

# Cooperative Connections



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How Smart  
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Heart Some  
Love**

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## The New Workplan

# A Look Ahead



**Walker Witt**

General Manager  
wwitt@bhec.coop

**Planning is  
critical for  
the continued  
success of  
your co-op.**

Your operations and engineering department heads have been working the past several months with the engineers at Rushmore Electric Power Cooperative on our four-year construction work plan. The plan documents the engineering analysis for BHEC's transmission and distribution systems and summarizes the proposed construction for the next four years.

The work plan has two primary purposes. First, the plan improves reliability and quality of service by identifying equipment and material that needs to be replaced and upgrading and adding to portions of the system to meet load growth needs, code, and safety requirements. The second purpose of the work plan is to provide engineering support, in the form of descriptions, costs, and justification of required new facilities, which are necessary for securing loan funds needed for new construction.

Construction of electric distribution and transmission systems is highly capital intensive. Your co-op's work plan for 2018-2022 is \$14 million. Two of the largest single ticket items are projects that are scheduled to be completed in 2018. The Dry Creek Substation is a 115 to 69 thousand volt substation that is currently being constructed south of Rapid City on property owned by Basin Electric near the Rapid City DC Tie site. The foundation work is in progress and a contract for the construction of the substation has been executed. This substation adds an additional transmission source to our system to enhance reliability, and will meet the future growth needs in the greater Rapid City area. The estimated cost of this substation is \$3.350 million. Upgrading and rebuilding the existing Pringle Substation is scheduled for fiscal year 2018 at an estimated cost of nearly \$1.5 million dollars. This much needed upgrade will meet current and future load challenges your co-op is seeing in the central part of the system.

The new work plan has distribution line conversions throughout the cooperative's territory. Many of the line conversions include upgrading from single phase to three phase, upgrading wire size, and in many locations, when feasible, converting from overhead to underground. Almost all of the line conversions take a radial line and make it a tie line, creating a loop with other existing lines. These tie lines greatly increase our reliability by allowing us to feed from multiple directions, which should decrease outage time significantly and allow maintenance crews to work on a portion of line without members experiencing an outage.

The new work plan uses historical data together with municipal and county masterplans to estimate the number of new distribution lines necessary to meet the future growth needs. Historical data and experience is also used to estimate the amount of miscellaneous transmission and distribution equipment necessary to maintain the system over the next several years.

Planning is critical for the continued success of your co-op. Planning provides the path for continued system improvements and increased reliability. Without planning, we are just reacting and guessing – and as Yogi Berra said: “If you don't know where you are going, you might wind up somewhere else.” In the electric utility business, that “somewhere else” is most likely expensive and dark!

Have a great 2018 and I hope to see you at our upcoming Area Meetings. The schedule of all six area meetings is on the next page.

# Black Hills Electric

## Cooperative Connections

(ISSN No. 1531-104X)

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**System Coordinator –** Jesse Sorenson – [jsorenson@bhec.coop](mailto:jsorenson@bhec.coop)

**Chief Financial Officer:** Sammi Langendorf – [slang@bhec.coop](mailto:slang@bhec.coop)

**Manager of Marketing and Member Services and Cooperative Connections Editor:** Mike Chase – [mchase@bhec.coop](mailto:mchase@bhec.coop)

BLACK HILLS ELECTRIC COOPERATIVE CONNECTIONS is the monthly publication for the members of Black Hills Electric Cooperative, 25191 Cooperative Way, P.O. Box 792, Custer, S.D. 57730-0792. Families subscribe to Cooperative Connections as part of their electric cooperative membership. Black Hills Electric Cooperative Connections' purpose is to provide reliable, helpful information to electric cooperative members on matters pertaining to their cooperative and living better with electricity. Also available at [www.bhec.coop](http://www.bhec.coop).

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Postmaster: Please send address changes to Black Hills Electric Cooperative, P.O. Box 792, Custer, S.D. 57730-0792. Address all other correspondence to: Cooperative Connections, P.O. Box 792, Custer, S.D. 57730-0792. Telephone: (605) 673-4461; Fax: (605) 673-3147; e-mail: [bhec@bhec.coop](mailto:bhec@bhec.coop); website: [www.bhec.coop](http://www.bhec.coop)

# Win a Trip to D.C.

One high school junior will win an all-expenses-paid trip to Washington, D.C., this summer. The trip, sponsored by Black Hills Electric Cooperative, is open to students in the 11th grade who are dependents of BHEC members.

To apply for the trip, select one of the seven cooperative principles and tell what it means to you and send your one-page, double-spaced, typewritten essay to Washington Trip, Black Hills Electric Cooperative, P.O. Box 792, Custer, S.D. 57730. The deadline is 5 p.m. on Friday, February 16.

In June, BHEC's winner will join more than 1,400 other rural electric cooperative students from across the nation for a one week tour of Washington, D.C. and the surrounding area.

During the trip, approximately 30 students from South Dakota will shadow the state's Congressional delegation and then join other participants for tours of

the U.S. Capitol and national monuments, view museums and exhibits, meet new friends and have a great time sight-seeing.

In addition to the trip, the essay winner will be awarded a \$1,000 BHEC scholarship upon his or her graduation from high school. The scholarships are awarded each year at the cooperative's annual meetings.

Bailee McMillin wrote the winning essay in 2017 and spent a week in Washington this past summer. She will receive her scholarship at the co-op's 73rd annual meeting Thursday, May 31, at Hot Springs.



If you would like more information, call 673-4461 or e-mail [mchase@bhec.coop](mailto:mchase@bhec.coop).

## Area Meeting Schedule

Please plan to attend an area meeting near you. Good food, good friends and it's free!

### Johnson Siding

Wednesday, Feb. 7, 6-7 p.m.  
 Rimrock Community Center  
 Co-sponsor: Rimrock Community Club

### Hermosa

Tuesday, Feb. 13, 6-7 p.m.  
 Hermosa Elementary School Gym  
 Co-sponsor: Hermosa Volunteer Fire Department  
 Fire District Annual Meeting Follows

### Oelrichs

Thursday, Feb. 15, 6-7 p.m.  
 Oelrichs Community Hall  
 Co-sponsor: Oelrichs Volunteer Fire Department and Oelrichs Ambulance Service

### Whispering Pines

Monday, Feb. 19, 6-7 p.m.  
 Whispering Pines Fire Hall  
 Co-sponsor: Whispering Pines Volunteer Fire Department  
 Fire District Annual Meeting Follows

### Rockerville

Friday, Feb. 23, 6-7 p.m.  
 Rockerville Community Hall  
 Co-sponsor: Rockerville Community Club

### Rochford

Friday, March 23, 6-7 p.m.  
 Rochford Community Hall  
 Co-sponsor: Rochford Community Club

We hope to see you at one of the meetings. Thank you for your support of the above organizations.

