

Your Touchstone Energy® Partner



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Connections



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Youth Tour 2010

Attention: high school students!

Visit the Washington, D.C. memorials and other famous monuments. Want to tour the nation's Capitol, visit with Minnesota legislators about the nation's issues and make new friends from around the country? You can do all of these things in the 2010 Youth Tour!

Thanks to your electric cooperative, teens may win a free trip to Washington, D.C. this summer. Just enter our Youth Tour contest. Co-ops from each state send

teens to Washington, D.C. for Youth Tour. The first year of the tour involved approximately 400 young people from 12 states. Word of mouth spread and today more than 1,500 young people and their chaperones participate in Youth Tour each year. If you are a high school student, you may be eligible for the Youth Tour tradition by winning the all-expenses paid trip to Washington, D.C. June 12-17.

See Page 4 for details. 📖

How much energy do I use and how can I use less?

Join your electric cooperative for an informative Minnesota Brighter Ideas webcast; identify areas in your home where you are wasting energy. Learn how you can use less energy and make your home healthy and more efficient.

Minnesotans use more electricity to enrich their lives — whether it's to power new electronics to the kids leaving the lights on. The 30-minute webcast offers a chance to learn where you may be wasting energy, while also showing some tips



and tricks you can take right away to reduce your electricity use. Energy experts from your cooperative's wholesale power provider, Great River Energy, will also answer your questions via the webcast's chat function.

The webcast will take place at noon and 7 p.m. Tuesday, February 9 at <http://MNBrighterIdeas.Webex.com> (please note there is not a www in the address).

Find more tips at www.MNBrighterIdeas.com. 📖



Connecting our co-ops & members to a progressive future



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Win \$1,000 Basin scholarship...Page 5

This publication focuses on CAP's members, programs and events. As this is the official member publication, member's story ideas, letters-to-the-editor and comments are welcomed.
 Andrea Christoffer, CCC, Editor
 "Owned by those it serves"

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Water down your energy bills with an energy-saving water kit



Order today your water saving kit.

It's a \$40 value for only \$10. This offer exists while supplies last or through March 31. Use the coupon below to mail a check and order your kit. Otherwise, you can go online and order it using a credit card: www.mnbrighterideas.com. Save this coupon when ordering online as you'll need your co-op's code. The kit will be mailed to you within two to four weeks. ♻️

More than just water is slipping through your fingers
Your home wastes more than you might realize and that's costing you money. Take control of your water usage and energy costs.



FOR JUST
\$10

Get your Energy Saving Water Kit between January 1-March 31, 2010. Order your kit online at mnbrighterideas.com (and use the co-op code below) or use the form below.

What's inside your
\$10 Energy Saving Water Kit
 (\$40 retail value)

- The Earth™ Massage Showerhead
- Kitchen Swivel Aerator
- Two Bathroom Faucet Aerators
- Hot Water Temperature Card
- Plumber's Tape

In order to receive this Energy Saving Water Kit at the special discount price, you must be a cooperative member and you must use electricity to heat your water.

Indicate your electric co-op:

_____ **Brown County REA** _____ **Federated REA** _____ **South Central Electric**
 Code: BCR741 Code: FRE874 Code: SCE 245

Yes / No I heat my water with electricity.

SIGNATURE _____ DATE _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ ALT PHONE _____

EMAIL _____

Place your completed order form and a \$10 check or money order, payable to **Niagra Conservation Corp.**, in an envelope and mail to:

Niagra Conservation Corp.
 ATTN: Great River Energy Kit Offer
 PO Box 501
 Cedar Knolls NJ 07927

OR go on-line: www.mnbrighterideas.com and use a credit card.



Take the grind out of meat grinding; crank electrically



Are you a hunter who prepares their own deer meat? Are you an amateur chef who likes to create their own food for grilling? Or maybe you grind meat as dog or cat food? If so, why grind meat the hard way? Do it electrically!

Fresh ground sausages, ground chili meat and ground fish for soups can all be prepared at home with the Waring Pro MG-800 Meat Grinder.

Solid and sturdy, the meat grinder's brushed stainless-steel housing should last a lifetime. An extra-large, die-cast hopper holds a generous amount of cubed or sliced meat, which is then fed into the grinder tube with a long plastic pusher. Three metal cutting plates are included: fine — for spreads, hamburger and baby food; medium — for soup-related textures; and coarse —



The Waring Pro MG-800 Meat Grinder can grind up to 20 pounds of meat in 10 minutes. Clean is just as simple. Disassemble removeable parts and clean in soapy water.

reassembling the meat grinder.

