

COOPERATIVE CONNECTIONS



Building a Dream

South Dakota's
Unique Getaway
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CPR & AED
Training
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BOARD REPORT



Hans Lapka (front row, far left) represented FEM at the Scholar of the Year banquet hosted by East River in Madison, SD.

A regular meeting of the Board of Directors of FEM Electric was held in Ipswich, South Dakota at 8:30 a.m. on April 24, 2023, 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, Kelly Melius, Eric Odenbach, Tom Thorpe. Director of Finance and Benefits Rhonda Tuscherer, Ryan Holien and Jesse Brown were present.

Gary Bachman welcomed guest employee Dan Feldhaus.

Changes to the agenda: None

Changes/Additions to Minutes from March 21, 2023, meeting: none

Next Meeting Date: After a review of calendars, directors agreed that the next regular meeting of the board would be on Monday, May 15, 2023, at 8:30 a.m. to be held at FEM Electric Board Room in Ipswich, South Dakota.

Motion by Eric Odenbach, seconded by Kelly Melius and carried to approve administrative business.

At 8:45 a.m. Derrick Larson with Eide

Bailey joined by teleconference and reviewed FEM Electric 2022 annual audit. Mr. Larson reported that FEM Electric had a clean audit and office staff had books in order.

Motion by Paula Petersen seconded by Tom Thorpe and carried to acknowledge management and staff reports.

The board acknowledged receiving the March Cyber Security report.

Resolutions, Contracts, and Nominations:

Motion by Eric Odenbach seconded by Kelly Melius and carried to approve the following policies: No. 433 Employee On-Call Policy, No. 434 Lockout/Tagout for Energy Control, No. 435 Emergency Response Plan, No. 436 Bloodborne Pathogens Exposure Control, No. 437 Employee Resignation, No. 438 Conflict of Interest

Membership Business:

Board acknowledged membership business.

Rhonda Tuscherer reviewed Policy #508 Value Added Economic Development Loan.

A discussion was held on rescheduling a beef information meeting. Scott said he would get rescheduled with speakers.

July 11, 2023, will be the date at FEM Electric in Ipswich starting at 9:30. Anyone interested is encouraged to attend.

Motion By Tom Thorpe seconded by Paula Petersen to approve allocating 2022 margins of \$883,917.87 to Capital Credits.

New Memberships, Member Cancellations and Contracts:

Disconnects: R&M Commercial Properties, Minnetonka, MN, Active Farm; Kenneth Geditz, Ipswich, Grain Bin & Active Farm; Bevin Roseland, Seneca, Active Farm; Charlotte Schaub, Ipswich, Vacant Farm & Active Farm; Roy Wilkins, Aberdeen, Active Farm; Eugene & Cherry Frasier, Faulkton, Active Farm & Active Farm/Grain Bin

Reconnects: C&B Operations, Gettysburg, Active Farm; Kenneth & Adrienne Geditz, Ipswich, Grain Bin & Active Farm; Loren Roseland, Seneca, Active Farm; Marjorie DiLorenzo, Omaha, Vacant Farm; David Schaub, Ipswich, Active Farm; Lee Wilkins, Mansfield, Active Farm; Jayme Frasier, Faulkton, Active Farm & Active Farm/Grain Bin

Capital Credits:

Estates - April 2023 - None
73 & Older - April 2023 - None

Financial Business: The board acknowledged reviewing the following financial information: The check register for the month of March 2023 contained information on checks #33271 through #33339 and all automatic payments/withdrawals for March 2023 totaling \$526,916.81.

March financials were reviewed along with first quarter budget projections and financial ratios.

Continued on pg 6

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. Sec./
Treasurer
Vaughn Beck, Attorney

CEO/General Manager

Scott Moore
info@femelectric.coop

Management Staff

Rob Vetch
Line Superintendent
Rhonda Tuscherer
Director of Finance and
Benefits

Editor's e-mail:

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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.

Subscription information: As part of their membership, FEM members devote \$1.00 from their monthly electric payments for a subscription. Nonmember subscriptions are available for \$15 annually. (USPS 189-720) Periodical Postage Paid at Ipswich, SD 57451 and at additional offices.

