

COOPERATIVE CONNECTIONS



Building a Dream

South Dakota's
Unique Getaway
Pages 8-9

CPR & AED
Training
Pages 12-13

An Invitation From Your General Manager



Tim McIntyre
General Manager

I would like to personally invite you to attend Lake Region Electric Association's 82nd Annual Meeting of Members. We will be getting together, face-to face, in Britton. Come see me, your Board of Directors, and the employees of your local cooperative to talk about the positive direction your electric co-op is heading! We love hearing from you and would like to get together to visit and address any questions or concerns you may have. We will have snacks in addition

to member gifts and meal vouchers to your favorite local restaurants! East River Electric will be joining us and will take interested members for a ride in the Ford Mustang Mach-E, so this is a wonderful opportunity to check out an electric vehicle and ask questions.

I look forward to seeing you at your annual meeting!

Thank you & God bless,
Timothy McIntyre

LREA 82nd ANNUAL MEETING AGENDA Thursday, June 8th, 2023

6:00 PM Registration Snacks and Member Gift distribution

No Meal Served: \$35.00 Meal Voucher to a participating, local restaurant will be distributed.
One per membership, member must be present at the meeting.

7:00 PM Registration closes. Business meeting opens.

- Meeting called to order- Board Chairman..... Kermit Pearson, President
- The National Anthem..... Kate Wismer
- Color Guard VFW / American Legion
- Invocation..... Dr. Terrill G Sorensen
- Welcome
- Certifications & Declaration of Quorum..... Thomas L. Steiner, Secretary
- Notice of Meeting & Proof of Mailing
- Minutes of 2022 Meeting Thomas L. Steiner, Secretary
- President's Report President Pearson
- Election of Directors Attorney Dan Smeins
- Managers' Report
 - Basin /Lake Region Scholarship Award Recognition
 - Duane Snaza Memorial Scholarship Tim McIntyre
- Election Report..... Attorney Dan Smeins
(only if nomination made by floor and ballots are needed.)
- Other Business – Old and New President Pearson

Draw for Door Prizes. Draw for \$50 Gift Card for Food Pantry Donation

- Adjournment President Kermit Pearson

COOPERATIVE

CONNECTIONS

**LAKE REGION ELECTRIC
RIPPLES**

(USPS 018-904)

Board of Directors

Kermit Pearson, President
 Rodney Tobin, Vice President
 Thomas Steiner, Secretary
 Andrea Kilker, Treasurer
 Amy Kuecker
 Cody Paszek
 Mark Wismer
 Danny Smeins, LREA Attorney
General Manager
 Tim McIntyre

Staff

Donna Sattler, Director of
 Finance/Office Services Manager
 Jim Grimes,
 Manager of Operations
 Brett Kwasniewski,
 Manager of Member Services
 Tim Galkowski,
 Manager of Technology Services



Lake Region Electric Association, Inc. is an equal opportunity provider and employer.

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Lake Region Electric Association Inc.

LAKE REGION RIPPLES COOPERATIVE CONNECTIONS is the monthly publication for the members of Lake Region Electric Association, Inc., PO Box 341, 1212 N Main St., Webster, SD 57274. Lake Region Electric Cooperative Connections' purpose is to provide reliable, helpful information to members on electric cooperative matters and better living.

Subscription information: As part of their membership, Lake Region Electric members devote 50 cents from their monthly electric payments for a subscription. Nonmember subscriptions are available for \$12 annually. (USPS 018-904) Periodicals Postage Paid at Webster, SD 57274 and at additional mailing offices.

POSTMASTER: Send address changes to: Lake Region Ripples Cooperative Connections, PO Box 341, Webster, SD 57274. Telephone 605-345-3379; Toll Free 1-800-657-5869; Fax 605-345-4442 E-mail: lakeregion@lakeregion.coop

24 hour Dispatching/Outage Line
 1-800-657-5869

Welcome to our new members!

