

ROUGH RIDER NEWS

ELECTRIC COOPERATIVE

JANUARY 2020

The blessing and curse of moisture

This photo was shot by Kelly Rodriguez near Dickinson. She says the crop was ready for harvest this summer, when several inches of rain destroyed it. An amateur photographer, Kelly refers to this photo as the harvest that never came. She says her heart aches for the producer. Thank you, Kelly, for capturing and sharing this photo that speaks 1,000 words.



PHOTO BY KELLY RODRIGUEZ

Bountiful rains grew some beautiful hay and crops that became difficult — if not impossible — to harvest and move off the fields, when the ground became oversaturated. In this month's local pages, a Roughrider Electric member shares some ag-related challenges and highlights, and NDSU Extension provides tips on how to manage stress. Member-producers ... we are thankful for you!

What's inside:

- **Youth opportunities: student scholarships and Youth Tour**
- **safety@roughriderelectric.com**
- **Linemen light the night — at a holiday parade**
- **Meeting minutes ... and more**

New year, new outlook?

Trying to stay positive amid farm and ranch challenges

BY CARMEN DEVNEY, IN PARTNERSHIP
WITH SEAN BROTHERRSON, PH.D., FAMILY SCIENCE SPECIALIST, NDSU EXTENSION SERVICE



To stay positive, **Ryan Wolf** focuses on what matters most: family, friends, and neighbors helping neighbors. One of his favorite farmhands includes son Burke.

The rain was a blessing and curse in 2019 for many farmers and ranchers in the Roughrider Electric Cooperative service area. Some days went well and crops were bountiful and high-quality. And then the rains kept coming, and turned to snow in early October.

Ryan Wolf says it was one long season. He started combining in July and was still harvesting corn and sunflowers the first week of December. He hoped to finish the sunflowers by Christmas.

A member of Roughrider Electric, Ryan farms north of Hazen in partnership with his dad, Gerald, with help from Gerald's brother, Gene. They grow canola, spring wheat, corn, soybeans and sunflowers.

Ryan and his wife, Nikki, have three children: Haydn, Reese and Burke. While the long farming season has been hard on his family, Ryan isn't complaining. He says the moisture led to high yields.

"Rain makes grain. You can't argue that," he says. "We're used to living in a desert. You hate to complain about

moisture at any time. I always like to have mud on my tires rather than dust — but this year it got a little old."

Excessive moisture delayed corn and sunflower harvests across the state. The National Agricultural Statistics Service released a National Crop Progress report on Dec. 9 that showed a stark contrast to harvest completion just one year before.

According to statistics listed on the USDA website, in December 2018, 87 percent of the corn crop was harvested in North Dakota, compared to only 36 percent on Dec. 1, 2019. The sunflower harvest was also remarkably low this year; in December 2018, 86 percent of the crop was harvested, but on Dec. 1, 2019, only 51 percent of the flowers were off the field.

Farmers and ranchers, and their family members, experience pressure from all directions, says Sean Brotherson, Ph.D., Family Science Specialist, NDSU Extension Service. While all of us contend with economic ups and downs or family concerns, farmers have added uncertainties such as the weather and commodity prices that directly influence their lives and operations.

Farm and ranch families often experience pressure, conflict and uncertainty; especially during harvesting and planting. If feelings of frustration and helplessness build, they can lead to poor decisions, costly accidents, strained relationships, health concerns and deaths.

Extension offers ways to manage stress

Control Events

- Replace worn machinery parts during the off season.
- Before key tasks, discuss who can run for parts, care for livestock, etc.
- Set priorities and manage time. Decide what has to be done today and what can wait until tomorrow.
- Say no to commitments you do not have time to do.

Control Attitudes

- See the big picture: "I'm glad that tire blew out here rather than on that hill."
- List all the stresses you have. Identify those you can change; accept the ones you cannot.
- Shift your focus from worrying to problem-solving.

