

# WATTS Current

October 2006

For Our Members

## Pledge to Change a Light, Change the World

Maquoketa Valley Electric Cooperative members, that attended the Annual Meeting on September 7, were invited to take the "ENERGY STAR® Change a Light Pledge" as part of a national campaign to *Change a Light, Change the World*. Over 200 pledges were made at this event.

This national event is asking people to replace at least one regular light bulb with an energy efficient one that has earned the government's ENERGY STAR® label. To be part of MVEC's efforts to reach our goal of 500 pledges, just take the pledge by going to our website at [www.mvec.coop](http://www.mvec.coop) and click on **Change a Light Pledge!** or you can complete the form below and return with your bill payment.

With lighting accounting for about 20 percent of the typical home's energy use, switching to energy-efficient options is a significant way to save energy, reduce greenhouse gases, and protect the environment for future generations.

### It's a Short Way to Tipperary

My ultimate goal is to teach classes in Michigan where I first learned.....

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Margery Meehan, Tipperary Farm



## Did You Know?

**A water heater insulation jacket works well for covering and insulating a room air conditioner you can't remove from its window or wall location for winter.**



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**I'll do my part** to save energy resources and help protect our environment **by changing a light** to one that's earned the government's ENERGY STAR® for energy efficiency.

Check this box to verify that you are over the age of 18. ENERGY STAR® rules that a person be 18 years or older to take this pledge. If you are under age 18, please ask a parent or guardian to complete this pledge for you.

Print Name \_\_\_\_\_

Zip \_\_\_\_\_ Email \_\_\_\_\_

Number of light bulbs you expect to change to ENERGY STAR® lights this year \_\_\_\_\_



## Annual Meeting , Wow!

Maquoketa Valley Electric Cooperative’s Annual Meeting was not only a big event, it was also a big success! More than 500 people from all over our service area attended this year’s meeting, in Farley, some from as far away as Preston, Iowa.

Members were able to visit the display areas of the American Cancer Society, Burmeister Electric, Cooper Power Systems, Fletcher-Reinhardt, Inc., Park Farm Winery, Sarah’s Candle Creations, Sunset Nursery & Garden, The Energy Group and the Visiting Nurse Association of Dubuque. MVEC’s Metering Display was there as well as the 2006 Youth Tour Winners and the 2006 alternate Dairy Princess.



2006 Annual Meeting, Palace Ballroom, Farley, Iowa

After a wonderful meal provided by the Palace Ballroom, Maquoketa Valley Electric Cooperative CEO, Jim Lauzon presented the Executive Report recapping the year. The new energy efficiency programs that were offered this past year and the continued efforts to provide reliable service were highlighted.

The election of Directors was held during the business meeting. Larry Swanson was re-elected to serve Delaware County and Charles McCullough to serve Dubuque County.



William (Bill) Hacke

Newly elected director, William (Bill) Hacke, will be serving Jones, Cedar and Linn Counties.

The Board of Directors held their reorganization meeting following the business meeting where officers were elected as follows:

President	Larry Swanson, Manchester
Vice President	Gene Manternach, Cascade
Secretary	Eldon Busch, Bellevue
Treasurer	Judy Gotto, Epworth
Assistant Secretary	Charles McCullough, Bernard

## Annual Meeting Prize Winners

Attending this years Annual Meeting was not only fun it was profitable for some lucky Maquoketa Valley Electric Cooperative members. Some vendors present at the meeting donated prizes that were awarded to members at the conclusion of the business meeting. The American Cancer Society “Relay for Life Cookbook” was won by Pat Dede. Elaine Witt won a basket of candles from Sarah’s Candle Creations. Donald Prier was the recipient of a winebasket from Park Farm Winery and Evelyn Decker gets to enjoy a lovely Mum plant from Sunset Nursery and Garden Center.

Donald and Victorine Young as well as Linda Ruley will enjoy cooking on their new electric grills. Putting \$100 in their pockets were, Keith Stocks, Paul Steuri, Richard and Delores Delarm, Verna Mae Johannes, Alverda Beck, Mrs. Melvin Barth and Tomy Kaye Clark. Winners of the \$50 prize were Kenneth Miller, Gary Pitz, Charles Schneider, Edna Gadiant, William and Lois Short, Leroy Weber, Donald Scheibe, Erma Nauman, Jeanette Ludovissy, James Hynes, Robert Hoerner, Alvin and Maureen Faber, Charles and Judith Greve, Cedar Hill Inc. and Ferdinand Reinhardt.