# Weathering a Winter Storm

When ice and heavy snow bring down limbs and power lines, safety is a consideration indoors and out. Make sure you know how to weather the storm.

### When outside, stay away from downed power lines:

- A power line does not need to be sparking or arcing to be energized. Equipment near power lines can also be energized and dangerous.
- Lines that appear to be "dead" can become energized as crews work to restore power, or sometimes from improper use of emergency generators. Assume all low and downed lines are energized and dangerous. If you see a downed or sagging line, contact your utility.
- Motorists should never drive over a downed line as snagging a line could pull down a pole or other equipment and cause other hazards.
- Be careful approaching intersections where traffic or crossing lights may be out.
- If you plan to use a generator, know how to operate it safely

### Before a winter storm, you should have supplies on hand and know how to stay warm:

- Always keep a battery-powered radio or TV, flashlights and a supply of fresh batteries. You should also have water, blankets and non-perishable food.
- When power goes out, it often comes back in spikes. This can damage electronics. Keep your electronics safe by unplugging them when the power goes out. Leave one lamp or switch on as a signal for when your power returns.
- To prevent water pipes from freezing, keep faucets turned on slightly so that water drips from the tap. Know how to shut off water valves in case a pipe bursts.
- Never use a charcoal grill to cook or heat with inside the home. Burning charcoal gives off deadly carbon monoxide gas. Charcoal grills should only be used outdoors.
- If you live with a child or elderly person, you may need to take them somewhere with power so they can stay warm. If you are healthy enough to stay home safely, there are ways to stay warm: stay inside and dress warmly in layered clothing.
- Close off unneeded rooms.
- When using an alternate heat source, follow operating instructions, use fire safeguards and be sure to properly ventilate.

Source: safeelectricity.org

# DESIGNER ELECTRICITY

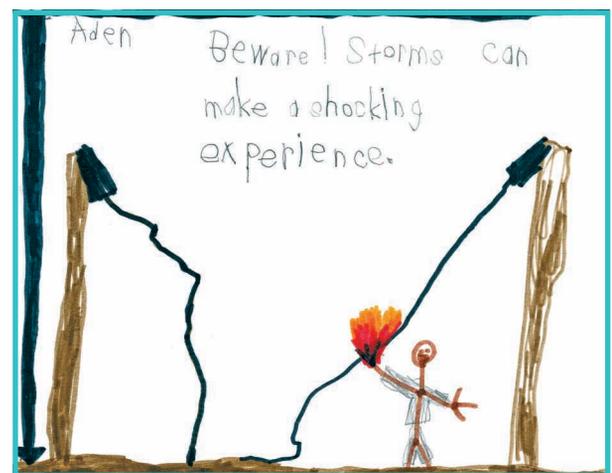
Consumers now have more options in how they use electricity, which means big changes for electric utilities. Here are a few of the major trends and developments:

### Energy Efficiency

Efficient lightbulbs and other appliances have actually reduced electricity sales, even as the population increases, the economy improves and we use more electronic devices.



## KIDS CORNER SAFETY POSTER



**"Beware! Storms can make a shocking experience."**

**Aden Schaeffer, 6 years old**

Aden is the son of Travis and Jessica Schaeffer, Tabor, S.D. They are members of Bon Homme Yankton Electric Cooperative, Tabor.

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.



# Hiring the Right Contractor



**Pat Keegan**

Collaborative Efficiency

**Your electric co-op may be able to provide a list of approved contractors in your area.**

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information on thermostats, please visit: [www.collaborativeefficiency.com/energytips](http://www.collaborativeefficiency.com/energytips).

## Sources

<sup>1</sup> <https://energy.gov/energysaver/insulation>

<sup>2</sup> <https://insider.energytrust.org/technical-tip-explain-heating-efficiency-ratings/>

<sup>3</sup> <https://energystar.zendesk.com/hc/en-us/articles/212111387-What-is-SEER-EER-HSPF->

**Dear Pat:** We're wanting to make renovations to our home that will improve aesthetics and overall energy efficiency. How can we make sure we hire a contractor who will do a good job and stay within our budget? – Bridget and Neil

**Dear Bridget and Neil:** Great question! Renovations can be the perfect time to improve your home's energy efficiency. To make sure you get those energy savings, it's important to do some planning right from the beginning.

The first step is to educate yourself so you can be in control of your project. Helpful, easy-to-understand energy efficiency information is available for virtually any area of your home and any renovation project. Just be sure to use reputable sources, like [energy.gov](http://energy.gov), [energystar.gov](http://energystar.gov) or your local electric co-op.

You'll need that knowledge so you can judge the solutions each potential contractor proposes. Some products or methods that are sold as effective energy efficiency solutions may not work as well as they claim or may be too expensive relative to the energy savings they provide.

It's important to talk to your local building department to find out if your project requires a permit and inspections. Some contractors may suggest doing the work without a permit, but unpermitted work can cause problems if you need to file an insurance claim down the road or when you get ready to sell your home.

You can also use your newfound knowledge to ask the right questions of potential contractors. Ask about the product to be installed, the energy savings it should yield and whether it will improve comfort. Because energy efficiency installations and construction are specialized, most measures are unlikely to be installed correctly unless the installer has experience and hopefully some appropriate training or certification.

Finding a contractor can be a challenge, especially in rural areas. To find them, use your online search engine to “find a contractor in your area.” If you're in a sparsely-populated area, the right contractor may be located an hour or two away. Your electric co-op may be able to provide a list of approved contractors in your area. You can also check with a local energy auditor for contractor names.

You may decide you'd like to hire a small specialty contractor or a larger general contractor. Either way, it's crucial to hire someone with a contractor's license, a local business license and three types of insurance: liability, personal injury and workers' compensation. Check references to verify the contractor has a solid history of cost-control, timeliness, good communication and excellent results, including significant energy savings. You might learn that your lowest bidder has a tendency to increase the price after the job has begun.

