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March 2010

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*Illinois co-op leader shares his insights
on Haiti and Guatemala efforts*





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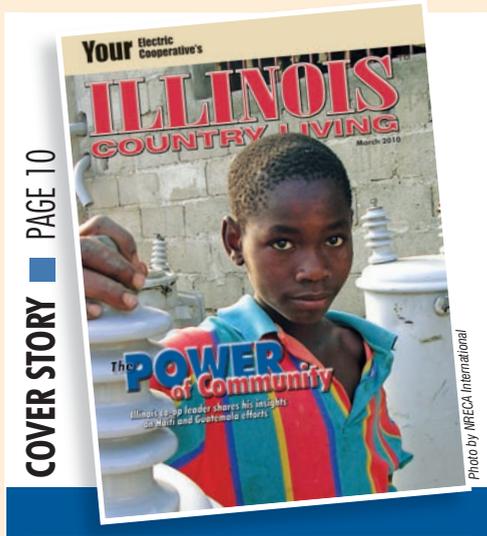


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ILLINOISTM COUNTRY LIVING

Volume 67, No. 11, March 2010



THE POWER OF COMMUNITY

Illinois Rural Electric Cooperative Manager Bruce Giffin tells how employees are helping start electric co-ops in the rural areas of countries like Haiti.

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Illinois Country Living is a monthly publication serving the communications needs of the locally owned, not-for-profit electric cooperatives of Illinois. With a circulation of more than 176,000, the magazine informs cooperative members about issues affecting their electric cooperative and the quality of life in rural Illinois.

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For change of address, please contact your local cooperative.

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The Association of Illinois Electric Cooperatives and 25 Illinois electric cooperatives are members of Touchstone Energy, a national alliance of 660 electric cooperatives. Touchstone Energy cooperative employees adhere to four core values — integrity, accountability, innovation and commitment to community.

Renewable energy without mandates

Co-op is adding renewable energy where it makes sense

Climate change. Greenhouse gases. Renewable resources. Renewable energy credits. Cap and trade. Carbon taxes. These terms have become common in recent years, at least for those of us entrusted to operate electric cooperatives on behalf of our members. And while we're dealing with many new concerns and topics, the most important aspect of our business hasn't changed: providing a reliable source of energy at a reasonable cost.

Wabash Valley Power is a generation and transmission cooperative (G&T) headquartered in Indianapolis, Ind. Founded in 1963, we provide wholesale electricity to 28 electric distribution cooperatives in Indiana, Illinois, Michigan, Missouri and Ohio. We are proud to count Illinois cooperatives Corn Belt Energy, EnerStar Electric, and M.J.M. Electric as members of our G&T cooperative.

Since 1999, Wabash Valley has been a leader in the development of renewable generation in the Midwest, converting methane gas captured at landfills into electricity. We own 12 landfill gas plants, which combine to generate 33 megawatts of electricity.

Our board of directors has been very clear in its intentions: expand our use of renewable resources where it makes good economic sense.

Throughout the last decade, building landfill generation plants has done just that. These facilities deliver low-cost, reliable electricity. In addition, we've been able to purchase power from two wind farms, one located in Illinois and another in Iowa. And we're working with several dairy farms to convert methane created from animal waste into electricity. Whether

we're working on landfill plants, or wind or dairy farms, these projects are environmentally friendly, economical and will provide a reliable source of electricity for many years. And we've done this without a government mandate.

As a seasoned executive in the electric utility industry, I feel strongly that the United States needs a comprehensive energy policy encouraging

electric generation using all types of fuel, while considering such factors as the environment and economy. Coal, nuclear, natural gas, solar, wind, hydro, biomass, methane are all viable fuels for the future. As much as we believe in and have invested in renewable fuel sources, we know that they alone won't meet the energy needs of a vibrant, growing economy.

