

ACEC NEWS

NOVEMBER 2024 | VOLUME 27 | ISSUE 11

GLUTEN-FREE
RECIPES

SUSTAINABILITY
UPDATE

WHITE HAUS
SOCIAL RLF



Tips for Preparing
for Winter

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on pages

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A MESSAGE FROM *Your General Manager*

Hollie McCormick
EVP/General Manager

SHARING SOME RECENT SUSTAINABILITY "WINS"

Members often hear about how electric cooperatives like Allamakee-Clayton Electric Cooperative are focused on providing safe, reliable, affordable and sustainable power. Our wholesale power provider – Dairyland Power Cooperative – is guided by the same mission.

What does it mean to be sustainable? For power suppliers, it is ensuring we are keeping our promises to you, our members – the promises that power our needs and wants 24/7/365. Safety, reliability and the clean energy transition are key elements of sustainability. These three elements must work in tandem to successfully meet low-carbon goals while ensuring a reliable and affordable supply of electricity.

Recently, Dairyland celebrated two major "wins" for the clean energy transition and reliability. As a member of Dairyland Power Cooperative, ACEC and all our members share in these successes that are truly for the greater good.

First, Dairyland was awarded a \$579 million New Empowering Rural America (New ERA) grant to accelerate the clean energy transition. We highlighted this in our October ACEC Newsletter. As a recap, the funds will develop 1,020 megawatts (MW) of solar and wind energy projects in the Upper Midwest Region.

Second, after more than a decade of planning, construction and roadblocks, the 345-kV Cardinal-Hickory Creek

Transmission Line was placed into service at the end of September by co-owners ITC Midwest, ATC and Dairyland. The new line is finally providing a vital pathway to help ensure the renewable energy that consumers are seeking is available and affordable by increasing capacity and reducing congestion on the transmission grid. In addition, the new line is improving the reliability and flexibility of the region's transmission system.

As of June 2024, there were 160 renewable generation projects in Wisconsin, Iowa and other Upper Midwestern states dependent upon completion of the Cardinal-Hickory Creek line – enough to power millions of homes and businesses. That energy is now flowing down the line.

Balancing the pace of change with the need for safety and reliability is a daily challenge and opportunity. The energy transition is reliant on time, technology and innovation. In the meantime, baseload or "always available" generation, like natural gas, is crucial to keeping the lights, heat and air conditioning on during times of peak energy use – and to facilitate major new wind or solar investments. Natural gas will continue to be essential for reliability as Dairyland and all utilities work to achieve carbon reduction goals during the energy transition. For example, Dairyland's Elk Mound Combustion Turbines and RockGen Energy Center are ready to be called upon to support energy demand in any weather.

In addition to its massive investments in renewable energy, Dairyland is actively exploring carbon-free power supply technologies, including small modular reactor nuclear plants and pumped storage hydropower. An all of the above approach is essential for sustainability.

The regional electric grid is managed by the MISO (Midcontinent Independent System Operator). Both the North American Electric Reliability Corp. (NERC) and MISO have raised awareness about reliability concerns. Key factors impacting reliability during the energy transition:

- Power plant retirements are outpacing the installation of new generation resources.
- A significant amount of new generation resources coming online are wind and solar, which are intermittent and not always available when needed. (We need to supplement wind and solar with energy resources such as nuclear and natural gas, which can ramp up quickly during any weather conditions to provide reliable back-up to renewable resources).
- Rising energy consumption; aggressive and persistent load growth is continuing.



- Transmissions congestion. As noted earlier, 160 renewable energy facilities were waiting on the completion of Cardinal-Hickory Creek transmission line. It simply cannot take ten years for a transmission line to come into service.
- Inflationary pressures and capital needs are also very real concerns in the electric industry. #1935-XX

These needs are massive and they are here. We all need a robust grid, with ample generation.

We are living in an exciting time for the energy industry. I look forward to sharing more "wins" and transformations with you in the future. ■

BOARD BRIEFS October 28 Meeting

- Retired \$577,304.79 in 2023 Patronage-Action
- Discussed ongoing rate study information
- Discussed Contribution in Aid of Construction methodology
- Approved a donation to Partners in Vocational Education

On the Cover

In October, we were treated to several beautiful sights in the sky. Pictured is a shot of the Aurora Borealis at Effigy Mounds, taken by Brian Gibbs.



