

October 2011
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SEVEN COOPERATIVE PRINCIPLES

VOLUNTARY
& OPEN MEMBERSHIP

DEMOCRATIC
MEMBER CONTROL

MEMBERS ECONOMIC
PARTICIPATION

AUTONOMY
& INDEPENDENCE

EDUCATION
TRAINING & INFORMATION

CONCERN FOR
COMMUNITY

OCTOBER IS CO-OP MONTH

Elizabeth Schwankl

Artist

Elizabeth Schwankl is an artist who takes it as it comes. She's always up to a challenge and, upon request, has found her way to different mediums in the world of art.

She started as a painter over 20 years ago. She'd created a piece for her own house. A friend saw it and commissioned her to do a painting. That is when Elizabeth decided it was something she could make a living off of. She'd always been artistic, excelling in art classes growing up and finding her way into fashion in college, but being an artist isn't something she thought she could do full time. She worked as an optician for years and then when her two sons were young and her friend bought the painting, providence stepped in, and as Elizabeth describes, it is divinity that has carried her throughout her career – guiding her, bringing her new challenges and helping her utilize her talent.

Aluminart is Elizabeth's trademark artwork. She discovered/invented it and it is original only to her. She had the materials, that are kept secret, in her studio for five years before she realized what she envisioned as Aluminart. Once she created the first piece, she knew she had hit upon something special. "It is original, unique and people gravitate toward it," Elizabeth said.

Statue repair is a practice that Elizabeth found herself doing in the last few years. When approached to repair a crucifix for Sts. Ann and Joachim Church, in

south Fargo, Elizabeth took on the challenge. She'd not done any restoration work like that prior, but she figured it out and it has become a lucrative part of what she does now. She does many religious statue restorations and also has done restorations on a smaller scale for many clients. "It is very rewarding to watch something become restored," Elizabeth said.

Although the years have taken Elizabeth in many different directions when it comes to art, painting is still a big part of what she does. In her earlier years as an artist, Elizabeth did many commissions, painting meaningful portraits at the request of clients. She also had done larger projects too, such as providing many of the paintings for the Ramada Plaza and Suites. "I love doing commissions. I get to fulfill people's wishes," she said.

In her studio is a chronological book of her work. The commission work represented in the book shows portraits of children, families, grandparents and even bishops. The requests that come in are always an adventure, from those that find her at annual fairs and the yearly Studio Crawl, to those who have heard of her from others.

The Fargo-Moorhead community of artists has been an important part of why Elizabeth's career, thus far, has been so successful and gratifying. Elizabeth feels the F-M area is a great place for artists. "It has so many artists that support each other," she said of her involvement.

Community is an integral part of what it is to be a cooperative. The communities served by Cass County Electric Cooperative are made up of many inspirational people doing great things. This year, CCEC will feature a local artist in each issue of *North Dakota LIVING*.



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ENERGY SAVING TIPS

ROOM BY ROOM

by Shannon Stumpf,
Energy Management
& Conservation
Coordinator



Each month, you receive your electric bill. You open it, look at it and send in the payment. Since you are billed a month behind, it is a good habit to check your electric bill each month. It is important that you understand where you can make improvements to try to save money on your energy bill. You may be surprised that there are many things you can do in the home that are no or low-cost adjustments. You may soon realize that convenience often comes at a cost, so it becomes a balancing act of what you are willing to pay for and at what price.

The kitchen.

This is usually the room where everyone congregates as the central location of the home. There are many different things to consider in this area in regards to energy use. To point out just a couple, lighting is a big one and there are usually many different types of lighting in this room. There may be pendant lighting above the island, a light in the pantry, under cabinet lighting, and of course, all the bright recessed can lighting. Make an effort to install compact fluorescents where possible. This type of lighting gives off less heat, uses less electricity, and will last longer than a standard incandescent bulb.

If you are not in the market for replacing the larger appliances in the kitchen for higher efficient ones, there are small things you can look at doing. Microwaves and crock pots use less energy than the stovetop and oven. Strive to run the dishwasher when it is full and then allow for air-drying or less drying time.

The family room.

In the family room, perhaps there is a large screen TV, DVD player, a gaming system, stereo system, etc. All of those items continue to use power even when they are not in use; this is called phantom power. When you look around your home, these systems all add up. Consider plugging these items into a surge strip and turn off the power to the surge strip when not in use. Another item to pay attention to is the increase in popularity of using a DVR system, which represents a load that wasn't there before.

The living room.

This is the room where your thermostat is probably located. If you do not have a setback thermostat, try getting into the habit of manually setting it back. When you leave in the morning in the summer, turn the thermostat up so the air conditioning is not working as much to keep the house cool when no one is home. When you come home in the evening, simply adjust the thermostat to a temperature that is comfortable for you. In the winter months, adjust the thermostat down a few degrees when you leave in the

morning and then when you come home, turn it back to the desired temperature. It is a myth that it takes more energy to raise it back to the preferred temperature then by turning it down. The longer and lower you set it back, the more you will save.