James Daly & Sharley Laetare will make the upcoming holidays brighter & more energy efficient with 3 strands of LED Christmas Lights.



## Heating Assistance Applications

Beginning Monday, October 2, 2006 local community action agencies will begin taking applications for the Low Income Home Energy Assistance Program for elderly (60+) and disabled households. All other income-qualified households can start applying on Wednesday, November 1, 2006. The last day to apply is April 15, 2007.

Applicants will need to furnish a Social Security number, a copy of their heat and electric bills and proof of all household income for the last three months or for the most recent calendar year.

The Energy Assistance Program is not designed to pay a household's total energy cost. The program will provide supplemental assistance based on several factors including total household income, household size, dwelling type and type of heating fuel.

*Eligibility for program participation is established according to the following income guidelines:*

	Household Size	Three Month Gross Income	Annual Gross Income
Income Maximums	1	\$3,675.00	\$14,700.00
	2	\$4,950.00	\$19,800.00
	3	\$6,225.00	\$24,900.00
	4	\$7,500.00	\$30,000.00
	5	\$8,775.00	\$35,100.00
	6	\$10,050.00	\$40,200.00
	For each additional member add:		
		\$1,275.00	\$ 5,100.00

### Apply at your local agency:

**Hawkeye Area Community Action Corporation**  
 HACAP Central Office 800-332-5289  
 Jones County: Anamosa 319-462-4343  
 Monticello 319-465-5984  
 Linn County: Hiawatha 319-393-7811

**Iowa East Central T.R.A.I.N.**  
 Cedar County: Tipton 563-886-3191  
 Clinton County: Clinton 563-243-5220  
 DeWitt 563-659-8492

**Northeast Iowa Community Action Corporation**  
 Clayton County: Decorah 563-382-9608

**Operation New View**  
 Dubuque County: Dubuque 563-556-5130  
 Delaware County: Manchester 563-927-4629  
 Jackson County: Maquoketa 563-652-5197

**Operation Threshold**  
 Buchanan County: Independence 319-334-6081



**"RECare" is a voluntary energy assistance program established to help low income families weatherize and heat their homes. Funds collected are distributed by a local community action agency. The money does stay in the area; it is a program of members helping members!**

**One Time Pledge \$ \_\_\_\_\_**

**Payable to:  
 Maquoketa Valley Electric Cooperative**

**Monthly Pledge:**  
 \$1.00 \_\_\_\_\_ \$2.00 \_\_\_\_\_  
 \$3.00 \_\_\_\_\_ \$5.00 \_\_\_\_\_

**Other \$ \_\_\_\_\_**

**I hereby authorize MVEC to add this monthly pledge to my electric bill. I understand I can cancel my monthly pledge at any time by notifying MVEC in writing.**

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

**Name \_\_\_\_\_**

**Address \_\_\_\_\_**

**Phone \_\_\_\_\_**



# It's a Short Way to Tipperary

*Grace Zimmerman, Anamosa, Iowa*

When I drove into the Pat and Margie Meehan farm home at 2857 Highway 38, about 2 ½ miles north of Hopkinton, Iowa, to talk to Margie about her work at “Home Instead Senior Care”, I was in for a real surprise!

Margie greeted me with “Welcome to our hobby farm, Tipperary Farm. On our 167 acres, which is used as rotational grazing, we have primarily a “Tarentaise” cow herd and use Red Angus bulls. We also have about 50 head of sheep, four different breeds. We raise commercial ewes, Dorset and Suffolk breed and a wool breed Romney and Coopworth. Also you will see border collies also raised on Tipperary Farm to help with moving the sheep and a Great Pyrennes that keeps a watchful eye on all the livestock.”



I had to question as to why couple of the sheep were wearing “coates”. Margie informs me that it keeps the sun from fading the coloring of their dark wool, as well as keeping it free from hay chaff, etc. She goes on to say, “I’m planning on going to a fiber show which is coming up in Michigan, promoting wool. I do hand spinning, having three spinning wheels, one

of which is an 18th century reproduction wheel and two others of a more common make. I am also a weaver of fibers and a basket weaver. I make fresh potpourri and hand designed jewelry. I enjoy teaching classes on braided wool rugs, which is a little different than the traditional rag rugs, as well as “coiling” purses. A lot of people can use wool to braid rugs, therefore not needing to have the knowledge of weaving on a loom”

My love of fiber started when I attended the “Fiber Festival” in Michigan. I was introduced to more knowledge of sheep in general. After attending several other classes, I came home with my first spinning wheel in a box - put it together myself and taught myself how to spin. My ultimate goal is to teach classes in Michigan where I first learned. It’ll be fun! I do demonstrations around the area and teach classes at several Midwest fiber festivals. Kids are the ones who come up to the booth at shows asking questions and are willing to try. Adults are more reserved.”

