

COOPERATIVE

CONNECTIONS



From Cows to Canvas

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BOARD REPORT



The FEM Board of Directors meet with staff at the January meeting.

A regular meeting of the Board of Directors of FEM Electric was held in Ipswich, South Dakota at 8:30 a.m. on January 16, 2024, pursuant to due call and notice. It being determined that a quorum was present, President Gary Bachman called the meeting to order. Secretary Eric Odenbach kept the minutes of the meeting. The following directors were declared present by roll call: Gary Bachman, Paula Petersen (Teleconference), Kelly Melius, Eric Odenbach, Tom Thorpe. Operations Manager Sean Christiansen, Director of Finance and Benefits Rhonda Tuscherer.

Gary Bachman welcomed guest employee Will Olson

Changes to the agenda: None

Changes/Additions to Minutes from December 19, 2023, meeting: none

Next Meeting Date: After a review of calendars, directors agreed that the next regular meeting of the board would be on Friday, February 23, 2024, at 8:30 a.m. to be held at FEM Electric Board Room in Ipswich, South Dakota.

Motion by Kelly Melius, seconded by Tom Thorpe and carried to approve administrative business.

Motion by Paula Petersen seconded

by Kelly Melius and carried to approve manager and staff reports.

Motion by Tom Thorpe seconded by Paula Petersen and carried to enter executive session at 10:45 a.m.

Motion by Eric Odenbach seconded by Tom Thorpe and carried to leave executive session at 10:58 a.m.

Board acknowledged the December 2023 Cyber Security Report.

Motion by Eric Odenbach seconded by Kelly Melius and carried to approve Policy #315 Connect Fee Review.

Membership Business:

Board acknowledged membership business.

New Memberships, Member Cancellations and Contracts:

Disconnects: Gerald & Judith Toennies, Cresbard, SD, Active Farm; Richard Weyand, Faulkton, SD, Active Farm & Lake House

Reconnects: Trevor Toennies, Cresbard, SD, Active Farm; Jerry Weyand, Faulkton, SD, Active Farm & Lake House

Contracts: None

Retired Locations: None

Capital Credits:

Estates - January 2024 - none

73 & Older - January 2024 - none

Motion by Kelly Melius seconded by Eric Odenbach and carried to approve resigning two Purchase Power Agreements changing member from Evergreen Colony to SteinBauer, LLC.

Motion by Tom Thorpe seconded by Paula Petersen to approve heat loan for a member.

Financial Business: The board acknowledged reviewing the following financial information: The check register for the month of December 2024 contained information on checks #33987 through #34048 and all automatic payments/withdrawals for December 2023 totaling \$325,978.35.

The preliminary December 2023 Financials were reviewed.

NISC Capital Credits were reviewed.

Renewable Energy Credits (REC's) in the amount of \$10,418.15 were reviewed.

IRS mileage rate for 2024 is \$.67/mile.

Motion by Eric Odenbach seconded by Kelly Melius and carried to approve board expense reports and attorney fees.

Legal Update: none

Meeting Report:

East River board update was given by Gary Bachman.

Tom Thorpe gave a report on SDREA board meeting.

Tom Thorpe and Gary Bachman reported on SDREA Annual meeting.

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COOPERATIVE CONNECTIONS

FEM ELECTRIC ASSOCIATION

(USPS 189-720)

Board of Directors

Gary Bachman, President
Tom Thorpe, Vice President
Eric Odenbach, Secretary
Paula Petersen, Treasurer
Kelly Melius, Asst. Secretary/
Treasurer
Vaughn Beck, Attorney

CEO/General Manager

Scott Moore
info@femelectric.coop

Management Staff

Sean Christiansen
Operations Manager
Ryan Holien
Electrical Department Manager
Rhonda Tuscherer
*Director of Finance and
Benefits*

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FEM ELECTRIC COOPERATIVE CONNECTIONS is the monthly publication for the members of FEM Electric Association, Inc., 800 5th Ave., Ipswich, SD 57451. FEM Electric Cooperative Connections' purpose is to provide reliable, helpful information to members on electric cooperative matters and better living.

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Design assistance by SDREA

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opportunity provider and
employer.**



Scott Moore
General Manager/CEO

By the time you read this article 2023 books will be closed but not officially audited. FEM Electric had a good year, closing the year-end books with \$1,196,681.00 in capital credit margins. I would attribute these margins to a cold and long 2022/2023 winter and a strong 2023 fall crop. We have been fortunate within FEM Electric service territory as we continue with growth in electrical demand.