Melvin Waupoose**Angel Stiegelmeier****Leslie Hendrickson****DESIGNATION OF REPRESENTATIVE**

If you are a member corporation, cooperative, school, church, township or partnership of Lake region Electric Association, Inc. and want to be represented at the Annual Membership Meeting at Britton, SD on June 8, 2023, please complete this form and have it signed by an official of your organization. Your official representative will have to present this form at the Annual Meeting registration stop in order to take part in the business matters on behalf of the organization.

This is to certify that _____ is authorized to represent

(Print name of voting delegate)

our organization _____ at the Annual Membership

(Print name of organization)

meeting of Lake Region Electric Association, Inc. at Britton, SD on June 8, 2023, in any and all business, including voting that may be conducted at said meeting.

 Signature of organization president

 Date

Notice of Lake Region Electric Annual Membership Meeting

Notice is hereby given that the Annual Meeting of the Members of Lake Region Electric Association, Inc., will be held at the Britton Event Center located at 1203 3rd St., Britton, South Dakota on Thursday, June 8, 2023. The meeting's registration will begin at 6:00 PM with the business meeting to commence at 7:00 PM.

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.

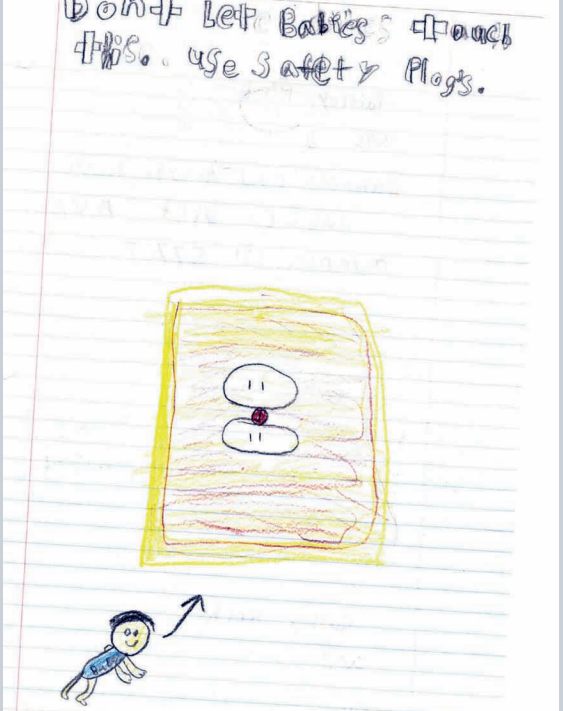
Never use anything other than a fuse to replace a fuse – you could cause a fire. If fuses blow or a circuit breaker trips often, contact a qualified repairman.

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 tps. 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

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.

2022 Annual Membership Meeting Minutes Unapproved

Pursuant to notice having been duly given, the Annual Meeting was held June 2nd, 2022 at 120 W 11th Avenue, City of Webster, County of Day, and State of South Dakota.

The meeting was held at the Webster Armory, registration began at 5:00 PM with a hot meal catered by Mike's Food Center. Lake Region Electric employees and staff assisted members with registration and meal service. East River Electric provided audio/video support.

Board President Kermit Pearson called the meeting to order at 7:00 PM. The American Legion presented the flags, a recording of the National Anthem was played on the sound system. Reverend Michael Dekraai gave the invocation. Nick Fosheim of Dakota Resources gave a welcome speech. Lake Region Electric's Board President, Kermit Pearson welcomed all of the guests in attendance. Pearson recognized several special guests in attendance including former employees and past board members. Other special guests in attendance were Tom Boyko and Chris Studer of East River Electric, Mark Hofer from Central Electric representing National Rural Electric Cooperative Association (NRECA) and Tom Jones from RUS. Pearson let the membership know of the passing of Jim Luitjens. Jim was a strong proponent of the co-op way of doing business and served on several boards over the years including Lake Region Electric Association.