As you choose between contractors, quality should be an even more important consideration than price. Poor-quality energy efficiency work will not deliver maximum savings.

Once you have settled on a contractor, be sure to get a written contract. It should include “as built” details and specifications that include energy performance ratings you have researched ahead of time, such as:

- The name of the individual doing the installation.
- The specific R value<sup>1</sup> if you're insulating.
- The make, model, the AFUE (annual fuel use efficiency) and COP<sup>2</sup> (coefficient of performance) ratings if you're replacing a furnace (and ask that an efficiency test be conducted before and after the work).
- The make, model and EER (energy efficient ratio) rating<sup>3</sup> if you are replacing the air conditioner. (Some contractors are able to check for duct leakage in the supply and return ductwork with a duct blaster if you're doing any furnace or AC work.)
- Whether the contractor must pay for the necessary building permits.

Finally, be cautious about pre-paying. Keep the upfront payment as low as possible, set benchmarks the contractor must meet to receive the next payment and make sure a reasonable amount of the payment is not due until the project is completed, passes building inspections and you are fully satisfied. If you don't feel qualified to approve the project, you could even require testing or inspection by an independent energy auditor.

Then, enjoy your new energy efficient space!

# Johnson Elected to Touchstone Energy® Cooperatives Board

Dick Johnson, West River Electric Association CEO/general manager, was elected to the Touchstone Energy® Cooperatives board of directors Dec. 14 during Touchstone Energy's annual electronic business meeting.

West River Electric is headquartered in Wall, S.D.

Johnson said he's humbled to be elected to the seat by fellow Touchstone Energy members.

"I will be a strong voice for cooperatives around the country, from the largest to the smallest," Johnson said. "I am passionate about Touchstone Energy and will work hard to move the brand forward and continue the tradition of providing the tools and services to help cooperatives engage with their member-owners."

Also elected to the board were Bob Perry, general manager, West Oregon Electric Cooperative; and incumbents Deb Mirasola, communications and marketing director, Dairyland Power Cooperative; and Doug Miller, vice president statewide services, Ohio's Electric Cooperatives.

Touchstone Energy's first 2018 board meeting will be held following the National Rural Electric Cooperatives Association annual meeting Feb. 25-28 in Nashville, Tenn.

Carrie Law, director of communications and government relations for Sioux Valley Energy in Colman, S.D., is also on the nationally-elected board.

Johnson had served as the chairman of the Touchstone Energy Cooperatives Standards and Best Practices Committee. Employees of Basin Electric Power Cooperative in Bismarck, N.D., also serve on national committees: Paul Cook (Brand Strategy Committee), Jeremy Woeste, (chairman of the Cooperative Relations Committee) and Chad Reisenauer (Energy Solutions Committee).

Touchstone Energy is the brand of America's electric cooperatives. Touchstone Energy Cooperatives represents a nationwide alliance of member-owned electric co-ops. Collectively, it delivers power and energy solutions to more than 750 unified local electric cooperatives across 46 states.



**Dick Johnson**

# Fiegen Gains Leadership Position in RTO

South Dakota Public Utilities Commission Chairperson Kristie Fiegen has been named vice president of the Southwest Power Pool's Regional State Committee. The committee provides state regulatory agency input related to the development and operation of regional bulk electric transmission in 14 states in the central U.S. Fiegen previously served as the group's secretary.

SPP oversees the bulk electric grid and wholesale power market among its members in Arkansas, Iowa, Kansas, Louisiana, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas and Wyoming. The Regional State Committee is charged with recommending cost allocation policies that determine the amount electricity customers pay for the cost of building and operating transmission lines that cross several states in the SPP region.

"The work of the Regional State Committee is particularly important now as transmission projects are being planned and developed across our region," Fiegen said. "The cost of transmission accounts for a significant portion of the rate electric customers pay. As state regulators, we are especially keyed into fairly weighing the electric reliability demands of our region and the impact to customer bills," she stated.

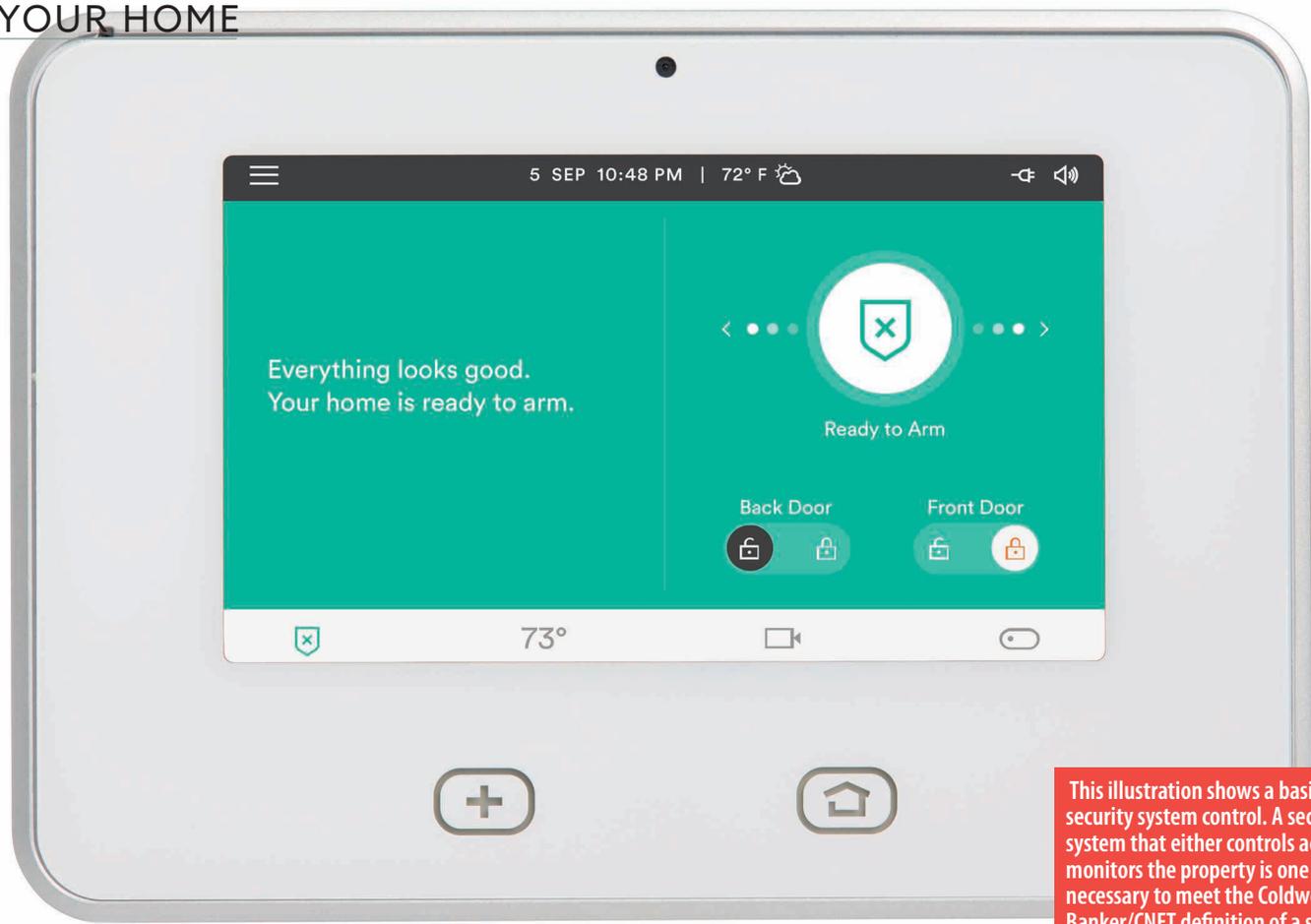
Fiegen is serving her sixth year on the PUC. She was appointed to the commission in August 2011 and won election to a six-year term in November 2012. Fiegen is a member of the National Association of Regulatory Utility Commissioners' Committee on Gas and Subcommittee on Pipeline Safety and serves on the Gas Technology Institute's Public Interest Advisory Committee.



