

FARMERS ELECTRIC COOPERATIVE

Open Lines

MONTHLY NEWSLETTER

OCTOBER 2021

Check Out Our New Web Site!

Your cooperative's web site has a new look! As a Touchstone Energy® Cooperative member, Farmers Electric used Touchstone's Co-op Webbuilder platform to redesign our web site with a fresh look, easy navigation and access to all the resources you need.

Check it out and let us know what you think!

www.farmersrec.com



Energy Efficiency Tip of the Month



Old, uninsulated and improperly installed exterior doors can waste energy and money. Shut the door on wasted energy by weather stripping and sealing all exterior doors. If you have an old exterior door, consider replacing it with a newer, energy efficient model.

Source: energy.gov



Farmers Electric Cooperative, Inc.

A Touchstone Energy® Cooperative

P.O. Box 330

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FarmersREC.com | (800) 397-4821

ANNUAL MEETING:

Co-op Holds 82nd Annual Meeting

Farmers Electric held its 82nd Annual Meeting Sept. 14. Roughly 200 people attended. Ballots to elect directors were counted with the results as follows:

Eastern District: **RoxAnn Rhoads** (incumbent)

Central District: **Mark Earhart** (incumbent)

Western District: **Kevin Stender** (incumbent)

Pictured at right, from top: Dale Barnett was the winner of the EGO string trimmer; attorney Fred Dorr delivers the notice of the annual meeting; the prizes given away in the drawing are displayed.



— THANK YOU —
DAVE HENNIGAR
for 31 years of service to
Farmers Electric Cooperative, Inc.



Dave Hennigar, pictured middle, retired from the co-op Sept. 2. He is pictured with Director of Operations Dave Shike, left, and CEO Charlie Dunn.

Need Help with Your Heating Bills?

The 2021-2022 Low-Income Home Energy Assistance Program (LIHEAP) helps qualifying low-income Iowa homeowners and renters pay a portion of their primary heating costs for the winter heating season. The assistance is based on household income, household size, type of fuel, and type of housing.

WHEN TO APPLY:

Elderly (60+) and/or disabled: Oct. 1, 2021 to April 30, 2022

All other households: Nov. 1, 2021 to April 30, 2022

WHAT TO TAKE:

- Proof of income (for all household members 19+). Depending upon your household income type, income documentation from the past 30 days, the last 12 months, or last calendar year, whichever is easier or more beneficial for you.

- Social Security numbers for all household members (documentation required)
- Most recent heat bill
- Most recent electric bill
- If you receive alimony or child support, it will also need to be verified.

PROOF OF INCOME:

Wage Earners: Please bring copies of your check stubs for the 30-day period preceding the date of application, or a copy of your federal income tax return.

Fixed Income: This may include Social Security Benefits, Supplemental Security Income, Family Investment Program, Veteran’s Assistance, Unemployment Insurance, and pensions. Please bring copies of your check stubs from the previous 30 days.

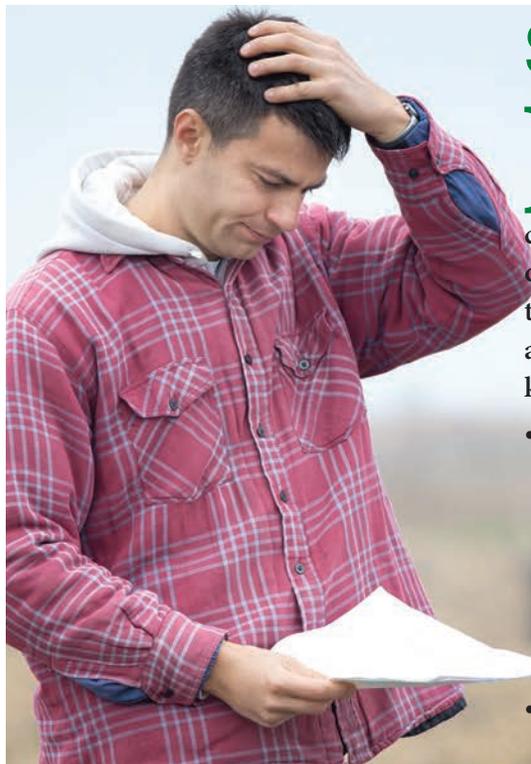
Self-Employed/Farmers: Please bring a copy of your most recent federal income tax return.