The operations department is well on their way to having a successful 2024 construction year. We have been receiving new requests for electrical services along with upgrades for existing services. We have plans to strengthen our distribution system's reliability. There are some lengthy lead times for some equipment, but the crews have figured out how to maneuver and manage through the hurdles to keep a sufficient stock of inventory.

The office department has their own hurdles and successes as they close

2023 and start 2024 financial records. It usually boils down to paying attention to details. They have done a great job closing the past year while starting the new year and working with our auditors. In a small cooperative like FEM Electric each employee wears multiple caps with different duties.

In the fall of 2023 FEM Electric board of directors approved a new four-year work plan and 2024 budget. These are the road maps both for operations and finances. The more we can plan and control, the better the outcome will be as we complete 2024 and future years.

It has been somewhat a different winter with a week of extreme cold temperatures, many days with above normal temperatures, and it seems like we have had our share of fog for 2024. By the time this article hits your kitchen table we will only be several months from spring work and green grass.

Please remember to think safety when you start your spring projects. If you are planning on adding any electrical load, please contact Ryan Holien or Sean Christiansen (605) 426-6891. FEM Electric also has electricians that can complete your on the farm and home wiring projects.

February 9, 2024, was the FEM Electric member appreciation pancake breakfast held in Ipswich. We had a nice crowd and plenty of pancakes and sausages.

Statement Mailing Dates

February 27, 2024 for February's energy

March 28, 2024 for March's energy

Regardless of the statement mail out date, payments are due in the office by the 9th of the following month.

Make Fall Safety a Top Priority

It may come as a surprise that the second leading cause of unintentional injury-related death is falls. In 2021, 44,686 people died in falls at home and at work, according to Injury Facts®. For working adults, depending on the industry, falls can be the leading cause of death.

Falls are 100% Preventable

March is Ladder Safety Month. Whether working from a ladder, roof or scaffolding, it's important to plan ahead, assess the risk and use the right equipment. First, determine if working from a height is absolutely necessary or if there is another way to do the task safely.

- Discuss the task with coworkers and determine what safety equipment is needed
- Make sure you are properly trained on how to use the equipment
- Scan the work area for potential hazards before starting the job
- Make sure you have level ground to set up the equipment
- If working outside, check the weather forecast; never work in inclement weather
- Use the correct tool for the job, and use it as intended
- Ensure stepladders have a locking device to hold the front and back open
- Always keep two hands and one foot, or two feet and one hand on the ladder
- Place the ladder on a solid surface and never lean it against an unstable surface
- A straight or extension ladder should be one foot away from the surface it rests on for every four feet of height and extend at least three feet over the top edge
- Securely fasten straight and extension ladders to an upper support
- Wear slip-resistant shoes and don't stand higher than the third rung from the top
- Don't lean or reach while on a ladder, and have someone support the bottom
- Never use old or damaged equipment; check thoroughly before use

Fall Hazards at Home

Are you a weekend warrior or do-it-yourselfer? If you take on home improvement or other weekend projects, it's important to prepare yourself for physical exertion, especially if you've been sedentary through the winter months, and take extra precautions to prevent falls.

Risky projects, like installing siding, gutters or roofs, are best left to professionals. Saving money isn't worth risking a debilitating or fatal fall.

At home or at work, many of the same rules apply. When taking on a project:

- Practice all of the ladder safety tips mentioned above
- Keep the work area clear of hazards and immediately clean up spills
- Read all instructions and safety precautions on your equipment
- Don't wear loose clothing that can get caught in equipment

We tend to think we're always safe on flat ground, but the thousands of injuries each year tell us otherwise.

- Falls are the #1 cause of death for older adults; fall-proof your home
- Keep floors and surfaces clear of clutter
- Keep file cabinets and desk drawers closed
- Keep electrical and phone cords out of traffic areas
- Install handrails on stairways
- Wear sensible footwear
- Never stand on chairs, tables or any surface with wheels
- Properly arrange furniture to create open pathways
- Maintain good lighting indoors and out

More than 6.9 million people were treated in emergency rooms for fall-related injuries in 2021. A fall can end in death or disability in a split second, but with a few simple precautions, you'll be sure stay safe at home and at work.