**Kristie Fiegen**

**Putting Energy Where it Matters Most**

Touchstone Energy® Cooperatives.  
Your source of power. And information.



This illustration shows a basic security system control. A security system that either controls access or monitors the property is one feature necessary to meet the Coldwell Banker/CNET definition of a smart home. (Vivint Smart Homes)

# WHAT MAKES A SMART HOME?

**Terry Woster**

Freelance Writer

Everyone has an idea about what the phrase “smart home” means, but experts recently defined and identified the basic features and systems that make a home fit the phrase.

A dependable Internet connection is an essential piece, necessary for the connections that make the features of the home interact with each other and with the homeowner to get the most from each feature, whether it’s the doorbell camera, the thermostat or the sound system.

“You can’t have a smart home if it can’t connect to smart appliances,” says David Sirot, vice president of North American Communications



An illustration of the Smart Home Staging Kit available from the Worthington Group to sellers who list with Coldwell Banker. The kit includes a Nest Learning Thermostat, Nest Protect smoke and carbon monoxide alarm, Nest Cam Indoor security camera, August Smart Lock, August Connect, and Lutron-Caseta Wireless Lighting Starter Kit. More information is available at [SmartHomeStaging.com](http://SmartHomeStaging.com). (Illustration courtesy of Coldwell Banker)

## You can't have a smart home if it can't connect to smart appliances.

for Coldwell Banker Real Estate. He also said more and more people are interested in smart-home features in the homes they buy and in the renovation projects they undertake.

To come up with a definition of a smart home, Coldwell Banker Real Estate LLC in 2016 collaborated with CNET, a media website that produces news and reviews of consumer technology.

“For a time, we were stumped,” Sirotty said. “There simply was no definition of what it was. It needed to be broad enough and simple enough to be understandable. If you have certain specific and basic features or systems, if I can call your property a smart home, I can market your home very differently. That’s significant.”

A commonly accepted definition of the term is important because it provides “a clear and unified designation to keep up with rapidly evolving technology in the home,” he said.

In a prepared release on May 10, 2016, Coldwell Banker and CNET outlined the definition they wrote:

**Smart Home:** A home that is equipped with network-connected products (that is “smart products,” connected through Wi-Fi, Bluetooth or similar protocols) for controlling, automating and optimizing functions such as temperature, lighting, security, safety or entertainment, either remotely by a phone, tablet, computer or through a separate system within the home itself.

To be considered a smart home, the property must have a smart security feature that either controls access or monitors the property or a smart temperature feature, in addition to a reliable Internet connection. The property also must have at least two additional features from the following list:

- Appliances (smart refrigerators and

You have the power with  
**Smart Home Technologies**

- 1 Smart Hub/Bridge**  
If you are looking to make your home smart without having to hire a company to install an interconnected system, then an internet-connected smart hub is the first thing you’ll need. A smart hub will allow you to control all your smart devices from one app by acting as a middle man that facilitates communications between all your smart home devices.
- 2 Smart Lighting**  
Like most items in a smart home, smart lighting can be controlled with a few swipes of a smart phone app. But smart lighting is more than just convenient. Smart light bulbs are more energy efficient than standard incandescent bulbs. Some bulbs use GPS on your phone to determine your location, and can turn on or off depending on where you are located. Some bulbs are even voice controlled!
- 3 Smart Blinds**  
Smart blinds can be useful for those who have tall, hard-to-reach windows; for those who have difficulty moving around the house; or for those who simply want

to smarten their home. Smart blinds allow you to schedule your blinds to open and close during certain times of day – a bonus if you are trying to be energy efficient – or control them via an app.

- 4 Smart Locks**  
Smart locks allow you and anyone else you wish to enter your home with ease. Some smart locks let you open your doors with your cell phone. Some let you see who is coming and going while you are out of the house. Some even allow you to assign security privileges to certain people.
- 5 Smart Thermostat**  
A smart thermostat is a great way to keep your home smart and energy efficient. Many smart thermostats can learn your heating and cooling behavior and will auto-schedule based on your preferences.
- 6 Smart Cooking Appliances**  
Smart cooking appliances, like smokers, allow you to cook a perfect meal away from home, without burning the house down! Wi-Fi technology makes these cooking appliances smart!