Income Maximums	
Household Size	Annual Gross Income
1	\$25,760
2	\$34,840
3	\$43,920
4	\$53,000
5	\$62,080
6	\$71,160
7	\$80,240
8	\$89,320

For households with more than eight members, add \$9,080 for each additional member.

FIP Recipients: Please bring your current DHS Notice of Decision or contact your local office for acceptable document information.

If you are not sure where to apply, dial 2-1-1 or visit <https://humanrights.iowa.gov/dcaa/where-apply>, or write to LIHEAP, Iowa Department of Human Rights, 321 E. 12th St., Des Moines, IA 50319.



Sleep, Mental Wellness Key to Safe Harvest

Harvest delays due to weather, worries about grain market prices or covering the storage charges at the grain elevator are distractions that can cause farmers to focus less on safety and lead to agriculture-related injuries. To stay safe, keep the following in mind:

- Make an effort to get a good night’s sleep and go to bed at the same time every night. Include “wind down” time before turning out the lights by avoiding screens (phones, electronics, TV) to allow your brain to settle and prepare for rest.
- When working long continuous hours in equipment, stop, get out and walk

around to stretch your muscles every hour or two.

- Take care of your body by eating regular, well-balanced meals. Limit your intake of stimulants such as coffee, sodas and tea.
- Pause to take a few deep breaths.
- Finally, seek help when you need it. The Iowa Concern Hotline through Iowa State University Extension & Outreach offers 24/7 phone support with trained staff to help with legal, financial, stress, or crisis/disaster questions and concerns. Call (800) 447-1985 or visit www.extension.iastate.edu/iowaconcern to learn more.

Learn the Sounds of Fire Safety

October is National Fire Prevention Month (and week, Oct. 3-9), and that means it's a great time to raise fire safety



awareness and help ensure your family and home are protected.

For more than 90 years, the National Fire Protection Association (NFPA)® has used the month of October to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

This year's theme, "Learn the Sounds of Fire Safety" focuses on knowing the difference between the sounds a smoke or carbon monoxide detector make when their batteries are low, versus when they are alerting you to danger. Here are some important tips to keep in mind:

- A continuous set of three loud beeps means smoke or fire are detected. Get out, call 911 and do not attempt to re-enter the home or building.
- A single chirp every 30 or 60 seconds means the battery is low and must be changed.
- Continuous chirping after the battery has been replaced means the alarm is at the end of its life and must be replaced.
- Make sure your smoke and CO alarms meet the needs of all your family members, including those with sensory or physical disabilities.

It's a Matter of (Co-op) Principles

ACE Hardware, State Farm, Land O'Lakes and Farmers Electric Cooperative all share something in common: we're all cooperatives.

We may be in different industries, but we all share a passion for serving our members and helping our communities to thrive.

In fact, all cooperatives adhere to the same set of seven principles that reflect our core values of honesty, transparency, equity, inclusiveness and service to the greater community good.

October is National Co-op Month, so this is the perfect time to reflect on these principles that have stood the test of time but also provide a framework for the future:

- 1. Voluntary and Open Membership.** Co-op membership is open to all people regardless of race, religion, gender or economic circumstances who accept the responsibility of membership.
- 2. Democratic Member Control.** Representatives are elected by and from the membership; all members have equal voting rights.
- 3. Member's Economic Participation.** All members contribute equitably to, and democratically control, the capital of the cooperative.

4. Autonomy and Independence.

Cooperatives are autonomous, self-help organizations controlled by their members.