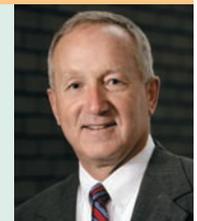
In a region that relies on coal as the fuel source for the overwhelming majority of its electricity, we face increasing environmental pressures. Coal is abundant and local, and technology exists today that allows us to burn it in a much cleaner fashion. Scientists are working to improve the processes by which coal becomes electricity. It can be done without releasing harmful greenhouse gases; it just isn't achievable, yet, in the quantities needed to meet the needs of America's consumers and industries.

Electricity is a "must have" in a growing economy. It is not optional. How will plug-in hybrids thrive if we can't produce enough clean, affordable electricity? Consider all the devices in our homes that use electricity: TVs, cell phones, computers, printers, iPods, and more – technology plays an increasingly vital role in our everyday lives, and it's dependant on electricity.

Electric cooperatives nationwide are participating in Our Energy, Our Future - a dialogue designed to improve the understanding of the complexities of balancing affordability, achievability and the environment. If you haven't done so already, be sure to visit www.ourenergy.coop for more information. Your voice is important!

As electric cooperatives, we want to help you manage your electric usage and your electric bill. We want to be good stewards of the environment. And we want to be certain that affordability is considered as our legislators debate energy policy and climate change. Lend your voice to Our Energy, Our Future. Working together, we can have it all: reliable, affordable, and achievable. ■

Rick Coons is the Chief Executive Officer for Wabash Valley Power Association, Inc. Wabash Valley Power Association is a generation and transmission cooperative operating in four Midwestern States.



"As much as we believe in and have invested in renewable fuel sources, we know that they alone won't meet the energy needs of a vibrant, growing economy."



Looking for a better alternative to your existing furnace?

Look no further than a GeoComfort® geothermal system. Replacing your fossil fuel furnace with a GeoComfort system can reduce your monthly utility costs by up to 70%. What's more, geothermal systems are the cleanest, quietest and most comfortable systems on the market. It's never too late or too early to consider a GeoComfort geothermal system for your home.

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White House budget could cut electric co-op loan program

The Administration's FY11 budget plan sent to Congress last month would cut Rural Utility Service's (RUS) Electric Loan Program levels by 38 percent. The budget plan would only allow electric loan lending for renewable energy, transmission, distribution and carbon capture projects on power plants. RUS could no longer lend for peaking natural gas generation and environmental upgrades to existing power plants. Co-ops have been leaders in energy efficiency and renewable energy programs, but co-op leaders say energy demand can't be met without new natural gas and other peaking and base load generation. ■



Buy into Energy Star appliance savings

The State of Illinois is offering the ENERGY STAR® Appliance Rebate Program, funded by the American Recovery and Reinvestment Act and the Illinois Department of Commerce and Economic Opportunity (DCEO).

The program provides incentives for Illinois consumers to replace older appliances with specific residential ENERGY STAR qualified appliances, water heaters, and HVAC equipment. The new appliances must be purchased in Illinois through participating retail stores or contractors.

Illinois' program will be rolled out in two phases:

- The first phase started Jan. 31, 2010 - consumers can get rebates for ENERGY STAR heating and cooling equipment and water heaters.
- From April 16 - 25, 2010, consumers can get Rebates on ENERGY STAR qualified appliances (clothes washers, dishwashers, refrigerators, freezers, room air conditioners.) There will be a 15 percent markdown at time of sale.

In addition, residents are eligible for a rebate when the old appliance is picked up and recycled. A \$50 rebate for washers and dishwashers and \$100 rebates for refrigerators and freezers will be granted. Required forms are proof of haul-away, mail-in recycling rebate form and copy of receipt from purchase of new unit. The mail-in recycling rebate form will be available at www.illinoisenergy.org/appliances.

