

COOPERATIVE CONNECTIONS



Building a Dream

South Dakota's
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Preparing to Serve You Better



Matt Sleep
CEO

Providing reliable power to you is and will always be the top priority for Butte Electric. These days, power reliability seems to be making news now more than ever.

As the energy industry continues to transition and more segments of the economy are becoming electrified, such as vehicles, machinery, and even lawn equipment, additional pressures are effecting our nation's electric grid.

With summer storm season upon us, I thought it would be a good time to tell you about a few measures we're taking to ensure you continue receiving the reliable power you depend on and deserve.

Let me be the first to say I love trees and the charm they add to our communities, and I know you do too. While trees provide shade and add beauty to our area, you may be surprised to learn that overgrown vegetation accounts for about half of all power outages in the nation.

That's why we strive to keep the co-op's power lines clear in right-of-way (ROW) areas. A ROW area is the land a co-op uses to construct, maintain, replace, or repair underground and overhead power lines. This ROW enables Butte Electric to provide clearance from trees and other obstructions that could hinder distribution power lines. The overall goal of our vegetation management strategy is to provide reliable power to our members while maintaining the beauty of our area.

Generally speaking, healthy trees don't fall on power lines, and clear lines don't cause problems. Proactive trimming and pruning keep lines clear to improve power reliability. Our crews will regularly patrol lines to identify potential interferences. However, sometimes distribution lines run through properties that are not regularly inspected. If you see a tree near or touching a power line, call our office at (605)456-2494, and we will safely remove the branches or limbs.

We also maintain power reliability through planned, controlled outages. By carefully cutting power to one part of our local area for a few hours, Butte Electric can perform system repairs and upgrades, which ultimately improves your electric service. Planned outages can also balance energy demand, but only in rare circumstances. Rest assured, we will always notify you in advance of a planned outage, so make sure we have your correct contact information on file to receive the latest emails or texts.

Vegetation management is an essential tool in ensuring power reliability and minimizing the risk of outages. As advancements become more accessible and costs drop, we anticipate using additional technologies to ensure a consistent energy supply while managing the environment.

Lastly, I encourage you to follow Butte Electric on social media so you can learn about the latest co-op updates.

COOPERATIVE CONNECTIONS

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BENEFICIAL ELECTRIFICATION

Butte Electric invites you to a free member education event from 8-9AM on June 15.

Beneficial electrification refers to the innovations in energy technologies creating new ways to use electricity instead of on-site fossil fuels, such as propane, natural gas, and fuel oil, in a way that reduces overall emissions and energy costs. At our next power hour event on June 15, we will be presenting on beneficial electrification and how to implement it into your life where and when it makes sense. In essence, beneficial electrification has four main benefits.

1. SAVES MONEY

Transitioning from propane or heating oil to energy-efficient appliances waste less electricity, saving members money on utility bills.

2. BENEFITS THE ENVIRONMENT

Wasting less electricity and using clean energy reduces carbon emissions.

3. IMPROVES PRODUCT QUALITY

Switching from fossil fuel-powered to electric devices is often accompanied by greater energy efficiency in the device's performance.

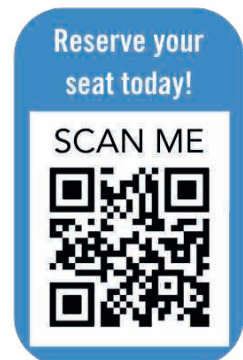
4. FOSTERS GRID RESILIENCE

Using the diverse generation mix of our grid enables energy consumption to be more time-dependent and integrated with flexible sources, and yields numerous, diverse benefits. For example, electric devices facilitate the

digitalization of the device, enhancing the ability to modulate the timing of energy use to provide system-level benefits and enhance the reliability and resilience of the electric grid.

When Butte Electric takes advantage of new technology and the market at the generation point, those efficiencies are inherently passed along to you, the member. As the overall energy sector continues to evolve, Butte Electric is striving to take advantage of the advances in technology and the opportunities of the market as they become available. This means Butte Electric can leverage the flexibility of the grid to offer a wider range of renewable power selections as we continue to bring safe, reliable, and affordable power to our community.

Join us on Thursday, June 15 at the Holiday Inn in Spearfish from 8-9 AM and enjoy complimentary coffee and pastries while learning more about beneficial electrification!



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.

