

# Maquoketa Valley Electric Cooperative

# WATTS *Current*

For Our Customers • September 2003

## NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the members of Maquoketa Valley Electric Cooperative will be held at the Berndes Center on the Jones County Fairgrounds in Monticello, Iowa, at 1:00 p.m., Thursday, September 18, 2003, to take action upon the following matters:

1. The reports of officers and committees
2. The election of three directors of the Cooperative for a term of three years each

The terms of the following directors expire upon the date of this Annual Meeting:

- **Charles R. McCullough**  
Dubuque and Clayton Counties
- **Bruce A. Reade**  
Jones, Cedar and Linn Counties
- **Larry A. Swanson**  
Delaware and Buchanan Counties

3. All other business which may legally come before the meeting or adjournment or adjournments thereof

In connection with the election of directors scheduled for this meeting, the following members have been nominated for director by the

Nominating Committee appointed by the Board of Directors of the Cooperative pursuant to the Bylaws.

Three-Year Term (Three to be elected)

- **Dubuque County and portions of Clayton County**  
Charles R. McCullough
- **Jones County and portions of Cedar and Linn Counties**  
Bruce A. Reade
- **Delaware County and portions of Buchanan County**  
Larry A. Swanson

A summary of the Cooperative Articles of Incorporation and Bylaws pertaining to membership, annual meetings, Board representation and election procedures for election of directors is on page 3 of this newsletter for your review.

You are urged to attend this meeting, hear the reports of the officers, vote for directors, and transact such other

business as may come before the meeting.

The Annual Meeting is conducted in English. If you are not conversant with this language and plan to attend, contact the Cooperative in advance so an interpreter can be provided.

If you have any disability and need special accommodation to have a full and equal enjoyment of this program, contact the Cooperative prior to the meeting to make arrangements.

Dated at Anamosa, Iowa, this 2nd day of September, 2003.

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**Maquoketa Valley Electric Cooperative**

*Our Energy Working For*

# **ANNUAL MEETING THURSDAY, SEPTEMBER 18, 2003**



**Monticello Berndes Center  
on the Jones County  
Fairgrounds in Monticello**

Registration  
10:00 a.m. – 12:30 p.m.  
Music by The Dover Show  
11:00 – 1:00 p.m.  
Lunch served by Marilyn's Catering  
11:00 – 1:00 p.m.  
Business Meeting  
1:00 p.m.

- Door Prizes
- Drawing for Electric Grills and Cash Prizes
- Entertainment by Comedian Jeff Digman, Dyersville
- Cast your ballot in the Board of Directors election
- Hear the winning essays by the 2003 Youth Tour Contest Winners, Jason Knipper and Laura Lehmann
- Visit the display area:
  - Stone Cliff Wines
  - Country Home Embroidery
  - Rapid Brush Company
  - American Cancer Society
  - Free Blood Pressure Checks by Community Health of Jones County



***Request For Absentee Ballot  
Maquoketa Valley Electric Cooperative Election for Directors***

Please send absentee ballot to:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Account Number \_\_\_\_\_

Absentee Ballot may be requested no earlier than 10 days before meeting date.  
Completed ballot must be received at the office at 109 N. Huber Street, Anamosa, IA 52205 by September 17, 2003.



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## SUMMARY OF ARTICLES AND BY-LAWS

### Membership

Article VII of the Articles of Incorporation provides that “any individual, firm, association, corporation, partnership or other organization or any individual acting as an accredited representative of any firm, association, corporation, partnership or other organization may become a member in this Association by applying for a membership certificate\*\*\*agreeing to purchase from the Association the amount of electric energy\*\*\*and agreeing to comply with and be bound by these Articles of Incorporation, the Bylaws of the Association, and such rules and regulations\*\*\*. Husband and wife may jointly become a member\*\*\*. (If two individuals hold a joint membership together they shall be jointly entitled to one (1) vote\*\*\*.)”

nominating committee\*\*\*. Any fifty (50) or more members may make other nominations\*\*\*. The election of Directors shall be by ballot and each voting member shall be entitled to cast one (1) vote for each Director to be elected.”

Please do not hesitate to contact the Cooperative office should you have any questions concerning membership requirements or the procedure of nomination and election of Directors at the Annual Meeting of the Cooperative.

### Annual Meeting

Bylaw II of the Bylaws provides that “An Annual Meeting of the members shall be held between August 1 and November 1 of each year with the exact date to be set by the Board of Directors.” Article VIII, Section 3 of the Articles of Incorporation indicates that the members shall be “entitled to receive ten (10) days written notice of the time and place of all meetings and of the purpose of all special meetings.”

## OPEN HOUSE COMING IN OCTOBER

Steve and Becky Moss  
18602 288th Street  
Manchester

### Directors

Article IX of the Articles of Incorporation provides that “the Board of Directors shall be made up of (9) members of the Cooperative. The Directors serve for a three-year term. Each year the terms of three Directors expire on the date of the Annual Meeting.”