Heating/cooling rebates

- Rebates began Jan. 31, 2010, and will continue until funds are depleted.
- Central Air-Conditioners (\$500 discount at time of purchase)
- Air-Source Heat Pumps (\$1,000 discount at time of purchase)
- Propane Furnaces (\$350 discount at time of purchase)
- Gas Furnaces (\$350 discount at time of purchase)
- Gas Boilers (\$1,200 discount at time of purchase)

*Participating network contractors must install.

Water heater rebates

- Rebates began Jan. 31, 2010 and will continue until funds are depleted.
- Water Heaters (25% markdown at point of sale), including: gas-condensing water heaters, electric heat pump water heaters, gas storage water heaters and gas tankless water heaters.

All purchases must be made from participating dealers or retailers. Some restrictions apply. Listings and additional information can be found at www.illinoisenergy.org/appliances or by calling 877-782-7005. Rebates are not retroactive. Minimum equipment efficiencies will be required. Program will be available for residential-scale equipment, installed in Illinois. Installations in commercial spaces will not be applicable. ■

Illinois Youth to Washington Tour launches Facebook page



For more than 50 years the Illinois Youth to Washington Tour has been sponsored by Illinois Electric and Telephone Cooperatives. The objective of the tour is to introduce young leaders to our democratic form of government. Along the way, participants are introduced to the cooperative form of business, and introduced to national co-op leaders.

In order to provide a forum for past participants to keep in touch, and for future participants to find information, the AIEC has recently launched a Facebook page. The page contains photo albums of past trips, announcements of scholarship opportunities and information about the upcoming 2010 tour.

Past and prospective members are encouraged to visit the site and become a “fan.” You can find the page by visiting Facebook and performing a search for “Illinois Youth Tour.”

For questions about participating in the Youth Tour please contact your local cooperative, or Linda Comstock at 217-241-7914. ■

Ten quick ways to save today

1. Take a quick inventory of your home, and see what you might be able to turn off or unplug – cell phone chargers, TVs, lights when you leave a room.
2. Set the thermostat to the lowest comfortable temperature. Moving the thermostat down one degree means as much as a 3-percent reduction in your heating bill.
3. Keep heating system filters clean.
4. Keep air vents clear of obstructions.
5. Open blinds/drapes on the sunny side of the house during the day, but close them at night.
6. Compact fluorescent lamps can replace bulbs in most table lamps and will save up to 75 percent and last up to 10 times longer.
7. Wash full loads of clothes in the coolest water possible.
8. Keep the temperature between 36 degrees and 40 degrees in the refrigerator and 0 degrees and 5 degrees in the freezer. Use a thermometer to check.
9. Stop the dryer as soon as clothes are dry, or use the moisture sensor control to automatically shut off the dryer. Over drying wastes energy and sets in wrinkles.
10. Dry loads one right after another. You'll use less energy because the dryer is already heated. ■



Buy CFL bulbs for \$1 to \$3 less

Electric cooperative members in many downstate Illinois areas can now purchase energy-efficient compact fluorescent bulbs, or CFLs, at discount prices. The discounts are part of a program sponsored by the Illinois Department of Commerce and Economic Opportunity in downstate areas, to promote increased use of energy efficient CFLs. The bulbs are being discounted by \$1 to \$3 per bulb, or more in some cases, by participating retailers.

Sixty-two retailers, including some County Market, Ace Hardware, CVS Pharmacy, Family Dollar, Kroger, Rural King, Niemann's and True Value stores are participating. A complete list of participating stores can be found at www.aiec.coop.

If you replace 20 old bulbs with 20 CFLs you can save up to \$100 in energy a year. They also produce less heat and last eight times longer. ■



Half of all home fires caused by heating equipment

Heating equipment is a leading cause of home fires and nearly half of all home fires occur during the winter months, according to the Office of the Illinois State Fire Marshal (OSFM).

"Each year in the U.S., the use and misuse of heating equipment—including furnaces, fireplaces and space heaters—accounts for about 64,000 home structure fires, more than 500 deaths, 1,400 injuries and nearly \$1 billion in direct property

damage," said Illinois State Fire Marshal Larry Matkaitis.