Source: National Safety Council



Trim Your Trees

Brace Tapio, Age 8

Brace Tapio cautions readers to trim their trees to prevent power line damage. Brace's parents are Nate and Elsa Tapio from Armour, S.D., members of Douglas Electric Cooperative.

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.

SEAFOOD SPECIALS

CAJUN SHRIMP

Ingredients:

1 lb. large shrimp, peeled and deveined
2-3 tsps. cajun seasoning
2 tbsps. butter

Method

Coat shrimp with seasoning. Melt butter in large skillet on medium heat. Add shrimp; cook and stir three minutes or just until shrimp turn pink. Serve over cooked rice, if desired.

McCormick.com

CRAB SALAD SPREAD

Ingredients:

8-12 oz. imitation crab meat, flake style, tear into small pieces
1 tbsp. lemon juice
1 cup (approx.) shredded Cheddar cheese
1 small can black olives, sliced
Mayo (must be Mayo), to get correct texture, less is better than too much
1/4 to 1/2 pepper, cracked

Method

Mix by hand. Serve with Club or Ritz crackers.

Linda Hubbard
Rapid City, S.D.

CREAMY SHRIMP LINGUINE

Ingredients:

8 oz. linguine
1 tbsp. butter
1 lb. large shrimp, peeled and deveined
1 cup heavy cream
1 package garlic butter shrimp scampi
2 tbsps. white wine

Method

Cook pasta as directed on package. Drain well.

Melt butter in large skillet on medium-high heat. Add shrimp; cook and stir 2 minutes or just until shrimp turn pink. Add cooked pasta, Seasoning Mix, cream and wine. Reduce heat to medium; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve with grated Parmesan cheese.

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 2024. All entries must include your name, mailing address, phone number and cooperative name.

Continued from pg 2

Safety meeting minutes from December 18, 2023, were acknowledged.

Adjourn: President Gary Bachman declared the meeting adjourned.

FOLLOW US ON SOCIAL MEDIA

@FEMElectric on 

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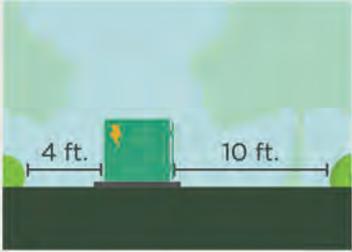
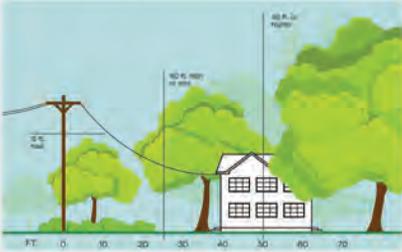
We'll post outage updates, safety tips, news and more to keep our members informed on all the latest from FEM Electric.



3 Ways to Help Limit Tree Trimming

Did you know electric utilities are required to trim trees and other types of vegetation that grow too close to overhead power lines? We know you love your trees, and we will do everything we can to avoid trimming them. **Here's how you can help:**

- 1. Plant trees in the right place.** Trees that will be <40 ft. should be planted at least 25 ft. away from power lines (>40ft. should be at least 50 ft. away).
- 2. Don't block pad-mounted transformers.** Plant shrubs at least 10 ft. away from transformer doors and 4 ft. from transformer sides.
- 3. Report dangerous branches.** If you spot a tree or branch that is dangerously close to power lines, please let us know.



Trimming improves safety for all.
Let's work together to enjoy the beauty of trees and reliable electricity.

FEM DIRECTOR DISTRICT 5 UP FOR ELECTION

A FEM Electric Director in District 5 will be up for election at the 2024 annual meeting on June 25th, 2024.

Kelly Melius will seek re-election for his district.