- Think about how to turn your challenges into opportunities.
- Focus on what you have accomplished rather than what you failed to do.
- Set realistic goals and expectations daily.
- Take care of your body.
- Think positive thoughts, like, “I can and will succeed.”
- Look for the humor in things you do.
- Balance work and play. Give time and energy to both.

know such as clergy members, medically trained personnel, nurses or other health-care professionals, law enforcement agencies or personnel, and local counselors, social workers or other mental health professionals.

Many of our farming and ranching friends are members of Roughrider Electric Cooperative. Your work is vital to our region, state, nation and beyond, and we are thankful for you and all you do.

Please take good care of yourselves. Your safety matters. ■

Seek help

All of us have times when we can benefit from professional help or support.

- Call 211: statewide 24-hour crisis intervention, health and human services information and referral.
- Mental Health America:
www.mentalhealthamerica.net
- National Suicide Hopeline Network: 800-SUICIDE
- National Suicide Prevention Hotline: 800-273-TALK
- Refer yourself or anyone you have concerns about to a local healthcare provider or local mental health professional. If you run into difficulty or resistance, accompany the person to a trusted professional you



Ryan Wolf's air drill got stuck this spring due to excessive moisture.

WHERE TO GET HELP

- NDSU Extension offers resources for dealing with farm/ranch stress: www.ag.ndsu.edu/farmranchstress
- Abound Counseling at LSSND offers in-person and statewide telehealth counseling services. Payment options include sliding fee, health insurance and no-fee options through LSSND's Abundant Care fund: (701) 223-1510
- In an emergency, call 9-1-1
- For First Link Help Line, call 2-1-1
- National suicide-prevention hotline (available 24 hours/day): (800) 273-8255

For non-emergency situations, speak with your health care professional about mental-health services in your area.

YOU DON'T HAVE TO GO IT ALONE.



Lutheran Social Services
of North Dakota



NDSU

EXTENSION



Need Help with Heating Costs?

LIHEAP can help.

The Low Income Home Energy Assistance Program (LIHEAP) helps eligible low-income households with home heating costs.

- Heating assistance
- Weatherization services (insulation, weather stripping, etc.)
- Furnace and chimney cleaning
- Furnace repair and replacement
- Emergency assistance

Applications are accepted from October 1 through May 31 for each heating season.

For help filling out and submitting the LIHEAP application, call 1-800-823-2417 ext: 140.



www.communityoptionsnd.com



SAFETY@ROUGHRIDERELECTRIC.COM

Roughrider is an advocate of working safely. In fact, it is our way of life; the culture of your cooperative. We look out for the safety of ourselves and others — before, during and after work.

Did you know that members also play a key role in keeping our system safe? At times, you are our eyes in the sky and on the ground. Should you see a power line issue that may need Roughrider's attention, please call the office or send us an email at safety@roughriderelectric.com with your concern. This correspondence should include the description of the location, your name and complete contact information, and a photo if possible. Working together helps ensure the safety of all!

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FOR INFORMATION.



