



**Cass County  
Electric Cooperative**

Your Touchstone Energy® Partner



DECEMBER  
**2010**

# Traditions



The holidays bring memories of times past: family gatherings, traditions and, of course, cookies. Baking cookies is a family tradition that often involves bringing out recipes that have been passed down for generations. Whether one does all the baking or gathers with family and friends, the stories that go along with the cookies are a part of the recipe itself.

This season, Cass County Electric employees share with you their special memories and the cookies that go along with them. From our families to yours, you will find cookie recipes that may now become part of your holiday tradition.

*Happy Holidays* from all of us at Cass County Electric Cooperative!



# Karen Egeberg

Administrative Assistant

## Norwegian Berlinerkranser

The Norwegian Berlinerkranser is one of my favorite cookies that my Grandma used to make at Christmas.

- 2 hard boiled egg yolks (yes, this is correct!)
- 2 raw egg whites
- ½ c. sugar
- 1 c. butter
- ½ tsp. salt
- 2 c. flour

Mix egg yolks with sugar.

Add butter and flour.

Mix as for pie crust.

Refrigerate for several hours.

Shape into a long roll (pencil size).

Cut in 5 or 6 inch pieces and fold like a wreath.

Dip in unbeaten egg white and then in sugar.

Bake to a delicate brown, at 350 degrees for 15 to 20 minutes.

## Fudge

I make this fudge every Christmas as my niece, Danielle, requests it. It makes a large pan of fudge, but it can easily be halved.

- 2 pounds powdered sugar
- 4 eggs
- 12 ounces semi sweet chocolate chips (use real chocolate chips)
- 12 ounces milk chocolate chips (use real chocolate chips)
- 1 c. butter
- 1 tsp. vanilla

In a large mixing bowl beat powdered sugar and eggs together.

Melt chocolate chips and butter over medium heat or at 70 percent power in the microwave for 3 – 4 minutes.

Add mixture to powdered sugar, beating constantly.

Add vanilla, mixing thoroughly.

Spread in a lightly oiled 9x13 pan.

Cover to store.



# Verna Lohse

Member Accounts Specialist

## Butter Rich Spritz

We've been making this recipe in my family for 37 years. My grandma, aunts, sisters and cousins would gather to "bake for the holidays" – that was code for gossip and girl time! We still get together to bake – now it is cousins, sisters, little kids and older gal cousins. After we bake we share the cookies with neighbors and extended family and take them to church events.

Sift together:

- 2 ½ c. flour
- ½ tsp. salt

Cream:

- 1c. butter
- 1 ¼ c. powdered sugar

Blend in:

- 2 egg yolks
- ½ tsp. almond extract
- 1 tsp. vanilla

Add gradually the dry ingredients then blend in your choice of food coloring.

Put through a cookie press on to an ungreased cookie sheet.

Bake 400 degrees F for 6- 8 minutes.

Do not over bake.



# Heidi Gackle

Energy Management/Conservation Representative

## Peppernuts

My mother was told that this recipe was originally created in Denmark when they could not afford nuts for Christmas. It also may have had white pepper in it at one time. Generations of my family have been making these each year and we start when the children are little. When I was young our mom would move the TV into the kitchen and we would watch Christmas specials while we worked on these cookies. We now often have three generations together when we make these and it would not be Christmas without them. In fact, we usually make a double batch after Thanksgiving and then freeze most of them. The dough is fun to roll out and cut (kind of like play-dough) and it is safe to eat, since there are no eggs. These crunchy little bite-sized cookies taste great with cocoa or coffee.

1 ½ c. sugar  
1 tsp. vanilla  
1 c. butter, softened  
dash of salt  
½ c. milk  
2 tsp. baking powder  
1 c. cream  
5+ c. flour

Beat butter and sugar until combined. Add vanilla and milk, mix. Combine dry ingredients and add to butter mixture, alternately with the cream. May need to add more flour.

Dough should be very stiff and needs to be mixed with a wooden spoon at the end. Chill dough until firm. Roll dough out into strips about ½ inch in diameter, length of strips can vary. Lay rolls on cookie sheets, and place wax paper between layers. Put all of the rolled out dough into the freezer until frozen.