To be an eligible nominee, one must be an active member (with an FEM Electric energy account in their name) who resides in the Director’s District in which the nominee seeks to run. FEM Electric Director Districts are as follows:

District No. 1: McPherson County Townships of Bauer, Bergdorf, Cleveland, Detmold, Glucksthal, Hillsview, Jackson, Kassel, Odessa, Petersburg, Rosenthal, Spring Creek and Stickel, and Edmunds County Townships of Hosmer, Modena, Sangamon;

District No. 2: McPherson County Townships of Arena, Blaine, Carl, Dewey, Harrison, Highland, Hoffman, Howard, Koto, Leola, Lincoln, Long Lake, Moscow, Spring, Wachter, Wacker, Washington, Weber, Willow;

District No. 3: Edmunds County Townships of Bowdle, Bryant, Cloyd Valley, Cottonwood, Glen, Glover, Hillside, Hudson, Madison, Montpelier, North Bryant, Odessa and Vermont, and Faulk County Townships of Clark, Enterprise and Sherman;

District No. 4: Edmunds County Townships of Adrian, Belle, Clear Lake, Cleveland, Cortlandt, Fountain, Harmony, Huntley, Ipswich, Kent, Liberty, Pembrook, Powell, Richland, Rosette and Union;

District No 5: Faulk County Townships of Arcade, Bryant, Centerville, DeVoe, Elroy, Ellisville, Emerson, Fairfield, Freedom, Hillsdale, Irving, Lafoon, Latham, Myron, O’Neil, Orient, Pulaski, Saratoga, Seneca, Tamworth, Thirteen, Union and Wesley.

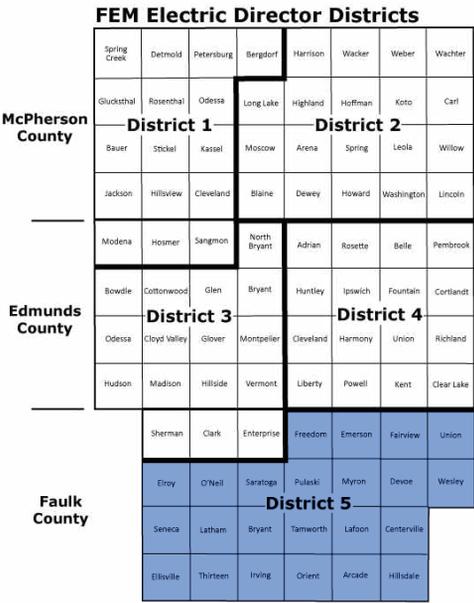
Committee which shall consist of three to seven members from the Director District(s) which are up for election and shall include one at-large position. This group shall be appointed no more than 180 days and no less than 60 days prior to the annual meeting. The committee shall post the nominations at least 30 days prior to the annual meeting of the members of FEM Electric Association, Inc. set for June 25th, 2024.

Nomination by Petition: Any 15 or more members of the cooperative may make additional nominations by listing their nominee and the appropriate Directorate District and signing such Petition for Nomination. The petition must be submitted to the board of directors at least 25 days prior to the annual meeting. Any such petition so submitted will be posted along with the list of nominations made by the Nominating Committee.

The colored areas of the district map are up for election in 2024.

District 5 Director Kelly Melius will be seeking re-election.

District 1 is represented by Eric Odenbach of Eureka, District 2 is represented by Tom Thorpe of Forbes, ND, District 3 is represented by Gary Bachman of Bowdle, and District 4 is represented by Paula Petersen of Cresbard.



NOMINATIONS

There are two processes (committee and petition) by which an eligible member’s name may be nominated for the board of directors election for FEM Electric Association, Inc. No nominations may come from the floor during your co-op’s annual meeting.

Any member of FEM Electric requiring additional information may refer to the bylaws of the association or may contact the FEM Electric office at 605-426-6891.

Nomination by Committee: The board of directors shall appoint a Nominating



Rural Artist Michelle Weber has illustrated 11 children books in addition to showcasing her art nationwide and internationally.

Michelle Weber Captures Rural Life in Art

Frank Turner

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During her upbringing in Windom, Minn., Michelle Weber discovered her passion for art at a young age. She was the kid who was always doodling, often paying more attention to her drawings than to the class. Holding on to her passion, Weber took her first art class in high school with her art

teacher, Mark Nass. Although the class had a rocky start, Nass recognized her potential and helped fuel a passion that would ultimately lead Weber to becoming a prominent rural artist.

“I was a junior in high school when I enrolled in my first real art class, and to be honest, I kind of hated it,” said Weber. “That first week, I was mortified that I wasn’t any good.”

Initially contemplating dropping the class, Weber sought a signature from her art teacher to change her art class to a study hall instead. Despite her request, Nass refused to let her drop the class and encouraged her to try give the class another chance.

“After a few weeks, everything just clicked,” said Weber. “I fell in love with painting and began living in the school’s art room.”