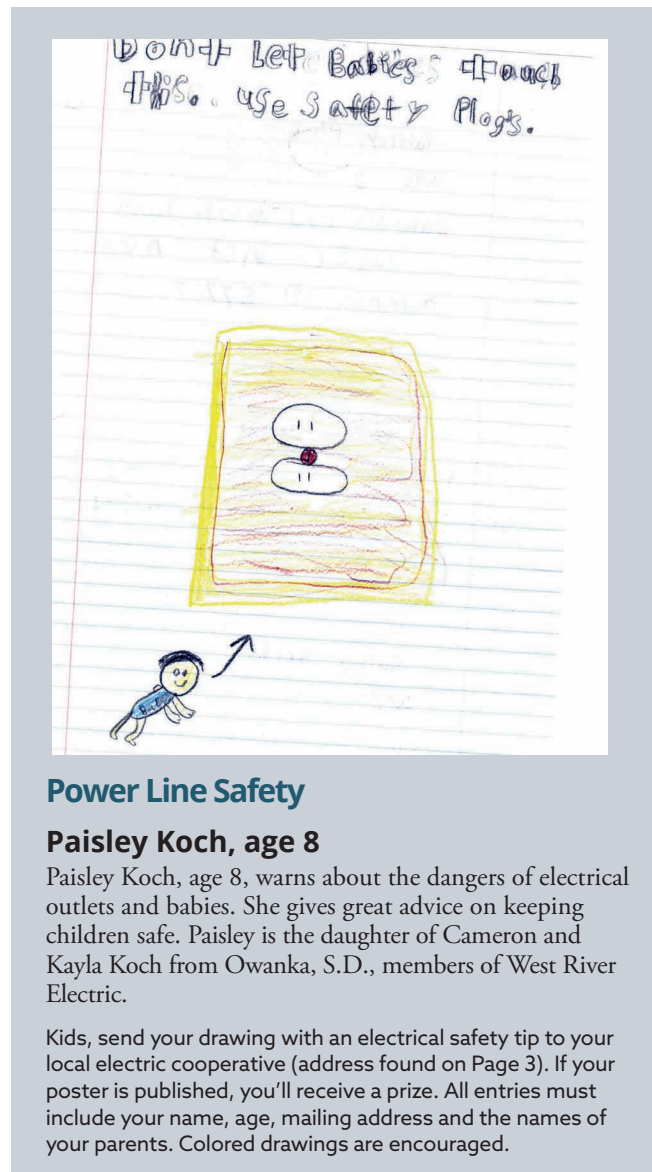
Never use anything other than a fuse to replace a fuse – you could cause a fire. If fuses blow or a circuit breaker trips often, contact a qualified repairman.

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 tsp. 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.

Efficiency Tips for Residential Well Pumps

Q: I get my water supply from my own well. How can I use less electricity with my well?

A: The energy a residential well system uses depends on the equipment and water use. The homeowner is responsible for maintaining the well, ensuring drinking water is safe and paying for the electricity needed to run the well pump. Here are steps to improve and maintain your residential well and use less electricity.



Miranda Boutelle
Efficiency Services
Group

Get Your Well System Inspected

If you're concerned about how much you pay to pump water from your well, start with an inspection.

Similar to heating and cooling systems, well pumps are put to work daily, and parts will wear over time. Regular maintenance can improve efficiency and increase the lifespan of the system.

The proper system design and sizing can save energy. Oversizing equipment can waste energy. Ask a professional if your well equipment is properly sized for your needs. In some cases, adding a variable-speed drive can save energy. Keep in mind, well systems don't last forever. Consider design and sizing before the existing system fails.

Things can go wrong with your well that are hard to spot. The water system may even act normally with good water pressure and flow while using more energy and causing higher bills.

One of the most common causes of increased energy use is underground water line leakage between the pump and the home. Water lines can freeze and break or be damaged by digging or a vehicle driving over underground lines. Other issues can include waterlogged pressure tanks and malfunctioning equipment. Even if your well is in good working order, there are practices you can implement to save on your electric bill.

Save Money by Lowering Your Water Use

The less water you use, the less energy you use. Here's how you can conserve water and electricity with your home appliances:

Toilets. Check your toilet for leaks by putting a few drops of food coloring in the tank. If the color appears in the bowl without flushing, your toilet has a leak. This is likely caused by a worn flapper, which is an inexpensive and easy do-it-yourself fix.

If your toilets were installed before 1994, they are likely using more than 4 gallons per flush, which is well above new energy standards of 1.6 gallons. The average family can save nearly 13,000 gallons per year by replacing old, inefficient toilets with WaterSense-labeled models.