Margie shows me around the beautiful farm home, which they built after moving to this lovely secluded location, which shows their tender loving care, about 17 years ago. She credits her involvement as a 4-H leader and showing crafts at the Maquoketa Valley Craft Show as a beginning. (They have two grown sons and as a proud grand-

parent, brings out pictures of two adorable grandchildren.) There’s an array of wool, her looms, spinning wheels, and jewelry of all types. She likes making pendants. She also shows me a variety of homemade potpourri. “It’s a good seller. I’m a member of Frontier Co-op where I buy my supplies. I take glass bottles and canisters of potpourri along with my woven wool products. Naturally, I’d like to devote more time to my varied projects. My goal is to use the outbuilding which is ideally sited for my work rather than have it all over the house.” Margie plans to then open a business on the farm, “Tipperary Fiber Studio”, where she can teach classes and have an array of products from local artists as well.



*Margie's Weaving Loom*

“During lambing season, my work schedule with “Home Instead Senior Care” is limited.” Margie does networking for Home Instead so she can be flexible. Pat says, “You can answer a cell phone in the barn, can’t you?” – which she admits works very well.



Now I'm to the reason I came out to visit with Margie Meehan who is also very proud of her involvement with Home Instead Senior Care, which she tells me originated in Omaha in 1994. It all started when the Hogan family discovered the need within their own family situation. It is now nationwide with 560 franchises, independently operated and in five different countries.

“We focus on elder care, non-medical, companionship, light housekeeping, etc. We have a Dubuque office with satellite locations in Dyersville and Maquoketa. We offer many different options – no contracts – can be flexible. It can be 1 ½ hours or 24 hours, seven days a week. The biggest asset is that we work around the client's schedule, not ours. We've partnered up with assisted living facilities. The caregivers we hire range from 18 years of age (with high school diploma) to a very active 84 year

old. The care-giving workers are bonded, screened with thorough background checks. The training consists of a 4-step program, supplemented with quarterly meetings. We try to keep it on a personal basis believing in the premise that ‘we treat each family as if it were our own’. We keep a daily log for clients, contacting family if there is a concern. In a little less than a year, we've had 80,000 hours of care giving in the Dubuque area servicing 160-170 clients per month. The Dubuque office services the counties of Delaware, Dubuque, Clayton, Jackson, Jo Davies, and Grant.

Now, readers may have two questions:

1) How do I find out more about “Home Instead Senior Care”? You can contact Margie at the Dyersville office at 601 16th Avenue, SE, Suite #3 at Dyersville, Iowa 52040. The phone

numbers are: 563-875-6059 or 1-888-875-6059. If you prefer e-mail, hiscdub@aol.com or www.homeinstead.com for more information.

2) How can I find out more information about having this gal of many talents and interests convey to me about getting started in one of her classes or having demonstrations? Margie lives at 2857 Highway 38, north of Hopkinton or by phone at 563-926-2573.

I'm sure you'll enjoy meeting Margie with her bubbly enthusiasm for her work and her talents, which she loves to use to connect with people. She's a true “people person”.

\*\*\*\*\*

## 10 Weatherization Tips for Your Mobile or Manufactured Home

- △ Seal main supply ducts.
- △ Seal leaks in branch ductwork.
- △ Seal the crossover collar.
- △ Seal flexible duct crossover sections.
- △ Close holes in the “belly of the unit.
- △ Tune up the heating system.
- △ Add insulation to the floor.
- △ Add roof insulation.
- △ Install interior storm windows.
- △ Seal the “marriage line” on doublewide units.



# Try Squash

*Susan Uthoff, ISU Extension Nutrition & Health Specialist*

Squash are really edible gourds. Summer squash are harvested immature, while winter squash ripen on the vine and then are harvested in autumn and stored for winter use. Harvesting at a mature age makes the skin of the winter squash hard and inedible. Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Don't choose those that are sunken or have moldy spots. Buy winter squash that is hard, heavy, and clean. Avoid any squash that's cracked or has a soft or decayed spot. Skin that is easily nicked or scraped with a fingernail means that the squash did not reach maturity. Look for a skin that has a dull appearance. A shiny skin indicates that it has been picked too early or has a wax coating, which masks the skin and makes it inedible when cooked.

Butternut squash is an elongated bell-shaped squash that measures about a foot long and weighs and average for 2 to 4 pounds. It has thinner skin than some winter squash. It is often used in recipes because of its meaty, yet moderately sweet golden orange flesh.