Tom Steiner, LREA Board Secretary declared that there were enough registered members in attendance to constitute a quorum: 144 active members registered, many of whom brought guests for a total of 235 registered attendees. Secretary Steiner then provided proof of mailing of the June 2022 Cooperative Connections magazine, which contained the official meeting notice as well as the minutes of the 2021 Annual Meeting. A copy of proof of mailing is on file at the Lake Region office. Additional copies of the June issue were distributed

in the guest bags that were handed out at registration. There were no changes or additions to the minutes as printed. There was a motion and a second to dispense of the reading of those minutes; the motion passed.

President Pearson delivered the President's Report. He started out by recognizing Roger Kulesa who retired from the board after 15 years of service. Pearson stated that Eide Bailley performed the Lake Region Electric audit, and no deficiencies were noted. Pearson then reviewed last year's finances and explained that Lake Region was able to return over \$710,000 in Capital Credit patronage. He credited Office Manager Donna Sattler and her staff for all of the hard work and dedication to keeping all of the financials in order. Lake Region continues with the overhead to underground conversion and upgrading the aging infrastructure. He expounded on the East River upgrades to Lake Region territory, noting that East River has budgeted \$750 million dollars for upgrades over the next 10 years. Pearson also explained that Basin Electric remains in a good financial position and projected rates are forecast to be flat until 2031. Pearson talked about the potential blackouts predicted by Midcontinent Independent System Operator (MISO) this summer and how members of Lake Region should not be affected by this. He also touched on the Dakota Energy lawsuit being dismissed by Judge Peirsol in federal court.

An election then took place for three districts where seats were up for election; Districts 3, 5 and 6. Attorney Danny Smeins explained the Bylaws for the election process. He called for nominations from the floor; no further nominations were received. Clark Moeckly made a motion to close nominations and cast unanimous ballots for the petitioners; seconded by Wayne Buhl. The motion passed to re-elect incumbents Kermit Pearson for District 3, Rodney Tobin for District 6 and newly elected Cody Paszek for District 5.

Tim McIntyre delivered the Manager's Report. He thanked everyone for coming, giving special thanks to Mayor Mike Grosek and the City of Webster for hosting this event. McIntyre noted the employees of Lake Region Electric have 263 years of combined service. It is tradition to recognize employee's 25 years of service at our Annual Meeting, due to COVID 19, this had not taken place the prior 2 years so McIntyre took the opportunity to recognize Jim Grimes who reached his 25-year anniversary in 2020 and Donna Sattler who reached her 25-year mark in 2021. McIntyre then gave a brief explanation of Lake Region's work plan and introduced Power Systems Engineering (PSE) as the new engineering firm. He briefed the membership on the transmission upgrades, construction, overhead to underground conversion and tree-trimming. McIntyre reiterated that safety is the number one priority at Lake Region Electric. He then encouraged all of our members to check out some of the technology that we offer to help better serve our members including the improved website, social media and SmartHub. McIntyre expressed that Lake Region would like to hear from members interested in the Renewable Energy Credits (REC) Program or those wishing to discuss Electric Vehicles.

Scholarship recipients were presented. Jackie Snaza presented Seth Gaikowski with the Duane Snaza Memorial Scholarship. Seth Johnson, the recipient of the Lake Region/Basin Electric Scholarship was not present.

No Election Report was necessary.


All members in attendance were given an appreciation gift when they registered and were entered for door prizes that were drawn for at the end of the meeting. Neil Bien won the Grand Prize of \$500 cash, Harlan Hilleson won a \$100 bill credit, and 19 other prizes were drawn for. Lake Region puts on a food drive for the local food pantry during the Annual Meeting. Every non-perishable food item donated gives the member an opportunity to win a prize. This year a \$50 Visa Gift Card was given away.

Board President Pearson called for an adjournment of the meeting. The meeting was adjourned at 8:07 P.M.