Home heating facts and safety tips:

- Fires are more likely to occur in the evening and peak from 6 p.m. to 11 p.m.
- The leading factor was when heating equipment was left too close to combustible items.
- Maintain heating equipment and chimneys by having them cleaned and inspected annually by a professional.

- Turn portable heaters off when leaving the room or going to bed and never use your oven for heating.
- Install and maintain carbon monoxide (CO) alarms to avoid the risk of CO poisoning.
- Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home. Test smoke alarms at least once a month.

For more information visit www.state.il.us/osfm or www.nfpa.org/. ■

Help reform Illinois political districting

The Illinois League of Women Voters, Better Government Association, Illinois Campaign for Political Reform, Illinois Farm Bureau, members of the Illinois Reform Commission and others are supporting the Fair Map Amendment Initiative, which proposes a constitutional amendment to change how legislative districts are drawn. They are asking voters to sign a petition by April 1.

"The Illinois Fair Map Amendment will take unfair politics out of the redistricting process and put the power in the hands of the people," explained Jan Czarnik, Executive Director of the Illinois League of Women Voters.

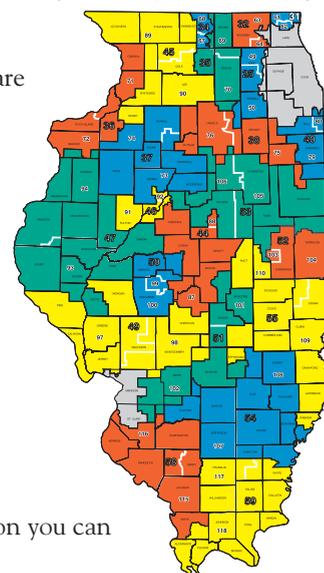
According to data obtained at the State Board of Elections, since the current legislative map was drawn by legislators in 2001, incumbents have won their elections at a staggering 98 percent success rate.