DUAL FUEL NOTICE

The 2024 Winter Preparedness Event for Interruptible Heat (Dual Fuel) accounts is scheduled for **Wednesday, November 20**. The control event will start at 6:55 a.m. and will conclude by 11 a.m.

If you have any questions about the load control event or about your dual fuel account, please contact Ryan Wager at 888-788-1551.



CONGRATS TO WHITE HAUS SOCIAL!

Recently, ACEC and Dairyland Power Cooperative each approved a \$200,000 USDA Rural Economic Development Revolving Loan to White Haus Holding, LLC, outside of Waukon. The funds will be used to construct and furnish a new event venue, White Haus Social, located north of Waukon. The goal is to finish construction in April 2025, with events beginning in May 2025. Pictured are, from left - John Jennerjohn, ACEC's Brenda Hackman, Michael Steinberg, Dairyland Power's Jenny Radcliffe, Barb Shull, Freedom Bank.



MAKE SURE SAFETY IS ON YOUR HOLIDAY MENU THIS YEAR

The kitchen can be a busy place during the holiday season, prepping and preparing favorite recipes (or sampling those favorite recipes).

Whether you are a seasoned cook or novice baker, it's important to keep electrical safety in mind. In the United States alone, approximately 1,000 deaths occur each year as a result of electrical injuries, according to the National Institutes of Health. An additional non-fatal 30,000 shock incidents occur each year.

The following kitchen hazards may cause electric shock:

- * Damaged or worn electrical cords
- * Equipment and appliances with improper or faulty wiring
- * Using damp cloths or water for cooking or cleaning near sources of electricity

The following tips may help prevent electric shock in your home:

- * Always read and follow the appliance's operating instructions.
- * Always dry your hands before handling cords or plugs.
- * If an unplugged appliance cord gets wet or damp, do not plug it in until it is thoroughly dry.
- * Do not handle electrical cords or appliances when standing in water.
- * Pull on the plug, not the cord, to disconnect an appliance from an outlet.
- * To avoid damaging cords, don't run them across walkways or underneath rugs. Draping them over walkways is also a tripping hazard. #4160

continued on page 5

ELF ON THE SHELF AND OTHER

HOLIDAY STRESSORS



Feeling overwhelmed this holiday season? If so, you are not alone. According to a survey of 1,000 Americans 18-55+ years old:

50%

say that holiday shoppers cause them the most stress

27%

with children begin to feel stressed by early November

TOP TWO THINGS THEY WOULD REMOVE IF THEY COULD



Black Friday

OR

Elf on a Shelf



Dislikes aside, the holiday season can cause added stress for many people

TIPS TO COMBAT HOLIDAY STRESS



Identify negative self-talk and replace it with more positive messages



Maintain a healthy eating and exercise regimen



Keep your distance from toxic or negative people



Use positive affirmations and take the time to pamper yourself

Here's to finding some quiet time this holiday season

Survey Source: Total Brain

HOLIDAY COOKING SAFETY TIPS *continued from page 4*

- * Regularly inspect electrical cords and plugs for damaged insulation and exposed wiring; immediately discard any damaged item. Avoid using any cord or plug that is frayed, cracked, taped or otherwise questionable.
- * Only handle the insulated part of a plug or cord when disposing of it.
- * Do not overload extension cords, multi-pack “power strips” or surge protectors with too many appliances or other items or plug them into each other. Use them only as a temporary solution, and not a permanent one.
- * Ensure extension cords, power strips and surge protectors are in good condition and the appropriate gauge for the job (the lower the number, the bigger the gauge and the greater the amperage and wattage).
- * Never remove the third (round or U-shaped) prong from a plug, which is a grounding/safety feature designed to reduce the risk of shock and electrocution.
- * If you have doubts about your home’s electrical system, have a licensed electrician evaluate wiring, outlets, and switches to verify they are in working order.
- * Educate yourself and everyone in your household on how to properly turn off your home’s power in case of an emergency.



DECK THE HALLS SAFELY

There’s nothing like putting up lights and decorations to get you in the holiday spirit. It’s something that many do each and every year without incident, yet the holidays are also one of the most hazardous times of the year when it comes to electrical fires and accidents.