POSTMASTER: Send address changes to FEM Electric Cooperative Connections, Box 468, Ipswich, SD 57451-0468.

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Design assistance by SDREA

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opportunity provider and
employer.**



Scott Moore
General Manager/CEO

A reminder that your annual meeting is June 27, 2023, at Ipswich Public School. Our goal is to keep the meeting short and informative while providing our members with a good meal and time to socialize with old and new friends.

FEM Electric is coming out of the first quarter in a strong financial position, and we would expect to continue the trend. We rely on all classes of our membership and their electrical usage to keep our financials strong. This is good and keeps FEM Electric diverse. I believe moving forward we will continue to increase and diversify our electrical loads. We have in the past and are still seeing controllable growth, within our service territory, which is good to see in rural South Dakota. A person should never forget about the past and how we got to today's success while at the same time looking forward and planning to meet the needs of the next generation of members. There is no doubt with the guidance of our membership, directors, and employees we can and will continue to meet our members' needs and growth.

I have had the opportunity to meet with many young high school students over the past four months and there is no doubt that rural South Dakota

has a bright future in front of us. We need to do our part and encourage our children and grandkids that there are great opportunities here and maybe just give some encouragement or a helping hand to get them started.

Spring is an exciting time as we start to see agriculture and construction equipment move and the grass and crops start to green up. I would encourage you if you were planning on adding any electrical load, please call early. We are already seeing an uptick in new and upgraded electrical services.

With spring upon us please think about safety when working around equipment and livestock. Be aware of your surroundings with overhead power lines and remember to call 811 (South Dakota One-Call) before you dig. It could save you money or your life.

FOLLOW US ON SOCIAL MEDIA

@FEMElectric on 

@fem_electric on 

@FEMElectric on 

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

Statement Mailing Dates

May 31, 2023 for May's energy

June 29, 2023 for June's energy

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

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.

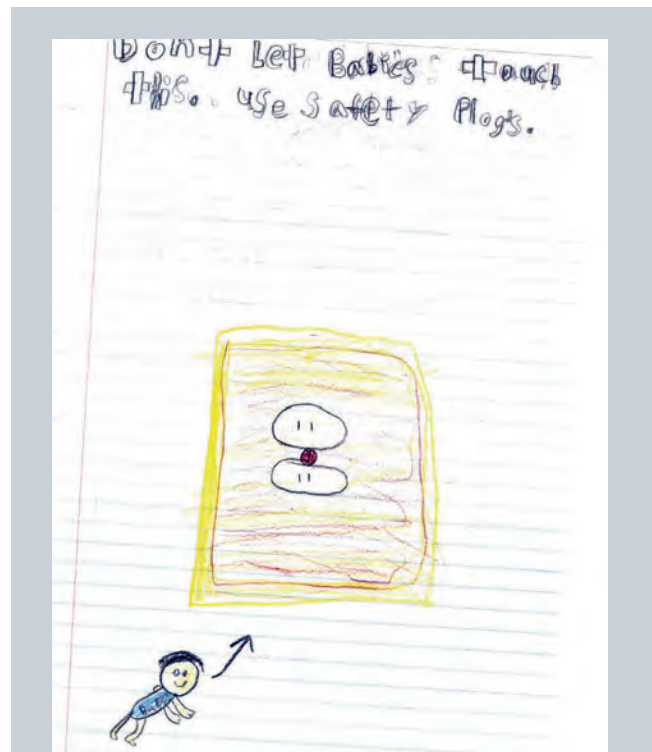
Never use anything other than a fuse to replace a fuse – you could cause a fire. If fuses blow or a circuit breaker trips often, contact a qualified repairman.

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

RHUBARB STRAWBERRY CHEESECAKE

Ingredients:

Rhubarb Sauce
 2 1/2 cups thinly sliced fresh rhubarb
 1/3 cup sugar
 2 tbsps. 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 tbsps. cornstarch
 2 tpsps. pure vanilla extract
 1/2 tsp. salt
 3 extra large eggs
 Topping
 1 pint strawberries, remove tops
 1/4 cup strawberry jelly
 2 tbsps. 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

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 tbsps. 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.