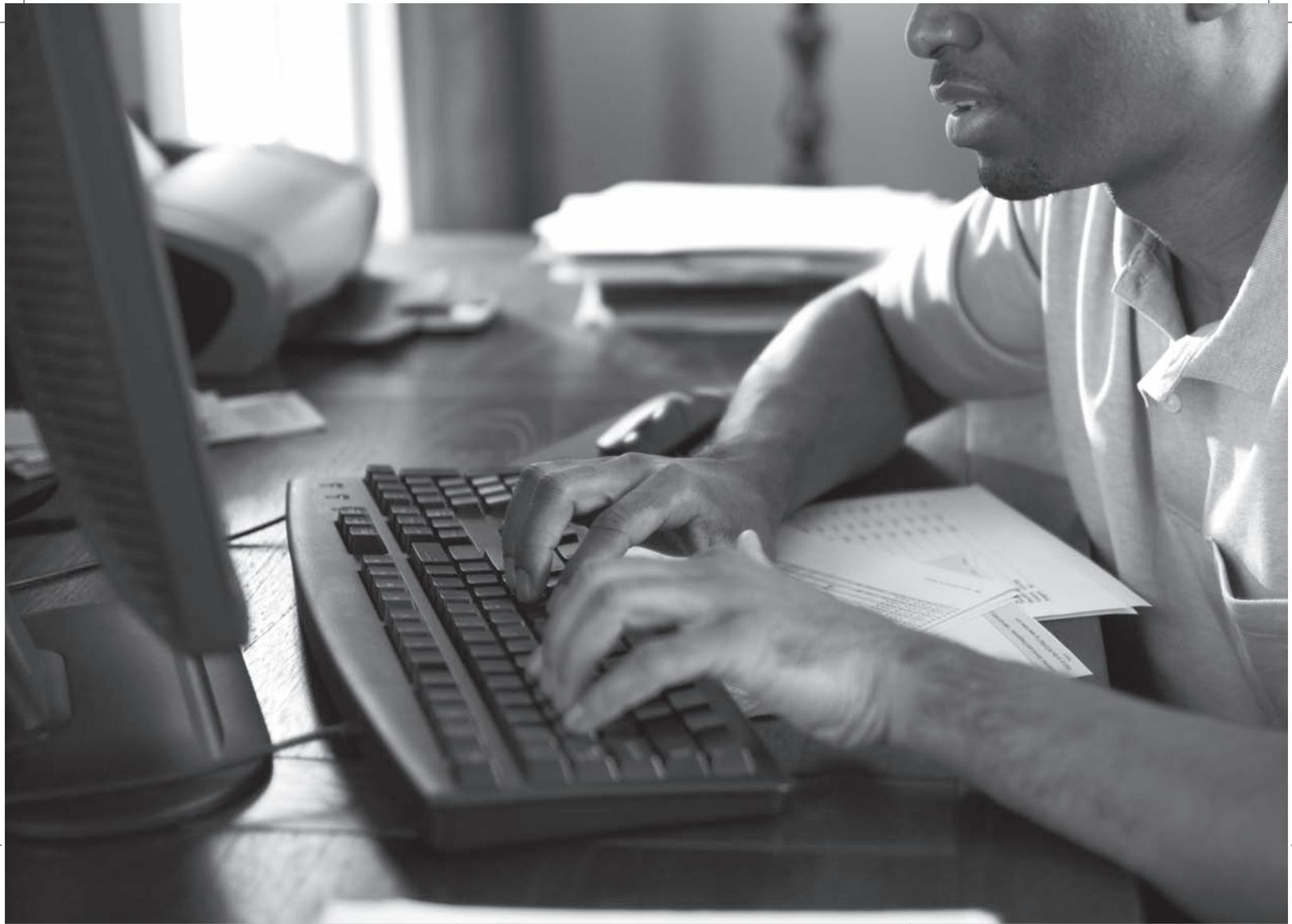
"We were hopeful that the legislature was going to address redistricting reform in 2009, but with the year winding down it now appears that we need to take it directly to Illinois voters," said Brad McMillan, a key member of the Illinois Reform Commission.

The Illinois Fair Map Amendments partners are looking for 500,000 people to sign the petitions to ensure the voters will decide the question on the November 2010 ballot.

Czarnik said the petitions are available at www.ILFairMap.com along with detailed instructions, power point presentation, history and other information. For more information you can contact Czarnik at 312-939-5935. ■

Current Illinois
Legislative Districts
(excluding Cook County)





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RATE ADJUSTMENT DELAYED UNTIL MARCH 1, 2010

As you have heard or read in the Illinois Country Living Magazine or read in the letter that was sent in February, an adjustment of rates was scheduled to take effect the first of 2010 because of the increase in wholesale power costs. Due to the extreme cold weather that came in the beginning of the year, the Board of Trustees at the January Board meeting, decided to **DELAY** the implementation of the rate adjustment until **MARCH 1, 2010**. This has been done in an effort to help reduce the expected higher electric bills caused by the increased electrical usage during this cold weather.

The Board of Trustees has made every effort to gradually increase the rates that you pay to cover the increase in wholesale power cost over the past three years. The rate increase effective **March 1** will increase revenue approximately \$410,000 which will be used to pay the increase in the cost of wholesale power during 2010.

The changes that will be made to the rates are based on a Cost of Service (COS) study that has been conducted by the engineering department at the Association of Illinois Electric Cooperatives. As a result of the change in the Residential Rate 1, Rates 11 and 12 (grain drying) and Rates 21 and 31 (electric heat) will all be affected. All other rate classes will also be affected.

The old and new rates are shown below for Rate 1 and a few examples are listed to give an idea as to how your bill might be affected. If you need help in determining what the effect will be on your bill, please contact the office.