Preheat oven to 375 degrees (or 350 for non-stick or dark pans). Take dough rolls out of freezer and cut into bite sized pieces (about ¾ inch). Place pieces on ungreased cookie sheets, leaving about one inch of space between. (Keep the extra dough frozen between batches).

Place one pan in the oven and bake for about 8-10 minutes. Pepper-nuts should be slightly browned when done. They can be cooled on a rack, or any type of pan. Store peppernuts in refrigerator or freezer.

# Shannon Stumpf

Energy Management/Conservation Coordinator

## Molasses

I make these cookies every year with either my grandma or mom. These cookies are time-consuming, so we only make them at Christmas. Most people probably use tree or gingerbread man cookie cutters, but we use a Spam can as our cookie cutter and they make the cutest little rectangle cookies. My grandma will sometimes cut each cookie in half because she says "no one needs a cookie that big!"

Mix together 1 ½ c. sugar & 1 ½ c. lard.  
Mix 2 ½ tsp. soda with ½ c. hot water.  
Mix 3 eggs, 1 c. molasses, ½ tsp. salt w/ water/soda mixture.  
Mix into sugar mixture.  
Add 2 tsp. ginger, 1 tsp. cinnamon, ½ tsp. cloves, and 5 ½ c. flour.  
Stir all together and chill.  
Rollout and cut into shapes.

For the frosting:  
dissolve 1 pack of gelatin into ½ c. cold water, set aside.  
In saucepan, heat 2 c. sugar and ¾ c. water.  
Boil until it spins.  
Pour over gelatin slowly, beat until fluffy, about 10 minutes.  
When fluffy, add 1 tsp. vanilla and frost cookies.



# CONTROLLING your THERMOSTAT

Your home's thermostat is a simple device that can create impressive energy savings if it is properly managed. You can save one percent for each degree you adjust your thermostat for eight hours at a time, according to the U.S. Department of Energy.

Homeowners spend nearly half of their energy bill on heating and cooling, so managing the thermostat can result in significant savings. Remember two simple tips:

- The U.S. Department of Energy recommends a setting of 68 degrees in the winter and 78 degrees in the summer.
- When you are away from home during the day or asleep at night, adjust the temperature even more.

**Q.** I think the higher I set my thermostat when I return home, the faster my furnace will heat my house. Is that true?

**A.** No. Most furnaces deliver heat at the same rate no matter how high the thermostat is set. So, just set your thermostat at the temperature you'd like, and your furnace will heat your home as fast as it can.

**Q.** Does a furnace work harder than normal to heat a home to a comfortable temperature after the thermostat has been set back, resulting in little or no savings?

**A.** No. It has been proven by years of research and field observations that the longer your house stays at a reduced temperature when heating – or at an increased temperature when cooling – the more energy and money you'll save. This is because

your heating or cooling cost depends mostly on the temperature difference between indoors and outdoors. When you adjust your thermostat down in the winter – or up in the summer – you simply reduce this temperature difference. If you set your temperature back 10 to 15 degrees for eight hours while you're asleep or at work, you can save 5 percent to 15 percent on your energy bill. By the way, you can install a setback thermostat that automatically adjusts your home's temperature at preset times. You can achieve the same savings if you faithfully remember to change your thermostat whenever you leave home or go to bed.

## Recommended Settings

Setting	Time	Temperature (winter)
Wake	6 a.m.	Lower than 70 °F
Day	8 a.m.	Set back at least 8 °F
Evening	6 p.m.	Lower than 70 °F
Sleep	10 p.m.	Set back at least 8 °F



# Get the greatest benefit from your PROGRAMMABLE THERMOSTAT

A programmable thermostat will result in energy savings, but it must be used properly. Here are some tips:

- Install your thermostat away from heating or cooling registers, appliances, lighting, doorways, fireplaces, skylights and windows, and areas that receive direct sunlight or drafts. Interior walls are best.
- Keep the thermostat set at energy saving temperatures for long periods of time, such as during the day when no one is home and at bedtime.
- Set the “hold” button at a constant energy-saving temperature when going away for the weekend or on vacation.
- Resist the urge to override the preprogrammed settings. Every time you do, you use more energy.
- Use a programmable thermostat for each zone of your house if you have multiple heating and cooling zones. This will help you maximize comfort, convenience and energy savings throughout the house.
- Change your batteries each year if your programmable thermostat uses batteries. Some units will indicate when batteries must be changed.
- If you have a heat pump, you may require a special programmable thermostat to maximize your energy savings year-round. Talk to your retailer or contractor for details before selecting your thermostat.