SWEDISH CREME

Ingredients:

2 cups heavy cream
 1 cup plus 2 tpsps. 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.

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.

Continued from pg 2

CFC interest statements along with RUS Statistical and Operating Report were reviewed.

Motion by Paula Petersen, seconded by Eric Odenbach and carried to approve director and attorney fees.

Legal Update: none

Meeting Report:

East River board update was given by Gary Bachman.

NRECA Legislative Fly-In report was given by Gary Bachman.

Tom Thorpe reported on SDREA board meeting.

The board acknowledged the receipt of the March 20, 2023, Safety Meeting Minutes. The board acknowledged reviewing 2023 ERP Scenario and action plan along with reviewing 2022 OSHA Data. The board acknowledged reviewing Federated Insurance Loss Control Analysis and accident situation. The board also reviewed 03/30/2023 employee meeting minutes.

Adjourn: President Gary Bachman declared the meeting adjourned.

ONAKA SUBSTATION COMPLETED



Members in the Onaka area experienced a few disruptions on April 11th as East River Electric and FEM Electric switched them to a newly constructed substation. The new Onaka substation will provide an elevated level of reliability to the area.

FEM would like to thank the East River crews for completing this project for our members, and we would also like to thank our members for their patience with some extra traffic while construction was completed.

There is still some clean up around the substation that needs to be done, and crews will level out the cornstalks where new transmission line was built.



OFFICIAL NOTICE

FEM Electric Association, Inc. Official Notice of Annual Meeting of Members

Notice is hereby given that the 75th Annual Meeting of the members of FEM Electric Association, Inc., will be held at the Ipswich High School in the City of Ipswich, State of South Dakota, at **six-thirty p.m. on Tuesday, June 27th, 2023**, for the purpose of:

1. The reports of officers, directors and committees
2. The election of directors for three-year terms

With the election of a director at this meeting, the following members have been nominated for director by the Nominating Committee in accordance with the bylaws of the Cooperative:

- Tom Thorpe - District 2
- Gary Bachman - District 3

Please take further notice that any fifteen or more members of the cooperative may make additional nominations by listing their nominee and the appropriate Directorate District and signing such Petition of Nomination. The petition must be submitted to the board of directors at least 25 day prior to the annual meeting. Any such petition so submitted will be posted, along with the list of nominations made by the Nominating Committee.

3. Transacting any such other business as may properly come before the meeting or any adjournment thereof.

Eric Odenbach, Secretary
FEM Electric Association, Inc.

FEM ELECTRIC ASSOCIATION, INC.
IPSWICH, SOUTH DAKOTA
April 26, 2023

We, the Nominating Committee, in session on April 26, 2023, at the Beck Law Office in Ipswich, South Dakota, hereby nominate the following:

District 2-- Tom Thorpe

District 3 -- Gary Bachman




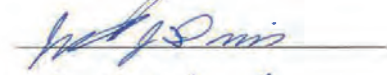



Secretary

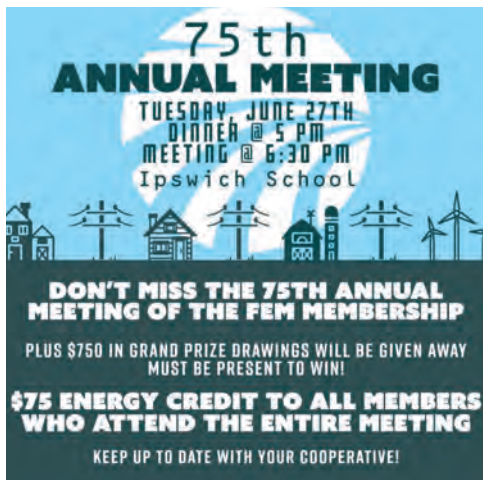


Chairman

We, the undersigned, certify that the foregoing minutes are true and correct.

We, the Nominating Committee, wish to place the above names in nomination.





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.



WITH TALL EQUIPMENT THERE IS A TALL ORDER FOR SAFETY

With the late start to spring this year, farmers and construction crews are eager to get projects started. However, safety should be everyone's top priority, especially when tractors, front loaders, grain augers or other large equipment are used near power lines or other electrical equipment. Here are some helpful safety tips to keep in mind when you're moving large equipment.

