; Ryan Wagner, ACEC
manager of member services; Hollee McCormick, ACEC executive VP/general manager; State Senator Michael Klimesh; David
Decker, ACEC director of finance and administrative services; Elliott Gebel, Iowa Association of Electric Cooperatives; Jason
Troendle, ACEC director of operations and engineering; Al Steffens, ACEC Board President; Jerry Keleher, ACEC Director.



In late November, ACEC hosted 23 high school students from various schools as a part of a career day. The students met with various office staff to learn about different career paths available at the Co-op.



Summary of 2025 Electric\$ense® Incentives



Electric\$ense

All incentive eligibility criteria for each measure is listed under the 'Eligibility Criteria' section of this guide

All incentive eligibility criteria for each measure is listed unde	r the 'Eligibility Criteria' section of this guide		
Agricultural/Commercial/Industrial			
Circulation Fan	Fans < 36 " must be ≥ 18 pounds force/kW Fans ≥ 36 " must be ≥ 21 pounds force/kW	\$1	inch
Exhaust Fan	Fans < 36 " must be ≥ 18 cfm/watt @ 0.05" SP Fans ≥ 36 " must be ≥ 21 cfm/watt @ 0.05" SP	\$1	inch
Electric Forklift Battery Charger	Must be "controlled" as defined by cooperative	\$200	each
Dairy Plate Cooler / Well Water Pre-Cooler		\$500	each
Dairy Refrigeration Heat Recovery with Electric Backup	Used with controlled electric water heater as defined by coop	\$300	each
Low/Zero Energy Livestock Waterer	≤ 500 watts, insulated tank		each
Scroll Refrigerant Compressor	\$1,000 cap per compressor	\$30	HP
Variable Frequency Drive (VFD)	\$1,000 cap per drive, must provide motor size	\$30	HP
Appliances			
All-in-One Washer/Dryer Combo	Must be ENERGY STAR, must use ventless heat pump drying	\$50	each
Clothes Dryer	Must be ENERGY STAR, must be electric	\$25	each
Clothes Washer	Must be ENERGY STAR	\$25	each
Dehumidifier	Must be ENERGY STAR	\$25	each
Dishwasher	Must be ENERGY STAR	\$25	each
Freezer	Must be ENERGY STAR and ≥ 10 cubic ft.	\$25	each
Inductive Range	All inductive ranges qualify	\$25	each
Refrigerator	Must be ENERGY STAR and ≥ 10 cubic ft.	\$25	each
Recycling - Freezer	Must be working appliance	\$25	each
Recycling - Refrigerator	Must be working appliance	\$25	each
Recycling - Room Air Conditioner	Must be working appliance		each
Audits/Assessments	<i>5</i> 11		
Audit Recommended Improvements	\$500 cap	varies	each
Compressed Air Audit	\$500 cap	varies	
Conservation	**************************************		
Electric Vehicle Charging Station	Must be "controlled" as defined by cooperative	50% <u>UP</u> TO \$400	
Electric\$ense® New Home	Must meet 1 of 5 program/code requirements	\$500	
HVAC			
Heat Pump - Air Source & Mini-Split	SEER2 14.3+, or HSPF2 7.5+ <u>OR</u> SEER 15+, or HSPF 8.8+	\$200	ton
Heat Pump - Commercial Air Source & PTHPs	< 20 tons: EER 11+ 20 to < 60 tons: EER 10.5+ ≥ 60 ton: EER 10+	\$200	ton
Heat Pump - Geothermal		\$400	ton
New Furnace with ECM Blower Motor	Variable speed motor (not multi-speed) <u>OR</u> Eae ≤ 670 kWh/year	\$35	each
Lighting			
LED Exit Sign	50% of cost cap	\$5	sign
LED Fixture	50% of cost cap	\$0.50	per 800 lumens
LED Lamp	5 lamp minimum, 50% of cost cap	\$0.50	
Occupancy/Motion Sensor	Doesn't include exterior motion detector fixtures, 50% of cost cap		each
Water Heating			
Commercial Water Heater 75-99 gallons		\$150	each
Commercial Water Heater 100+ gallons			each
Residential Water Heater 75-99 gallons	Uniform Energy Factor 0.88+		each
Residential Water Heater 100+ gallons	Uniform Energy Factor 0.88+		each
Heat Pump Water Heater	Integrated (all-in-one) units, Uniform Energy Factor 2.20+		each
1			L