Also, in the winter, open up the blinds and shades during the day to allow for solar gain to enter the room. In the summer, remember to close the shades during the day to help block out that heat.

The laundry room.

About 80 percent of the energy for washing clothes is used to heat the water. If you can,

wash in cold water and try to wash when it is a full load of laundry. In regards to the dryer, remember to keep the lint traps clean. Of course, if air-drying outside is a possibility, that drying power is free!

The home office.

Many people leave everything on in the office, including the computer, printer, scanner, fax, etc. Homes usually have more than one computer too, one in the office and then a laptop somewhere else. The computer is on and ready to go whenever you sit down. A trouble-free fix here is simply to again plug everything into a surge strip and just shut off the surge strip when not in use. If turning everything off is not an option, try using the power down and standby mode, saving up to 70 percent.

The mechanical room.

This is where the largest portion of your energy bill comes from; to heat and cool the home and water heating. Think about lowering the temperature of the water heater to 120 degrees. For the furnace, it is important to remember to change out the filter on a monthly basis or as manufacturer recommends for proper air flow. In addition, it is always a good idea to have your furnace and air conditioner serviced by trained professionals once a year for optimal performance.

These are just a few uncomplicated and straightforward ideas to make a conscious effort about using less energy. Obviously, this is just the tip of the iceberg and there are many other scenarios you could look at to help you realize savings. These are also items considered as part of an everyday lifestyle, and when you look at all the extras or upgrades that are consuming energy around the home, the savings could even be more.

Visit www.kwh.com for more tips on what you can do to save energy. The first step is to understand where your energy is going and then, what you are willing to do either from a conservation or efficiency standpoint to change it. Remember that you do have the power to change it.

The Sheyenne River Valley Chapter of the North Country Trail Association has received a contribution from the Rural Development Finance Corp. one-time grant program through Cass County Electric Cooperative. These funds will be used to enhance existing trail segments with the addition of new trail facilities and signage, assist in the acquisition of easements by providing funds to purchase easements from landowners to secure a permanent trail corridor, and develop and build approximately 25 miles of new trail.

The North Country National Scenic Trail is a premier footpath that stretches 4,600 miles linking communities, forests and prairies across seven northern states, from Lake Sakakawea, North Dakota, to Crown Point, New York, the trail connects North Dakota, Minnesota, Wisconsin, Michigan, Ohio, Pennsylvania and New York. When completed, the North Country Trail will be the longest scenic hiking trail in America.

Local certified segments include about 35 miles of trail from Baldhill Dam north along the west side of Lake Ashtabula, 4.5 miles through Valley City, 4.5 miles from Kathryn to Clausen Springs Recreation Area, a two-mile loop around Clausen Springs Lake, two miles in Fort Ransom State Park, 4.2 miles in the Sheyenne State Forest and 27 miles in the Sheyenne National Grasslands. The Sheyenne River Valley Chapter of the NCTA has been successful in raising almost \$96,000 toward the project and volunteers will provide labor with a value in excess of \$33,000 in working on the project. Cass County Electric provided the assistance of Bobby Koeplin, manager of rural development in Valley City, to serve as the project manager for easement acquisition for 25 new miles of trail.

Expanding the trails

Sheyenne chapter of trail association gets funds to enhance segments

Submitted by Becky Heise





Bobby Koeplin, representative of Cass County Electric, awarded a \$500 check to Becky Heise, project coordinator of a Recreational Trails project, to develop 25 new miles of trail in the area this year during the Sheyenne River Valley Chapters first hike of the season from Kathryn to Clausen Springs Recreational Area.

NEWS COOPERATIVE

CCEC's Kindred office headquarters building was sold on July 18. CCEC is now headquartered in Fargo.

CCEC's Matt Olson and Jocelyn Lura held a lineworker demonstration at the Red River Valley Fair on July 12. Children got to explore a line truck, try on gear and learn about what linemen do.

CCEC had its annual Day at the RedHawks with 1,200 members receiving tickets. CCEC employees handed out ice cream to fans after the game.

On August 16, CCEC launched its blog, The Outlet. You can find a link to our blog on the homepage of kwh.com

A group of CCEC employees volunteered at the Great Plains Food Bank on August 31.

2011 MEMBER MEETINGS

DON'T BE AN ENERGY HOG



Fargo

Monday, October 10
6:00 p.m.
CCEC Fargo Service Center
4100 32nd Ave S

Lisbon

Tuesday, October 11
6:00 p.m.
CCEC Lisbon Service Center
6802 Hwy 32

Valley City

Thursday, October 13
6:00 p.m.
CCEC Valley City Service Center
1105 7th St SE

Don't be an energy hog! CCEC is here to provide you with the tools and knowledge to save energy and money. Join us for soup and sandwiches, followed by a short presentation and an open forum for discussion. Together we save.



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