In less than a year, Weber made substantial progress in her artistic abilities. Enough so, that her teacher encouraged her to apply for the Congressional Art Competition. She applied,

and her painting not only won in her district but also earned a spot in the U.S. Capitol building in Washington D.C., where it was showcased for an entire year.

Weber's success in the Congressional Art Competition foreshadowed what was to come. Drawing inspiration from her upbringing on a farm and involvement in 4-H, Weber began primarily painting livestock. In 2011, Weber's friend from Mitchell, S.D., Amanda Radke, approached her with a request to illustrate a children's book featuring livestock and rural agriculture, a perfect fit for Weber's artwork. This opportunity led to the creation of "A World With Cows," marking Weber's first foray into a full-time career as an artist.

"The book was a huge stepping stone for both of us," said Weber.

The children's book marked not only the beginning of a career but also established Weber's niche – capturing the focal point of rural life on canvas: livestock, horses, buffalo, and more. Weber has since illustrated 10 additional children's books and successfully sold her artwork both nationwide and internationally.

Traditionally, her oil paintings have been rooted in a realism, capturing every detail of the depicted animals. More recently, Weber has expanded her art to include a more whimsical and abstract representation of the rural lifestyle.

"My niche market is the producer, so it's important that my art reflects an authentic rural lifestyle," said Weber. "I want these paintings to have a touch of who I am, but also have the integrity of this lifestyle retained on canvas too."

Today, Weber resides just outside Lake Benton, Minn., a town just outside the South Dakota border. From her small town, Michelle Weber also maintains a website, michelleweberstudio.com, where she showcases a wide range of products

featuring her artwork, including prints, notecards, children's books, and even cake pans. In addition to her website, Weber recently opened a studio named, "The Studio by Michelle Weber" in the center Lake Benton.

"The Studio is a space located right in the heart of Lake Benton," said Weber. "Some people look at Lake Benton with a population of less than 700 or less and ask, 'Why would you open your studio there?' But I stand behind supporting these small. They are the heartbeat of this country, so it only seemed fitting to bring it home."



A Weber painting, titled "Side Eye."



Weber is widely known for her oil paintings that capture the essence of an authentic rural lifestyle on canvas.

ELECTRICAL SAFETY ON THE FARM

U.S. FARMERS FEED THE WORLD: WE REMIND THEM ABOUT ELECTRICAL SAFETY THIS PLANTING SEASON.

As planting season nears, here are some agriculture-related facts from the American Farm Bureau Federation (AFBF):

- Each year, one U.S. farm feeds 166 people domestically and abroad. The global population is expected to increase by 2.2 billion by 2050. This means that the world's farmers will have to grow approximately 70% more food than what they produce today.
- Two million farms dot America's rural landscape, according to the AFBF, and 98% are operated by individuals, families and family-run partnerships or corporations.
- Eighty-six percent of U.S. agricultural products are produced on family farms or ranches.
- Americans throw away approximately 25% of the food they buy to eat at home.
- Women make up 36% of the total number of farm operators in the U.S.; 56% of all farms have at least one female decision-maker.

As farmers return to their fields this spring, Safe Electricity urges all workers to be alert to the dangers of working near overhead power lines. Follow these safety tips:

- Determine power line locations before going out into the fields, and designate preplanned routes that avoid hazardous areas.
- Be aware of increased height when loading and transporting tractors on trailer beds. Be cognizant of tall antennas.
- Avoid raising the arms of planters or cultivators or raising truck beds near power lines.
- Do not attempt to raise or move a power line to clear a path.
- Coming too close to a power line while working can be just as dangerous as contacting one since electricity can arc or "jump" to conducting material or objects.
- Non-metallic materials, such as lumber, tree limbs, tires, ropes and hay, will conduct electricity depending on dampness, dust and dirt contamination.
- When grounded wires that stabilize poles, known as guy wires, are broken, they become hazardous. If you hit a guy wire and break it, call the utility to fix it. Do not do it yourself.
- When it comes to dealing with electrical poles and wires, always call the electric utility.
- If your equipment contacts a power line, stay in the cab and call 9-1-1 or the utility for help. Warn others who may be nearby to stay away and wait until the electric utility arrives.
- If leaving the cab is necessary, as in the case of fire, the proper action is to jump — not step — with both feet hitting



the ground at the same time. Hop away from the area as far as you can, keeping both feet together as you hop. If you are unable to hop, then shuffle with the insides of your feet touching. Do not return to the equipment until the power has been de-energized.