## Service tips for your furnace

A professional is needed for much of the up keep of a furnace, but there are several steps that a property owner can take to keep their unit running well. When your heating system runs at peak performance you will save money and energy.

1. Check the filter, every 1 to 3 months. This filter will be located on the return air duct, usually only several inches from the unit itself. You do not have to always purchase the most expensive filter, an inexpensive filter works well if replaced regularly.

2. Clean the area around the furnace. All furnaces need at least 12” of space all the way around them, this will keep the heater from overheating. When a system overheats it actually becomes more inefficient. Check for the minimum clearance around all sides of the heater, which should be located in the owners manual.

3. Check your thermostat. Many older thermostats do not work properly, most being off by several degrees. We usually do not notice this if the heat is running. When a thermostat is off by several degrees, it will continue heating well passed the set point, then it will cool down too many degrees, this will make the unit work harder. The best bet is to install a digital programmable thermostat, which are very accurate.

## Co-op Connections Cards

The Co-op Connections Card is a member benefit card that offers co-op members product and service discounts at participating retail businesses and pharmacies.

Cass County Electric Cooperative will be giving each of its members a Co-op Connections Card in January.





# HOW TO BUY A... *dishwasher*

## **Check the yellow EnergyGuide label.**

The EnergyGuide label tells you how much energy it takes to operate a dishwasher. Use it to compare the energy use of similar models and estimate annual operating costs. Learn How to Use the EnergyGuide Label.

## **Choose the right size for your home.**

Standard-capacity models hold more than eight place settings and six serving pieces, while compact-capacity models hold up to that amount. If you have to operate a compact model more frequently, over time you may use more energy than you would with a standard model.

## **Choose a dishwasher with several wash cycle options.**

If your dishes are only slightly soiled, you can use a light or energy-saving wash cycle, which uses less water and operates for a shorter period of time.

## **Best Practices**

Take advantage of these best practices to save more money on your utility bills.

### **Load it up**

Dishwashers use about the same amount of energy and water regardless of the number of dishes inside, so run full loads whenever possible.

### **Skip the heat**

Select the no-heat drying option. It gives good drying results with less energy.

### **Scrape don't rinse**

Rinsing dishes can use up to 20 gallons of water before the dishes are even loaded. Save yourself the rinsing—just scrape food off dishes. ENERGY STAR qualified dishwashers and today's detergents are designed to do the cleaning so you don't have to. If your dirty dishes sit overnight, use your dishwasher's rinse feature. It uses a fraction of the water needed to hand rinse.

- Use the setback option. Delay your start time until demand is lower.
- Use short wash cycles for everything but the dirtiest dishes. They use less energy and work just as well.
- If you have a choice, install your dishwasher away from your refrigerator. The dishwasher's heat and moisture increase your refrigerator's energy consumption.

# Home Electrical Safety

## What can you do?

As the cold weather approaches, it is a good reminder to check on the electrical hazards in your home. If not handled in a respectful way, the dangers of electricity can be overwhelming. In order for safety to be a priority, you also should have a basic understanding of electricity. Protect your family and your home from some of the hazards by focusing on important safety measures.



One area often overlooked are Ground Fault Circuit Interrupters or better known as GFCIs. Installed GFCIs have saved thousands of lives. The GFCIs work as a safety measure by shutting off the power to the circuit if the electricity coming in varies from the electricity returning, in essence, they are designed to trip before an electrical shock can occur. Since water is a conductor of electricity and the chance of electric shock increases near water, they are installed in places where water may come in contact with electrical products, such as outdoors, kitchens, wet bars, and bathrooms.

It is a good practice to test these every month. To Test:

1. Start by pushing the reset button.
2. Plug in a night light and the light should come on.
3. Push the test button and the light should go off.
4. Push the reset button again and the light should come back on.