If you rent a security light where the co-operative provides the electricity for the light, the monthly rates of \$9.65 and \$13.50 will be increased to \$10 and \$14 respectively.

Old Rate 1		New Rate 1	
Facilities charge	\$30.00	Facilities charge	\$30.00
First 1000 kWh	.10481 per kWh	First 1000 kWh	.11452 per kWh
All kWh over 1000	.07475 per kWh	All kWh over 1000	.08167 per kWh

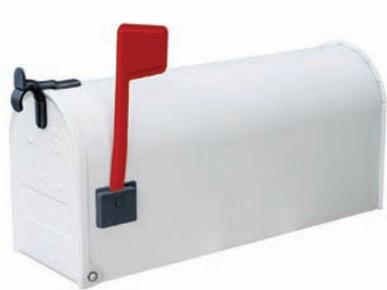
Table of Usage and Costs (Rate 1)

Monthly kWh usage	Old Rate \$	New Rate \$	Difference \$
0 kWh	30.00	30.00	0.00
250 kWh	56.20	58.63	2.43
500 kWh	82.41	87.26	4.85
750 kWh	108.61	115.89	7.28
1000 kWh	134.81	144.52	9.71
1500 kWh	172.19	185.36	13.17
2000 kWh	209.56	226.19	16.63
3000 kWh	284.31	307.86	23.55

The new rates will take effect **MARCH 1, 2010** and will be reflected in the **APRIL 2010** bill.



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Reduce paper waste and receive a \$10 credit when you opt to receive your statements via e-mail. To enroll, visit www.cornbeltenergy.com and click on "Bill Payment and E-Bill". Establish online account access then click the "Stop/Start Print Bill" link on the left.

Levelized Billing

This billing option allows us to calculate a rolling average of your electric usage for the most recent 12 months. Your bill will remain fairly consistent every month, which makes budgeting your monthly expenses that much easier. If you have at least 6 months of service with us, you can enroll in this free service. Talk to a Member Accounts Rep at 800-879-0339 to sign up.



Your Touchstone Energy® Cooperative 

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Egyptian Electric *Member* *Meeting*

March 16, 6:30 P. M.
Murdale Baptist Church, Carbondale
2701 West Main St.

- *What does the future hold for your electric cooperative?*
- *What's the cooperative's position on cap and trade, the Administration's climate change legislation?*
- *What will happen to electric rates in the future and what is Egyptian Electric doing to minimize rate increases?*

If these thoughts have crossed your mind in the past, attend our first ever member meeting. This meeting is meant to be casual with an opportunity for discussion on member concerns and desires.

No registration required. Come as you are.