The Waring Pro meat grinder costs approximately \$200 and is available on Amazon.com

— *Information and photo courtesy of Amazon.com*

for ground meat used in chili.

Fish and vegetables can also be ground with the appliance. Stored inside the pusher are two sausage attachments, which allow meats and spices to be combined for thin or plump sausages. Recipes for Cajun, Italian, venison and other sausages are included in the user guide.

Covered by a five-year warranty, the 450-watt motor operates with a simple on/off/reverse switch; it features a three-foot cord. With the hopper attached the grinder measures 10 by 13¼ by 8 inches. All parts should be washed by hand and then completely dried before

Prepare your home for old man winter's outage impact



Heavy accumulations of ice and snow coupled with fluctuating winter temperatures can bring down utility poles, trees and limbs causing power outages.

With this comes a threat to property and also to life itself.

In a winter storm emergency restoring power and heat to co-op members is the highest priority. Severe damage to power lines and distribution systems may take days to repair, especially if the icing conditions are ongoing.

Avoid going outside if possible. Downed power lines could be submerged in snow and ice and difficult to spot. When outside, treat all downed and hanging lines as if they are energized electric lines. Stay away, warn others to stay away and

immediately contact your electric co-op. Remember that downed power lines do NOT have to be arcing, sparking or moving to be "live" — and deadly.

Be prepared for the worst.

- Keep a battery-powered radio or TV, flashlights and a supply of fresh batteries. Test these ahead of time.
- Know where to find extra blankets.
- Fill spare containers with water for washing; keep a supply of bottled drinking water on hand.
- Keep a supply of non-perishable food items, along with a hand opener for canned food.
- Switch off lights and appliances to prevent damaging appliances and



overloading circuits when power is restored. Leave one lamp or light switch on as a signal for when your power returns.

- Check on elderly or disabled friends and neighbors.
- Do not use charcoal

grills or gas ovens to heat your home; this could lead to carbon monoxide poisoning.

Maintaining warmth is a priority during a winter emergency.

- Stay inside and dress in warm, layered clothing.
 - Close off unneeded rooms.
 - When using an alternative heat source, follow operating instructions, use fire safeguards and be sure to
- *Continued on Page 7*

Do you watch:

Football?



News?



Sitcoms?



Cartoons?

You're watching:

CTV

CTV subscription rate changes; are you watching? Start subscribing...

Since 1992 CTV has brought basic television service to the area — NBC, ABC, CBS, PBS and more. Over the past 18 years CTV has continued to grow and offer more digital options to its subscribers.

Today more than 15 channels are available at each tower location in Godahl, Frost and Jackson. Now most of these channels are broadcast in high-definition digital. These changes did not come with-

out cost. For this reason CTV is raising its monthly rate from \$5 a month to \$6 a month January 1, 2010. Even with this change, CTV is still the best and most economical option for local TV channels.

Going through a satellite provider costs more than \$30 a month, plus an extra \$6 for local channels. In addition, over-the-air is the best way to receive digital signals when it comes to clarity.

Do your part today!

Paying subscribers make CTV possible. If you are not a subscriber, help make sure CTV continues to grow and provide low-cost, high-definition, basic TV service to the area. Call your local electric co-op today, request an updated channel listing and let them know you want to pay your share. They will add \$6 a month to your electric bill for convenient payment. ☺

Tax credits for energy efficiency



Saving with the
STIMULUS

How do I apply for tax credits on energy-efficient products from the stimulus bill? What tax forms do I need?

For any qualifying energy-efficient products placed in service in 2009 you need to file the 2009 IRS Form 5695 and submit it with your 2009 taxes (by April 15, 2010). You only need to submit Form 5695 with your taxes. Save your receipts and the manu-

facturer's certification statement for your records.

Tax credits up to 30 percent of the cost (\$1,500 limit) are available on biomass stoves, heating/ventilating/airconditioning equipment, insulation, metal and asphalt roofs, non-solar water heaters, windows and doors. They must be installed in an existing home or your principal residence. New construction and rentals do not qualify.

