

Maquoketa Valley Electric Cooperative

WATTS *Current*

For Our Customers • November 2005

MAKIN' A LIST, CHECKIN' IT TWICE

Grandpa and Grandma
Great Aunt Ruth
Great Uncle Harold
Mom and Dad
Aunt Pam
Uncle Brian

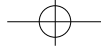
First Call Emergency Response
Affordable Long Distance service
Dusk-to-Dawn Yard Light
Electric Fireplace
Electric Grill with Cart
Surge Protection

If you are starting to think about the holidays and the endless shopping, think about your local cooperative. We can help you with all of the above gift suggestions. Visit our website at www.mvec.coop for more information on each of these products and services or call 1-800-927-6068 to schedule a personal visit. Our energy is always working for you!



Watts Inside:

- Supporting American Troops Overseas Page 2
- Need A Little Lighting Outside? Page 2
- At Your Request Page 3
- Customer Concern/ Complaint Procedure Page 3
- 2004...AReflection Page 4
- Thinking About New Appliances? Page 5
- What To Do With Leftover Turkey Page 6
- Overloaded Outlets A Fire Hazard Page 7
- Watts The Answer? Page 7



Maquoketa Valley Electric Cooperative

Our Energy Working For

SUPPORTING AMERICAN TROOPS OVERSEAS

Two of Maquoketa Valley Electric Cooperative's members have started a non-profit organization to assist our service men and women who are deployed overseas in Afghanistan and Iraq. Jeannie Flagel and Brenda Groves run Operation Package Drop (OPD). It is their intention to let the soldiers know that they are not forgotten.

OPD ships packages of necessity items to individual soldiers as well as care packages containing specific new clothing items to field support treatment centers. Since the beginning of the year, 226 packages have been shipped. Each package costs between \$30-\$45 to ship depending on where it is sent. This is why they are asking for your help. OPD will accept your monetary donations as well as toiletries or snacks. To view a complete listing of items requested, please visit our website at www.mvec.coop.

If you have any questions about OPD, or have a loved one serving in Iraq or Afghanistan, feel free to call Jeannie and Brenda. Cash donations are accepted at Du Trac Community Credit Union, US Bank of Maquoketa and Maquoketa State Bank and Tri-County Bank in Baldwin.

Operation Package Drop
13226 50th. Avenue
Baldwin, Iowa 52207
Jeannie Flagel (563) 652-6597
Brenda Groves (563) 673-3321



NEED A LITTLE LIGHTING OUTSIDE?

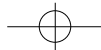
We can install a 100 or 250 watt high pressure sodium security or flood light, and maintain it for you, for a low monthly fee. We will install the light on an existing, qualified pole on your property, or you may purchase a new pole. If you wish to have the line to your light installed underground, or extended to an area more than 140 feet away, additional costs may be incurred.

Generally lights are installed as metered, meaning the kWh's used by the new light will register on your electric meter and be billed as part of the total kWh's used at your location. For metered installations, the installation and maintenance cost for your light will be as follows:

- 100 or 250 Watt High-Pressure Sodium Security \$6.40/month, metered
- 100 or 250 Watt High-Pressure Flood Light \$8.90/month, metered

This charge will automatically be added to your monthly electric bill. Then, if your light ever needs maintenance, all you need to do is call to have us repair it for you.

An outdoor dusk to dawn light is a great convenience, however our first concern is your safety. Maquoketa Valley Electric Cooperative has the staff, the equipment and the knowledge to properly install and maintain your light. Remember, our energy is always working for you...give us a call at 800-927-6068. Please ask for the Maintenance Department.





Energy Working For You!

Your Touchstone Energy® Cooperative



AT YOUR REQUEST

The Palace Ballroom, Farley agreed to share their delicious Sweet and Sour Red Cabbage recipe so many people requested after enjoying it at our Annual Meeting in September. The original recipe is for 2 cases or 48 heads of cabbage, but Joyce offers her estimate of measurements for a smaller batch. If you would like the large batch recipe, please contact Patty at 800-927-6068. Thanks for sharing, Joyce !

