

# COOPERATIVE CONNECTIONS



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# You Are A Member-Owner



**Tim McCarthy**  
General Manager/  
Chief Executive  
Officer

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You are a member-owner of Sioux Valley Energy. Not everyone can say that about their electric utility. With that distinction, you have the opportunity to be involved. Democratic member control is one of the seven cooperative principles and Sioux Valley Energy takes that seriously. So seriously in fact, we hold 10 District Meetings each year and one Annual Meeting. Director elections take place at District Meetings and a business meeting, along with voting for proposed bylaw amendments happen at the Annual Meeting.

We just finished our District Meetings and are now preparing for our Annual Meeting which will be held on Tuesday, June 6. Sioux Valley Energy has a vast service territory. From the northwestern part of our service territory to our southeastern portion is over 100 miles. We understand it is sometimes difficult if you live on Lake Poinsett in northern Brookings County to make it to Luverne, Minnesota in Rock County for a weeknight meeting. That is why we are changing things up this year. We are going to hold our meeting in three different locations – Hartford, Luverne, and Volga. We

hope this change will allow more members to attend their cooperative's Annual Meeting.

The main site (Hartford) will be live streamed to the remote locations (Luverne and Volga). We will serve the same meal, play bingo, and have children's activities at all locations. The only difference will be the entertainment which will feature local musical talent. Details can be found on Page 7 of the magazine.

This is completely new for us – we have not tried a meeting set up like this before, so this will be a trial run to see if it is something we may want to continue in the future. We believe this will allow more members to get involved and be engaged with their cooperative. We hope to see YOU at one of the locations!

As I close out this month's column, I again want to remind everyone to watch for utility and construction crews who are working on the side of the road. It only takes a minute to slow down and be aware of where those workers are – their safety is in your hands!

## Their safety is in your hands

### Move over for utility and construction crews

As the weather warms up, both utility and construction crews can be seen setting up work zones on the side of the road. Their safety is in your hands when you are behind the wheel. Keep these safety guidelines in mind as you are traveling.

- Stay focused on the task at hand
- Do not text and drive
- Avoid distractions
- Slow down near work zones
- Move over as you pass crews



**COOPERATIVE CONNECTIONS**  
**SIoux VALLEY ENERGY**

(USPS No. 497-440)

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**Sioux Valley Energy is an equal opportunity provider and employer.**



## Who Powers You?

Congratulations to Heidi and Dan Goeller, co-founders of Harmony South Dakota, on being selected as finalists for the 'Who Powers You' contest.

Their nomination form stated that the mission of Harmony South Dakota is to empower children and positively transform their lives through immersive music education and performance. For nearly a decade, and thanks to generous donations by the community, Dan and Heidi have been offering free classes for string orchestra, percussion ensemble, choir, and private instrumental lessons every weekday afternoon during the school year.

Beyond the music, Dan and Heidi are inspiring students to succeed in all areas of their lives. Students are valuable members of the Harmony family that treat each other with respect and excellence. Each year registration grows because Harmony triumphs in bringing our diverse community together.

The Goellers were highlighted on *KELOLAND Living* on Thursday, April 27.

## Scholar of the Year

Sioux Valley Energy recently celebrated its Touchstone Energy® Scholars at the annual Scholar of the Year banquet held at Mitchell Technical College at the end of April. Amber House from Brandon Valley High School and Sydney Boersma from Elkton High School were on hand for the event.



Congressman Dusty Johnson spoke to the group and Sydney Boersma won the \$1,000 scholarship.

Congratulations to all of the talented young people who were chosen as a Touchstone Energy Scholar of the Week throughout the school year.

# Home Electrical Safety Tips

Electricity always seeks the easiest path to the ground. It tries to find a conductor, such as metal, wet wood, water – or your body! Your body is 70% water, so if you touch an energized bare wire or faulty equipment while you are grounded, electricity will instantly pass through you to the ground, causing a harmful – or fatal – shock.

The amount of electricity used by one 7.5 watt Christmas tree bulb can kill you if it passes through your chest. Even if it isn't fatal, electrical shock can easily cause serious falls, burns, or internal bleeding.

Your Home Wiring is just a number of loops, or circuits. A “live” wire brings current to a light or an outlet. A “neutral” wire returns current to its source. Between inside wiring and outside power lines is a service panel.

Most service panels have a main switch. Use it to cut all power when changing a fuse or in case of fire or shock. If you don't have a main switch, turn off all circuit breakers. Don't tamper with your electric meter. You'll risk shock, explosion, or fire.

Your service panel contains fuses or circuit breakers which interrupt power to specific circuits in case of a short circuit or overload. If this happens:

- Unplug appliances.
- Switch off power at the main switch.
- Try to determine the cause of the problem and correct it if possible.
- Replace the fuse that has a broken metal strip with a new fuse of the same rating – typically 15 amperes.
- If you have circuit breakers instead, switch the one that's “off” to “on.”
- Restore power.