The required documentation listed below must be submitted no later than 3 months after purchase or installation:

- ✓ Incentive form (found at www.acrec.com).
- ✓ A copy of your receipt or invoice for each item with purchase price(s) circled.



available at

- ✓ ENERGY STAR label for each item, if applicable.
- ✓ Documentation showing appliance was in working order prior to recycling, if applicable.

Incentive not to exceed equipment cost.

JANUARY 2025 5 The power of human connections

RECIPES FROM FRENCH CREEK

Bobbi Jo Berg is thriving with her freezer meal business

Growing up along French Creek near Lansing, Bobbi Jo (Wild) Berg always dreamed of having her own agriculturerelated business.

Today, Berg is living that dream, thriving as the owner to Recipes from French Creek, a freezer meal delivery business that also sells spices, beef and other items. The business combines Berg's interest in cooking and using products from her farm.

Having grown up on a dairy farm, Berg went to Iowa State to study dairy science. After working for the Iowa State Extension Office, Berg changed careers, going to Kerndt Bros. Bank in Waukon as an ag lender. While at the bank, Berg began researching ideas for starting her own business. One thing that stuck out to her was providing people with healthy and easy meals.



"I always loved to cook. I cooked for my family and I loved to make things from scratch but I never thought about doing that as a job," she said. "I always wanted to start my own business. I always knew I'd be good at it. I love the creative part and the financial part, but I didn't know what my business would be."

She began with a recipe blog, using her newsletter and Facebook page to garner a larger audience. Then she started making her own freezer meals and bringing them to the bank for her coworkers to sample.

With her coworkers' encouragement, she launched her business in spring of 2022. She said her goal was to make 30 freezer meals a month. She quickly surpassed that goal. She left the bank to go full time in June of 2022.

Much of her ingredients came directly

from Northeast Iowa. She raises roughly 30 chickens and uses the eggs in her breakfast burritos and other products when she can. She also uses the Decorah Food Hub for additional eggs and produce when possible.

To keep things fresh, Berg changes the menu monthly. Items such as the breakfast burrito and energy bites stay on every month; however, she switches out two to three casseroles every time and tries to add in seasonal ingredients as well. She tries to offer some healthy options, such as low carb, but says not everything is low calorie. Knowing her audience is primarily working families, she said she tries to create kid-friendly meals.

What makes Recipes from French Creek convenient is Berg will deliver the meals. She has pick up locations in New Albin, Decorah, Lansing and Waukon.

In addition to her meals, dips and snacks, Berg also has own her cookbook available for digital download and for hard-copy purchase. While there are several freezer meal recipes, she also shares family favorites. In addition, she makes her own seasoning mixtures which she uses in her recipes and sells online.

She also works with other local companies. On her website, she sells sourdough from Donahue Valley Merc and Gavin's Goodies frozen cookie dough.

Knowing she has clients who love to cook, Berg also hosts meal planning classes.

"I know I have some people who are going online and ordering once and then remaking it themselves. I thought, why don't I try to capture that audience of people who like to cook, people who buy because they are busy and don't have time to cook."

Berg hosts quarterly adult cooking classes and





twice a year mommy and me classes. During the adult classes, people learn to make 3-4 meals to take home to their family. Participants completely prep the meals and put them in freezer-safe bags. In the children's classes, kids prepare meals and talk about food safety.

