

SAVE THE DATE

June 21, 2021

WHAT:

Northern Plains Electric Cooperative annual meeting

WHERE:

Rugby High School, Rugby

WHY:

- Learn about cooperative news and activities
- Elect three members to serve on the board of directors
- Enjoy entertainment and a free meal!

Interested in running for the board of directors?

Northern Plains Electric Cooperative's (NPEC) annual meeting will be held June 21 at Rugby High School in Rugby.

Due to the bylaw changes that passed by the membership at the 2020 annual meeting, the membership voted to dissolve district meetings. Director elections will now take place during the annual meeting.

Nine board members make up the NPEC board of directors that sets policies and makes decisions that guide the cooperative into the future. With the annual meeting just a few short months away, now is the time for members to start thinking about whether they have the time and desire to serve their electric cooperative.

The board meets on the fourth Monday of each month to make decisions regarding budget, policy, rates and other co-op business. Meetings alternate between the Carrington and Cando offices and typically last a good share of the day. In addition to monthly meetings, NPEC directors often attend meetings and conferences of the statewide association. Directors are

compensated for their time.

To run for director, members must:

1. Receive NPEC electric service at your primary residential abode and you may only run in the district in which you reside.
2. Obtain a petition from our offices in either Carrington or Cando or call for one to be mailed.
3. Obtain at least 15 signatures from NPEC members.
4. Submit a petition by April 22, 2021.
5. Attend the annual meeting.

For more information, call 800-882-2500 or email justask@nplains.com. ■

MARCH 2021

INSIDE THIS ISSUE

- Gelato queen of North Dakota
- Put a timer on it
- Enter our poster contest!



Set a timer to operate your engine block heater

For some, an engine block heater is a necessity to survive our harsh winter.

Unfortunately, engine block heaters also use a lot of electricity and can be expensive to run day after day. To save energy and money, it's a good idea to install your heater with a programmable electric timer.

Even on the coldest of winter nights, engine block heaters only need approximately four hours to fully warm an engine. For convenience, many people plug them in when they arrive home in the early evening and leave them on all night.

The typical block heater is between 400 to 1,500 watts. For example, if you have a 1,000-watt block heater and your vehicle is plugged in from 6 p.m. to 6 a.m. every day of the month, you will pay on average \$36 each month using an average of Northern Plains

Electric Cooperative's rates.

To figure out the exact cost of an engine block heater, you can use this simple formula:

Watts X hours divided by 1,000 equals kilowatt-hours.

Example: 1,000 (watts) X 12 (hours) divided by 1,000 = 12 KWH

Kilowatt-hours times the rate (10 cents) equals cost

Total cost for 12-hour period: 12 KWH X 0.10 = \$1.20 or \$36/month

Or by using a programmable timer for four hours a day:

Example: 1,000 (watts) X 4 (hours) divided by 1,000 = 4 KWH

Total cost for four-hour period: 4 KWH X 0.10 = 40 cents or \$12/month

With this calculation, you can save \$24 per month by using a

timer. Programmable electronic timers can be found at most hardware and auto parts stores and should be set to start engine block heaters anywhere from two to four hours, depending on temperature before starting your car. Be sure to purchase a heavy-duty, outdoor timer that is cold-weather resistant, provides a three-prong grounded receptacle and rated for 15 amps (1,800 watts) capacity.

Refer to your Northern Plains Electric bill statement to find your electric rate to calculate your cost. ■



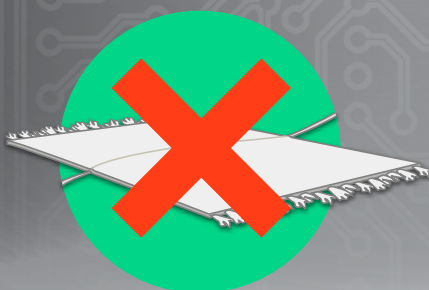
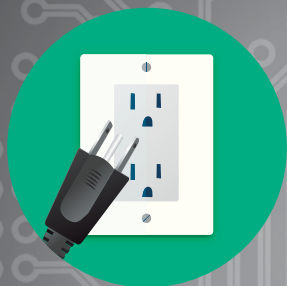
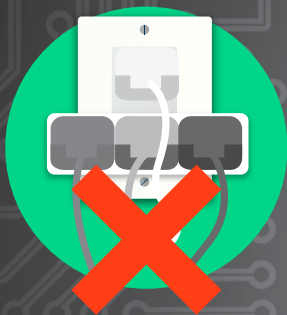
New to www.nplains.com