- smart washer / dryers)
- Entertainment (smart TVs and TV streaming services)
- Heating/Cooling (smart HVAC system, smart fans or vents)
- Lighting (smart light bulbs and lighting systems)
- Outdoors (smart plant sensors and watering systems)
- Safety (smart fire/carbon monoxide detectors and nightlights)
- Security (smart locks, smart alarm systems or cameras)
- Temperature (smart thermostats)
- The term “smart home” can be intimidating and overwhelming,” Lindsey Turrentine, editor-in-chief of CNET.com, said in the prepared statement. “We want to make it easy for everyone to better understand what a smart home is, in order to simplify the process in helping them choose the right devices for their homes.”

## Scholarship Available

For the 27th consecutive year, Black Hills Electric Cooperative is offering two college scholarships to graduating high school seniors. One of the \$1,000 scholarships is provided by Basin Electric Power Cooperative, BHEC's power generation cooperative located in Bismarck, N.D.

The second \$1,000 scholarship is awarded by Black Hills Electric to the high school senior who won the cooperative's essay contest and trip to Washington, D.C., as a junior. Bailee McMillin wrote the winning essay in 2017 and spent a week in Washington this past summer. She will receive her scholarship at the co-op's 73rd annual meeting Thursday, May 31, at Hot Springs. Applicants for the remaining scholarship must be U.S. citizens and a dependent of a Black Hills Electric Cooperative member. He or she must be planning to enroll in a full-time undergraduate course of study at an accredited two-year or four-year college, university or vocational/technical school.



The Basin scholarship recipient will be chosen by a selection committee of retired area educators based on a combination of SAT or ACT scores, overall grade-point average, a personal

statement of career goals, a one page essay, and an adult appraisal. Applications may be picked up at the cooperative headquarters west of Custer or at [www.bhec.coop](http://www.bhec.coop). Completed applications and supporting documentation must be returned to BHEC before 5 p.m. on Thursday, February 1. The winner will be announced in April.

To request an application for the Basin scholarship, please call 673-4461 or 1-800-742-0085 or e-mail [mchase@bhec.coop](mailto:mchase@bhec.coop). The application form is also available at [www.bhec.coop](http://www.bhec.coop) by clicking on the scholarship application quick link. Print and fill out the form and return to Mike Chase, Black Hills Electric Cooperative, P.O. Box 792, Custer, SD 57730 prior to the February 1 deadline.

## Director Nominating Procedures

BHEC's 73rd annual meeting will be Thursday, May 31, at the Mueller Center in Hot Springs. Two directors will be elected at the meeting—one from the Lawrence, Meade and Pennington Counties geographical area where incumbent Gary Kluthe is seeking re-election and one from Fall River County geographical area where incumbent Dwayne Breyer is retiring. The qualifications of a director and nominating procedures, as set forth by Article IV, Sections 3 and 4 of the bylaws, are:

### Section 3. Qualifications

No person shall be eligible to become or remain a Director of the Cooperative who has been employed by this or any other electric cooperative during the previous five years, or who is a close relative of an incumbent Director or of an employee of the Cooperative, or who has been convicted of a felony in any court of law in the United States of America, or who is not a member in good standing of the Cooperative and receiving service therefrom at his or her primary residential abode.

No person shall be eligible to become or remain a Director of, or to hold any other position of trust in, the Cooperative who does not have the legal capacity to enter into a binding contract or is in any way employed by or financially interested in a competing enterprise, or electric utility, or a business selling electric energy to the Cooperative, or a business primarily engaged in selling distributed generation equipment such as wind turbines, solar systems, or fuel cells to, among others, the members of the Cooperative.

Upon establishment of the fact that a nominee for Director lacks eligibility under this Section or as may be provided elsewhere in these Bylaws, it shall be the duty of the Chairman presiding at the meeting at which such a nominee would otherwise be voted upon to disqualify such nominee. Upon the establishment of the fact that any person being considered for, or already holding, a Directorship or other position of trust in the Cooperative lacks eligibility under this Section, it shall be the duty of the Board of Directors to withhold such position from such person, or to cause him to be removed therefrom, as the case may be. Nothing contained in this Section shall, or shall be construed to, affect in any manner whatsoever the validity of any action taken at any meeting of the Board of Directors, unless such action is taken with respect to a matter which is affected by the provisions of this Section and in which one or more of the Directors have an interest adverse to that of the Cooperative.

### Section 4. Nominations

It shall be the duty of the Board of Directors to appoint not less than forty-five days or more than one hundred eighty days before the date of the meeting of the members at which Directors are to be elected, a committee on nominations consisting of not less than five nor more than eleven members who shall be selected from different sections so as to insure equitable representation. No member of the Board of Directors may serve on such committee. The committee, keeping in mind the principle of geographical representation, shall prepare and post at the principal office of the Cooperative at least thirty days before the meeting a list of nominations for Directors which may include a greater number of candidates than are to be elected. Any fifty or more members acting together may make other nominations by petition not more than one hundred twenty days nor less than thirty days prior to the meeting, and the Secretary shall post such nominations at the same place where the list of nominations made by the committee is posted. The Secretary shall mail with the notice of the meeting or separately, but at least ten days before the date of the meeting, a statement of the number of Directors to be elected and the names and addresses of the candidates, specifying separately the nominations made by the committee on nominations and also the nominations made by petition if any.

Applications are available at [www.bhec.coop](http://www.bhec.coop) or you may pick up an application at the office or ask to have an application mailed to you. **Applications must be returned by Friday, February 16.**



Bonnie Schoenrock (l) and her daughter, Rene Ivers, operate the Bogus Jim Road Studio where they refinish furniture and make handcrafted home decor items.

## Little Woodworking Shop in the Woods

Since 1972, the Schrunk Shop has been turning out wood creations from a shop nestled in the forest along Bogus Jim Road west of Rapid City. In German, *schrunk* is a type of tall furniture that can be a combination of cabinetry, shelving, drawers and closets. Emil and Bonnie Schoenrock spent 30 years in sawdust and splinters at the shop after Emil retired from the U.S. Air Force at Ellsworth Air Force Base.

Now, the Schoenrocks' daughter, Rene Ivers, who grew up around woodworking, is continuing the family tradition at her parent's shop. Her new business is the Bogus Jim Road Studio located next to the home she grew up in.

Ivers has an art degree from Phoenix Community College and worked as a graphic artist in Sturgis and Spearfish before starting her business. She is also the artist who painted the three-story tall mural of an eagle at North Junior High School in Rapid City.