It's been a labor of love for Berg seeing her business grow while also keeping her eyes to the future and what the next step is. #6483-XX

"I love it. It's a lot of work, especially with young kids, but I find it very fulfilling. I love being a part of every piece of it and I love seeing my customers happy. I love the planning. I love every aspect of it and creating it," she said. "If I wasn't passionate about it, I wouldn't be able to do it. It's a 40 hour a week job but I love it."

It's also a family affair for Berg. Her mother, Bonnie Wild, often helps by watching her kids or cooking the regular menu items.

> Next on the agenda – beef. Berg recently began selling cuts of beef from her own farm. She plans to start using her beef in more of her recipes.

"This is something I've always wanted to do with the value-added product. It's a true farm to fork experience," she said.

You can order online at https://shop. recipesfromfrenchcreek. com/.

MEMBER RECIPES

Send your favorite recipes and/or recipe topics to Jennifer Achenbach, ACEC, PO Box 715, Postville, IA 52162 or email jachenbach@acrec.coop.

You'll receive a \$5 bill credit if your recipe is printed. Please note – recipes must be received by the 25th day of the month before the intended publication.

February – SLOW COOKER; March – FAVORITE DESSERTS;

April – ANYTHING WITH GARLIC

HEALTHY MOIST CHOCOLATE MUG CAKE

2 Tbsp. all purpose flour

2 tsp. vegetable oil

2-3 tsp. sweetener

½ tsp. vanilla

2 tsp. cocoa

1/8 tsp. baking soda

½ Tbsp. white vinegar

2 Tbsp. water

Pinch sea salt

1-2 Tbsp. chocolate chips

Directions

Grease your mug or microwave safe bowl. Add all of the dry ingredients. Whisk them together. Next, add the wet ingredients to the mug/bowl. Mix well. Top with 1-2 Tbsp. of chocolate chips. Depending on the power of your microwave, cook for approximately 1 minute. There is no egg in the recipe so if it's gooey in the middle, you can enjoy it safely.

HEALTHY BROCCOLI SALAD

2 ½ c. broccoli florets

1/3 c. red onion, diced

1/4 c. raisins

1/4 c. sunflower seeds

Dressing

1/4 c. plain Greek yogurt

1 Tbsp. Dijon mustard

2 Tbsp. honey

1 Tbsp. brown sugar

1 Tbsp. apple cider vinegar

1 Tbsp. lemon juice

1/4 tsp. salt

½ tsp. black pepper

Directions

In a medium sized bowl, whisk together the dressing ingredients. Feel free to add more or less sweetener and salt/pepper. Set aside. In a medium sized bowl, add the broccoli, diced onions, raisins, sunflower seeds. Next, pour the dressing over the mix and stir well. Taste and add more salt/pepper/honey if desired. Cover and refrigerate for at least an hour before eating so the flavor has time to soak in.

CREAMY HEALTHY SPAGHETTI ZOODLES

6 c. zucchini noodles (2-3 medium sized zucchini)

½ - 1 lb. browned Italian sausage (can sub with ground turkey, beef or chicken)

25 oz. jar pasta sauce

2-4 oz. light cream cheese

1 c. Feta, crumbled or mozzarella

Directions

Make zucchini noodles or prepare noodles per package instructions. Sauté homemade noodles in a large skillet with a bit of oil. Cook for 5-10 minutes on medium high heat until noodles are softened. Remove from pan and set aside. Brown Italian sausage over medium high heat in same large skillet. Drain. Add the large jar of pasta sauce to the meat mixture. Dice up cream cheese and add that as well. Give the sauce mixture a good stir and let it come to a simmer on medium heat until cream cheese is melted. Once the cream cheese is well melted in the pasta sauce, top the zoodles with the pasta sauce and sprinkle feta on top.

Thank you to Bobbi Jo Berg for allowing us to share some of the recipes from her blog.



