



TIPS From T.I.P.

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OWNED BY THOSE WE SERVE

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Farmers: Getting Proper Rest Can Make a Huge Difference in Staying Safe During Harvest

For many farmers, fall requires long days in the field and little rest. The pressure to harvest as much as possible, combined with fatigue and looming deadlines, increases the risk of injury. In fact, most injuries occur during the spring and fall when stress and fatigue are common among farmers.

As we recognize Farm Safety and Health week September 17-23, we need to remember that the safety and health of farm workers, including making time for sleep, should be a priority when considering a farm's productivity. Rushing and cutting corners can lead to injury, which no one has time for, especially during the harvest. Getting the proper rest can make a huge difference in staying safe, but during the time crunch of harvest season, farmers sacrifice sleep to work late into the night.

The demands of harvest are stressful, and a lack of sleep can intensify that and lead to errors in the fields or even on the roads.

Here are some sleep health tips:

- When possible, go to bed and wake up at regular times. Take advantage of rainy days to catch up on sleep.
- Limit electronic device use.
- Create a bedroom environment that encourages sleep; keep it quiet, dark and cool.

- Avoid large meals, caffeine and alcohol before bedtime.

In addition to improving sleep, managing stress is an important component to injury prevention, health and safety, according to Josie Rudolphi, University of Illinois Extension associate research scientist. "By using the 'Four A' Method of avoid (planning ahead), adapt (changing expectations), alter (changing the situation when you can) and accept (acknowledging that a situation is what it is), farmers can successfully manage the stress of long hours and unpredictability."

T.I.P. REC also reminds everyone to watch for overhead power lines during the harvest season.



Your T.I.P. REC office will be closed Monday, September 4th to observe Labor Day. Have a safe holiday!

2023 Annual Meeting

Make sure and check out the annual meeting highlights in the October newsletter or on our website: tiprec.com/annual-meeting. There will be pictures, reports, prize winners, and results from the election of your Board of Directors.



CIPCO Charity Golf Outing



Pictured left to right is Jason Jack, Accountant, Scott Long, CEO/General Manager, and Directors Anne Axmear and Jim DeSmet. Not pictured but also attending the event was Director Craig Stallman.

T.I.P. REC staff and directors participated in Central Iowa Power Cooperative's (CIPCO) Charity Golf Outing in Norwalk in July. They helped raise \$10,000 to support The Leukemia & Lymphoma Society's Dare to Dream Project.

Shine the Light Contest Nominees

T.I.P. REC is thrilled to announce that we had three amazing nominees in this year's Shine the Light Contest. Unfortunately, none of our nominees were chosen as a finalist but we feel it is very important to recognize them and their contributions to our communities. **See bottom right on page 3 for Heather Schmidt's article.**

We will feature the other two nominees in an upcoming newsletter.


T.I.P. REC would like to thank all of the volunteers in our communities for keeping rural America thriving.

RECare Sign-Up



Your Rural Electric Cooperative has always extended a helping hand to those needing it. Now, in response to actions by the Iowa General Assembly, your REC has established RECare, a program of members helping members. RECare will provide funds to be distributed by local community action agencies to help pay winter heating bills and to assist in weatherization of homes of low-income consumers. You may make a one-time contribution or you may make a monthly pledge. Even a dollar a month pledge will help others! You care, we care, RECare.

T.I.P. Rural Electric Cooperative

A Touchstone Energy® Cooperative 

Fill out, clip on dotted line and return to our office

Yes, I want to be a part of members helping members and contribute to RECare. All RECare contributions must be in the form of a separate check from your utility payment.

_____ I will make a one-time contribution to RECare. My check is enclosed.

_____ I will contribute monthly to RECare. I would like the amount of \$_____ added to my bill for the next 12 months.

Name _____

Account Number _____ County _____

Please return to: RECare
T.I.P. Rural Electric Cooperative
PO Box 534
Brooklyn IA 52211-0534



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2022 Central Iowa Power Cooperative Power Supply Report: Bridging the Gap

By: Craig Stallman

Representative on the CIPCO Board of Directors



In 2022, the American electric utility industry raised significant concerns about the stability of our electric grid amid rising calls for the early closure of dispatchable generation sources.

Dispatchable generation, namely from fossil fuel resources, can be fired up and dispatched to the grid on demand at the request of power grid operators, according to market needs. In 2022, our power supplier, Central Iowa Power Cooperative (CIPCO), continued to study ways in which it could reduce the risk of purchasing energy in a volatile market and bridge the resource gap left by the early closure of Duane Arnold Energy Center in 2020. To do this, CIPCO won't be able to rely on the dwindling dispatchable generation supply across the industry in the next decade, but rather seek out new, intermittent renewable energy assets to meet this need.

The stability of the grid and the ability of regional grid operators to meet power demands were put to the test not once, but twice in 2022, when the Mid-Continent Independent System Operator (MISO) forecasted potential capacity shortfalls during both the summer and winter months. MISO warned of a potential summer peak electricity demand of 124 GW, or 5 GW more than what was projected to be available, prompting CIPCO and its Member-owned cooperatives to stress the importance of energy efficient practices among its member-owners like you.

Later in the year as many of us were readying for the holidays, we faced Winter Storm Elliott, a "bomb cyclone" of intense wind, snow and frigid temperatures that settled in across Iowa over the course of several days.