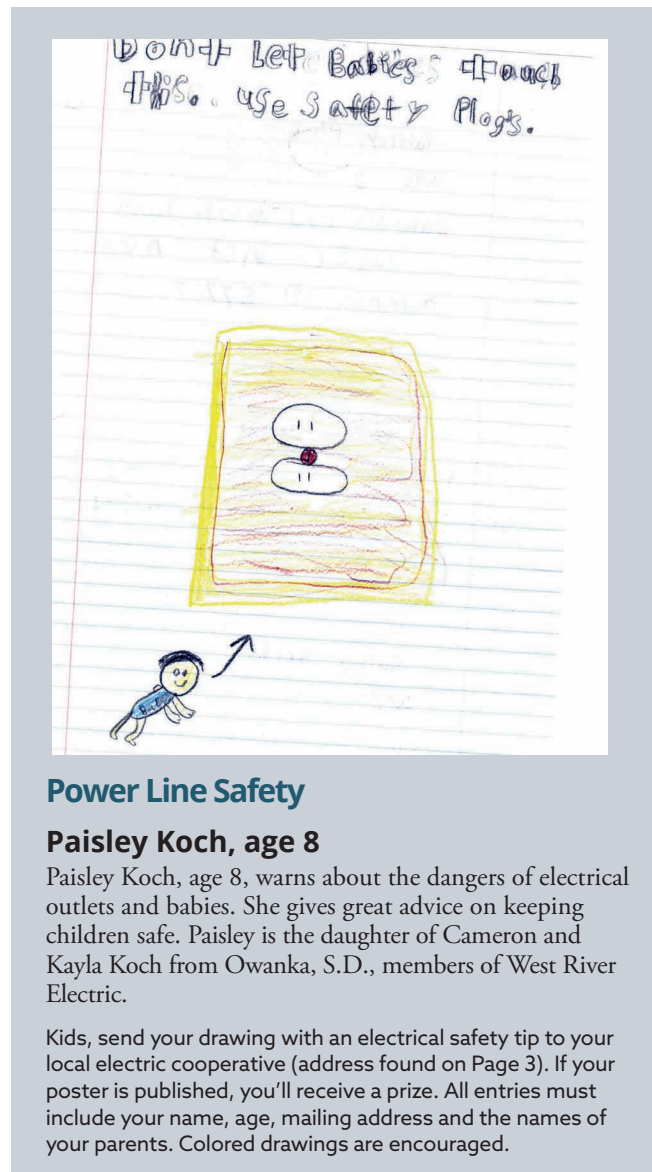
Never use anything other than a fuse to replace a fuse – you could cause a fire. If fuses blow or a circuit breaker trips often, contact a qualified repairman.

## Grounding: The Third Prong

When you use a plug with three prongs, the third prong connects inside the outlet with a “ground wire,” which usually connects to a water pipe or a ground rod at the service panel. As a result, in case of a short circuit, electricity should flow through the grounding system instead of through you. Never remove the third prong.

## Appliance Safety

Remember the most important rule for appliances – electricity and water don't mix. Keep appliances, especially hair dryers, away from bathtubs, puddles, sinks and wet hands. Wet skin increases the risk of shock, so unplug an appliance before cleaning – even if off, it can shock. Never put metal objects in live parts of appliances or in outlets. If an appliance overheats, unplug it and have it checked. Don't overload outlets. Use only appliances that are approved by a nationally recognized testing laboratory, such as Underwriters Laboratories.



## Power Line Safety

### Paisley Koch, age 8

Paisley Koch, age 8, warns about the dangers of electrical outlets and babies. She gives great advice on keeping children safe. Paisley is the daughter of Cameron and Kayla Koch from Owanka, S.D., members of West River Electric.

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.

# DAIRY DESSERTS

## SWEDISH CREME

### Ingredients:

2 cups heavy cream  
1 cup plus 2 tps. sugar, divided  
1 envelope unflavored gelatin  
1 tsp. almond extract  
1 tsp. clear imitation vanilla extract  
2 cups sour cream  
1 cup fresh or frozen red raspberries

### METHOD

1. In a saucepan, combine cream and 1 cup sugar. Cook and stir constantly over low heat until candy thermometer reads 160 degrees, or steam rises from pan. (Do not boil). Stir in gelatin until dissolved; add extracts. Cool 10 minutes.
2. Whisk in sour cream. Pour into eight dessert glasses or small bowls. Chill at least 1 hour.
3. Before serving, combine raspberries and remaining sugar; spoon over each serving.

Joanne Singrey-Johnson  
Watertown, S.D.