Managers and owners should make sure family members and staff, including seasonal workers, are educated on these safety precautions. Dangerous areas need to be thoroughly identified and labeled.

Start each day with a safety meeting to alert everyone to potential hazards and how to avoid them.

For more electrical safety information, visit www.SafeElectricity.org.

ENERGY EFFICIENCY TIP OF THE MONTH

Lengthen the life of your clothes dryer with regular cleaning. Clean the lint filter after every load, which improves air circulation and safety. Check the lint trap opening and use a vacuum to remove any lint that's fallen inside the opening.

If you use dryer sheets, check the lint filter for residue buildup. Remove any residue with hot water and a nylon brush or toothbrush. Over time, dryer sheets can leave a film on the filter, which can affect the performance of the motor.



TRAIN OTHERS

Train anyone working on your farm, including family members and seasonal workers, about electrical hazards.

SAFETY FIRST

Have daily meetings to review the day's work. Know and review where the power lines are, the clearance required and the proper position of extensions as they are transported.



WAIT TO UNFOLD

Remind workers to fold or unfold extensions well into the field, not close to the field's edge where power lines are typically located.

USE A SPOTTER

When working in the vicinity of power lines, always have a spotter on the ground who can direct you away from power lines or poles if you are getting too close.



DO NOT EXIT YOUR CAB

If your machinery or truck makes contact with a power line, pole or guy wire, you could become electricity's path to ground and become electrocuted if you step out of the cab.

CALL 9-1-1

Call 9-1-1 to have your electric utility dispatched to deenergize the power source. Only exit the cab if your equipment is on fire. If that happens, make a solid jump out and hop away with your feet together as far as you can.



Learn more at:





Sacred Hoops Coach Tuffy Morrison is just one of many volunteer coaches who make Sacred Hoops Basketball a reality for rural athletes.

SHOOTING FOR SUCCESS

Sacred Hoops Basketball Scores Big with Rural Youth

Frank Turner

frank.turner@sdrea.coop

Sacred Hoops Basketball, a nonprofit organization unique to South Dakota, has been changing the game for youth basketball across the state for more than six years. Using basketball as a tool for youth development, the program organizes teams, trains coaches, and hosts tournaments and workshops for young individuals in all communities – both big and small.

Since the program's conception, the emphasis has centered on rural engagement. Allan Bertram, the owner and operator of Sacred Hoops, co-founded the program alongside Jordan Long and a few other movers and shakers as a way to bring quality basketball instruction to students who would otherwise need to travel hundreds of miles to participate. Their goal was to make basketball accessible to all athletes across the state, not only improving their basketball skills but

also their life skills.

"We wanted to bridge the gap for kids in rural areas, particularly our athletes in low socio-economic areas who may not have been able to play basketball otherwise," said Bertram. "We want to ensure that every kid who wants to play can."

Beyond hosting tournaments and teams, Bertram and the organization's other volunteers have found other ways to make changes on and off the basketball court. In addition to hosting more than 120 high school instruction programs across the state, Sacred Hoops Basketball annually distributes more than \$70,000 in scholarships that aid athletes from low-income families to play ball. The organization was also the driving force behind a recent initiative that placed 2,000 new pairs of shoes in the hands of children from select, rural



Sacred Hoops Director and Coach Ted Standing Soldier draws up a play for the the Sacred Hoops West River Youth Team.

elementary schools in South Dakota. “We’ve seen so many kids grow and fulfill their passion,” said Bertram. “In today’s world, our youth sometimes don’t understand what their purpose or passion is, and that’s why so many of our youth are struggling. It doesn’t matter what a kid is passionate about – it could be music, sports, gaming, or whatever – but it’s our job to help feed that passion because that is what gives those kids a purpose.”

Today, the program has expanded to encompass more than 50 dedicated volunteers and 600 athletes across 60 teams in their summer season, with athletes spanning from third grade to high school. These numbers, said Bertram, have added up to a real impact for athletes across the state. Within Sacred Hoops Basketball, more than 75 athletes have gone on to play college-level basketball.

“It gives us a great sense of pride because those kids are not only getting a post-secondary degree but also get to continue their passion by playing at the next level,” said Bertram. “Many of these kids come from rural areas or

locations.”

