



A Touchstone Energy® Cooperative 

1511 14,000 Rd, P.O. Box 368, Altamont, KS 67330
866-784-5500
www.twinvalleyelectric.coop

TWIN VALLEY
ELECTRIC CO-OP

NEWS

Twin Valley Electric Co-op, Inc.

Ron Holsteen, CEO

Board of Directors

Daniel Peterson
President

Bryan Coover
Vice President

Dareld Nelson
Treasurer

Bryan Hucke
Secretary

Rodney Baker
Trustee

Tom Ellison
Trustee

Larry Hubbell
Trustee

Diane McCartney
Trustee

Jason Zwahlen
Trustee

Office Hours
Monday-Friday
8 a.m. to 4:30 p.m.

Contact Us
1511 14,000 Rd
P.O. Box 368
Altamont, KS 67330
866-784-5500

Co-op Connections

In 2017, members collectively saved **MORE THAN \$390** using their Co-op Connections Card discount on over-the-counter medications.

FROM THE CEO

The Road to Self-Discovery



Ron Holsteen

or have been away from their family for an extended period of time. Even more are seeing and experiencing the larger world through their own eyes, rather than through their parents' perspective. That's the most impor-

tant first, as it's truly a "leap" to their next phase and where their journey to adulthood begins. Youth Tour is full of "firsts." It may be the first time they left the state, flew on a plane, visited the nation's capital

tant first, as it's truly a "leap" to their next phase and where their journey to adulthood begins.

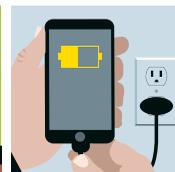
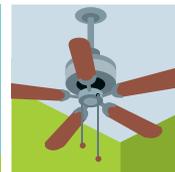
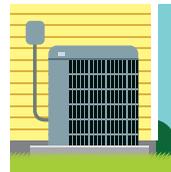
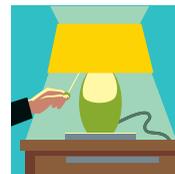
In preparation for Youth Tour, teens learn about cooperatives, our history and grassroots advocacy. Youth Tour sprang from a suggestion of then Senator Lyndon Johnson to a national gathering of co-ops. Johnson believed youth from rural areas would benefit by visiting Washington to see first-hand how government works and gain a wider perspective through the experience. From this idea, Youth Tour evolved. High school juniors selected

Continued on page 16-C

We're Proud to Power YOU.

Local, Safe, Reliable Electricity.

For all the ways you live.



Nelson Earns Credentialed Co-op Director Certificate



Dan Peterson, board president, congratulates Dareld Nelson, board treasurer, for receiving the Credentialed Cooperative Director certificate.

DARELD NELSON, Twin Valley Electric board treasurer, recently received the Credentialed Cooperative Director (CCD) certificate from the National Rural Electric Cooperative Association (NRECA).

The CCD prepares directors to fulfill their fiduciary duty as elected officials serving on behalf of their membership. Upon completion of all five CCD courses, directors are awarded the CCD certificate.

Today's electric utility environment imposes new demands on electric cooperative directors, particularly increased knowledge of changes in the electric utility business, new governance skills and a working knowledge of the cooperative principles. Twin Valley Electric has a commitment to work through NRECA and the statewide Kansas Electric Cooperatives, Inc. to sharpen this body of knowledge for the benefit of their electric cooperative member-owners.

"In today's electric utility, there are many demands for electric co-op trustees to increase their knowledge of changes in the industry, develop new governance skills and represent the co-op principles," said Ron Holsteen, general manager. "Members of our Twin Valley Electric Trustees have shown their commitment to continued education for the benefit of you, our members."

Help us congratulate Dareld Nelson on his achievement and continued service to Twin Valley Electric.

Achievable New Year's Resolutions

Do most new years speed past as resolutions are forgotten? If so, you are not alone. Setting large goals and making strong initial progress that fades as the weeks go by happens to everyone. But don't get discouraged; making small changes to your daily routine can have big impacts and be easier to maintain. Here are some reasonable resolutions to help you make healthy, positive changes.

Instead of switching to a drastic diet with rigid restrictions, try making realistic nutritious upgrades to your current diet.