The skyrocketing demand during those times sent energy market prices soaring. The electric industry's reaction to two instances of extreme weather over the course of one year underscored the value of an "all-of-the-above" strategy that includes coal generation as one of many options during times of intense demand. Using all its available resources – including coal – CIPCO met all capacity requirements set forth by MISO.

CIPCO's commitment to reliability led to a system-wide outage rate of 0.34 hours per consumer. For 2022, T.I.P. REC's was 1.34 hours per member-owner.

Despite volatile energy costs in 2022, both Standard & Poor's and Fitch Ratings maintained CIPCO's 'A' ratings which confirm CIPCO's financial strength. CIPCO remains dedicated to sound financial practices that allow margins to be returned to its members in the form of patronage, a key component of the cooperative business model. In 2022, CIPCO returned patronage totaling \$416,518 to T.I.P. REC.

As a CIPCO director, I'm committed to guiding the organization through the industry challenges we anticipate in the coming years. I'm confident CIPCO is well-positioned to navigate these challenges, allowing both CIPCO and T.I.P. REC to thrive. As a member-owner you can rest assured your electricity needs will be met now and in the years to come with safe, reliable and cost-effective power when you need it most.

Shine the Light Contest Nominee Heather Schmidt

Nominated by Heather Fischer



Heather Schmidt took over the Tri-County Food Bank's pantry program eight years ago in What Cheer. Under her direction, the food pantry has grown and is currently hosting 60 to 80 families twice a month. She and her team have made it their mission to eliminate hunger in the Tri-County area by providing residents in need with programs that provide food, promote the value of nutrition, increase self-sufficiency and instill hope.

The Tri-County Food Bank has also built a partnership with the Food Bank of Southern Iowa where they host a monthly food truck for Keokuk County and have established a food distribution program in the Tri-County Community Schools. In addition, Heather serves as Vice President of the Tri-County School Board; volunteers countless hours to staffing concession stands during sporting activities at the school; and serving as the President of Tri-County Dollars for Scholars organization.

Thank you, Heather, for your dedication to helping feed the hungry and for all of the volunteering you do in your community.

September is National Preparedness Month

The Power of Preparation

With severe weather events occurring more frequently, now more than ever, it makes sense to be prepared. During a prolonged power outage or other emergency, this means having enough food, water and supplies to last at least a few days.

In honor of National Preparedness Month, we want to remind members of our communities about the power of preparation. While you don't have to achieve a "doomsday prepper" level of preparedness, there are several practical steps you can take to keep you and your family safe.

Even at a modest level, preparation can help reduce stress, anxiety and lessen the impact of an emergency event. We recommend starting with the basics.

Here are general guidelines recommended by the Federal Emergency Management Agency (FERC):

1. Assemble a grab-and-go disaster kit. Include items like nonperishable food, water (one gallon per person, per day), diapers, batteries, flashlights, prescription medications, first-aid kit, battery-powered radio and phone chargers.
2. Develop a plan for communicating with family and friends (i.e., via text, social media, third party, etc.).
3. Have some extra cash available; during a power outage, electronic card readers and cash machines may not work.
4. Store important documents (birth certificates, property deed, etc.) in a safe place away from home (for example, a bank safe deposit box).
5. Keep neighbors and coworkers apprised of your emergency plans.
6. Fill your car with gas.
7. Organize your supplies so they are together in an easily accessible location that family members know about.

Caring for Vulnerable Family Members

If you have older family members or those with special needs, make sure they have enough medication and supplies for a few days. If they don't live with you, arrange for a neighbor to check in on them. If a severe weather event is expected, consider having your relative stay with you if feasible, otherwise call them daily. If you have an infant or young children, make certain that you have ample formula, diapers, medication and other supplies on hand to weather an outage lasting several days or more.

Keeping Four-Legged Family Members Safe

For families with pets, having a plan in place will

help reduce worry and stress especially if you need to make a decision during an emergency.

1. Bring pets indoors at the first sight of a storm or other emergency. Pets can become disoriented and frightened during severe weather and may wander off.
2. Microchip your pet and ensure the contact information is up to date.
3. Create an emergency kit for pets (include shelf-safe food, bottled water, medications and other supplies).

At T.I.P. REC, we care about your safety. Planning for an emergency situation today can give you more confidence to deal with severe weather and potential outages in the future.

Welcome Landyn



Pictured left to right is Scott Long, CEO/General Manager, welcoming Landyn Haack to T.I.P. REC. Landyn began work July 24 as an Apprentice Lineman on our Brooklyn crew.

Landyn is a recent graduate of Northwest Lineman College in Boise, ID. His hometown is Blairstown, Iowa.

In his spare time, Landyn enjoys fixing up cars and trucks, fishing and hunting.

Landyn looks forward to a long, rewarding career at T.I.P. REC and to providing a service for the community he grew up in.

We are excited to have Landyn as part of our team!

NOTICE: The Brooklyn office will be closed on Tuesday, September 19 from 7:00 am till 1:00 pm for an all-employee meeting.

Non-Discrimination Statement

"This institution is an equal opportunity provider and employer."

TIPS from T.I.P. is published monthly for members of T.I.P. Rural Electric Cooperative, 612 W. Des Moines St., Brooklyn, Iowa 52211.