At Northern Plains Electric Cooperative, safety always comes first and we are dedicated to doing our part to help teach children how to be safe around electricity. That is why we added a new page to our website, called Kids Corner. This page is a great resource for both parents and teachers and fun for kids!

The page contains different types of activity sheets such as crossword puzzles, word searches, and safety quizzes that are easy to print and share.

You can find the Kids Corner page under the "Students Only!" button.

PREVENT ELECTRICAL ACCIDENTS



To keep your family safe, check out this list of what to do inside and outside your home.

INSIDE

- Make sure all light bulbs are the appropriate wattage for the fixture.
- Ensure that all powered devices are properly grounded.
- Avoid plugging too many devices into one outlet.
- If small children are present, install tamper-resistant outlets.
- Inspect cords for damage, and discard any that are frayed.
- Don't leave space heaters unattended.
- Install ground-fault circuit interrupter (GFCI) outlets in the kitchen, bathroom and other potentially damp areas. When remodeling, add arc-fault circuit interrupter (AFCI) protection.
- Use extension cords on a temporary basis. Do not locate cords under rugs or furniture.
- Keep your electrical panel free from obstructions.

OUTSIDE

- Install protective covers on all outlets and make sure they are GFCIs.
- Use only weather-resistant extension cords marked for outdoor use.
- Look around for overhead power lines before using a ladder or trimming a tree branch.
- Power lines may be underground. Before digging, call 811 to have utility lines marked.





Gelato queen of North Dakota

BY BRITTNEE WILSON

In this magazine in October 2018, I first introduced our members to Maartje Murphy, the owner and operator of Duchessa Gelato, an artesian gelato business sourced and produced in Carrington.

Back then, Maartje had just started her journey into the business world, making and selling gelato with the

help from her family. A dairy farmer's daughter, Maartje makes farm-fresh gelato by using the milk from her parents' dairy and infusing it with innovative flavors.

Today, her gelato is in demand across the state and her business is expanding into an on-farm creamery, where they will offer gelato, Gouda cheese and other

dairy products on their new farmstead.

To give a quick recap on Maartje's background, her family immigrated from the Netherlands when she was 7 years old. A few years down the road, they settled in rural Carrington, where they own and operate VanBedaf Dairy.

The VanBedafs would travel back periodically to the Netherlands to visit family. "Some of my fondest memories involved going to the gelato shop with my grandparents and savoring tasty treats and good company," Maartje said. "I realized I wanted to share this feeling back home."

Soon after a visit, it just so happened that Gelato University of Bologna, Italy, was offering courses in Chicago, Ill. After some encouragement from her mother, they both enrolled in an in-depth, one-week crash course in all things gelato.

Maartje left this one-week experience with an increased technical knowledge, business strategy and passion for gelato. She was now more confident than ever to start her own business.

The news of Duchessa Gelato spread like wildfire and it quickly became the go-to dessert for North Dakota, with creative flavors like lavender lemon cream, burnt sugar hazelnut and fan favorite salted butter caramel. The genius behind the deliciousness has created over 100 different flavors and continues to make new ones.

Right now, you're probably thinking, "How do I get my hands on some of this gelato?" Operating from an authentic Italian gelato cart, Duchessa Gelato delivers a true Italian experience to any special event, including weddings, festivals and more. Once catering took off, Maartje hit the road, delivering gelato pints to select cities across North Dakota. Customers can place orders on the company website the first week of each month.