Sacred Hoops Basketball Director and Coach Ted Standing Soldier also emphasized the impact that the nonprofit has had on West River athletes. Standing Soldier regularly works with athletes from several rural

West River communities, including Pine Ridge, Belle Fourche, Kadoka, and more.

“We have athletes from all over come to play on one team, and it’s changing the game for these kids. We have seen several of our athletes start making junior varsity and varsity teams as middle schoolers,” said Standing Soldier. “These are kids we want to help reach their full potential, both on and off the court.”

Reflecting on his upbringing, Standing Soldier said that basketball played a significant role in his early life, ultimately leading to college scholarships that allowed him to play basketball for Platte Community College in Nebraska and later the University of Mary in North Dakota. Those opportunities, he said, are ones that he wants to share with other youth in South Dakota.

“Basketball has been a part of my entire life,” he said. “I developed a love for the game. God has used it to impact my entire life, and now I’m using it to impact others.”



The Sacred Hoops Basketball AAU West Coast National Championship Team.



Ali Van Sambeek's one-year-old smiles while feeding the chickens.

Keeping Chickens

Shannon Marvel

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During summertime mornings, Ali Van Sambeek will send her five-year-old out into the backyard to retrieve what's needed to cook that morning's breakfast.

"He's learned how to fry an egg on the stove, so in the summer he'll go out to the coop, bring back an egg and cook himself breakfast. Or I'll tell kids we need some tomatoes and eggs for breakfast, and they'll go out to get them in the backyard," Van Sambeek said.

Nestled in the Black Hills between Hermosa and Keystone, Ali and her husband raise four children, all under the age of seven, and a couple dozen chickens.

The chickens were added to the Van Sambeek family about a year ago.

"We wanted our kids to have more chores. We both grew up ranching and farming. We don't personally do that

anymore and we wanted our kids to have a taste of that life," Van Sambeek said.

"We haven't had to buy a store-bought egg since we started," she gleamed.

To begin, Van Sambeek started asking friends who raised their own chickens in their backyards a lot of questions.

Around that time and by chance, Van Sambeek learned of a friend that was looking to get rid of a couple hens and a coop for free.

So Van Sambeek took advantage of the opportunity and gave the hens a home in her backyard.

"We started with four, and were up to 20 at one point. And now we're down a little bit after an unfortunate situation with a hawk. That was our kids' first experience with losing animals. But this spring we'll get chicks again," Van Sambeek said.

The Van Sambeeks started off with Dominique brown layer chickens, but expanded the number of breeds in their

coop to get a more colorful plethora of eggs.

"I really wanted the green, dark brown and blue eggs. We pretty much have all the colors now. They've stopped laying throughout the winter, in the summer we'll get about eight or nine eggs a day," Van Sambeek said.

With her children being at the ages of 7, 5, 3 and 1, raising chickens has been



Ali Van Sambeek's son refills the water jug for the family's chickens.

a great way to teach them that their food doesn't just come from the store.

"Somebody has to put work into it – it's kind of cool when it's your own work. That's been one of the biggest things. We also have a pretty big garden. We feed the scraps from the garden back to the chickens. It's so much fun for the kids to see that process," Van Sambeek said.

Over in the eastern part of the state near Brandon, Stephanie Peterson has taken her love of raising backyard chickens and her expertise in doing so to new levels.

Peterson grew up in Lemmon and Rapid City before moving to Washington, D.C., to work on Capitol Hill for U.S. Sen. Tom Daschle.

During her time in Washington, D.C., Peterson raised four backyard chickens. Nine years ago, Peterson and her family moved back to South Dakota and bought a small acreage just outside of Brandon.

She purchased 15 hens and one rooster in the process and immensely enjoyed caring for the chickens and was entertained by their antics.

That developed into a full-fledged business for Peterson, named Fruit of the Coop.

"I heard that the backyard chicken keeping classes instructor for Sioux Falls Community Education was no longer available to teach, and I stepped right into the opening. I've been teaching classes since 2015. I also help small communities draft and pass backyard chicken ordinances for their towns, in addition to offering private consultations for folks who want personalized help getting started with backyard chickens," Peterson said.

She even offers advanced classes on veterinary care for flocks and is a distributor of non-GMO, organic chicken feed grown and milled by a local family farm.

"I started my egg business in 2016, working directly with chefs and restaurant owners to provide pasture-raised eggs to Sioux Falls restaurants. I also offer farm tours and field trips, and operate a farm stay Airbnb here at Fruit of the Coop," Peterson said.