Sweet and Sour Red Cabbage

2 fresh heads of shredded red cabbage
1 quart Red Wine vinegar
1 quart sugar
1 quart water
1 cup Burgundy wine, optional
2 T. Kosher salt (or to taste)
1 T. black pepper (or to taste)
1 T. Caraway seed (or to taste)

Combine everything in a kettle. Bring to boil and then set to slow simmer for 2 or 2 1/2 hours or until tender. Keeps a long time or can be frozen.

A new refrigerator with an Energy Star® label will save you between \$35 and \$70 a year compared to the models designed just 15 years ago. This adds up to between \$525 and \$1,050 during the average 15-year life of the unit.

CUSTOMER CONCERN/ COMPLAINT PROCEDURE

The Iowa Utilities Board issued an order adopting a rule requiring electric cooperatives to inform members of an address and telephone number where a cooperative representative, qualified to assist in resolving a complaint, can be reached. If you have a complaint, you can reach a representative by writing to :

Member Advocate
Maquoketa Valley Electric Cooperative
109 North Huber Street
PO Box 370
Anamosa, IA 52205-0370

Or telephone 800-927-6068

If your complaint is related to Maquoketa Valley Electric Cooperative service rather than its rates and Maquoketa Valley Electric Cooperative does not resolve your complaint, you may request assistance from the Iowa Utilities Board, 350 Maple Street, Des Moines, IA50319-0069, 515-281-5979





2004...A REFLECTION

This Executive Message is reprinted from the 2004 Annual Report distributed at the Annual Meeting in September.

“Maquoketa Valley Electric Cooperative, a reflection of the members it serves”. This simple statement truly captures the operation of YOUR cooperative.

Each year many of you take the time out of your busy lives to attend our Annual Meeting. You learn about the operation of YOUR cooperative, you talk to the staff about issues of concern, you listen to the financial reports describing our business success, you ask questions about how and why we do the things we do, and you elect representatives who will oversee YOUR ownership interests until you choose others to do so.

The ability for the “customer” to elect meaningful representation is a powerful part of what makes cooperatives different from other forms of business. The directors you elect are more than an advisory committee, more than a focus group, and more than consultants. The full power and authority to operate and manage the business rests with these nine members, elected to represent all others. State and Federal laws clearly give strong deference to the actions taken by these nine individuals, and they have a responsibility to act in the best interests of all members. These



*Bruce Reade
President*

individuals give of their time to learn as much about the utility business as possible. They read thousands of pages of reports, attend numerous meetings, digest countless numbers, and sit

through endless power point presentations. They ask questions, demand answers, and set goals for the ongoing operation of our cooperative. Their concern for the membership truly reflects their roles as your representatives. YOUR cooperative is in good hands.

2004 brought a large change internal to your cooperative. We changed software vendors...and innocuous as that sounds it brought tremendous challenges and a lot of added work for the staff. We hope this process was invisible to the membership, and the end results brought visible improvements in the information we provide to you about your energy use. The new bill format that shows consumption history, electronic billing and payments and our ability to answer questions immediately are just a few of the improvements in our customer information system. Our new outage management software has already allowed us to respond



*James Lauzon
CEO/Executive VP*

to major outages faster and more efficiently. Our staff can now monitor and control our electric system from anywhere in the world. Using technology to improve service is our commitment to you.

During 2004, the cooperative continued to see new growth, adding 341 new services and 16 miles of new line. The cooperative invested over \$3 million in new poles, wires and similar equipment to meet the needs of our membership. Overall, as we completed our 69th year of business, we are stronger than ever and committed to meeting the needs of a changing membership.

Our members today have different expectations and needs than those of years ago; yet we believe that the cooperative continues to be the best entity to fulfill those needs. We have committed resources to identifying what new services our members most need from us and to identifying how we can improve the services we already offer. Recent surveys show us that reliable power continues to be the highest priority of our members, and so it will continue to be our top priority in the years to come. While fuel costs have hit us hard, we will continue to work diligently to keep our cost to you as low as possible.

Energy Working For You!

Your Touchstone Energy® Cooperative



To prepare for the future, we have invested in new generation through CIPCO, our generation and transmission subsidiary. Council Bluffs unit number 4 will be on-line serving the CIPCO family in 2007. This investment in generation ensures our future power supply will be available as needed, at reasonable prices.