## NO-CHURN BLACK FOREST RIPPLE ICE CREAM

### Ingredients:

12 oz. Pitted cherries (fresh or frozen) thawed, halved  
1/4 cup sugar  
2 cups very cold heavy cream  
1 14 oz. can sweetened condensed milk  
1 tsp. pure vanilla extract  
4 oz. bittersweet choc. chunks

### METHOD

Place the cherries, sugar and 2 tps. water in a large sauce pan. Bring the mixture to a boil, then reduce heat and simmer, stirring often, until the cherries break down and the liquid turns to a thick syrup, 10 to 12 minutes. Transfer to a bowl and refrigerate until cool, about 15 minutes. Using an electric mixer, beat the cream, condensed milk and vanilla in a large bowl on medium/high until stiff peaks form, 3 to 4 minutes. Gently fold in the choc. chunks. Spoon half the cream mixture into a 4 1/2 x 8 1/2 loaf pan or 1 1/2 qt. freezer safe container. Spoon half the cherry mixture on top. Using a knife, swirl the cherry mixture through the cream. Repeat with the remaining cream and cherry mixture. Cover with plastic wrap and freeze until set. Keep frozen for up to 2 weeks.

Sue Hove  
Sioux Falls, S.D.

## RHUBARB STRAWBERRY CHEESECAKE

### Ingredients:

Rhubarb Sauce  
2 1/2 cups thinly sliced fresh rhubarb  
1/3 cup sugar  
2 tps. orange juice  
Crust  
2 cups finely crushed oreo cookies, (about 18 cookies)  
1/3 cup butter, melted  
Filling  
9 oz. white baking chocolate  
3 packages (8 oz. each) cream cheese, softened  
1 container (7 oz.) sour cream, at room temperature  
1/2 cup sugar  
1 tsp. cornstarch  
2 tps. pure vanilla extract  
1/2 tsp. salt  
3 extra large eggs  
Topping  
1 pint strawberries, remove tops  
1/4 cup strawberry jelly  
2 tps. water  
Prepared whipped cream

### METHOD

Preheat oven to 350°F. For the Rhubarb Sauce, mix rhubarb, sugar and orange juice in a medium saucepan. Bring just to boil and reduce heat. Cook about 5 minutes or until rhubarb is tender, stirring occasionally. Set aside to cool. For the Crust, mix cookie crumbs and butter in a medium bowl. Press mixture evenly into bottom of 10-inch springform pan sprayed with no stick cooking spray. Set aside. For the Filling, melt chocolate according to package directions and set aside. Beat cream cheese, sour cream, sugar, cornstarch, vanilla and salt on medium-high until well blended (about 5 minutes). Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Gradually beat in chocolate. Add cooled Rhubarb Sauce to the filling mixture, stirring gently to incorporate. Pour Filling mixture over cookie crust. Bake 1 1/2 to 2 hours or until edge of cheesecake is firm and center is almost set. Allow to cool 30 minutes. Refrigerate 4 hours or overnight. When cheesecake is completely cooled, place strawberries on top cut side down. Mix strawberry jelly and water in a small bowl. Brush over strawberries. Pipe whipped cream border around the cheesecake before serving.

[mccormick.com](http://mccormick.com)

Please send your favorite recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2023. All entries must include your name, mailing address, phone number and cooperative name.

# Annual Meeting Will Be Electric!



**Sheila Gross**  
Energy Services  
Specialist  
**Contact Sheila  
Gross at  
sheila.gross@  
siouxvalleyenergy.  
com to learn  
more.**



Scan this code to check out our rebates and incentives:

Your Beneficial Electrification (BE) team is ready to see YOU at the upcoming Annual Meeting! As you've read in this edition of the magazine, we plan to hold the event at THREE different locations.

This meeting isn't your typical Annual Meeting, and we plan to make it even more special with some "electrifying" prizes.

One lucky winner at each location will have the chance to win a NEST smart thermostat! This technology can actually "learn" your energy use and in time can automatically adjust the temperature higher or lower depending on your preferences, lifestyle, etc. Smart thermostats help save energy (and in turn, money) because the temperature adjustment is more automatic compared to a manual one. For example, you won't forget to turn the heat down when you climb into bed because it will remember for you.

Smart thermostats are just one technology to help you manage your energy usage. (And, did you know we offer a rebate program for installing a smart thermostat when you try our Time of Use Rate?) Our BE department members will be on hand to answer questions about water heaters, heat pumps, electric vehicles, and more. We are eager to help you find solutions that can enhance your family's everyday living through electrification.

Come visit us at our booth at each meeting site to learn about our programs and incentives that can help you and your family be more efficient and save money.

EVie, our Nissan Leaf electric vehicle, will be on display at the Hartford location. You can register to win the NEST thermostats at any of the three locations.

When you register to win the smart NEST thermostats, you will also be entered into a drawing for the grand prize, which is an electric bicycle. The bicycle will be on display at the meeting in Hartford. This grand prize drawing will take place in the week following the Annual Meeting as we combine the registrations from all three locations for the drawing. Be sure to check our Facebook page to find out who wins the bike! The LECTRIC e-bike features a battery-charged motor to give a boost when you are trying to pedal up those hills.