Allamakee-Clayton and Safe Electricity offer several tips as you deck the halls this season:

- * When decorating outside, look up and around for power lines. Never throw light or other decorations into trees near power lines.
- * Keep ladders, equipment, and yourself at least 10 feet from power lines.
- * Match plugs with outlets. Do not force a three-pronged plug into a two-pronged outlet or extension cord.
- * Outside, use only lights, cords, animated displays, and decorations rated for outdoor use. Follow the manufacturer’s instructions on how to use them. Ensure outdoor outlets or extension cords are equipped with Ground Fault Circuit Interrupters (GFCI’s).
- * Never string more strands of lights together than recommended by the manufacturer.
- * Do not staple or nail through light strings or electrical cords. Use plastic or insulated hooks to hang lights.
- * Do not attach cords to utility poles.

The outside of your home is not the only place where you need to be cautious of electrical dangers. Also be careful when placing a decorated tree inside your home. Place fresh-cut and artificial trees away from heat sources such as registers, fireplaces, and radiators; water fresh-cut trees frequently. Turn lights off before you go to sleep. Use a timer to help.

ACEC and Safe Electricity wishes you and your family a safe and happy holiday season. For more information on holiday and winter safety tips, visit SafeElectricity.org.



Deck the Halls SAFELY

- Use only lights, cords, animated displays, and decorations **rated for outdoor use**.
- When decorating outside, **look up and around** for power lines. **Never throw lights** or other decorations into trees near power lines.
- Keep ladders, equipment, and yourself **at least ten feet away** from power lines.
- Cords should be plugged into outlets equipped with **Ground Fault Circuit Interrupters (GFCIs)**.

For more **holiday safety tips** visit:

 Safe Electricity.org

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.

December – **POT LUCK IDEAS**; January –

Guest column recipes; February – **SLOW COOKER**



NO BAKE PEANUT BUTTER CUPS

For the chocolate mixture

- 1/3 c. (75 g.) coconut oil
- 1/3 c. (85 g.) peanut butter
- 1/3 c. pure maple syrup
- 1/3 c. (28 g.) cocoa powder
- 1/2 tsp. vanilla extract
- Pinch salt
- 3/4 c. (64 g.) unsweetened shredded coconut or quick oats

For peanut butter mixture

- 1/3 c. (85 g.) peanut butter
- 1 Tbsp. pure maple syrup
- 1/2 to 1 Tbsp. coconut oil

Directions

Line a 12 cup muffin tin with muffin liners. For the chocolate mixture, in a medium microwave-safe bowl, add the coconut oil, peanut butter, maple syrup, and cocoa powder. Microwave for 30-45 seconds, stir and continue cooking for 20 second intervals until the mixture is melted and smooth. Stir in the vanilla, salt and coconut (the mixture may be runny; that's ok). Scoop the mixture evenly into the bottom of the muffin liners. Refrigerate while making the peanut butter topping. For the peanut butter mixture, in a small microwave-safe bowl, add the peanut butter, maple syrup, and coconut oil. Microwave until melted and smooth (don't overheat). Scoop the peanut butter mixture on the top of the chocolate mixture (it's ok if the chocolate layer isn't fully set up). Refrigerate until set up, about an hour. Keep refrigerated and serve chilled.

■ *Abby Edminster, Postville*

GLUTEN FREE BANANA PUMPKIN BREAD

- 2 c. gluten free flour blend
- 1/4 tsp. baking soda
- 1/2 c. light brown sugar

- 1/2 tsp. pumpkin pie spice
- 1/2 c. butter (1 stick)
- 2 eggs
- 1 c. mashed ripe banana (about 2 bananas)
- 1 c. pumpkin puree
- 1 tsp. vanilla extract

Directions

Preheat oven to 350°. Grease a loaf pan with oil or cover the bottom with parchment paper. No parchment or oil is needed if using a silicone loaf pan. In a stand mixture, add the softened butter and brown sugar and cream together until fully combined on medium speed. This should take about 2 minutes. Add in mashed banana, eggs, vanilla and pumpkin puree and mix on medium low speed until all ingredients are fully combined. In a large bowl, whisk together gluten free flour, baking soda, salt and pumpkin pie spice until everything is evenly combined. Turn the stand mixture to medium low speed and add the dry ingredients in 3 batches until batter is evenly formed. Pour batter into loaf pan and even out using a spatula. Bake for 55-60 minutes or until an inserted toothpick comes out clean. Cool for at least 2 hours before cutting or serving. Cutting without cooling will result in crumbly banana bread.

■ *Nancy Einck, Waukon*

CHOCOLATE CAKE

- 1 1/2 c. gluten free flour (sift flour before measuring)
- 1 1/2 c. sugar
- 3/4 c. cocoa
- 1 1/2 tsp. soda
- 3/4 tsp. baking powder
- 3/4 tsp. salt
- 2 large eggs
- 3/4 c. butter milk

- 3/4 c. warm water
- 1/4 c. oil
- 1 tsp. vanilla

Directions

Grease 9x13" pan. Mix all dry ingredients together. Add wet ingredients. Bake at 350° for 25-30 minutes.