Petitions Filed

Two petitions were filed for the director election to be held at the 82nd LREA Annual Meeting of Members. Petitions are for the director seats representing districts 2 and 4. Mark Wismer 11061 Hwy 27 S. Britton, District 2

officially filed a petition. Thomas Steiner 12134 438th Ave. Eden, District 4, officially filed a petition. Both incumbent candidates will be on the ballot for election at the 82nd LREA Annual Meeting. Petitions were completed and filed in accordance with Lake Region Electric Association Bylaws.



DIRECTOR BALLOT

82nd Annual Meeting – June 8, 2023

DISTRICT #2

Dayton, Newark, White, Victor, Stena, Miller, Pleasant Valley, Nordland & Wismer Townships

Mark box next to candidate's name. You may only vote for ONE.

SAMPLE

☒

Mark Wismer
Britton

☐

Write-in Candidate

☐

Write-in Candidate

SAMPLE

☐

Write-in Candidate

☐

Write-in Candidate

SAMPLE

☒

Thomas Steiner
Eden

☐

Write-in Candidate

☐

Write-in Candidate

SAMPLE

☐

Write-in Candidate

☐

Write-in Candidate




TREASURER
Andrea Kilker
DISTRICT 1



Mark Wismer
DISTRICT 2



PRESIDENT
Kermit Pearson
DISTRICT 3



SECRETARY
Thomas Steiner
DISTRICT 4



Cody Paszek
DISTRICT 5



VICE PRESIDENT
Rodney Tobin
DISTRICT 6



Amy Kuecker
DISTRICT 7

VOTING DISTRICTS

District 1: LaBelle, Dumarce, Lake, Red Iron Lake, McKinley and Veblen.
District 2: White, Victor, Pleasant Valley, Nordland, Miller, Wismer, Newark, Stena and Dayton.
District 3: Weston, Newport, Lowell, Waverly, Hamilton, Hickman, Sisseton and Fort.
District 4: Eden, Buffalo, Drywood Lake, Nutley, Grenville, Raritan, and Liberty.
District 5: Kosciusko, One Road, Waubay, Alto, Ortley, Racine and Central Point.
District 6: Farmington, North Andover, South Andover, Homer, Union, Independence, Kidder, Lynn, and Bristol
District 7: Scotland, Oak Gulch, Valley, Troy, Butler, York, Webster, Rusk, Highland, and Morton.

LAKE REGION ELECTRIC DIRECTOR MAP





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.

Lake Region Electric Assn. Financial Statement

Liabilities

WHAT WE OWE	2021	2022
Current Liabilities		
Current Maturities Long-Term Debt	1,268,139	1,177,466
Accounts Payable	1,265,924	1,009,442
Other Current & Accrued Liab.	211,962	225,177
Customer Deposits	41,067	37,317
Accrued Taxes	412,052	394,537
TOTAL CUR AND ACCR LIAB	3,199,144	2,843,939
Patronage Capital	14,572,188	15,639,910
Other Equity	2,727,895	2,950,283
TOTAL EQUITY	17,300,083	18,590,193
Deferred Credits	1,465,866	1,875,131
Long-term debt less Current Maturities	24,833,886	23,602,233
TOTAL LIABILITIES	46,798,979	46,911,496

Assets

WHAT WE OWN	2021	2022
Current Assets and Deferred Charges:		
Cash and working funds	1,907,397	155,250
Accounts Receivable (less uncollectible)	1,823,456	1,459,068
Materials & Supplies	941,197	1,162,352
Prepayments	5,991	13,967
Deferred Debits	201,114	208,143
TOTAL CURRENT ASSETS	4,879,155	2,998,780
Electric Plant		
In Service	40,407,587	41,396,850
Under Construction	65,268	354,970
Less Accumulated Depreciation	(10,767,676)	(11,545,744)
TOTAL ELECTRIC PLANT	29,705,179	30,206,076
Other Property and Investments		
Investments -Associated Organization	9,819,422	11,013,249
Other Investments - Notes Receivable	1,020,223	918,391
Other Special Funds - Revenue Deferral	1,375,000	1,775,000
Total Investments	12,214,645	13,706,640
TOTAL ASSETS	46,798,979	46,911,496