You must be a Sioux Valley Energy member and attend the Annual Meeting at one of the three locations to win the thermostats and/or the bike.

We hope you will make plans to attend the Sioux Valley Energy Annual Meeting on Tuesday, June 6 in Hartford, Luverne, or Volga. See you there!



## REGISTER TO WIN!

Attend the Annual Meeting June 6 and receive two chances to win! Everyone who attends the meeting will be able to register for a NEST smart thermometer. We will give away one at each of the meeting locations. Then, after the meeting, all the registrations will be gathered for a drawing for a LECTRIC electric bicycle!





## 2023 Annual Meeting

Tuesday, June 6

5:00-7:00 p.m. – Picnic Meal *plus*  
Bingo *(ends at 6:45 p.m.)*

Childrens' Activities

7:00 p.m. – SVE Annual Meeting

7:45 p.m. – Entertainment



# SEE YOU JUNE 6

## Three locations will host Sioux Valley Energy members for the Co-op's 2023 Annual Meeting

Sioux Valley Energy's Annual Meeting will look a little different this year. To help more members take part in the Annual Meeting, the Co-op plans to host three different sites in Hartford, Volga, and Luverne.

"The Sioux Valley Energy service territory is pretty large and sometimes it is difficult for members who want to attend but live 50 plus miles away. We are trying something new with providing multiple locations," said Vice President of Public Relations Carrie Vugteveen.

The main meeting site location will be at the West Central High School in Hartford. The two remote locations will be held at Sioux Valley School in Volga and Generations Event Center in Luverne. Each location will have a picnic-style meal of hamburgers and hotdogs, along with potato salad, beans, chips, and a bar. Each location will also have children's activities, bingo with prizes, and local entertainment.

The entertainment will be as follows in each location:

### HARTFORD: THE BARN FLIES

The Barn Flies is the alt-country and Americana duo of Casey Wilson and Carleen Wild Wilson. The Wilsons live in the Flandreau area.

### VOLGA: LIZZY HOFER

Lizzy Hofer grew up near Estelline, South Dakota, and sings a variety of genres: country, rock n' roll, gospel, jazz/blues, opera, and pop.

### LUVERNE: ALLIE LAROCK

Allie LaRock grew up in Hills, Minnesota, and plays songs by artists ranging from Adele and ABBA to NEEDTOBREATHE and Lady Gaga. Allie also performs original music.

See you Tuesday, June 6, at one of three locations!



## BUILDING A DREAM

J. Dylan Moro and his cousin, Knut Finnevolden, stand outside Moro's family-built treehouse yurt.

### Moros' Treehouse Yurt Offers Unique Dakota Getaway

**Frank Turner**

frank.turner@sdrea.coop

From the vast, open prairies of the east to the towering Black Hills in the west, South Dakota's diverse landscape presents a breathtaking tapestry of natural beauty for camping enthusiasts to explore. With 13 state parks, six national parks, and numerous recreation areas at their disposal, visitors and residents alike are always within arm's reach of a world-class camping experience, complete with the guarantee of an unforgettable sunset.

The allure of South Dakota's outdoors extends well beyond aesthetics. Outdoor enthusiasts can also find a plethora of adventure by rock climbing the steep quartzite cliffs of Palisades State Park or catching a glimpse of a wild buffalo or bighorn sheep in Custer State Park.

Given the abundance of breathtaking

locations, it comes as no surprise that many enthusiasts desire a camping experience that matches the splendor of their natural surroundings. Simply put, sometimes a basic tent just doesn't suffice. Campers have embraced a variety of specialty camping styles, such as staying in treehouses and fully furnished cabins. With options ranging from off-grid yurts to glamping tents outfitted with complimentary Wi-Fi, these innovative accommodations elevate the traditional outdoor experience, catering to each individual's preference, comfort, and style.

J. Dylan Moro and his wife, Keena Byrd-Moro, both residents of Spearfish,



Moro's treehouse yurt is fully furnished, complete with tables, couches and a wood stove.



S.D., erected one such location on the outskirts of Lead, S.D., with the help of their family and neighbors in 2015. After both serving in the military as Army Reserve Nurses, Dylan and Keena saved up enough money to purchase a lot of land and realize their dream of building a treehouse yurt in the Black Hills.

“It was always my dream to build up there,” said Dylan. “We wanted to create an experience where people could escape and reconnect with nature.”

Their dream became a reality thanks to the amazing effort put forward by their family, friends and neighbors. More than 10 individuals contributed to the project, assembling the yurt in just two days despite a snow storm during the construction process.

“I remember being so close to finishing the project in one day,” he recalled. “Despite the snow, I could see the finish line and wanted to keep going, but the conditions were getting slippery. For safety, my wife convinced us to wait, and she was right, of course.”