■ *Rose Hemmersbach, Farmersburg*

PUMPKIN BARS

- 4 eggs, beaten
- 1 2/3 c. white sugar
- 1 c. oil
- 1 can pumpkin (15 oz.)
- 2 c. gluten free flour (sift flour before measuring)
- 2 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. salt
- 1 tsp. baking soda

Frosting

- 1 8 oz. package cream cheese, softened
- 1/2 c. butter, softened
- 2 c. powdered sugar
- 1 tsp. vanilla

Directions

Mix together first four ingredients. In a separate, large bowl, mix together flour, baking powder, cinnamon, salt and baking soda. Add egg mixture and blend well. Grease a 9x13" pan. Bake for 30 minutes at 350°. For the frosting, cream together cream cheese and butter. Add the powdered sugar and vanilla. Beat well until fluffy. Spread onto bars.

■ *Rose Hemmersbach, Farmersburg*

BANANA BREAD

- 1 1/2 c. sugar
- 1/2 c. butter
- 1 c. mashed bananas
- 2 egg yolks, beaten
- 1 c. milk
- 1 tsp. soda
- 1 tsp. vanilla
- 2 c. gluten free flour (sifted before measuring)
- 1 c. chopped walnuts
- 3/4 c. mini chocolate chips

Directions

Mix together first seven ingredients. Add in the flour, walnuts and chocolate chips. Pour batter into two small bread pans that are greased. Bake at 350° for 45 minutes.

■ *Rose Hemmersbach, Farmersburg*

BREADING COATING

Potato flour (must be potato flour, not potato starch)
Rice flour (either brown or white rice flour)

Directions

Combine 1 part potato flour and 2 parts rice flour. Salt to taste and combine well. Proceed with dipping your pieces of food in an egg-milk mixture, then in this coating. Fry in hot oil. This is a very good breading for pan-fried fish, Salisbury steaks, morel mushrooms, etc. The result is a beautiful golden color.

■ *Debra Elsinger, Colesburg*

APPLE-BUTTERNUT CRISP

¾ c. butternuts
Apple slices
6 Tbsp. tapioca flour
6 Tbsp. millet flour
6 Tbsp. brown rice or sweet white sorghum flour
9 Tbsp. firmly packed brown sugar
4 Tbsp. unrefined coconut oil or butter
1 ½ tsp. cinnamon
½ tsp. nutmeg

Directions

Coarsely chop the butternuts and soak in water for 2 hours before using. Lightly grease a 9" square glass baking dish. Fill half to three-quarters full of apple slices. In a separate bowl, prepare the crisp topping with the tapioca flour, millet flour, brown rice or sweet white sorghum flour, brown sugar, coconut oil or butter, cinnamon and nutmeg. Work the topping ingredients together until uniformly mixed. Add the soaked, drained butternuts and combine. Sprinkle the topping over the apples, but do not press down. Bake at 350° for 30-45 minutes, depending on the firmness of the apples. Crisp is done when it bubbles around the edges.

Notes: Butternuts may be omitted if desired. This crisp topping, minus the spices and butternuts, works well for other kinds of fruits, too.

■ *Debra Elsinger, Colesburg*

ZUPPA

2 strips bacon, diced medium
1 c. yellow onion, finely diced
1 lb. hot Italian sausage

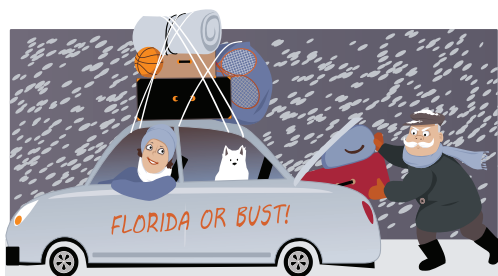
4 cloves garlic, minced
½ tsp. kosher salt
½ tsp. black pepper
2 Tbsp. arrowroot flour or cornstarch
32 oz. carton chicken broth
1 tsp. Italian seasoning
2 c. peeled Russet potatoes, cut into ½ inch cubes
4 c. chopped kale, ripped from stem or one bunch
1 c. Nut Pods Original Dairy-Free creamer
1 Tbsp. nutritional yeast
2 Tbsp. lemon juice