Electrical safety in the home is every homeowner's responsibility. Testing the GFCIs in your home is only one item to check, but there are many more areas to become familiar with. We encourage you to call us or visit the website of Electrical Safety Foundation International, [www.efsi.org](http://www.efsi.org) for other electrical safety precautions.

Cass County Electric will be closed Friday, December 24<sup>th</sup>.

# Students, Win a trip to Washington, D.C.!

June 11-17, 2011

Here's your ticket for an all-expense-paid trip to the nation's capitol!

- To enter the essay-writing/poster contest, you must be a junior or senior in high school in the fall of 2011.
- You and your parents or guardian must be served by Cass County Electric Cooperative.
- Poster can be any size. Essay is not to exceed two standard 8½ - by 11-inch typewritten, double-spaced pages.
- Submit your essay or poster in hard copy or electronic format to Cass County Electric. Electronic submissions should conform to the two-page, double-spaced guideline described above. Include a cover page with your name, date of birth, school and grade in 2011, parent or guardian's name, address and telephone number.
- The deadline is Monday, Jan. 24, 2011. E-mailed entries should be directed to [cjoyce@kwh.com](mailto:cjoyce@kwh.com), and hard-copy entries mailed to: Youth Tour Essay Contest, Cass County Electric Cooperative, 3312 42nd St S, Suite 200, Fargo, ND 58104.

If you have a question, contact Carrie Joyce, Cass County Electric, at (701) 356-4534.



A poster or essay is to be created considering this topic: Electric cooperatives are member-owned and controlled. As a member-owner and future decision maker for your cooperative, describe ways in which new technologies and social media can be used to connect and communicate with you and other young adults.

[www.youthtour.coop](http://www.youthtour.coop)

# NEWS COOPERATIVE

CCEC held its annual member meetings in October in Fargo, Fort Ransom and Arthur. Over 120 members attended the Fargo meeting, 51 members attended the Fort Ransom meeting and 75 went to the Arthur meeting. A member at each meeting won a \$100 energy credit and everyone went home with a gift and more knowledge of their cooperative.

Marshal Albright has been promoted to vice president of member and energy services. Albright most recently worked as business accounts executive and has held other various jobs at CCEC including manager of marketing. He has been with Cass County Electric for 24 years.

Paul Matthys has been promoted to manager of energy services. Matthys previously worked as energy management and conservation advisor and has worked at CCEC for 10 years.

Brenden Leier has been hired as power control technician. Leier is a 2010 graduate of North Dakota State College of Science in Electrical Technology. He is originally from Hazen, ND.

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EDITOR  
Carrie Joyce

DESIGNER  
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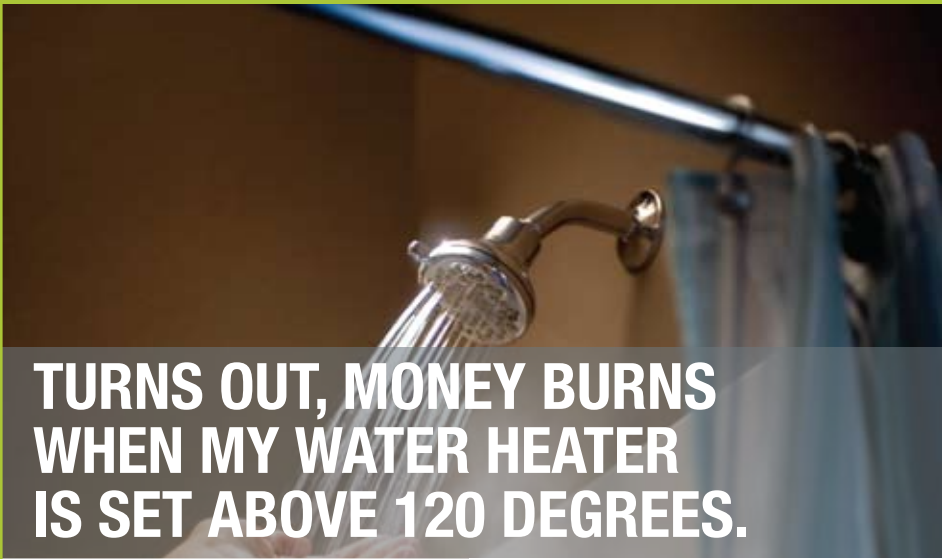
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