Cows and Co. Creamery

In the spring of 2020, Maartje and her husband, Casey, purchased a farmstead outside of Carrington with plans of building an



Maartje Murphy, owner of Duchessa Gelato, Carrington, made the Forbes "30 Under 30" list in the Food and Drink category 2021.

agritourism destination in the heart of North Dakota. The new business, Cows and Co. Creamery, the mother company to Duchessa Gelato, will be composed of a gelato and cheese production area, gelato and coffee bar and will also include a seating area complete with a cozy fireplace.

"I wanted to start Cows and Co. Creamery because I wanted to add more dairy products to the menu!" Maartje said. "We thought adding Gouda cheese to the menu would be perfect. I would love to add yogurt, butter, milk and other dairy products in the future!"

In preparation, last year Maartje spent a month living in the Netherlands learning how to make gouda cheese in the traditional Dutch process from

family friends on an on-farm creamery.

After her return, construction started on repurposing an existing machine shed/pole barn to a Grade A dairy processing facility, while



also remodeling the farmhouse to live. The new Northern Plains Electric Cooperative members brought three-phase electricity to power the creamery.

"The process was relatively quick and easy.



Construction continues inside of Cows and Co. Creamery. The Grade A dairy processing facility will make Gouda cheese and other dairy products.

Once we coordinated with our contractor and Northern Plains Electric, the actual pulling of cable went quickly," Maartje said.

They hope to have a grand opening this summer.

Forbes 30 under 30

Maartje's hard work and passion has not gone unnoticed. In November, the gelato entrepreneur

received a big surprise as she was nominated for *Forbes* magazine's "30 Under 30" in the category of Food and Drink for 2021.

"When I received the nomination email, my jaw dropped," Maartje said. The 25-year-old thought it was a scam, but it wasn't.

Forbes reached out to find out more about Maartje's story, her future goals and aspirations. Maartje



said, “After sending in all my information, I told myself that there was no way I could actually be a part of the top 30. *Forbes* receives thousands of nominations.”

The day the winners were announced, Maartje scrolled through the emerging entrepreneurs and saw her photo and

name. It took her breath away. “It sounds so cliché, but this moment in my life was truly something special,” Maartje exclaimed.

For more information about Duchessa Gelato or Cows & Co. Creamery, visit the website or social media sites. ■

Website: duchessagelato.com
Facebook: /duchessagelato
Instagram: @duchessagelato
Instagram: @cowsandcocreamey



Do you SmartHub?

Northern Plains Electric Cooperative members who haven’t taken advantage of SmartHub yet are missing out. It’s not just a portal for online bill pay. It features powerful tools to help users monitor their electric usage and gain an understanding of the charges on their monthly bills.

In SmartHub, one can set bill reminders, view billing and payment history, compare usage, and schedule and make payments. By monitoring and comparing energy usage, members can see how home energy use changes from bill to bill and learn how personal habits and behaviors impact your monthly energy usage.

Members who spend part of the year away from their homes can especially benefit from using SmartHub. It’s a fantastic way to monitor the electricity usage in their homes and monitor any changes that could indicate a problem. For instance, a spike in usage unrelated to weather may be caused by a malfunctioning pump or water heater.

SmartHub may be accessed one of two ways: The web version is available from any web-enabled device by clicking on the link, www.nplains.com, and the mobile app can be downloaded and installed on your mobile phone or tablet via your devices’ app store. Either version will provide secure access to the member’s account, takes less than three minutes to set up and it’s



free to download.

By utilizing SmartHub, members can gain a better understanding of how their residence use electricity, which will enable them to adhere to their budgets and become more energy-efficient at the same time.

Contact Northern Plains if you have questions or need help signing up for SmartHub. ■



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ways to save money in the laundry room

Compared to other standard household appliances, a clothes dryer uses the most energy and the washer is comparable to your refrigeration usage.

If you are in the market for a new washer and dryer, new efficient options are available that will save you money over the long term. But there are ways to save money and energy in the laundry room and reduce the wear and tear on your clothes – a win, win! Here are some things you can do to save in the laundry room:

- **Wash with cold water.**

Using warm water instead of hot can cut a load's energy use in half and using cold water will save even more.