5. Education, Training

and Information. Education and training for members, representatives, and employees help them effectively contribute to the development and direction of the cooperative.

6. Cooperation Among Cooperatives. By working together, cooperatives bolster local economies and can deal more effectively with social and community needs.

7. Concern for Community. Cooperatives work for the sustainable development of their communities through policies supported by the membership.

Being guided by these seven cooperative principles isn't just about dollars—it's about opportunity for all and being fair when engaging with our members. The cooperative way is a values-based business model.

Your co-op is a reflection of your community and its evolving needs. We view our role as a catalyst for making our world a better place.



CHARLIE DUNN
CEO



**Community born.
Community led.
Focused on YOU.**

October is
National Co-op Month

Fall in love with
pumpkin



Each month, the cooperative places a call for recipes in various categories. Winners receive a \$5 credit on their account, with their recipes appearing in the next month's issue. Plan now to participate by mailing your entry with your bill to: P.O. Box 330, Greenfield, IA 50849; or e-mailing it to HWeston@farmersrec.com. **November:** Thanksgiving Side Dish

Caramel Pumpkin Pull Apart Bread

INGREDIENTS

- 1 lb. pizza dough
- 2/3 c. pumpkin puree
- 1/2 c. crushed pecans
- 1/2 c. brown sugar
- 1 tsp. cinnamon
- 1/2 tsp. allspice
- 1/4 tsp. nutmeg
- 1 Tbsp. melted butter
- 1/4 c. caramel sauce
- 1/4 c. caramel sauce to drizzle on top



willcookforsmiles.com

Preheat oven to 350 and grease an 8x4 bread loaf pan. Roll out pizza dough into a rectangle that's about 16x8 inches in size. In a small mixing bowl, combine pumpkin, sugar, spices and pecans until all incorporated. Brush dough with melted butter and drizzle 1/4 cup of caramel all over the dough. Spread pumpkin mixture evenly all over the dough. Cut the dough easily using a pizza cutter, lengthwise, into three long strips. Then cut in width-wise, creating squares. Stack squares and place them side-by-side into the prepared loaf pan. Drizzle some more caramel over the top and place in the oven. Bake for 35-38 minutes.

Skinny Pumpkin Cream Cheese Bread

INGREDIENTS

Batter:

- 1 1/2 c. pureed pumpkin
- 1/2 c. unsweetened applesauce
- 1 whole egg
- 3 egg whites
- 1 c. all-purpose flour
- 2/3 c. whole wheat flour
- 1/2 c. Stevia Cup For Cup sweetener
- 1/2 c. granulated sugar
- 1 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg

Filling:

- 8 oz. reduced fat cream cheese
- 1/4 c. granulated sugar
- 1 T. all-purpose flour
- 2 egg whites
- 1 tsp. vanilla extract



homemadehooplah.com

Preheat oven to 350. For batter: With an electric mixer, beat the pumpkin, applesauce, egg, and egg whites on medium speed until smooth. In a separate bowl, combine the flours, Stevia, sugar, baking soda, cinnamon and nutmeg.

Slowly add flour mixture into the pumpkin mixture and continue beating with electric mixer. For filling: Beat together the cream cheese, sugar, vanilla, egg whites and flour until creamy and smooth. Grease 2 8x4x2" loaf pans. Divide half of the batter between the two pans. Pour half of the filling in one pan and the other half in the second pan and smooth with the back of a spoon. Top with the remaining batter. Bake at 350 for about 40 minutes, or until a toothpick inserted comes out clean. Don't overbake or your bread will be dry on the edges. Cool and remove from pans. Store in the refrigerator in an airtight container.



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Open Lines is a monthly publication of Farmers Electric Cooperative, Inc.

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The mission of Farmers Electric Cooperative, Inc., is to deliver safe, reliable, affordable electricity and other services to improve the quality of life within our communities. This institution is an equal opportunity provider and employer.