Another option is the tried-and-true plastic bottle method. Place sand or pebbles into a one- or two-liter bottle and place it in your toilet tank or buy toilet tank bags. This results in less water filling the tank and less water being flushed.

Dishwasher. If you wash dishes by hand, start using your dishwasher instead. Did you know new ENERGY STAR®-certified dishwashers use less than half the energy it takes to wash dishes by hand? According to the Department of Energy, this simple change in habit can save more than 8,000 gallons of water each year.

Washing machine. Run your machine only with full loads to save water and energy. You may also consider upgrading to an ENERGY STAR®-certified washing machine, which uses about 20% less energy and about 30% less water than regular washers.

Showerheads and faucets. Get leaky showerheads and faucets fixed. According to the Environmental Protection Agency, a leaky faucet that drips at the rate of one drip per second can waste more than 3,000 gallons of water per year.

Faucet and shower aerators are inexpensive devices that reduce the amount of water flow. For maximum water efficiency, look for faucet aerators with no more than 1 gallon per minute flow rates and low-flow showerhead flow rates of less than 2 GPM.

Understanding proper well system design, maintenance and water conservation will help you save.

South Dakota Legislators Learn About Electricity

Scott Waltman

Most folks don't realize all the work it takes to make sure the bulb comes on when they flip the switch to light a room or open the refrigerator door for a midnight snack.

Often, those people include South Dakota legislators.

That's by the South Dakota Rural Electric Association organizes tours for state lawmakers every other summer.

The two-day tours start at Basin Electric Power Cooperative in Bismarck, N.D., then head west to Antelope Valley Station near Beulah, N.D., before dipping into South Dakota for stops at East River Electric Power Cooperative in Madison and Rushmore Electric Power Cooperative in Rapid City.

"It pays big dividends," said Dick Johnson, CEO and general manager of West River Electric Association in Wall.

First, it serves as an educational tool, said Chris Studer, chief member and public relations officer for East River Electric in Madison.

It gives lawmakers insight into the industry and how coal is converted into energy that makes its way to homes and businesses in the South Dakota Rural Electric footprint.

Not many people realize how complex it is to provide affordable, reliable electricity, Johnson said.

Simply put, Studer said, East River Electric and Rushmore Electric buy power from Basin Electric. Then East River and Rushmore distribute that electricity to local cooperatives.

At Basin Electric headquarters, the tour starts with an overview discussion about how local distribution cooperatives provide power across the region, Studer said.

From there, the group heads west to Antelope Valley Station where legislators get a tour of the power plant.

Antelope Valley, which was built in the

mid-1980s, is considered what's called a "mine-mouth" facility. The coal plant is built right next to a lignite coal mine. The coal is mined, then sent to the neighboring Dakota Gasification Co.

Dakota Gasification, which is a subsidiary of Basin Electric, owns Great Plains Synfuels Plant, which uses the coal to create natural gas and other products.

Particles of coal that are too small to be used in the gasification process are used to power Antelope Valley Station.

Having the Antelope Valley plant and Dakota Gasification so close to a coal mine decreases transportation costs, Studer said.

The plant is 13 stories high, and guests are taken to the top so they can look into the boiler and grasp just how big the operation is, he said.

Johnson said those on the tour can look out and see not only the coal mine, but the land that has been reclaimed, or restored, after it has been mined.

The land has to be restored to how it looked and was composed prior to mining, Johnson and Studer said. That includes trees, native grasses, waterways, wildlife and the same type of dirt.

Completing that process takes perhaps 10 years, Studer said, but once reclamation is finished, the land is again ready for farming and other uses.

Legislators are taken into the mine to see the size of the trucks, lines and other equipment used in the process, Studer said. They also get a feel for the transition system that sends out power to the Dakotas and beyond.

The tours also go by wind power plants, providing an opportunity to offer insight on how they work, Studer said.

The other big benefit of the tours for the



electric cooperatives is making connections with state lawmakers, Johnson said.

Once they understand how energy is manufactured and distributed, it's easier to visit with legislators about important issues, Johnson said. The tours offer a chance to have personal discussions and network. Then, the two sides know each other if they need to visit in Pierre during the legislative session or elsewhere, he said.

Studer agrees.

State lawmakers make big decisions on transmission lines and other energy-related issues that are important to not only power cooperatives, but customers, he said. The rural electrics want them to have the background to understand how the entire system works and why a particular issue might be vital. Having relationships in place is important to that process, Studer said.