The yellow and orange flesh is more nutritious and richer in complex carbohydrates such as beta carotene, than summer squash. Butternut squash is low in sodium, high in Vitamin C and very high in Vitamin A. Winter squash is always served cooked. Winter squash come in many varieties and sizes. Pick a size based on your cooking needs.

For storage, leave the stems on the squash. Breaking off where the fruits and stems meet leaves an open "wound" which could allow rot to enter. To store your squash, cure it by holding it for 10-20 days at room temperature. Store winter squash in a cool dry place. Butternut squash have a shorter storage life than most squash. They keep in good condition for 10-15 weeks rather than the usual six months other winter squash can be stored for.

As days get shorter and cooler, try this squash soup for nutrition.

Squash Soup  
Makes 8 cups.

- 2 - 2 1/2 lb. Butternut squash
- 1 onion
- 1 carrot
- 1 stalk celery
- 2 T butter
- 5 cups chicken stock
- 1/4 tsp ground ginger
- 1 1/2 cups light cream
- Freshly ground pepper to taste



Peel and seed squash and cut into 1/2 inch cubes. Chop onion, carrot and celery and add to butter melted in a 4 qt. saucepan. Sauté until tender. Add squash and stir into vegetables.

Add 4 cups chicken stock. Bring to boil, cover, reduce heat and cook for 30-40 minutes or until squash is tender. Stir in ginger. Puree in blender with remaining stock. Add cream and season with pepper to taste.

Reheat and serve.

## Did You Know?

**You can deflect winter winds by planting evergreen trees and shrubs on the north and west sides of you house.**



**Reminder: Call before you dig!**



# Board Approves Retirement of 1991 Patronage Dividends

At the September 15 meeting, the Board of Directors voted to pay out to members and former members the full amount of their 1991 allocated and deferred patronage dividends. The total amount of the retirement will be \$428,931.21 and will be retired in mid-October 2006. Payments will be in the form of a check for amounts of \$10 or more. If your 1991 patronage is less than \$10, you will not receive a check this year, instead, the payment will be credited to your electric bill mailed in early November 2006. Amounts under \$10 for former members (who are not currently electric customers) will be held until a future retirement when the cumulative payment is \$10 or more.

Maquoketa Valley Electric Cooperative, like most other electric distribution cooperatives, retains operating margins that have been allocated to members as patronage dividends. These dividends, called deferred patronage dividends (or capital credits) are retained for up to 15 years for investments in new plant and equipment.

Since 1960 MVEC has retired and paid out to members and former members over \$14 million dollars of deferred patronage dividends.

Please deposit your checks promptly and remember to continue to update the cooperative when your address changes after you leave our service so that we can continue to deliver your future years patronage dividend payments to you.

## Watts The Answer?

1. MVEC's goal is \_\_\_\_\_ pledges to the ENERGY STAR® *Change a Light, Change the World* campaign.
2. More than \_\_\_\_\_ people from all over MVEC's service area attended this year's meeting in Farley.
3. Since 1960 MVEC has retired and paid out to members and former members over \_\_\_\_\_ million dollars of deferred patronage dividends.

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

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

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

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

September winners:

Jean Gullikson, Dubuque

Donald Krabbenhoft, Maquoketa

### 5 Reasons to Install a Heat Pump



A heat pump is a heating, cooling, and hot water system designed to tap the natural energies of our environment. Heat pumps pull heat from the air or earth to warm your home in the winter. This natural heating system can cut your costs by as much as 60 percent.



With the flick of a switch, a heat pump becomes an air conditioner that will pull heat from your home, transferring it to the earth or the air. This heat transfer system will reduce your home cooling costs up to 25 percent.



A heat pump is so efficient it can use excess heat from its heating and cooling operation to heat water for household use.



Depending on the type of heat pump installed, you will receive \$3 to \$5 worth of heating or cooling for every dollar spent on electricity. Savings will continue year after year, often allowing the recovery of initial installation costs in three to five years.



No gas, flame or fumes. Safe, clean electricity powers a heat pump. You'll never have to worry about gas leaks, fumes or flames again. Heat pumps are the clean alternative for year-round comfort and convenience.



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*Our Energy Working For You!*



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

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109 North Huber Street

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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](http://www.mvec.coop)

## 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 Paustign.....319-462-4848

Cascade, Pete Boffeli.....563-852-3180

Dubuque, Rick Olson.....563-582-3668

Ferley, Jim Lehman.....563-744-3005

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