Ivers has been helping her parents since 2008 and has been refinishing furniture and creating her own style of artwork for the past five years.

Ivers does not use chemicals to refinish furniture. Most of the removal of the old finish is done by hand sanding or using glass beads sprayed under pressure to mimic sand blasting. Once the finish is removed, Ivers applies either stain or paint

depending on the customer's preference. She also will apply her custom artwork if desired.

The Bogus Jim Road Studio walls are adorned with Ivers' art and creations. She can paint on anything, including wood slabs, guitars, old wagons and any furniture.

**Visit on the Web at  
bogusjimroadstudio.  
com or 605-348-2343**

Ivers' brother, Randy Schoenrock, has his own shop on the property where he builds commercial and residential cabinets and when Ivers needs a piece fabricated to repair an old piece of furniture, Randy can produce the piece needed. The brother and sister working together can repair any piece of furniture and restore it to near original shape.

Ivers also re-purposes old furniture, such as turning an old dresser into a bathroom vanity or an old outhouse door into an original work of art or tree branches and logs into candle holders. Ivers will finish anything, including new unfinished furniture.

Ivers' artwork is sold at Renatus Woodworks in Sturgis and at her shop at

12940 Bogus Jim Road. Her shop hours vary so call 605-348-2343 before coming or visit [bogusjimroadstudio.com](http://bogusjimroadstudio.com) for more on her Bogus Jim Road Studio.



The old oak wash stand above was originally a golden oak color. Ivers took it apart and sanded it down. She then refinished it with a custom charcoal color stain. The customer is using this piece in her bathroom as a vanity.



Adding exercise to the daily routine is good for the heart.

# HEART HEALTH

## The Undeniable Truths of Heart Health: Diet and Exercise Remain Keys

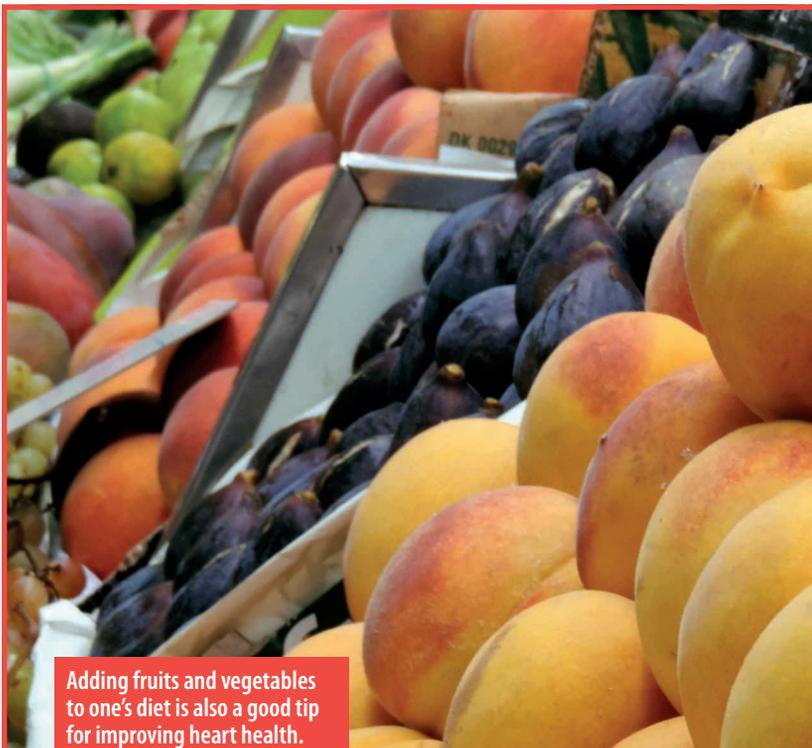
**Debra Gibson Isaacs**

*Always consult your doctor for any matters relating to your health. This information is not intended to diagnose any medical condition or to replace your healthcare professional.*

### How to Sneak More Exercise into Your Day

Sonya Angelone, a registered dietitian nutritionist (RDN) who holds a masters of science degree, is on the other end of the phone, explaining ways to sneak exercise into already-crowded days.

Although most of us wish it weren't true and wish there were a magic pill to keep our hearts healthy, diet and exercise remain the undeniable keys to a healthy heart. We know that but ... we're too busy for one more thing, can't afford a gym membership, are too tired after work, want to spend



Adding fruits and vegetables to one's diet is also a good tip for improving heart health.

## The key is to avoid just being sedentary.

what little time we have with our children.

“Incorporate subtle exercises into things you already do,” Angelone suggests, rejecting the notion that we have to have chunks of time or money to improve our heart health.

“For example,” she says, “do a wall chair when on the phone or while brushing your teeth.”

What I don’t know at the time is that she is practicing what she teaches as we talk. “I’m doing a wall chair as we speak, she tells me a bit later. “I just put my back against the wall, my feet on the floor, and slid down the wall until you could set a book on my knees or a child could sit on my lap. This is engaging my quadriceps, lowering my blood sugar from just eating lunch, burning extra calories and strengthening my legs so I am less likely to fall.”

Angelone, a spokesperson for the Academy of Nutrition and Dietetics and a practicing nutritionist in the San Francisco Bay area, has more examples – all simple and cost-free or very low cost.

“Lunge down the hall,” she suggests. “It only takes a few lunges a day to make a difference. Or alternately stand on your tiptoes and flat on your feet. This strengthens your lower legs.”

Another idea is to hold both arms out to your side with a book in one arm. Your body will look like a “T.” Hold that position until your arms shake. Stop and repeat.

How many can you do? It doesn’t matter, according to Angelone. The idea is to go from where you are to an ability to do more.

### Another few examples:

- While sitting in a chair or watching television, contract your abdominal muscles 20 times.
- While sitting in a chair, lift your toes, put them back on the floor, and repeat. This strengthens your shins.
- While sitting at the table, pedal a foot cycle.

“The key is to avoid just being sedentary,” the nutritionist says. “If you have a sedentary job, get up every half hour. Do something. Go outside and walk around the building, go up and down a flight of steps. Engage your muscles.

**Important Note:** *The only caveat is to make sure you have no limitations or injuries. If you do, check with your physician before trying any of these ideas.*

## How to Sneak More Nutrition Into Your Diet

Eggs are packed with protein; they are good for you. Egg yolks have cholesterol; eggs are not good for you.