- **Wash full loads.**

Your washer will use about the same amount of energy, no matter the size of the load, so fill it up.

- **Dry right-sized loads for your machine.**

If the dryer is too full, it will take longer for the clothes to dry. Loads that are too small can also take longer to

dry, plus you spend more per item when running the dryer to only dry a few things.

- **Switch loads while the dryer is warm.**

This will allow you to use the remaining heat inside of the dryer for the next cycle.

- **Use dryer balls.**

Wool or rubber dryer balls will help separate your clothes and get more air to them, cutting drying time. They can also reduce static, so you don't need dryer sheets. The wool balls are said to absorb some moisture, further cutting drying time.

- **Clean the lint filter on the dryer.**

By doing this, the dryer will run more efficiently and safely. If you use dryer sheets, scrub the filter once a month with a toothbrush to remove film buildup that can reduce air circulation.

- **Use the high-speed or extended spin cycle in the washer.**

This will remove as much moisture as possible before drying, reducing your drying time and the wear on our clothes from the high heat of the dryer.

- **Use lower heat settings in the dryer.**

Even if the drying cycle is longer, you'll use less energy and be less likely to over-dry your clothes.

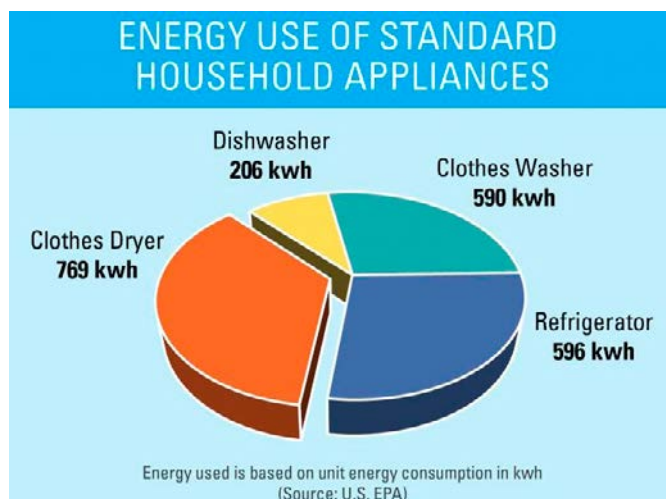
- **Use a cool-down cycle if your dryer has one.**

This cycle allows clothes to finish drying with the heat remaining in the dryer.

- **Use an ENERGY STAR-certified washer and dryer.**

New ENERGY STAR washers use about 25 percent less energy than conventional models, and ENERGY STAR dryers use 20 percent less energy.

Source: www.energy.gov



ATTENTION KIDS! ENTER OUR POSTER CONTEST!



Anually, Northern Plains Electric Cooperative sponsors a safety poster contest for children in kindergarten to sixth grade. The purpose of the safety poster contest is to help make children aware of the dangers of electricity. Winners will be announced on our website, Facebook page and featured in the Northern Plains local pages of the *North Dakota Living* magazine. So, grab your art supplies and be creative!

RULES

- Posters must be on white, 8.5x11-inch paper.
- Posters must depict the theme: "How to stay safe around electricity."
- Print the child's name, school grade, address and parents' names on the back of the poster.
- Child must be a dependent of a current Northern Plains member.

Submit entries to a Northern Plains office
(Cando or Carrington) or mail to:
Northern Plains Electric Cooperative
Attn: Brittnee Wilson
P.O. Box 608
Cando, ND 58324

Entry categories

- Kindergarten-first grade
- Second-third grade
- Fourth-sixth grade

Prizes in each category

- First prize: \$20
- Second prize: \$15
- Third prize: \$10 ■

**NORTHERN
PLAINS** Electric Cooperative

Your Touchstone Energy® Cooperative

An equal opportunity provider and employer.

CANDO OFFICE:

609 4th Ave.
Cando, ND 58324

CARRINGTON OFFICE:

1515 West Main
Carrington, ND 58421

OFFICE HOURS:

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

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