In 2004 we also offered our membership the opportunity to purchase some or all of their energy needs from alternative energy sources, such as wind. This program charges a higher price per kwh to cover the premium price paid by the cooperative for energy from these sources. Protecting our resources for future generations is an important part of the work that we do.

2005 marks the 70th anniversary of farmers joining together to create a new electric utility that they would own, govern and take service from. We are proud of our heritage, and look forward to serving you for many more years.

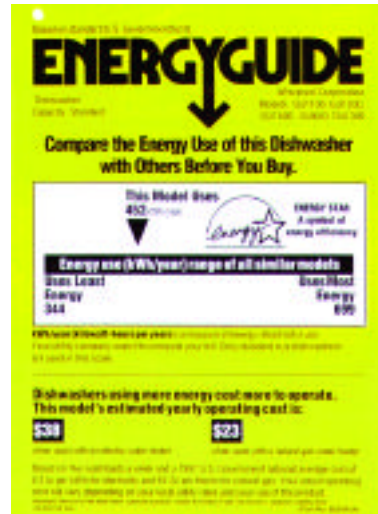
Thomas Jefferson said "We in America do not have a government by the majority. We have government by the majority who participate." THANK YOU for participating in the governance of YOUR electric cooperative and for making it a reflection of your values.

THINKING ABOUT NEW APPLIANCES?



If you are thinking about taking advantage of holiday sales or upcoming tax refunds to purchase a large household appliance; think ENERGY STAR®. Products that carry the ENERGY STAR® label are more energy efficient and environmentally friendly than products without this endorsement. In 2004 alone, Americans, with the help of ENERGY STAR®, saved enough

energy to power 24 million homes and avoid greenhouse gas emissions equivalent to those from 20 million cars - all while saving \$10 billion. Besides saving energy dollars, you may also qualify for a rebate from your Cooperative. Call 800-927-6068 for more details.



Watch future issues for details on the all electric home open house at Dan & Nancy Lansing's near Sundown Mountain ski resort.



WATTS HEALTHY

Susan Uthoff, ISU Extension Nutrition & Health Specialist

What do you do with all the Leftover Turkey?

Never had food poisoning? Actually, it's called foodborne illness. Perhaps you have, but thought you were sick with the flu. Some 7 million Americans will suffer from foodborne illness this year. It doesn't have to happen, though. Some 85 percent of cases could be avoided if people just handled food properly.

For safe and tasty turkey, keep the turkey meat hot or cold. Do not leave turkey meat at room temperature for more than 2 hours. If stuffing was cooked inside the turkey, remove all stuffing from inside the turkey immediately after cooking. Keep the stuffing hot or cold. Bacteria can grow very quickly.

Remove cooked turkey from the bones and store in the refrigerator in a covered container. Use refrigerated turkey meat within 3-4 days. A bonus of leftover turkey is that it can be used in any recipe that calls for cooked chicken, ground beef or other meats. If you have a lot of turkey remember that cooked turkey meat can be frozen.

In the coming cold days make some comfort food – soup. Make a broth from turkey bones and scraps. Place bones and scraps in a large pot and cover with water. Bring to boil; simmer for about 3 hours. Remove bones and refrigerate broth. When broth is cold, skim fat off the top and throw fat away. Use the broth for soup. Freeze the broth if you are not going to use it within 3 days. The secret in safely cooling the broth or any hot food is putting the food in a shallow container. When food is left in deep containers it takes the food a long time to cool to 40°F. When a food is 2 inches deep, it takes 2 hours for the center to reach 40°F. When the food is 8 inches deep it takes 32 hours for the center of the food to reach 40° F. See the diagram at the end of this article courtesy of the Food With Care, Iowa Child and Adult Care Food Program.

There are guidelines for reheating leftovers. Leftovers

must be reheated to at least 165°F. Using a food thermometer is the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria. Follow the manufacturer's instructions when reheating leftovers in a microwave. If leftovers are uneaten after they have been re-heated, discard them. NEVER use your nose, eyes or taste buds to judge the safety of food. You cannot tell if a food may cause foodborne illness by its look, smell, or taste. If in doubt, throw it out.

For more information on handling leftovers, call the USDA Meat and Poultry Hotline. 1-800-535-4555. It is open from 10-4 weekdays, Eastern Time. Or you can call Iowa State University Extension Answer Line 1-800-262-3804 every weekday from 9 to 12 AM and 1 to 4 PM.