### Nominations and Election of Directors by the Members

Article IX of the Articles of Incorporation indicates— “There shall be four (4) numbered geographic districts\*\*\*. Two Directors representing each district and one serving at large. Candidates for election to the Board of Directors shall be nominated by a

New home featuring geothermal heating/cooling and energy efficient products.

Watch October Watts Current for more details.





## MARY'S CRAFTY INGENUITY EXCELS

*Grace Zimmerman, Anamosa*



What do you desire to enhance the décor of your home interior or yard? Something expressing your personality—not a mass-produced article that you'll find identically nationwide—maybe even custom made—or a gift or Christmas present that will truly fit the word 'unique'.

Your answer can be found at Mary and Doug Kaiser's farm acreage at 3272 225<sup>th</sup> Street, Worthington. "Incredible" doesn't even begin to describe the variety of projects in which Mary is involved. Her newest handiwork utilizes old windows and screens. She leads the window first which Mary describes as kinda' recycling. "I fill in with stained glass paint. Actually, it's kinda'cheatin'stained glass. I have 50 designs which I paint. Many stained glass artisans approach me thinking it's real stained glass. I also paint on window screens using acrylic. It's so much fun collecting windows which would otherwise find their resting place in the dump.

One woman brought me a whole pile of old windows yesterday which she first was taking to the dump where they wanted to charge her \$2.00 each for disposing of them. I like to recycle." Call

Mary at 563-875-8781 if you have any old windows or screens. The end product is unbelievable with its pureness of color and its attractiveness.

But Mary's ingenuity doesn't stop there. Mary shows me more of her varied projects. Oil and gel candles. I do those, too. "I create my own designs with pot metal pieces coated with brass. The end result is angel pins and other designs. They're inexpensive. I work with silver designs, too. I make wooden snowmen all dressed up in winter attire. That's more recycling, using old sweaters, etc. to dress them appropriately. One of my first projects was steel designs. I use an electrical plasma cutter to cut the steel up to one-half inch thick. I make the design. I'll make a design that anyone wants. (Her yard was adorned with a wide

assortment of half-moons, butterflies and many small animals.) Old cups, soup bowls, etc. are recycled to make into bird feeders. I do copper and brass bugs as lawn ornaments. I do lots of floral wreaths and swags. There are everyday projects but also special Christmas arrangements. Neck warmers are a unique item. After sewing the cloth into shape, I fill them with rice and corn. Heat them in the microwave two to three minutes to use like a heating pad. Put them in the freezer if your pain calls for a cold application. It helps take away the aches and pains. I used to sew a lot. I've had four sewing machines."





I'm certain I haven't listed all of the many projects in which Mary is involved. Mary attends many craft shows, taking four hours to set up her display. She'll be busy at one every weekend in August. She travels to Mt. Horeb, Wisconsin, Minnesota, Des Moines and Illinois, all over the Midwest. When I inquired about her mode of travel, Mary showed me the shiny black pick-up, which she uses to pull an equally shiny black trailer. Incidentally, the trailer was tightly packed with her wares, which included 200 of Mary's painted windows.



In appraising Mary's workshop, full of all manners of supplies, I was amazed at the large amount of old windows still scheduled for her special painting. It made me tired just to contemplate the task but Mary replied, "I keep busy doing what I enjoy. It's not work. It's fun! I paint windows at the picnic table in good weather. I like the outdoors. We've lived here for 25 years and Doug and I have been married 31 years and have three grown sons. This was the perfect place to raise the boys. Also it provided the ideal setting for starting my craft work thirteen years ago."

Her plans are to hold an Open House on the 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> of September. That's a way to get your Christmas shopping done early. To make the sojourn to the Open House, if you're traveling on Highway 20, its west of Dyersville and you turn south on the first gravel road, which is 330th Avenue, then you take the first gravel road to the west on 225th Street. You'll reach your destination in about one and one-half miles where two farm houses are situated at 3272 225<sup>th</sup> Street and Kaiser's home and shop are the one in the back. If you're coming from the south on Highway 38 north of Monticello, you turn north on X47 near the village of

Sand Springs until you make a right turn on 225<sup>th</sup> Street.

Don't be afraid to approach Mary about designing a specific item customized to fit your situation. Mary's two-part slogan befits her outstanding array of talents—"If I look at something, I can usually go home and make it. If you want it made, I'll make it!"

I'm certain you'll join me in my assessment. It's hard to believe that one super-talented gal comes up with all these terrific unique results!



**CO-OP CORNER**

Every co-op is directed by its members. Directors are elected in a democratic one-member, one-vote process to serve the members needs.