The South Dakota Rural Electric Association is very fortunate to benefit from Basin Electric's generosity in allowing the tours, Johnson said. Feedback from legislators has been extremely positive, he added.

Generally, Studer said, between 10 and 15 legislators who haven't been on the tour before attend every other year.

The next tour will be this summer, though the dates have yet to be set. Studer said there are no tours during election years because legislative candidates tend to be busy campaigning and attending events to garner support from voters.

Dates for this year's event will be selected depending on what works best for the legislators invited, Studer said.

Yes, when the switch is flipped, the light comes on. But the tours help lawmakers understand it's not that simple.



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.



Energy-Saving Projects for the Weekend Warrior

Laine Mitchell

lainem@butteelectric.com

Are you a weekend warrior? If you're considering home improvement upgrades that save energy and money, we've got a few project ideas for you—all of which can be completed in a day or less!

Here are three energy-saving projects you can easily tackle whether you're a weekend warrior pro or a DIY dabbler.

Get smart about home cooling and heating.

Cooling and heating your home

typically account for a large portion of energy bills. Smart thermostats can help keep your cooling and heating costs in check, with ENERGY STAR®-certified models saving about 8% on annual energy costs.

Now that smart thermostats are more affordable (as little as \$70!), this simple upgrade makes for a fun, efficient weekend project. Most smart thermostats offer a variety of bells and whistles, but the average model will allow you to set custom temperature schedules, adjust the settings from anywhere (from your phone), and over time, learn your



cooling and heating preferences.

Your new smart thermostat will come with step-by-step instructions, but this project typically involves shutting off your HVAC at the

breaker panel, disconnecting/removing the old thermostat, installing the new smart thermostat, and connecting it to your home Wi-Fi.

Play it safe: carefully read the installation instructions before you get started.

Go green and boost your greenery with a rain barrel.

If you've got a green thumb, you already know that rainwater is the best water for your outdoor plants. Rainwater is free of minerals, salts, and treatment chemicals found in tap water or groundwater. It also contains helpful macronutrients to foster healthy plant growth.

Installing a rain barrel is an easy way to harvest large amounts of rainwater and reduce home water use—it's a win-win. According to the Environmental Protection Agency, one rain barrel can save a homeowner 1,300 gallons of water annually.

Most residential rain barrels range in size from 50 to 90 gallons, so the size you purchase will depend on your watering needs.

The simplest way to install a rain barrel is to position a plastic or wooden barrel directly under your gutter downspout. Basic piping may be required, but this is an easy way to harvest rainwater, and the barrel won't take up much space. Consider a cover for the top of your rain barrel to keep insects and small debris out of your harvested water.

Create fresh savings with a DIY clothesline.

If you have enough outdoor space available, installing a clothesline is a great way to save energy. Not only will you save on dryer costs—in the summer, you can also save on cooling costs since unwanted heat from the clothes dryer won't be added to your home



(which makes your air conditioner work harder). Additionally, air drying is much gentler on fabrics and will keep your clothes and linens looking fresh longer.

You can create your own clothesline with two T-posts, wire, and hook-and-eye turnbuckles. Depending on your soil, you may need a small amount of Quikrete to set the posts. Another option is installing a line between two trees. A typical load of laundry requires about 35 feet of line, so keep this in mind as you're determining the best location.

If an outdoor clothesline isn't an option, no sweat! You can easily create an indoor drying rack that folds to save space. Home improvement websites like thespruce.com and hgvtv.com offer step-by-step tutorials for a variety of indoor clothes racks.

These are just a few simple ideas to help you save energy and money. So, get out there, roll up those sleeves, and tackle a few projects.

Check out Butte Electric's social pages for additional energy-saving ideas and tips.

Energy Efficiency

TIP OF THE MONTH

Looking for additional ways to save energy this summer? Your laundry room is a great place to start. Wash clothes with cold water, which can cut one load's energy use by more than half. Your washing machine will use the same amount of energy no matter the size of the clothes load, so fill it up when you can. When drying clothes, separate the heavier cottons. Loads will dry faster and more evenly if you separate heavier cottons like linens and towels from your lightweight clothing.

Source:
energy.gov





CPR & AED TRAINING

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



BISON CENTER

The annual buffalo roundup is the most popular event each year at Custer State Park. This year's roundup is Sept. 29. Photo courtesy of the South Dakota Department of Game, Fish and Parks.