In 2010 tax credits of 30 percent of the cost with no upper limit are avail-

able on geothermal heat pumps, small wind turbines (residential) and solar energy systems. Existing homes and new construction qualify, both principal and second homes, as well. Rentals do not qualify.

Credits of 30 percent of the cost, up to \$500 per .5 kW of power capacity, exist for residential fuel cells and microturbine systems in 2010. Existing and new principal homes qualify. Rentals and second homes do not.

Not all Energy Star-qualified products qualify for a tax credit. ☺





Heads up! Flip over pancake and waffle recipes!

Share with us your favorite pancake or waffle recipes by January 25 to: Editor, Federated Rural Electric, PO Box 69, Jackson MN 56143-0069 or e-mail to christoffer@federatedrea.coop. Otherwise, drop it off at your local electric co-op. Add your name and phone number. 📞

Disappearing Marshmallow Brownies by Joyce Halverson, New Ulm

1 c. butterscotch chips ½ c. butter
Melt in the microwave or stovetop. Add the following:
1½ c. flour 2 tsp. baking powder 1 tsp. vanilla
2/3 c. brown sugar ½ tsp. salt 2 eggs

When well mixed, fold the following into the butterscotch batter, just until combined:

2 c. mini marshmallows 2 c. chocolate chips ½ c. nuts, chopped (optional)

Pour into a greased 9x13" pan. Bake in a preheated 350° oven for 20-25 minutes. Do not overbake! The center will be jiggly, but becomes firm upon cooling. 📞



Date Nut Cookies by Gudrun Kjelshus, Hanska

1 c. sugar 1 c. raisins ½ tsp. nutmeg
1 c. water 1 tsp. soda ½ tsp. salt
½ c. butter 1 tsp. cinnamon ¼ tsp. cloves

Combine and boil the above ingredients for six minutes. Then add:

2 c. flour 1 tsp. vanilla 1 c. walnuts, chopped
1 c. dates, chopped up 2 eggs, beaten 1 tsp. vanilla

Drop by teaspoonfuls onto cookie sheet. Bake four 10 minutes in 375° oven. 📞

Stay warm during winter outages

— Continued from Page 2

properly ventilate. Keep a multipurpose, dry-chemical fire extinguisher nearby and know how to use it.

- Stuff towels and rags underneath doors to keep in the heat.
- Cover windows at night.
- Maintain a regular diet. Food provides the body with energy for creating its own energy.
- Drink plenty of fluids to stay hydrated.
- Move around to keep warm, but not enough to perspire. Perspiring causes the body to lose fluids which could potentially lead to dehydration.
- Keep a close eye on the temperature in your home. Infants or persons over age 65 are more susceptible to the cold. You may want to stay with friends, relatives or in a shelter if you can't keep your home warm.
- Consider installing ground fault circuit interrupters (GFCI) for electrical outlets in areas that might be affected by melting snow or ice. This helps prevent electrocutions and electrical shock injuries. Portable GFCIs that do not require tools for installation can also be purchased for winter emergency supply kits.

If you use a standby generator, make sure it has a transfer safety switch or that your power is cut off at the breaker box before you operate it. This prevents electricity from traveling back through the power lines, also known as "back-feeding." Backfeeding creates danger for anyone near power lines, particularly crews working to restore power. 📞

— Courtesy of safeelectricity.org

Coconut Peanut Bars by Kathy Hanson, St. James

1 c. sugar 2 c. Rice Krispies
½ c. cream 1 c. coconut
1 c. white syrup 4 c. corn flakes
2 T. butter 2 c. salted peanuts

Boil together to soft ball stage the sugar, syrup, cream and butter. Pour the above mixture over the remaining ingredients. Mix thoroughly and turn out on a buttered 11x15" pan. Cut into squares when cool. 📞

Look before you



Be aware of electric cooperative equipment, such as guy wires and transformers, when snowmobiling this winter.

Don't dig up trouble!



1-800-252-1166

www.gopherstateonecall.org

Contact Gopher State One Call (GSOC) before doing any digging more than 12-inches deep. Make this call 48 hours before digging for foundations, trees, tiling and more. You can also register on the website at www.gopherstateonecall.org. This gives utilities time to mark their underground lines up to your meter so you are safe! Then contact a licensed electrician to locate the underground lines on your side of the meter. 📞