Even Keena’s late father, who had Alzheimer’s and Parkinson’s during

the project, assisted how he could by peeling logs and building railings for the treehouse yurt. Dylan shared that having Keena’s father as part of the project made the experience even more special for their family. The structure now stands as a testament to his memory and provides a connection with their family’s past.

“He loved being up there and part of the project,” he shared. “I can honestly say that we built this structure by hand without any machinery. We relied on the many hands of our friends and family to get the job done.”

When the family finished, the end result was a rustic treehouse yurt perched between two pine trees on a mountain slope, overlooking the Mickelson Trail. Today, the Moros’ treehouse yurt guarantees a remote escape, free from nearby tents or campers. And while it’s only accessible by dirt road, the location still offers easy access to some major attractions of the Black Hills, including Deer Mountain Ski Resort and Pathways Spiritual Sanctuary.

“It’s a really cool spot, and for me, I love having access to the trail for easy

biking and running,” said Dylan. “And it’s not unusual to catch a glimpse of an ongoing bike race or marathon on the Mickelson Trail from the deck of the yurt.”

Listed on Airbnb, the location has garnered over 241 reviews and 4.83 stars from campers from all over the United States, featuring two beds, a wood stove, and an indoor fireplace. Even still, the getaway location isn’t for the faint of heart. With no running water or onsite electricity, campers must rely on the yurt’s amenities, which cater to campers seeking a balance of comfort and authenticity in their outdoor experience.

“Part of the beauty of the yurt is that it’s totally off-grid, but people need to know what they are getting into,” he said. “But that shouldn’t scare anyone away. We have hosted people from all walks of life: people who have never camped before, people who are driving across the country and want a unique stay, and even locals who just want to get away. Everyone finds something here that they enjoy.”



Perched between two trees, the Moro family yurt provides a unique getaway location for visitors to the Black Hills of South Dakota.



Billing Supervisor Molly Burmeister, and Billing Representatives Kim B., and Molly W., comprise Sioux Valley Energy's Billing Department.

## BILLING ACUITY

### SVE Billing Department Strives to Serve Members through Accuracy

**Brenda Kleinjan**  
[brenda.kleinjan@siouxvalleyenergy.com](mailto:brenda.kleinjan@siouxvalleyenergy.com)

Each month, Sioux Valley Energy's billing team works to ensure that the Co-op's 28,000 plus members are receiving accurate bills for the energy they have used.

The department is frequently running reports to ensure that accurate billing is being made across the Cooperative's multiple rate classes.

"If we call you regarding high or low usage, it's for your (the member's) benefit," said Molly Burmeister, SVE's Billing Supervisor. If an account has unusually high or low usage compared to historic usage, the account can get flagged for review and follow up.

The Co-op's SmartHub tool can help members monitor their usage on a daily basis which puts the control into the member's hands.

One rate that may help members is the Cooperative's Time of Use Rate which allows the member to shift their energy usage to off-peak times. The off-peak usage rate is considerably less than the on-peak rate.

A new and improved look to the bills is being launched later this summer. Members can expect an updated look to both the Cooperative's printed bill as well as the electronic bill available on SmartHub.

"We see an exact copy of the member's bill. So, if the member has a question, they should give the Co-op a call and talk to either the Billing Department or the Member Services Representatives," said Burmeister.

#### BREAKERS: KEEP THEM ON

If you have a separate submeter, Burmeister noted that it is important that the breaker tied to that submeter remains in the "On" position year round to ensure you are getting the reduced rate.

There are no additional monthly fees for having a submeter, so turning off the breaker only causes problems.


#### UPDATE CONTACT INFO

Burmeister stressed the importance of having members update their contact info with the Co-op, which is especially critical during outages.


"It is very important that we have updated information," said Burmeister.

The information can be updated via SmartHub or calling the Co-op at 877-511-8062.

**Umm, Hello?**  
Is this the right number?



Please take a moment to check that your contact info is correct. Current numbers are vital for outage notifications.



Call us at 877-511-8062.

# CALL 811 BEFORE YOU DIG

By Sharla Haugen, Dispatch Manager  
Sharla.haugen@siouxvalleyenergy.com

**DIAL 811 BEFORE YOU DIG!** 811 will put you in touch with a One Call center for the state which you are calling from or you can submit your locate request online at [www.sd811.com](http://www.sd811.com) (South Dakota) or [www.gopherstateonecall.org](http://www.gopherstateonecall.org) (Minnesota).