New Attraction Draws in Crowds

Scott Waltman

While spring was delayed across much of South Dakota, the tourist season is nonetheless quickly approaching.

In other words, it's time for families to start planning vacations and for the state to prepare for the millions of visitors who stop in South Dakota when the weather is warm.

While iconic Most Rushmore is immensely popular and the Sturgis Motorcycle Rally draws hundreds of thousands of visitors, there are scores of other places worth visiting for those who live in or travel through the Black Hills region.

One of the newer attractions is

the Custer State Park Bison Center, which opened last year.

When it comes to attendance, the center more than held its own in 2022. About 300,000 people visited, said Lydia Austin, interpretive program manager for Custer State Park.

Part of the draw was that the Bison Center was a new feature and something different, Austin said. But she doesn't expect much of a drop-off in attendance this summer.

Taylor Studios of Indiana, which works to create engaging exhibits for museums, history centers and other facilities, did a great job in creating a "wow moment" with the Bison Center, Austin said.

The first thing most people

notice when they enter is a mural of stampeding buffalo near the back, she said.

Interactive displays were designed to appeal to both kids and adults.

Austin said one display visitors like tracks grass from the time a buffalo eats it to the time it is discarded was waste. She said she has seen both young and old people spend 15 minutes or more at the display chuckling and having a good time.

There's also a feature where a model buffalo pie can be flipped over so visitors can see what's eating it, she said.

People who stop in can also hear the rumble of a buffalo herd as they walk through the center, she said.

The Bison Center is along the Wildlife Loop at the buffalo corrals within the state park. So many visitors used to stop at the corrals, wander around and ask what they are used for that it's nice to have a place that explains not only the

corrals but so much more, Austin said.

She wants people to stop in, visit the displays and learn all of the little stories that comprise the big story of the bison at the park.

Many people stop at the Bison Center when they take the wildlife loop, she said.

It was designed to add context to what visitors see as they drive through the southern part of the park where they can spot the bison that roam the South Dakota prairie.

Custer State Park's buffalo herd is estimated to be around 1,400, according to information from the South Dakota Department of Game, Fish and Parks.

The biggest day of the year for the Bison Center comes in September during Custer State Park's annual Buffalo Roundup and Arts Festival. This year's event is scheduled for Sept. 28-30. The roundup itself is Sept. 29. Parking lots will open at 6:15 a.m. Mountain Time for people



The Custer State Park Bison Center helps educate visitors about the history and importance of the herd of 1,400 buffalo that live in the park. Photo courtesy of the South Dakota Department of Game, Fish and Parks.

who would like to watch the animals get tested, branded and sorted.

A main purpose of the roundup is to manage the health of the herd.

Austin said about 20,000 people visit the park the day of the roundup, easily making it the busiest day of the year.

Now, those folks can visit the Bison Center to learn more about the herd and educate themselves on the importance of the massive, brown, fur-bearing bovine.

Feedback from the center's first year has been very positive, Austin said.

"Wow, this is great. Glad you built it," or some variation thereof, is a common response from visitors, she said.

Austin said there have been no regrets about building the Bison Center. It fits the family attraction niche other visitor centers do, she said.

The aim is for the center is to tell the story of the bison and keep it fresh and dynamic. She wants visitors to learn something new whether it's their first stop or their 10th.

Austin said the goal is to have the Bison Center open from April through November.

The cost of the center was \$5.5 million, Austin said, with \$4 million coming from a grant from The Leona M. and Harry B. Helmsley Charitable Trust. Another \$500,000 came from the South Dakota Legislature, while \$500,000 was raised by the South Dakota Parks and Wildlife Foundation.

To learn more about the Custer State Park Bison Center, visit gfp.sd.gov/csp-bison-center/.



The Custer State Park Buffalo Roundup each September is popular with tourists and helps the state manage the bison that live in the park. Photo courtesy of the South Dakota Department of Tourism.



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
Fine Arts In The Hills Show & Sale
 Main Street
 Hill City, 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
Flandreau Fridays
 5 p.m.
 Downtown Flandreau
 Flandreau, SD

JUNE 24
Vendor Fair & Farmer's Market
 8 a.m.
 122 Vilas St
 Hermosa, SD

JUNE 30
Gregory Community Foundation Polka Fest Fundraiser
 6 p.m.
 Gregory 4H Building
 Gregory, 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 13-15
Spearfish Senior Center Summer Fundraising Rummage Sale
 Sales start each day at 8 a.m.
 Spearfish, SD

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.