OCTOBER

Number of miles driven: 916 miles
kWh's charged at ACEC: 164 kWh
Total cost to charge $.13 \times 164 \text{ kWh} = .\21.32
kWh's charged off-site: 78.5 kWh
Cost to charge off-site $.38 \times 78.5 =$ \$29.83
Total cost: \$21.32 + \$29.83 = \$51.15

NOVEMBER

Number of miles driven:
kWh's charged: 143 kWh
Total cost to charge .13 x 143 kWh = \dots
\$18.59

DECEMBER

Number of miles driven:	168 miles
kWh's charged:	70 kWh
Total cost to charge 70 x 146 =	\$10.22

EV YEAR-END UPDATE

Toward the end of 2024, we noticed the Tesla was charging more than was required given the miles driven. We noticed the Tesla's summon mode was turned on by a software update. The Summon feature parks or retrieves a parked Telsa using the app. This is what was causing the usage every day without driving.

We also noticed when the Tesla updates software, often features turn on that we've previously turned off to conserve energy. This leads to wasted energy use, as much as \$22 a month. Make sure you check your EV for unnecessary energy use if you think it's consuming too much.

For 2024, the Tesla was driven 3,466 miles.

The power of human connections JANUARY 2025 7

FIND YOUR SERVICE NUMBER

ACEC has hidden three Service Location numbers within this newsletter. The numbers are from different regions of our service area

- one is worth \$17.50, one is worth \$12.50 and one is worth \$10.00. The service location number must be yours to claim the credit, and you need to notify us when you find it.

CONTACT ACEC

HEADQUARTERS

229 Highway 51 • PO Box 715 Postville, IA 52162

PHONE NUMBERS

LOCAL 563-864-7611 **TOLL-FREE** 888-788-1551 **PAYMENT LINE 24/7** 833-284-5051 UNDERGROUND CABLE LOCATING

SKYWAYS INTERNET SOLUTIONS 800-864-1611

WEBSITE

acrec.com

OFFICE HOURS

Monday - Friday 7:30 a.m. - 4:00 p.m.

OUTAGES

888-788-1551 or 563-864-7611

IOWA STATE ONE CALL

BOARD OF DIRECTORS

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ACEC YOUTH OPPORTUNITIES

Youth Tour 2025

The 2025 ACEC Washington D.C. Youth Tour application is now available! High school sophomore and junior members are invited to apply for an all-expense-paid trip to D.C. as a part of the annual Cooperative Youth Tour. Two students from ACEC will travel with other delegates from Iowa to the nation's capital June 15-21. To be eligible, the student's parent(s) or guardian(s) must be a member of the Cooperative.

Applications are available through area high school guidance counselors, at the ACEC office or online at www.acrec.com. Application deadline is Friday, January 31, 2025. For more information, contact Jennifer Achenbach at 888-788-1551.

Hauschild Scholarship 2025

Current graduating high school seniors are eligible to apply for a scholarship through the Cooperative. To be eligible, students must be planning to continue studies in an electric-related field. Parent(s) or guardian(s) do not need to be members of ACEC; however, they must reside within the boundaries of our service area.

The Hauschild Memorial Scholarship Fund was established in 1995 in memory of former ACEC Director Robert "Bill" Hauschild by his wife and family.

Details are available at www.acrec.com. Applications are available online, through high school guidance offices and at our ACEC office. Application materials are due by Friday, February 28, 2025. For more information, contact Jennifer Achenbach at 888-788-1551. **■**

BOARD BRIEFS December 30 Meeting

- Toured new bucket truck
- Reviewed 2024 delinquent accounts and approved 2024 write-offs
- Established 2025 patronage estate discount
- Approved appointment of voting delegates and alternates to associate organizations
- Reviewed and made appropriate adjustments to Board Governance Policy 422 "Director's Compensation"
- Approved a resolution to enter into a REDLG Application with the City of Lansing
- Approved a donation request to Northeast Iowa Community Action