Butter is better than margarine or is it that margarine is better than butter?

What is the difference between monosaturated, saturated, partially hydrogenated and trans fats?

Confusion abounds about nutrition. Sometimes it is hard to keep up with the latest science, sometimes the science changes and sometimes we just can’t remember what the science says.

Sonya Angelone, a registered dietitian nutritionist (RDN), spends her days counseling people in the San Francisco area about nutrition. Before she reveals the answers to some of the biggest nutritional conundrums, Angelone says there is one important point to remember about nutrition: There is no one-size-fits all. Each of us is different and can process food differently. Age and activity level make a difference. Medical conditions can also alter nutritional recommendations.

Now, drumroll please, here are Angelone’s answers to two of the most common and perplexing questions about nutrition:

### Eggs

Although the newest dietary guidelines remove the limit of eggs and dietary cholesterol, they still recommend avoiding excess. Eggs are a nutritious food, but whether they are good or bad depends on the person. Genes help determine how someone metabolizes nutrients, including cholesterol. Some people absorb excess dietary cholesterol and should limit eggs (one of the richest source in our diets). But, most people can consume eggs regularly. They just need to be sure it isn’t cooked in excess oil and doesn’t come with bacon, hash browns, white toast and butter!

Also, the recommendations are different for a healthy person wanting to eat a healthy diet versus someone with heart disease who is trying to reverse their disease. For the latter, I limit dietary cholesterol, including eggs. The American Heart Association is a good site for great information.

**On Balance:** Neutral.

**Suggestion:** Ask your physician to run a cholesterol balance test. This will tell you whether your high cholesterol is because your liver makes too much cholesterol or because you absorb too much cholesterol.

### Butter or Margarine

I do not like margarine ever. It has trans fats. That simply means that something has been artificially added to make the margarine harden into a stick or tub. The producer transformed liquid oil into a solid fat by adding hydrogen atoms – thus the term hydrogenated. This process changes the fat into an unhealthy fat.

Now there has been so much pressure from the government that producers are going back to using transformed fats. While they are not using palm oil, which is not healthy, coconut oil is not healthy either. The liver uses saturated fats to make cholesterol.

Some people believe that coconut oil is not bad because of a study. There were two groups, one which substituted sugar for fat and another group which substituted coconut oil for fat. It wasn’t that the coconut oil was better. It was that the sugar is so bad.

**On Balance:** Butter is always the best choice.

**Suggestion:** Try nut butter instead.

# Youth Entrepreneurship Is Alive and Well

BIG Idea Celebrates 10th Anniversary

Kelly Weaver

[www.BIGideaSD.com](http://www.BIGideaSD.com)

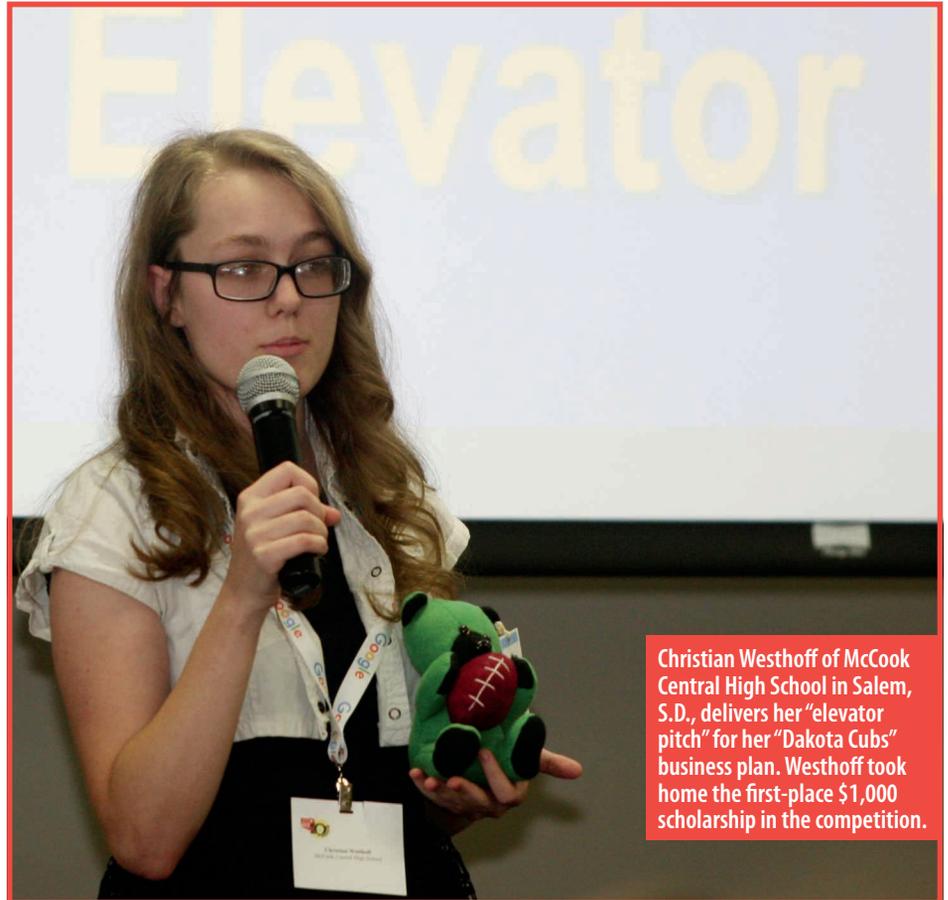
**South Dakota student entrepreneurs compete for scholarships with their big plans.**

The 10th Anniversary BIG Idea Competition was a BIG success with 243 entries involving 357 students from 37 schools. The event wrapped up Thursday, Dec. 7, at Northern State University.

Christian Westhoff of McCook Central High School took first place with Dakota Cubs, customized and handmade teddy bears. Second place went to Soap Opera Laundromat & Dry Cleaning by Julia Neuharth of Eureka High School, offering laundry services not currently available in a 75-mile radius. Third place was awarded to Taylor Evans of Pierre T. F. Riggs High School for Hot Look, an app that suggests an outfit from your wardrobe to wear based on the weather. The Marketing Design winner was Learning 101 by Meadow Smith from West Central High School, Hartford, and the Wellness Award went to Personal Plate by Conlan Rendell of Pierre T. F. Riggs High School. The winners were awarded more than \$5,000 in cash and scholarships.