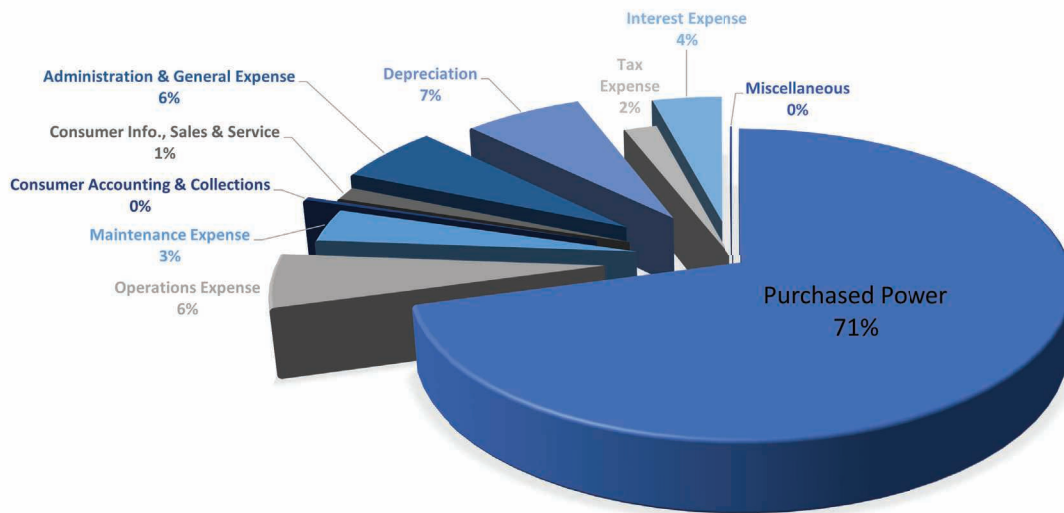
Statement of Revenue and Expense

OPERATING REVENUE:	2021	2022
Electric and Other Revenue	19,129,374	18,271,316
OPERATING EXPENSES:		
Purchased Power	13,670,962	12,556,610
Operations Expense	928,871	980,727
Maintenance Expense	385,052	607,962
Consumer Accounting & Collections	96,789	59,269
Consumer Info., Sales & Service	235,193	243,765
Administration & General Expense	994,784	1,059,001
Depreciation	1,176,303	1,206,903
Tax Expense	323,269	325,604
Interest Expense	722,883	705,301
Miscellaneous	18,870	18,643
TOTAL OPERATING EXPENSES:	18,552,976	17,763,785
Operating Margins	576,398	507,531
G & T Capital Credits	576,811	1,448,311
Non-Operating Margins		
Interest Income	26,785	47,565
Merchandising/Other	127,370	23,178
Net Margins	1,307,364	2,026,585
Patronage Capital (Beginning of Year)	14,028,952	14,572,188
Capital Credit Retirement	(670,265)	(804,707)
Other Equity Allocations	(93,863)	(154,156)
Patronage Capital (end of year)	14,572,188	15,639,910

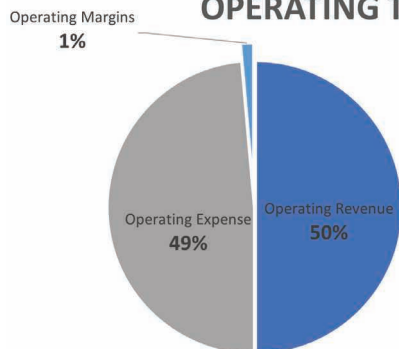
System Stats

Miles of Energized Line	1654
Overhead Miles	905
Underground Miles.....	749
Residential Meters	2890
Irrigation	33
Small Commercial	535
Large Commercial.....	7
Meters	3465
Members.....	2628