Maintaining safe distances from electrical equipment is important because accidents with electrical equipment are both dangerous and costly. Additional precautions need to be taken when using large equipment in the vicinity of electrical lines and equipment. Not doing so puts the operator at risk as well as the safety of those nearby.

Before beginning work, conduct a site survey and note the locations of overhead power lines, and take measures to prevent electrical accidents. Never attempt to move or raise a power line yourself. If

any potential clearance issues are identified, contact the utility.

When operating equipment, maintain situational awareness, and keep yourself and the equipment safely away from overhead lines. Know the clearance rules for the machinery you are operating. Equipment like dump trucks, backhoes, and loaders require a minimum 10-foot clearance from overhead lines. Cranes and derricks need to maintain an even greater distance for safe operation.

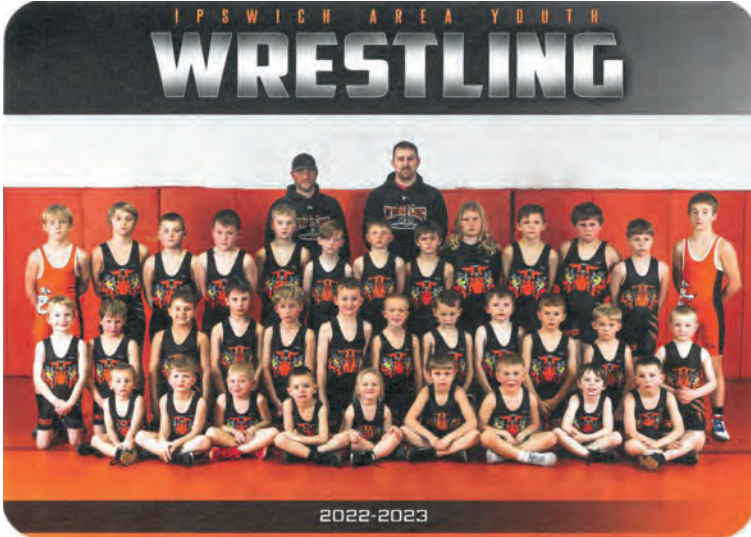
The Occupational Safety and Health Administration requires the clearance for cranes and derricks to be a minimum of 20 feet from overhead power lines. The equipment's maximum working radius, 360 degrees around the equipment, must also be considered. A dedicated spotter is very helpful when working near overhead lines to help the operator keep the required clearance.

Even if contact is not made with electrical lines, but a collision occurs

with other related equipment such as electrical poles or guy wires, it should still be reported to the utility. Though the equipment may appear to have survived the collision, unexpected degradation of electrical equipment can lead to public safety hazards such as fallen power lines. Just because a power line has fallen does not mean that it is not carrying electricity. There is still the potential for the line and the nearby area to be energized.

If the equipment you are operating does make contact with any overhead lines, it is best to stay in the cab. Immediately call 911, warn others to stay away, and wait for the utility crew to cut the power before exiting the machinery. If you see an operator's equipment make contact with a power line, resist the instinct to rush to that person to provide help. It is best to stay back and warn others to stay away.

For more information on electrical safety, visit [SafeElectricity.org](https://www.safeelectricity.org), or contact the FEM Electric office at 605-426-6891 or 1-800-587-5880.



FEM



Thank You for the donation of water for our youth wrestling tournament. We appreciate your continued support to our wrestling program.
Thank You



The Ipswich Wrestling Booster Club and Ipswich Area Youth Wrestlers are SO thankful for your help in making this another successful season!

SEND

Please do not staple or paperclip.

Comments/Address Change: _____

Thank You Linemen for all you do!!

PAY YOUR BILL 24/7

SMARTHUB: The new FREE online payment system! Access at femelectric.coop or download the application on a compatible mobile device.

BY PHONE: Call 833.699.1827, and use your FEM account number.



To comply with industry standards, Credit Card payments need to be processed by the member through FEM's Pay-By-Phone system or online systems.