- ▶ Add an extra serving of nutritiously prepared vegetables every day. Add a side of steamed or roasted veggies to your meal, choose salsa instead of butter on your baked potato or add mushrooms to ground beef.
- ▶ Cut back on sugary and artificially sweetened soft drinks to only one each week. Don't deny yourself. Make it a special treat!
- ▶ Replace sugary or refined snacks and breakfast foods with fruits, nuts and whole grains. Try lightly sweetened granola and fresh fruits with plain yogurt, avocado and cheese on whole grain toast or steal cut oats with berries.

If you resolved to live a more active lifestyle, try these tips to make exercise engaging.

- ▶ Meet a friend at the gym and help keep each other accountable and encourage one another to set and achieve personal goals.
- ▶ Try a resolution accountability app, like Pact, which attaches monetary value to your dedication.
- ▶ Make working out more social with fitness social media apps or support groups on social networks.
- ▶ Join a fitness class or search

Meetup.com for groups that get together for fitness activities, both in the gym and outdoors.

- ▶ If the gym isn't for you, try something new. Take a dance or self-defense class, riding lessons or outdoor survival course.

If you resolved to get organized but find yourself still living in clutter, running late or not getting enough sleep, achieve organization through small tasks.

- ▶ Tackle clutter and cleaning space-by-space. Breaking bigger tasks into several smaller tasks can make organization feel less overwhelming and more achievable. Invest in attractive storage solutions and clean one section each evening until you finish every section.
- ▶ Resolve that when you pick up an object, you must put it down in its rightful place.
- ▶ Use your phone to track appointments and block off time. Set reminders to provide enough time to get out the door and on the road. You can also use it to remind yourself to go to bed early, give the dog its medication, bake cookies for a bake sale or spend a few minutes tidying at the end of each day.
- ▶ Say no to unnecessary or unimportant requests that stretch your time and patience, to which you cannot give your full attention or that don't fit your values and priorities. By choosing your commitments carefully, you allow yourself to be more present in the activities you choose to do. Prioritize the people and activities you care about most, including yourself.

Twin Valley Electric wishes you a happy new year and success in your new year's resolution.

2018

HAPPY NEW YEAR

Our office will be closed on Monday, Jan. 1 for New Year's Day and will re-open on Tuesday, Jan. 2. Twin Valley Electric wishes you and your family a happy and safe New Year!

The Road to Self-Discovery Continued from page 16-A ▶

by their electric co-ops participate in a week-long trip to the nation's capital. The program has grown exponentially since its inception and last year, we saw more than 1,800 high school juniors participate from co-ops in 44 states. Each year, Twin Valley Electric Cooperative sends a student to represent our cooperative, and our state typically sends a delegation of 36 students.

The week is interspersed with visits to many D.C. monuments and sites, including Capitol Hill. Activities with Youth Tour delegations from across the country enable teens to meet a broad spectrum of co-op kids. Our program creates a safe space for teens to discover the adults they are striving to be. Teens leave behind their hometown identity and venture forward with a fresh slate. Students are encouraged to stretch themselves by talking with those they wouldn't ordinarily interact.

A highlight of Youth Tour includes a meeting with our congressional delegation. Teens learn first-hand that their elected officials work for their hometown community. Students often have the opportunity to discuss issues with legislators and our chaperons are always impressed with the interactions and questions asked by our students. Youth Tour culminates in a farewell evening featuring

national co-op partner organizations from the financial and insurance sectors and NRECA International, an organization bringing electricity to rural areas in developing countries. The evening centers on challenging and inspiring teens to make an impact in their communities. As conversations evolve, so too do the teens' world view—their definition of community often changes from their hometown to a broader meaning.

I can say that nearly all teens who have participated in our Youth Tour program look back with fond memories of an educational, interesting and eventful week. Many make lifelong friends. For a few, Youth Tour is a transformational experience. Parents remark how their child returned noticeably different—more mature, more confident with bigger goals and aspirations and with a sense of purpose.

Youth Tour is one of the most important programs that Twin Valley undertakes. I am constantly impressed by the caliber of students our co-op sponsors. Our teens are our future, and it's looking brighter every day. I hope you will consider urging your teen to "take the leap" and join our next Youth Tour delegation.

For more information about the Youth Tour program, contact Jennifer Manahan at our office 866-784-5500.

Co-ops Push for Common-Sense Replacement Rule

In October, the U.S. Environmental Protection Agency (EPA) announced plans to repeal the Clean Power Plan, a regulation that would have increased costs and impacted many electric cooperatives across the nation. Now the EPA, informed by public comment, must work to develop a common-sense replacement plan.