Report from **THE BOARD OF DIRECTORS** **NOV. 22, 2019**

- **When, where and who:** The Board of Directors met in Dickinson Nov. 22.
- **Agenda:** The Board reviewed, added to and approved the meeting agenda.
- **Minutes of the previous meeting:** The Board reviewed and approved the minutes of the Oct. 25, 2019, meeting.
- **Co-General Managers' report:** Mr. Kupper provided the Board with an update on a number of matters the Co-General Managers addressed on behalf of Roughrider over the past month, including a letter NIPCO proposed sending to the Western Area Power Administration, and Northern Border Pipeline capacity issues and the potential impacts.
- **2020 draft budget:** Mr. Craigmile reviewed the proposed 2020 budget with the Board. The Board approved the 2020 Budget.
- **Innovative Energy Alliance (IEA) Cooperative/Roughrider director term expires:** The Board noted that Dan Price's term on the IEA/Maintenance Solutions Cooperative Board expires Dec. 31, 2019. Mr. Price indicated he is willing to serve on these Boards again. He has previously been appointed, and Mr. Steckler is the first alternate and Mr. Herman is the second alternate.
- **Chief Financial Officer report:** Mr. Craigmile provided the Board with a summary of his written report. Kilowatt-hour sales are up about 4 percent year-to-date over 2018.
- **Operations and Construction report:** Mr. Bentz referred the Board to his written report. Mr. Bentz relayed a report received from Ms. Van Dyke on Roughrider's Hebron-to-Richardton transmission line and the Long Butte Substation. The Richardton Substation is ready to go, and will be used to backfeed a portion of the system.
- **Past meetings:** Attendees at meetings over the past month reported to the Board concerning matters of importance discussed at the meetings.
- **Upcoming meetings:** The next Board meeting was set for 10 a.m. CT on Dec. 20, 2019, at Roughrider's office in Hazen, North Dakota.
- **Other business:** There being no other business, upon motion made, seconded and unanimously carried, the meeting adjourned.

Operation Round Up thank you

In the September center community pages of the *North Dakota Living* magazine, our members learned about the Zap Rural Fire Protection District's need for Wildland firefighter gear. It is used to fight fires in high temperatures and perform vehicle extrications. The lighter-weight gear allows for more flexibility and mobility, allowing the firefighters to resist fatigue and dehydration.

Roughrider Electric Cooperative conferred an Operation Round Up grant to the district last fall, to help purchase a coat, pants, boots, gloves,



Firefighters from left: **Kelly Wilhelm, Cody Magilke, Jamey Boutilier and Jaden Vettel**

helmet and goggles.

Tammy Schmidt, secretary-treasurer for the district, shared this photo of four firefighters wearing new suits that offer better protection

as they do some dangerous jobs.

We were happy to provide assistance through Operation Round Up, and thank you, first-responders everywhere, for all you do. ■



COOPERATIVE OFFERS SCHOLARSHIP OPPORTUNITIES

Roughrider Electric Cooperative is offering \$9,500 in college scholarships to area students. The co-op will award nine \$500 scholarships. Each school in our service area chooses one recipient. School representatives from Belfield, Beulah, Center-Stanton, Dickinson High, Dickinson Trinity, Hazen, Richardton-Taylor, South Heart and Dickinson Hope Christian Academy choose a graduating senior to receive the funds.

Interested in applying? Students should contact their school counselor for deadline information. The schools will forward each recipient's name to Roughrider.

The co-op will also award one \$500 scholarship to a graduating senior from a school outside of our service area.

The recipient must have parents who are members of our cooperative.

Roughrider and Upper Missouri Power Cooperative are also offering two \$1,000 scholarships from Basin Electric Power Cooperative.

We award the scholarships to students already enrolled or planning to enroll in a full-time graduate or undergraduate program. The students must attend an accredited two-year or four-year college, university or vocational/technical school. All post-secondary students who have parents that are members of Roughrider are eligible to apply.

Roughrider is also offering one \$500 lineworker scholarship from 3C Construction, LLC.

Eligible applicants are high school seniors who are enrolled or planning to enroll in a certified vocational or technical school pursuing a career as a lineworker, and who have parents that are members of Roughrider.

Roughrider is also offering one \$500 mechanic scholarship from West Dakota Utility Services, LLC.

Eligible applicants are high school seniors who are enrolled or planning to enroll in a certified vocational or technical school pursuing a career as a mechanic, and who have parents that are members of Roughrider.

Roughrider will award three \$500 Luck of the Draw scholarships to be drawn at our annual meeting on June 3 in Hazen.

All high school seniors who have parents that are members of Roughrider are eligible for this scholarship. Students must attend our annual meeting with at least one parent, and will be required to RSVP for the meeting. See website listed below for RSVP form.