Directions

Heat a large pot over medium heat, add bacon pieces and cook, stirring occasionally until bacon is crispy. Transfer to paper towel to drain, reserving bacon fat in pot. Add onion, garlic, salt, pepper and sausage to pot. Cook, breaking up meat, cooking until no longer pink, about 4-5 minutes. Add arrowroot to sausage mixture and stir until well mixed. While stirring, slowly pour in chicken broth, bringing to boil. Reduce heat to simmer. Add Italian seasoning, chopped kale and potatoes. Cook covered until tender, 10-15 minutes. When potatoes are tender, remove lid and add creamer, nutritional yeast and lemon. Cook for 5 minutes, simmering uncovered, just to meld flavors. Serve in bowls, topped with bacon bits.

■ *Ruthie Hilgersen, St. Olaf*

#5329-2



Snowbirds Leaving for the Winter?

Please call the Co-op to notify us of your temporary address and to make billing arrangements while you're away.

PLUGGED IN: Electric Vehicle Update

OCTOBER

of miles driven: **883 miles**

kWh's charged: **242.5 kWh**

Total cost to charge
.13 x 242.5 kWh = **\$31.52**



CYBERSECURITY Tip of the MONTH

Be Aware of Grandparent Scams

So-called "grandparent scams" or "family emergency scams" target older adults and usually occur over the phone, although other means of communication can be used. The scammers impersonate law enforcement, attorneys, or the relatives themselves. The criminals work to convince the victim that a family member is in deep trouble, a lot of money is required, and the victim has to keep it all a secret. When in doubt, hang up! Don't answer phone calls from telephone numbers you don't recognize. If anyone tells you to keep an emergency or payments a secret, it's a red flag and you should hang up. Never send money to an unknown person who calls or contacts you online. Working to prevent grandparent scams is a family effort. Make sure to have a conversation about it. ■

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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 \$12.50 and two are worth \$5.00.**

The service location number must be yours to claim the credit, and you need to notify us when you find it.



CONTACT ACEC

HEADQUARTERS

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Postville, IA 52162

PHONE NUMBERS

LOCAL 563-864-7611

TOLL-FREE 888-788-1551

PAYMENT LINE 24/7 833-284-5051

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WEBSITE

acrec.com

OFFICE HOURS

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

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888-788-1551 or 563-864-7611

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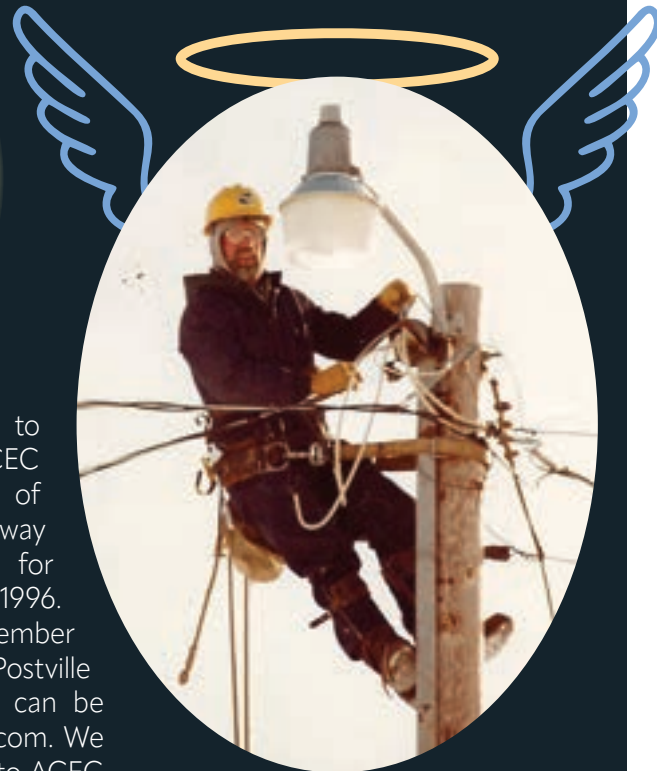
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OUR DEEPEST

Condolences

TO THE WINTER FAMILY



Our thoughts go out to the family of former ACEC lineworker Marvin Winter of Postville, who passed away October 28. Marv worked for ACEC for 40 years, retiring in 1996. Services were held on November 2, with inurnment at the Postville Cemetery. His full obituary can be found at graufuneralhomes.com. We thank Marvin for his service to ACEC and its members.