Other finalists included Pribyl Pool by Morgan Selchert, Lexi Pinkert and Reed Hartman from Milbank High School; Anti-social-Eats by Michael Crawford, Angelica Jones and Kaelin O'Leary from Lead-Deadwood High School; Safe Haven Shelters by Jasmine Gengerke of Groton High School; Hire a Ranch-Hand by Colt Brink of Pierre T.F. Riggs High School; Know-How by Danielle Eliason and Bess Seaman of Warner High School; and Kharel's Kolors by Dhvani Kharel from Brookings High School.

In celebration of the 10th anniversary, Michael Grabham with



Christian Westhoff of McCook Central High School in Salem, S.D., delivers her "elevator pitch" for her "Dakota Cubs" business plan. Westhoff took home the first-place \$1,000 scholarship in the competition.

The Package Guard from Seattle was the featured keynote speaker along with local business owners Heath Johnson with Dakota Plains Companies and past BIG Idea winner Ellen Schlechter, creator of the Calving Book app. Grabham advised the students to 'celebrate your weirdness' and build your network and emphasized that conviction and compassion are critical for a successful business launch.

Students from the following high schools participated: Aberdeen Central, Belle Fourche, Bowdle, Brookings, Canistota, Chester, Custer, Deuel, Doland, Eagle Butte, Edmunds Central, Ethan, Eureka, Faulkton, Gregory, Groton, Hamlin, Ipswich, Madison Central, McCook Central, Milbank, James Valley Christian, Lead-Deadwood, Leola, Mobridge-Pollock, Montrose, Northwestern, Pierre T.F. Riggs, Sully Buttes, Sunshine Bible Academy, Vermillion, Wagner, Warner, Watertown, Waverly/South Shore, West Central and Yankton.

For more information about the BIG Idea competition, visit [www.BIGideaSD.com](http://www.BIGideaSD.com); on Facebook at @BIGIdeaSD or on YouTube at <https://www.youtube.com/user/BIGIdeaSD/playlists>



BIG idea winners and sponsors pose for a photo. Pictured are: (standing from left) Kelly Weaver, BIG Idea Committee; Andrew Miller, Presentation College; Christian Westhoff, 1st Place; Troy McQuillen, McQuillen Design; Julia Neuharth, 2nd Place; Brian Carda, Sanford Health; Taylor Evans, 3rd Place; Kila Legrand, Sanford Health and Dr. Tim Mantz, Northern State University and (seated) Meadow Smith, Marketing Design Winner and Conlan Rendell, Wellness Award.

## What is the BIG Idea Competition?

To promote entrepreneurship, spur creative thinking and encourage students to start a business.

- A business idea competition for high school students
- A 1,075-word description of a business idea
- An optional Marketing Design competition which includes an ad for their idea
- An opportunity to learn about business concepts and entrepreneurship
- A chance to win cash and scholarships

This competition, launched in 2007, was created through the collaborative efforts of many organizations in South Dakota. This competition is about exposing youth to new ideas and innovation in the hopes that you will view entrepreneurship as an option for your future. Rather than leaving the region to look for a job, you can have the confidence to create your own opportunities close to home and know that there is support for you should you choose to do so. Homegrown businesses are key to the success of our rural communities.

### Contest Timeline:

Completed online business ideas are due in October. Students who are selected as finalists will be invited to present their ideas to entrepreneurs and the awards ceremony will take place that same day. The final competition is in early December.

### What is in it for Students?

- Learn about business development and planning
- Meet with other students and future business

mentors

- Be a part of the cutting edge – young future entrepreneurs
- Be recognized for your business smarts
- Attend a wrap-up event with other participants
- Win great prizes

### What is in it for Teachers and Schools?

- Specially developed resources to enhance entrepreneurship or business studies
- Recognition for your school team's efforts
- A networking and learning opportunity for like-minded educational professionals
- A chance to help area youth explore their options!



**December 15-March 31**

South Dakota snowmobile trails season, Lead, SD, 605-584-3896

**January 17-25**

Winter Art Show, Spearfish, SD, 605-642-7973

**January 19**

Portland Cello Project Concert, Spearfish, SD, 605-642-7973

**January 19-20**

ISOC Deadwood SnoCross Showdown, Deadwood, SD, 605-578-1876

**January 20**

Bark Beetle Blues, Custer, SD, 605-440-1405

**January 26-February 4**

Annual Black Hills Stock Show and Rodeo, Rapid City, SD, 605-355-3861

**January 27**

Sioux Empire on Tap, Sioux Falls, SD, 605-367-7288

**February 2-4**

10th Annual Winterfest of Wheels, Convention Center, Sioux Falls, SD, 605-231-3100, [www.winterfestofwheels.com](http://www.winterfestofwheels.com)

**February 3**

Tomahawk Snow Jam, Deadwood, SD, 605-569-2871

**February 9-11**

Black Hills Sport Show and Outdoor Expo, Rapid City, SD, 605-394-4111

**February 10**

Valentine's Lovers' Leap Snowshoe Hike, 10 a.m. and noon, Peter Norbeck Outdoor Education Center, Custer State Park, SD, 605-255-4515

**February 10**

Polar Bear Chili Cook-off and Minnow Races, Main Street, Hill City, SD, 605-574-2368

**February 15-17**

Sno Jam Comedy Festival, Sioux Falls, SD, [siouxfallssnojamcomedyfest@gmail.com](mailto:siouxfallssnojamcomedyfest@gmail.com)

**February 16**

Legion Auxiliary Tail Gate Party, 4:30 p.m., American Legion, Bingo follows at 7 p.m., Hermosa, SD, 605-255-5977

## Area Meetings

**February 7**

Rimrock Area Meeting, 6-7 p.m., Community Hall, Johnson Siding, SD, 605-673-4461

**February 13**

Hermosa Area Meeting, 6-7 p.m., Elementary Cafeteria, Hermosa, SD, 605-673-4461

**February 15**

Oelrichs Area Meeting, 6-7 p.m., Community Hall, Oelrichs, SD, 605-673-4461

**February 19**

Whispering Pines Area Meeting, 6-7 p.m., Fire Hall, Rapid City, SD, 605-673-4461

**February 23**

Rockerville Area Meeting, 6-7 p.m., Community Center, Rockerville, SD, 605-673-4461

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.