Students can find the applications on our website, roughriderelectric.com. Forms are also available at our local offices in Hazen and Dickinson.

Mail applications to: Roughrider Electric Cooperative, Attn: Scholarship Committee, 800 Highway Dr., Hazen, ND 58545.

The due date to apply is Feb. 3, 2020.

Technology, opportunity key topics for Roughrider at DSU Career Fair



PHOTO BY CARMEN DEMEY

From linemen to staking technicians, to customer service reps, accountants, information technology experts and much more, there is a variety of interesting and challenging jobs at electric cooperatives. That was the message Steve Hildebrand, member services representative, conveyed to students attending a career fair held Nov. 20 at Dickinson State University (DSU).

The fair was held in conjunction with the university's 8th-annual Opportunities in Agriculture event. The keynote speaker was Chris Adams, a fourth-generation family farmer who shared his perspective on succession planning and expanding into the export market.

The DSU Department of Agriculture and Technical Studies initiated the career fair to teach students more about related businesses in the region, network with businesses, and make connections for future opportunities after graduation.

Students, we thank you for taking time to visit with us, and we wish you well in your studies now and as you enter the workforce! We enjoyed meeting you, sharing information about our cooperative and how we serve our members, and learning from you! ■



WHY CHOOSE A CO-OP CAREER?

- Local, community-focused organization
- Dynamic & exciting industry
- Competitive wages and excellent benefits
- Challenging roles where every day is different



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PHOTO BY CARMEN DENNEY

Roughrider Linemen Kaden Ficek, Tyler Phelps, Andrew McFarland and Staking Technician Joe Hebertson



PHOTOS BY TYLER PHELPS

Roughrider linemen light the night

Roughrider's Dickinson office was filled with cooperative cheer and one very large candy cane on Dec. 4, as some linemen prepared a float for the annual Parade of Lights held Dec. 7.

With lights illuminating a bucket truck, flat bed, skid steer and utility pole — and did we mention the enormous candy cane? — The float was a festive way to represent the electric utility industry.

Roughrider supports events like this because we believe in the Touchstone Energy® Cooperative value of commitment to community.

We also know volunteers are the economic engines who power our communities, and happy employees are productive workers. Our city, community and cooperative all benefit.

Thank you, Dickinson, for the holiday celebration. We were proud to support and take part in this annual event.

We also thank the linemen who planned and created this unique design, and walked the route. Your big float shows your big hearts! ■

Statement of Non-Discrimination

Roughrider Electric Cooperative, Inc., is a recipient of federal assistance from the U.S. Department of Agriculture (USDA). In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. Additionally,

program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: 202-690-7442; or

(3) email: program.intake@usda.gov

Roughrider Electric Cooperative, Inc. is an equal opportunity provider.



www.roughriderelectric.com

HAZEN OFFICE
701-748-2293 or 800-748-5533
800 Highway Dr., Hazen, ND 58545
7:30 a.m. – 4:00 p.m. CST Monday-Friday

Payments may be deposited in the deposit box by Roughrider Electric's main office entrance or in the drop boxes located at Krause's Super Valu in Hazen or Bronson's Super Valu in Beulah.

DICKINSON OFFICE
701-483-5111 or 800-627-8470
P.O. Box 1038, 2156 4th Ave. E.
Dickinson, ND 58602
7 a.m. – 4 p.m. MST Monday-Friday

Payments may be deposited in the deposit box west of Roughrider Electric's main office entrance or in the drop boxes located at Dickinson City Hall, or the west and south locations of Family Fare supermarkets.

OFFICERS AND DIRECTORS

Roger Kudrna, President; Dickinson483-8377
Darell Herman, Vice President; Beulah873-4371
Troy Sailer, Secretary; Golden Valley948-2427
Bruce Darcy, Treasurer; Golden Valley983-4222
William Retterath; Center794-8729
Arnold Kainz; Dickinson483-8207
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Don Franklund Co-GM/CEO
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