## WHAT HAPPENS WHEN YOU CALL 811 OR GO ONLINE AND SUBMIT YOUR LOCATE REQUEST?

1. You will submit detailed information regarding your location of the dig area, including the address and/or street intersection with driving directions to the site. You will also enter specific instructions on what area at the site needs to be located. (**WHERE DO YOU PLAN TO DIG?**)
2. Once the information is gathered and the request is submitted – you will receive a **TICKET NUMBER** – it's important to keep this number until your dig job is completed so you have contact information for utility companies. A **TICKET NUMBER** is required in order to process your request.
3. Once you have received your ticket number, the One Call center and the utility company takes over the locate request. Utilities have 48 business hours to complete the locate.
4. If Sioux Valley Energy (SVE) does not own underground cable within 200 feet of your dig site, SVE will be cleared at the One Call center and will not be notified or receive an electronic ticket.
5. If SVE owns underground cable within a 200 foot area of the dig site, the One Call center sends an electronic version of your ticket request to the SVE Dispatch Center. Dispatch will screen that ticket and determine the location of the cable according to the Cooperative's records.
6. If a locate is necessary, SVE dispatchers will forward that ticket to contract cable locators. The cable locators will then physically respond and paint/flag SVE facilities within your dig site.

## SVE FACILITIES VS. PRIVATE, MEMBER-OWNED FACILITIES:

SVE is responsible for locating any of its electric underground facilities (WITHIN THE SCOPE OF THE DIG AREA ON THE TICKET) up to the metering point, at no cost to the member. Any facilities beyond the metering point (from the meter to the members' buildings, waterer, silo, wind turbine, etc.) are owned by the member and considered private facilities. SVE is not responsible for the location of private facilities. However, if our contract cable locators are dispatched to locate SVE-owned facilities, we ask them to locate the member-owned lines as well. The member-owned lines must be within the scope of the dig area according to the original ticket to be eligible for locating. If SVE clears the ticket, members are responsible for locating their private facilities at their own expense and will need to coordinate with their electrician.





# CPR & AED TRAINING

Photo Credit: Nate Breske

## Essential No Matter What Field You Work In Or Play On

**Laura London**  
Lake Region Electric Association

Millions of sports fans who tuned into Monday Night Football on January 2nd watched in shock as what had moments before appeared to be a regular night of sporting rivalry, turned into a heroic lifesaving response. Buffalo Bills defensive safety Damar Hamlin, a strong, athletic 25-year-old, suddenly collapsed on the playing field seconds after making a routine play against the Cincinnati Bengals. Almost instantaneously medical personnel sprang into action. The grave situation was reflected in the faces of the players, coaches, staff and fans. While Hamlin had no underlying medical condition, it was later determined that he had

experienced an often-fatal condition called commotio cordis, which is a rare disruption of the heart rhythm caused by a blunt, nonpenetrating impact to the chest that causes arrhythmia without structural damage to the heart. The quick response and administration of CPR saved Hamlin's life.

There are certain professions where the possibility of using life-saving interventions such as CPR and AEDs is more likely than others, and training is necessary. Certain risk factors, whether it be profession, age or health condition, can also increase the likelihood of someone experiencing a cardiac event. The fact is that cardiac arrest can happen anywhere, at any time, to any person.

CPR and AED training is vital regardless of what field you work in or play on.

Nate Breske, a Webster graduate, and member of Lake Region Electric Association is the head athletic trainer for the Buffalo Bills NFL franchise. Breske's affable personality and engaging smile can seem out of place when pictured amongst the hard appearing coaches and personnel of the NFL, but there he is shining bright on the sidelines and behind the scenes to make sure the program runs smoothly. The multi-faceted position of head athletic trainer comes with a load of responsibility, including looking out for the health and safety of the athletes, designing rehabilitation programs for injured players, working closely with the performance and coaching staffs to get the most out of each player on gamedays, managing the medical

staffs, administrating care for injured players, and working with the GM and upper management to bring in players through free agency and the draft. Breske never expected that one of his players would suddenly collapse on the field from cardiac arrest seconds after attempting a tackle, but Breske and his team were prepared.

Breske described what went through his mind when he saw Hamlin collapse on the field, “I instantly knew that it was a major medical issue that would require our assistance and expertise to help. We were prepared, willing and able to help do whatever we could to help save his life.” Lifesaving action was taken and CPR was performed by multiple people on the field in what Breske describes as “a complete team effort.” An AED was also used before Hamlin was transported by ambulance to the hospital. Something that Breske would like others to know: “You have permission to help out to the best of your ability when there is an emergency situation that may make you uncomfortable. Doing something is better than doing nothing at all!”

Breske says the Bills organization requires even non-medical personnel

to have CPR training “Everyone is certified, and we practice our EAP regularly to ensure that we are prepared for emergency situations such as this. The non-medical personnel are educated and will continue to be educated in the importance of knowing what to do in an emergency situation.” Breske has never had to personally perform CPR but recalls performing the Heimlich maneuver on Andy Meek, a high school classmate. Breske said the incident with Hamlin taught the Bills, “It is important to be prepared for situations like this. You never want to be put in this situation, but if you are, being prepared will help to give you the best chances for a good outcome. Not everything was perfect, but we had the best outcome that we could have hoped and prayed for.”