# WATTS HEALTHY

*Susan Uthoff, JSU Extension Nutrition & Health Specialist*

## Making Sensible Sugar Choices

Since the beginning of time, it seems that humans have had a sweet tooth. In the melodious voice of Mary Poppins (Julie Andrews), "A spoonful of sugar makes the medicine go down." A little sugar is not the villain that some people think. A teaspoon of sugar is only 16 calories and 4 grams of carbohydrate. Added sugars are sugars and syrups added to foods in processing or preparation. This does not include the naturally occurring sugar in foods like fruit or milk. The problem today is that Americans are eating and drinking, too many spoonfuls of sugar for good health. Based on USDA surveys, Americans now average 20.5 teaspoons of added sugars per day. That's 68.5 pounds per year.

In some age groups, sugar intake is even higher. US teens (11 to 17 years old) consume a daily average of 15 teaspoons of sugar from soft drinks alone. This means 10 percent of teen calories come from carbonated beverages, or fruit-flavored part juice and sports drinks. These empty calories lack bodybuilding nutrients, like the protein and calcium found in milk. Health experts also believe that soft drink calories are a major contributor to child and teen obesity, as well as expensive dental problems. Non-diet soft drinks are the number one source of added sugars in the US. A single can of regular soda pop contains 150

sugar calories. The 40 grams of sugar in 12-ounces of pop are equal to about 10 teaspoons of sugar. Consumers are often shocked when they realize that drinking a 32-ounce pop is basically the same as eating a half cup of table sugar.

Sugary foods and beverages become a health problem when they replace other more nutrient-dense choices. Moderation, the goal in terms of sugar intake, is the place between deprivation and "I can't believe I ate the whole thing!" You can cut back on how often you eat cakes, pies or cookies and enjoy more fruit treats. You can cut back on the size of dessert portions and enjoy more whole grains, veggies, and lean meats at dinner. You can cut back on your intake of soft drinks and enjoy more sparkling water, herbal iced teas, and 100% fruit and vegetable juices. When it comes to soft drinks, moderation means a can or less per day.

Kids watch adult role models. Children definitely pay more attention to what you do, than what you say. If you drink lots of pop and eat lots of sweets, your kids will too! The Extension Service and many other agencies promote healthful eating and active lifestyles, and urge people to sensibly limit their intake of beverages and foods that are high in added sugars. When it comes to

added sugars, the nutrition goal is to cut back, not out. Here is a delicious pear and apple sauce for you to incorporate into your diet.

## PEAR AND APPLE SAUCE

Serves: 4

- 2 ripe Anjou or Bose pears
- 2 Granny Smith or Golden Delicious apples
- 1/2 cup fresh cranberries
- 2 tablespoons frozen orange juice concentrate
- 1 cinnamon stick
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon freshly grated nutmeg
- 4 walnut halves

Cut pears and apples in half and core. Place in a medium-size saucepan with remaining ingredients except walnuts and bring to a boil. Reduce heat, cover and simmer over low heat 10 to 20 minutes until fruit is tender. Discard cinnamon stick. Strain through food mill and serve warm or chilled, topped with a walnut half.

### Nutritional Information

Per Serving:  
Calories: 95, Cholesterol: 0 mg,  
Carbohydrate: 21 g,  
Protein: 1 g, Sodium: 1 mg, Fat: 2 g  
Diabetic Exchanges: 1-1/2 Fruit



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## DIRECTOR INDUCTED INTO HALL OF FLAME

MVEC Board Director and retired Dubuque County Supervisor, Alan Manternach was recently inducted into the Dubuque County Firefighters Association "Hall of Flame".

Manternach was instrumental in securing funding for many initiatives that enhanced the ability of emergency response agencies in Dubuque County, the Association said.

Manternach served 16 years on the Dubuque County Board of Supervisors, retiring in January. In September, 2001 he was elected to the Maquoketa Valley Electric Cooperative Board of Directors. He is also a co-chair of the Dubuque County Firefighters Association Regional Emergency Responder Training Facility.



The Hall of Flame was initiated in 1998 to recognize firefighters and friends of the fire service who have made a positive impact and donated hours of service to the association.

**Another Bright Idea**



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Maquoketa Valley Electric Cooperative

\*Some restrictions may apply. See website for details. ©2003 MVEC

Call **1-877-671-4004** to sign up

**WATTS THE ANSWER?**

Who is serving lunch at the Annual Meeting

\_\_\_\_\_

Name something Mary recycles in her craft business.

\_\_\_\_\_

How many teaspoons of sugar do Americans eat on average each day?

\_\_\_\_\_

Mail your answers in with your energy bill or email them to [pmanuel@mvec.com](mailto:pmanuel@mvec.com)

Two winners will each receive a \$10.00 credit on their energy bill.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

July Watts the Answer winners:

Donald Skelton, Dubuque  
Robert Kennedy, Epworth



# AUTOMATED BILL PAYMENT PLAN AVAILABLE

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## *After Hours Call Center* 800-582-8998

After hours you may also call the service person  
in your area to report outages or trouble on the  
line.

Anamosa, Dallas Paustian.....	319-462-4848
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