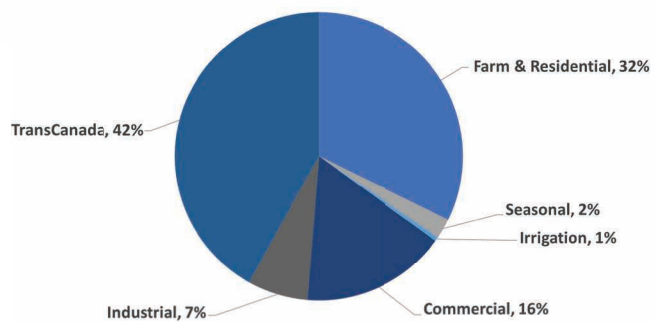
LAKE REGION ELECTRIC 2022 EXPENSES



OPERATING TOTALS



LAKE REGION ELECTRIC 2022 REVENUES



CAPITAL

2023

CREDITS

Lake Region Electric Association Board of Directors approved approximately \$832,000.00 in capital credit retirements

The amount that each member is refunded is based on the electricity purchased during the years for which capital credits are being paid.

As a not-for-profit electric co-op, LREA allocates any excess margins to its consumers after paying all the bills and reinvesting what it needs to keep electric costs as low as possible. Lake Region tracks the allocations and eventually refunds the money. As cash positions allow, LREA returns a portion of these dividends or capital credits back to the co-op's members-owners.

Capital Credits are issued in June as a credit applied to members' May bill.

This bill clearly shows the Capital Credit deductions and should be kept for tax purposes.

Members with inactive accounts will receive their checks around June 10.



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, administering 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

CPR Training Prepared Linemen to Save The Life of Their Brother

Laura London

Lake Region Electric

Editor's note: This story may be difficult for some to read but please take a couple of minutes to do so because this could help you save a life.

Linemen have been described as “a different breed.” They are brave, tough, smart, intuitive, and at times we think they must be just a little crazy. They need to be all of these things in order to do what they do to keep our power flowing and our world moving at its breakneck pace in convenience and comfort. The linemen of Lake Region Electric Association are family. They get along like brothers, they tell stories and sometimes have little squabbles, just like brothers do. These guys watch out for each other at all times and part of their job is to make sure that they work safely so that they all make it home to their loved ones at the end of each day.

Five years ago, late night thunderstorms rumbled across the state and brought high winds, wreaking havoc throughout Lake Region Electric territory. The storms prompted calls of power outages and pole damage. Several reports were received on the morning of June 6, 2018 regarding a leaning pole located north of Webster. Even though the rain was no longer falling, and the winds had calmed down, a perfect storm was brewing for the linemen of Lake Region Electric. After assessing the damage, it was determined that the pole in question needed to be accessed by boat. There were seven people on scene, four linemen and 3 young men who were summer help. Linemen Nathan (Nate) Baumgarn and Tyler Aadland set out to drill a hole in the pole so that



Left to right: Bryce Jorgenson, Tyler Aadland, Nate Baumgarn & Dan Williams

it could be straightened, as had been done on previous occasions. But then something went dreadfully wrong, the pole slipped and appeared to be falling toward the boat. Alertly, Bryce Jorgenson yelled from shore “It’s moving!” Tyler was able to jump out of the boat, but Nate, who claims to have had the reflexes of a sloth that day, wasn’t able to jump out quickly enough. The power line struck Nate on the shoulder. He went down and was hanging out of the back of the boat. Nate’s heart had stopped from the jolt of 7,200 volts of electricity going through his body. Nate’s fellow linemen immediately sprang into action, and instinctively followed the mayday procedures they had practiced many times, never expecting to have to use their emergency response skills.