Due to the quick response and efforts by everyone on the field and the medical staff in Cincinnati, Hamlin was recently cleared to return to the game. Breske travelled with him to several heart specialists around the country to make sure all of the doctors were in agreement that Hamlin was physically and mentally healthy enough to return to action.

Damar Hamlin has teamed up with the American Heart Association to encourage people to learn how to perform CPR. Breske calls this a great thing. “The more people that know what to do in this situation will help save lives.” You can join Damar Hamlin’s #3forheart CPR Challenge by visiting the American Heart Association website <https://www.heart.org/en/damar-hamlins-3-for-heart-cpr-challenge>.

Electric Cooperatives in the state of South Dakota require all linemen to be CPR trained and get a refresher every year per OSHA regulations. Mark Patterson, Manager of Loss Control Services at South Dakota Rural Electric Association (SDREA) said that not all co-op staff are required to have the training, but the majority are trained because emergencies don’t just happen in the field.

AED devices are recommended at each work site through the Rural Electric Safety Achievement Program (RESAP.) Patterson concurs with Breske that CPR is a good skill to have and refresh. He said employees go through the training “hoping that you never have to use it but if you do, it will come back to you automatically.” While there have been a number of electrical contacts during Patterson’s 13-year career with SDREA, only one time has CPR been performed and in that case, saved the life of a lineman.



American Heart Association

## Damar Hamlin's #3forHeart™ CPR Challenge

Join Damar in taking 3 simple steps to support CPR education and training, research and other lifesaving programs. You can help save lives today.

TAKE THE CHALLENGE

[WWW.HEART.ORG/3](http://WWW.HEART.ORG/3)



Tim McCarthy, SVE CEO, presents Blue Dragon childcare board member Kris Frerk with a ceremonial check representing the REED loan Blue Dragon used to fund an expansion.

# CO-OP FUNDS

# CHILDCARE NEED

## Sioux Valley Energy REED fund helps fund childcare center expansion

Sioux Valley Energy provided a \$690,000 loan to the Blue Dragon Academy in Garretson, South Dakota through its Rural Electric Economic Development (REED) loan fund to finance an addition to the daycare facility.

Through the REED fund, Sioux Valley Energy and other electric cooperatives are able to provide business and community project financing in partnership with commercial and other economic development lenders to leverage private investment and make a difference in the region it serves.

Established in 1996 and governed by 25 electric cooperatives, REED assists projects that promote growth and contribute to job, business and wealth creation, as well as improve the infrastructure, community facilities/ services and economic base of rural areas in South Dakota and Minnesota.

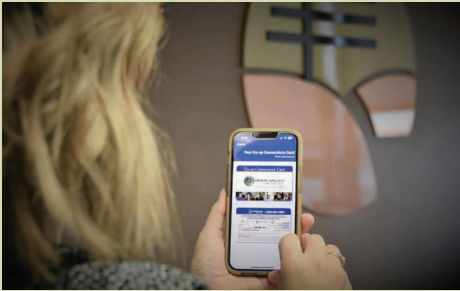
Blue Dragon Academy was created in 1993 when two existing daycares in Garretson merged. In June of 2019 the two centers moved into a new building with an enrollment of 80 children. Within two months, they met their capacity of 105 children. The new addition of 3,450 square feet will allow them to have up to 80

more children and increase the size of its kitchen. Today, the center has 120 kids and 35 staff. There is currently a waiting list for the center, but they plan to add staff to accommodate the demand. Blue Dragon Academy provides care for children within a 30-mile radius of Garretson.

Tim McCarthy, Sioux Valley Energy General Manager/ CEO, says the REED funding to the Blue Dragon Academy will improve the lives of area residents. “Availability of childcare is essential for communities and unfortunately, it continues to be challenging for many areas. That is why the REED fund is so important for small communities and rural areas—this loan is helping families find childcare, which in turn helps the overall economy and quality of life for all.”

If you are planning to build or expand a new/existing business or if your community needs assistance financing infrastructure or services, contact Sioux Valley Energy (800-234-1960).





**CO-OP CONNECTIONS® CARD CORNER**

The Co-op Connections Card is a partnership between Sioux Valley Energy and local businesses! Each member received the Co-op Connections Card free in their January magazine. You get your Co-op Connections Card simply because you're a member of Sioux Valley Energy. Each month, we'll include a listing of businesses participating in the program. Below are businesses located in several local communities:

**Hardwick**

VanDerBrink Auctions, LLC

**Hartford**

Eich Law Office, Prof. LCC  
 Hartford Ace Hardware  
 Hartford Building Center  
 Tammen Auto & Tire, Inc.