Join us for a
CATTLE OPERATIONS MEETING
FACILITIES, GROWTH AND VISION FOR FUTURE

JULY 11TH @ 9:30 AM

AT FEM ELECTRIC HEADQUARTERS

LUNCH WILL BE SERVED

FOR MORE INFORMATION

SCOTT MOORE (605) 216 2617

RSVP APPRECIATED, BUT NOT REQUIRED:
CONTACT SONJE OBAN AT 605-426-6891
OR OBAN@FEMELECTRIC.COOP



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, administrating 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

PLAN AHEAD - CALL BEFORE YOU DIG

The calendar may have said spring, but the weather said winter until recently. Like others, you've likely put off your spring projects, and are in a hurry to start checking items off your To Do list. However, we'd like to take the time to remind everyone to plan ahead, and call 811, or visit call811.com, to have underground utilities marked for any projects that require you to break ground.

Digging without locating underground utilities could leave neighborhoods in the dark, cause thousands of dollars in damages, or cause severe electrical shock. This is true regardless of how much area your project will cover or whether you consider the job to be large or small. To help stay safe, make use of the national underground utility locating service for free by calling 8-1-1.

The 8-1-1 "Call Before You Dig" number will route you to your local utility locating service. Make sure to tell the operator where and when you plan to dig and what type of work you will be doing. From there, it takes a few business days for a professional to come mark your public utilities with flags or spray paint.

There are different colors of paint and flags that mark the underground utilities, and each color is universal to what utility is buried.

- **Red** - Electric
- **Orange** - Communications, Telephone/CATV
- **Blue** - Potable Water
- **Green** - Sewer/Drainage
- **Yellow** - Gas/Petroleum Pipeline

- **Purple** - Reclaimed Water
- **White** - Pre-mark site of intended excavation

Even if you previously had utilities located by calling 8-1-1, it is best to call before every digging project. Underground utilities can shift, and it is important to be certain of where they are before ever putting a shovel in the ground.

It is important to understand that 8-1-1 locators do not locate privately installed facilities. If you have any private utilities, you will need to hire a private utility locator. Examples of private utilities include underground sprinkler systems, invisible fences, data communication systems, private water systems, or gas piping to a garage.

Once all your underground utilities have been located, it is time to start digging, but be sure to wear all the proper protective gear before putting the shovel into the earth.

For more information about 8-1-1 and digging safety, visit Call811.com and SafeElectricity.org.



To help stay safe and prevent accidents, call 8-1-1 before you dig to get underground utilities marked.

For More Information on Digging Safety
Visit SafeElectricity.org

People • Power • Purpose



South Dakota Rural Electric YOUTH EXCURSION

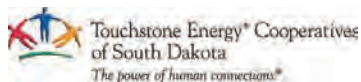


July 24-27, 2023



- Visit North Dakota's Capital!
- Learn where South Dakota's electricity comes from!
- Tour the Great Plains Synfuel Plant, Freedom Coal Mine and Antelope Valley Station Power Plant!
- Meet new friends!

**FEM Electric will provide for transportation, lodging, meals, entertainment and sightseeing events. Students are required to supply their own personal/shopping money.*



All area high school freshmen, sophomores and juniors that go to school in the FEM Electric territory are eligible to apply.

For More Information Contact:

Crystal Thorson
thorson@femelectric.coop

FEM Electric Cooperative, Inc.

800 5th Ave.

Ipswich, SD 57451

605-426-6891

<https://femelectric.coop/youth-excursion>

facebook.com/FEMEelectric

Application Deadline: May 31, 2023



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
Trail Days
 Ipswich, SD

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

JUNE 21-24
Crystal Springs Rodeo
 Clear Lake, SD
 605-874-2996

JUNE 23-25
Tower Days
 Bowdle, SD

JUNE 23-25
Rhubarb Festival
 Leola, SD

JUNE 30-JULY 2
Eurekafest
 Eureka, SD

JUNE 30-JULY 2
Wild West Days
 Faulkton, SD

JULY 4
Philip VFD Firework Display
 Lake Waggoner
 Philip, SD
 605-685-3082

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

JULY 15
Huron MS Walk/Run
 8 a.m.
 Lake Byron
 Huron, SD
 605-350-5922

JULY 15-16
Charles Mix Saddle Club SDRA Rodeo
 Geddes, SD
 605-680-2763

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.