Electric co-ops are working with the National Rural Electric Cooperative Association (NRECA), our national trade association, to encourage the EPA to replace the rule with a plan that focuses on individual power plants. We hope the agency will craft a replacement rule to address power plant emissions legally, provide co-ops with the certainty and flexibility they need to meet their members' needs, and support co-ops in their mission to provide affordable and reliable electricity.

Electric co-ops depend on a diverse fuel mix to meet the energy needs of 42 million members across the nation, protect reliability of the energy system and ensure affordable power. The fact is that no two electric co-ops are exactly alike. The nation's

900 electric co-ops rely on a diverse fuel mix to meet members' energy needs, maintain reliability and ensure affordability. Each one makes strategic long-term investments in energy sources that make the most sense for them. Any new regulation needs to account for this reality.

This flexibility to pursue a diverse fuel mix allows co-ops to respond to local and regional factors and member preferences while ensuring affordable and reliable power. Past federal policy pushed cooperatives away from natural gas use for electricity to developing coal-based electric generation. In many cases, co-op members are still paying for those facilities—and the roughly \$12 billion in pollution control measures that were added to them since the early 1990s.

But as it turns out, electric co-ops and other utilities are already making significant changes in how they generate power. Co-ops and their members value a healthy environment and vibrant rural communities. Market forces and members' interests are driving co-ops to further diversify their electric genera-

tion portfolios. As a result, co-op-owned coal-fired generation has dropped 9 percent since 2014, and co-op solar capacity has increased five times in just the past two years.

We live in a carbon constrained world and electric co-ops are reducing their carbon footprint. In fact, since 2005, co-ops have increased electric generation by 15 million megawatt-hours while reducing carbon dioxide emissions by nearly 10 percent.

Given the progress happening without the Clean Power Plan, you may ask why we want the EPA to go back to the drawing board to come up with a replacement rule. The main reason is certainty. A workable, common-sense rule that adheres to the law clarifies the rules of the road for co-ops, which will then be better able to make smart, long-term investments in electric generation. Regulatory certainty is an essential ingredient in ensuring a reliable supply of affordable power.

Co-ops are looking forward to working with the EPA on a plan that gets it right this time around.

Attention High School Juniors

Apply for a FREE Trip of a Lifetime!



Each year, students from Kansas join more than 1,800 youth in Washington, D.C., to attend the Electric Cooperative Youth Tour. This year's Youth Tour is scheduled for June 7 to 14, 2018.

Twin Valley Electric Cooperative, Inc. will send one high school junior to the Electric Cooperative Youth Tour in Washington, D.C., and one to the Cooperative Youth Leadership Camp in Steamboat Springs, Colorado.

To Qualify

The applicant must be a high school junior living within the cooperative's territorial boundaries and the child of a Twin Valley Electric member.

To Apply

Applicants will be expected to study and take a quiz over information sent by Twin Valley regarding electric cooperatives. There will also be a **SHORT INTERVIEW ON**



Kansas delegates attend Cooperative Youth Leadership Camp along with students from three other states to develop leadership skills and learn about co-ops. The 2018 CYLC will be July 13 to 19.

MARCH 2, 2018, AT 1 P.M. to pick the winners. All participating students will receive a prize.

To apply please complete, sign and return the application below to Twin Valley, 1511 14,000 Rd, P.O. Box 368, Altamont, KS, 67330 **BY FEB. 16, 2018.**

Youth Tour Selection Process

Applicants must complete an application and return it to the cooperative office. Finalists will be quizzed and interviewed by a panel of judges at the cooperative offices.

For More Information

For more information, contact Jennifer Manahan at 866-784-5500.

Contest Application for Electric Cooperative Youth Tour—Due Feb. 16

Mail or deliver to Twin Valley, 1511 14,000 Rd, P.O. Box 368, Altamont, KS 67330.

Name of Applicant _____ Phone Number _____

Address _____ City _____ State _____ Zip _____

Birth Date _____ School _____

Parent(s)/Guardian(s) Name _____

Parent(s)/Guardian(s) Phone _____ Twin Valley Account # _____

I agree that all information supplied in this application is accurate and true.

Signature of Applicant _____

I hereby grant permission for the above named applicant to enter the 2018 Youth Tour competition sponsored by Twin Valley Electric Cooperative, Inc.

Signature of Parent or Legal Guardian _____