What drives Peterson's passion for chicken and eggs is how interesting of an animal she's found chickens to be, with what she described as "unique biological makeups and also fun personalities."

Over the years, Peterson has seen the number of people raising their own chickens increase.

According to the American Pet Product Association's survey, ownership of backyard chickens increased from 8% in 2018 to 13% in 2020.

"And since COVID-19, the numbers have skyrocketed. The pandemic allowed for folks to have the time to pursue their backyard chicken hobby. But more importantly, many people began to focus on where their food was coming from and how to eat more locally," Peterson said.

"Raising your own chickens for eggs is an easy way to take control of a small part of the food system we all participate in. It

is now estimated that 12 million people in the U.S. own backyard chickens."

Things you need to know when considering backyard chickens:

- Hatching a Plan (local laws, cost, choosing a breed, where to buy)
- Chicken Little (setting up a brooder, food and water, heat, socializing)
- Feather Your Nest (coops and runs, predator proofing, cleaning, nest boxes, ventilation, space needed, seasonal care)
- Chicken Scratch (feeders and waterers, nutrient-dense feed, oyster shell, grit, treats)
- Ruling the Roost (free range, dust baths, molting, pecking order, injuries and diseases)
- Eggs/The Fruit of Your Coop (laying age, the "bloom," winter laying)



The Van Sambeek kids inspect the chicks that will be added to their coop.



MARCH 1-3, 2024
**National Pheasant
 Fest & Quail Classic**
 1201 N West Ave.
 Sioux Falls, SD

MARCH 2
Live on Stage
 High Country Guest Ranch
 Hill City, SD

MARCH 7
**Elevate Rapid City Economic
 Summit**
 8 a.m.
 The Monument
 Rapid City, SD

MARCH 9
**French Toast/Pancake Feed
 & Health Fair**
 8:30 a.m.
 Tea Community Building
 Tea, SD

MARCH 9
**SunCatcher Therapeutic
 Riding Academy & 3rd
 Annual Shamrock Gala**
 5 p.m.
 Alex Johnson Ballroom
 Rapid City, SD

MARCH 11-15
**Black Hills Institute's 50th
 Anniversary Celebration**
 Hill City, SD

MARCH 14-16
Spring Rummage Fundraiser
 Spearfish Senior Center
 Spearfish, SD

MARCH 15
**East Dakota Chapter NWF
 31st Annual Banquet**
 Ramkota Exhibit Hall
 Sioux Falls, SD

MARCH 15-16
**Badlands Quilter Weekend
 Getaway**
 5:30 p.m. Friday, all day
 Saturday
 Wall Community Center
 Wall, SD

MARCH 16
Live On Stage
 High Country Guest Ranch
 Hill City, SD

MARCH 16
**South Dakota Poetry
 Society Poetry on the Road
 & Open Mic**
 1 p.m.
 Tri-State Museum
 Belle Fourche, SD

MARCH 16-17
**Hill City Antiques, Railroad
 & Collectibles Show & Sale**
 Hill City Center
 Hill City, SD

MARCH 17
**St. Patrick's Day Green
 Pancakes and Sausage**
 8:30 a.m.
 RVUMC
 Rapid City, SD

MARCH 20-23
Hill City Restaurant Week
 Hill City, SD

MARCH 23
Tyndall VFW Vegas Night
 7:30 p.m.
 Tyndall Community Center
 Tyndall, SD

MARCH 23
**Hill City Children's Easter
 Egg Hunt**
 Visitor Info Center
 Hill City, SD

MARCH 24
**Ham Dinner & Silent
 Auction**
 11:45 a.m.
 RVUMC
 Rapid City, SD

APRIL 2
**Clay-Union Electric
 Ribbon Cutting & Open
 House**
 3 p.m. - 6:15 p.m.
 31321 SD Hwy. 19
 Vermillion, SD

APRIL 5-7
**71st Annual Hayes Play:
 Under a Cowboy Moon**
 7 p.m.
 Hayes Community Hall
 Hayes, SD

APRIL 12-14
**The Farmer's Daughter 19th
 Anniversary Celebration**
 Hill City, SD

APRIL 14
**Hill City Senior Sunday
 Breakfast**
 8 a.m.
 Hill City Center
 Hill City, SD

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.

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