Bryce jumped into the water and pulled the boat back to shore. Tyler Aadland who had been in the boat with Nate and in the water at the time of contact, swam under the line and felt the “arc.” He remembers feeling the arc twice while in the water. Line Foreman Dan

Williams had run to the truck to radio in a mayday call reporting to the office that there was a “man down.” According to Dan, once they got Nate out of the boat and onto the side of the road, Tyler took control of the scene. Tyler assessed the situation, called for the AED, and began chest compressions. Tyler remembers yelling at one of the “summer help” workers to give him his shirt so he could dry Nate’s chest. Tyler said, “I don’t know how long I performed CPR, but I was tired.” Dan took over compressions from Tyler at some point. Bryce had retrieved the AED from the truck but in a situation like this, the AED advised “no shock” and the men continued CPR. It was good old-fashioned CPR that saved Nate Baumgarn’s life.

Dan remembers starting out as a lineman and having to do his first safety training and CPR class, “My parents had been EMTs, and I knew they had to know this stuff, but I just didn’t understand the importance of me learning it. I soon realized that this is important training to have, because that

one time you might need to use it, you need to be prepared.” Dan is glad that he’s practiced this once or twice a year for the past 23 years because performing the chest compressions was instinct, “I just hope I never have to do it again in my life.”

No matter what profession you are in, we can all learn from this situation. Tyler, whose composure and focus that day have been hailed as saving Nate’s life, advises everyone to “Pay attention to your training. Be prepared.” Tyler wants everyone to make sure they have an emergency response plan in place, including a procedure for contacting their significant other if an emergency should arise. Jorgenson adds, “There are enough hazards in this job, don’t add to it with poor decision making and lack of preparedness. You are not immune to this happening to you.” He remembers standing there, on the side of the road, stunned and possibly in shock, wondering if this was all really happening.

Nate Baumgarn is alive and well and working at Lake Region Electric. He has lasting damage from the high voltage passing through his body, but thanks to the training and preparedness of his brother linemen performing CPR, his heart was able to get oxygen to his body and brain so that he didn’t have any cognitive damage.

“Don’t wait for something bad to happen before you decide

that you should get training. The little investment of time to take CPR and AED training are worth it when you can make a difference in saving someone’s life!” says Nate, a sentiment echoed by his brothers who were there that day.



Among 2,000 employees in corporate offices, hospitality, education and industry/labor:

- 55 percent can’t get first aid or CPR and AED training from their employer.
- If training is available, it’s often either CPR or first aid, not both.
- Half of all US workers cannot locate an AED at work.

<https://cpr.heart.org>



**TOGETHER
TOWARDS
TOMORROW**

Office Services



Donna Laura Autumn Justin

General Manager



Timothy
McIntyre

IT Department



Tim G. Scott Nate

Operations Department



Tyler Shawn Bryce Dan Tevin Jim Jesse Mat

Service Department



Nick Vinson Leonard Zac Kurt Brett



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 3
Health Connect of South Dakota: The Human Race 5K
 9 a.m.
 Sertoma Park
 Sioux Falls, SD

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 11
River Honoring Community Potluck
 5 p.m.
 Clay County Park River Shelter
 Vermillion, SD

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
 605-574-2810

JUNE 17
Roslyn Vinegar Museum Festival
 11 a.m.
 Roslyn, SD
 320-808-8873

JUNE 21
2023 McCrossan Boys Ranch Golf Classic for Kids
 Central Valley Golf Course
 Hartford, SD
 605-339-1203

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

JUNE 24
Vendor Fair & Farmer's Market
 8 a.m.
 122 Vilas St
 Hermosa, SD

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

JULY 4
Philip VFD Firework Display
 Lake Waggoner
 Philip, SD

JULY 12
Tracy Area Gardens & Quilts Tour
 2 p.m.
 Tracy, MN

JUNE 17
Roslyn Vinegar Museum Festival
 11 a.m.
 Roslyn, SD
 320-808-8873

JULY 28-29
Farley Fest
 Lake Farley Park
 Milbank, SD
www.farleyfest.com

AUG 13-14
Twin Brooks Threshing Show
 Featuring Allis Chalmers
 Twin Brooks, SD
 605-880-2884

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