**Humboldt**

N-Rich Plant Food & Fertilizer, Inc

**Lake Norden**

Klassy Kuts Salon

**Luverne**

Brandenburg Gallery  
 Busse Plumbing, Heating, & AC Inc  
 Country Cupboards of Luverne, Inc  
 Herb N Legend  
 Luverne Monuments  
 Luverne Power Fitness:  
 Pizza Ranch  
 Rock County Eye Clinic  
 Salon 75  
 The Ideal Weigh  
 Those Blasted Things

Scan this code to access the Sioux Valley Energy website where you can download the Cooperative Connections Card app for mobile devices.



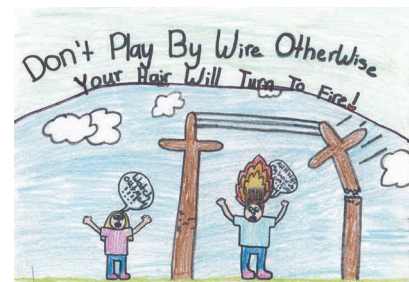
Sioux Valley Energy Safety Steering Committee members Josh Bjorklund, Terry Ebright, and Amy Voelker, pose for a photo with the winners of this year's Safety Poster Contest: Luke L., Reese D., Charlotte S., and Hardy C., all students at Robert Bennis Elementary.

**Safety Poster Contest Winners Named**

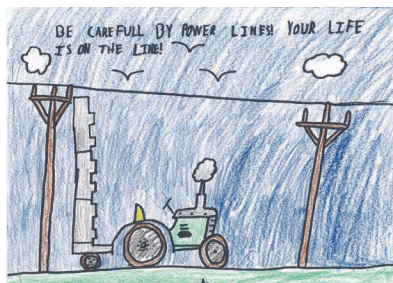
Four students from Robert Bennis Elementary School in Brandon, South Dakota, were the winners of this year's Safety Poster Contest sponsored by Sioux Valley Energy's Safety Steering Committee. Each of the winners will have their safety poster made into a billboard that will be erected in the Co-op's service territory. Sioux Valley Members attending the Cooperative's District Meetings this spring were able to vote for one of 12 posters that made the semi-final round. Each of the winning artists also received a billboard replica courtesy of Lamar Signs.



Luke's poster will be north of Brookings.



Charlotte's poster will be in the Luverne area.



Reese's poster will be near Pipestone.



Hardy's poster will be on I-90 west of Sioux Falls.



**June 3-4, 2023**  
**Siouxland Renaissance Festival**  
 100 N Lyon Boulevard  
 Sioux Falls, SD  
 866-489-9241

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.

**JUNE 1**  
**Hartford Farmer's Market**  
 5 p.m.  
 Hartford, SD

**JUNE 3**  
**Miss Prairie Village/Miss Prairie Princess Pageant**  
 Madison, SD  
 605-256-3644

**JUNE 3**  
**Lunafest**  
**Zonta Women's Art, Music & Film Festival**  
 2:30 p.m.  
 Custer Beacon  
 Custer, SD

**JUNE 3-4**  
**Siouxland Renaissance Festival**  
 100 N Lyon Boulevard  
 Sioux Falls, SD  
 866-489-9241

**JUNE 8-10**  
**Black Hills Quilt Show**  
 2:30 p.m.  
 The Monument  
 Rapid City, SD  
 info@bhquilters.org

**JUNE 9**  
**Northern Bull Riding Tour**  
 Madison, SD  
 605-256-3644

**JUNE 16-17**  
**Czech Days**  
 All Day Events  
 Tabor, SD

**JUNE 16-18**  
**Fine Arts In The Hills Show & Sale**  
 Main Street  
 Hill City, SD

**JUNE 17**  
**Opera House Concert Series: Divas Gone Country**  
 Madison, SD  
 605-256-3644

**JUNE 18**  
**Father's Day Fishing**  
 10 a.m.  
 Palisades State Park  
 Sioux Falls, SD

**JUNE 23**  
**Flandreau Fridays**  
 5 p.m.  
 Downtown Flandreau  
 Flandreau, SD

**JUNE 24**  
**Railroad Days**  
 Madison, SD  
 605-256-3644

**JUNE 30**  
**Gregory Community Foundation Polka Fest Fundraiser**  
 6 p.m.  
 Gregory 4H Building  
 Gregory, SD

**JULY 1**  
**Nature's Fireflies**  
 9 p.m.  
 Palisades State Park  
 Sioux Falls, SD

**JULY 2**  
**Bike Parade**  
 9 p.m.  
 Big Sioux Recreation Area  
 Sioux Falls, SD

**JULY 6**  
**Hartford Farmer's Market**  
 5 p.m.  
 Hartford, SD

**AUG 3**  
**Hartford Farmer's Market**  
 5 p.m.  
 Hartford, SD

**AUG 12**  
**Perseid Meteor Shower**  
 9:30 p.m.  
 Palisades State Park  
 Sioux Falls, SD

**Note: Please make sure to call ahead to verify the event is still being held.**