Here is a quick and easy recipe to use some of that leftover turkey!!!!

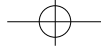
White Turkey Chili

Serves 8 – 226 calories per serving

- 1 tablespoon oil
- 1/4 cup onion, chopped
- 1 cup celery, chopped
- 4 cups cooked turkey, chopped
- 2 cans (approximately 15 oz.) Great Northern beans, drained
- 2 cans (approximately 15 oz.) corn, undrained
- 1 can (4 oz.) chopped green chilies
- 4 cups turkey or chicken broth
- 1 teaspoon ground cumin

Heat oil in a skillet over medium heat. Add onion and celery, cook and stir 2-3 minutes. Place all ingredients in a large saucepan (at least 4 quarts). Stir well. Cover and cook about 15 minutes over medium heat stirring occasionally until thoroughly heated. Sprinkle mozzarella cheese on top if desired.

Nutrition information per serving: 95mg Calcium, 45 RE Vitamin A and 24.9 gm Carbohydrate



OVERLOADED ELECTRICAL OUTLETS ARE FIRE HAZARD

Never overload electrical outlets and circuits. Overloaded electrical outlets, or overloaded circuits that supply power to several outlets, are a major cause of residential fires. Overloaded outlets and circuits carry too much electricity, which generates heat in undetectable amounts. The heat causes wear on the internal wiring system and can ignite a fire.

All wiring systems should have circuit breakers or fuses that disconnect power when circuits become overloaded. However, an improperly sized fuse or breaker can cancel this built-in safety feature.

To prevent overloading, never plug more than two appliances into an outlet at once or "piggyback" extra appliances on extension cords or wall outlets. Use only outlets designed to handle multiple plugs.

Give special consideration to appliances that use 1,000 or more watts, such as air conditioners, refrigerators, hot plates, irons, microwave ovens, dishwashers, heaters, and deep fryers. Avoid plugging them into the same outlet or circuit. To use these appliances safely, know which outlets are connected to the same electrical circuit in your home. Do not exceed 1,500 watts for each outlet or circuit. Wattage requirements are listed in appliance manufacturers instructions.

Begin a habit of regularly checking electrical cords and outlets. Fires that begin in these areas are difficult to detect, yet easy to prevent.

(Editor's Note : As cold weather approaches and brings higher heating costs, be careful not to overload your outlets with temporary electric heaters. They can be dangerous if not used properly.)

WATTS THE ANSWER?

- 1) How many Americans will suffer from foodborne illness this year ? _____
- 2) Surveys show us that _____ continues to be the highest priority of our members.
- 3) Operation Package Drop has shipped _____ packages to our servicemen so far this year.

Mail your answers in with your energy bill or email them to dreyhons@mvec.com

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

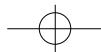
Name: _____

Address: _____

September winners:

Dennis/Nancy Hingtgen,
Bellevue

Phil McCarthy, Zwingle



HAPPY THANKSGIVING...

**...from the board and employees of
your Cooperative.**

The office will be closed on November 24 and 25 for
the Thanksgiving holiday.

Visit our Web Site

at www.mvec.coop or
Email direct to the following departments:

- Billing questions: billing@mvec.com
- Product or service questions: memberservice@mvec.com
- Maintenance issues: maintenance@mvec.com



Maquoketa Valley
Electric Cooperative
109 North Huber St.
Anamosa, Iowa 52205-0370

Watts Current...

...is published monthly for the members of
Maquoketa Valley Electric Cooperative.

109 North Huber Street
Anamosa, Iowa 52205
319-462-3541 or 800-927-6068

OFFICE HOURS
Monday thru Friday
7:30 a.m. to 4:00 p.m.

Web Site: www.mvec.coop
e-mail: mvec@mvec.com

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
Cascade, Pete Boffeli	563-852-3180
Dubuque, Rick Olsem.....	563-582-3668
Farley, Jim Lehman.....	563-744-3005
LaMotte, Brett Cox.....	563-773-8614
Manchester, Dan Petersen.....	563-927-6491
Maquoketa, Jerry Streeper.....	563-652-5014

PRSR STD
U.S. POSTAGE
PAID
Cedar Rapids, IA
Permit 174