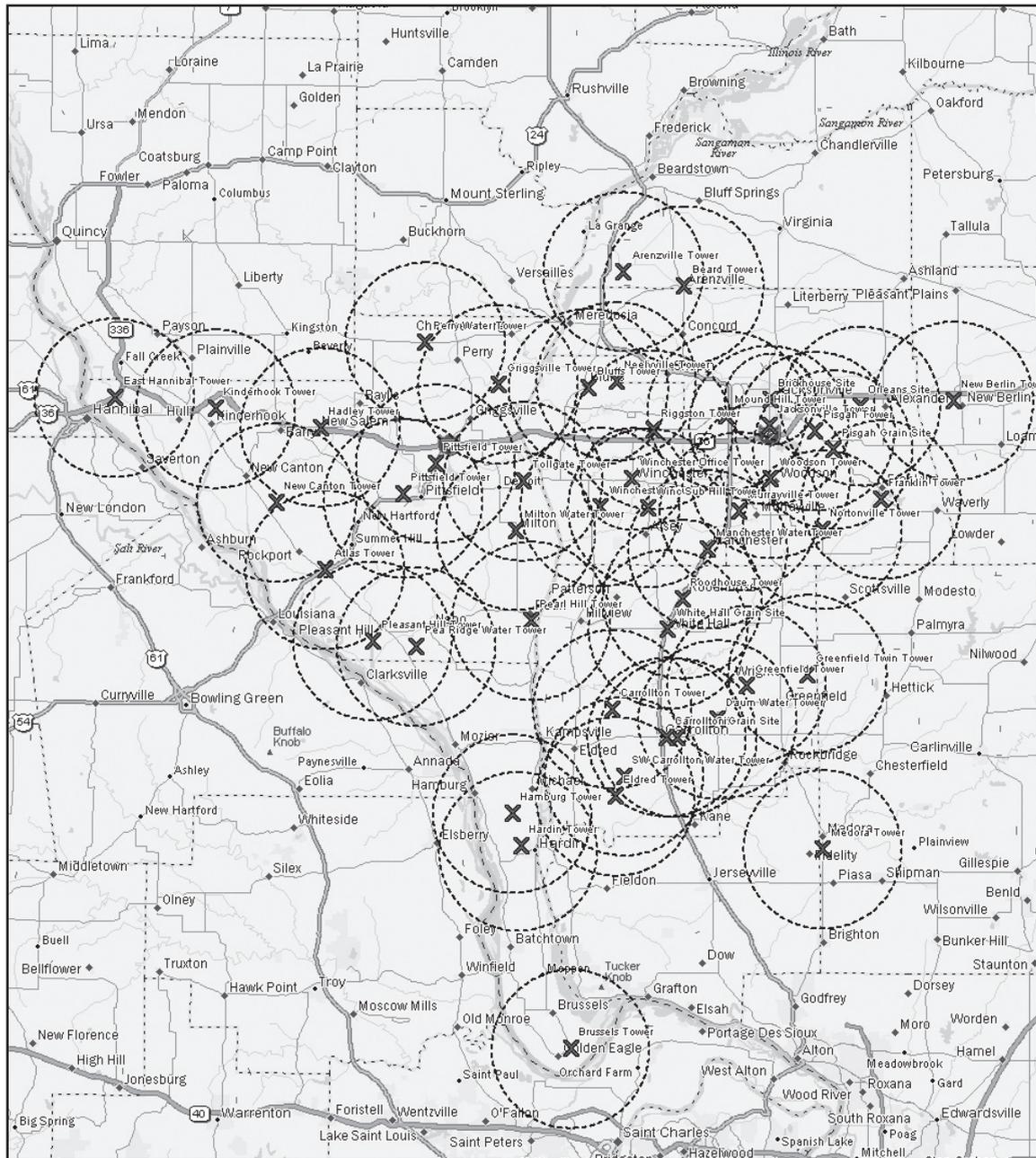


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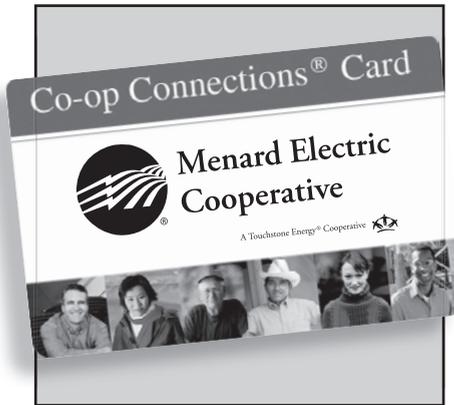
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5 ways to stay healthy with Co-op Connections

Local Co-op Connections Card businesses offer deals on five areas of good health. Read on to discover how you can save while keeping your body in tip-top shape. See our Web site for complete details about these and other offers.



1. Keep those pearly whites in great shape with a visit to Associates in Dentistry in Bartonville and Peoria. Save 5% on all services paid in full at time of service.

The Academy of General Dentistry says that your smile tells dentists a lot about your overall health, including whether or not you may be developing a disease like diabetes. When your mouth is healthy, chances are your overall health is good, too. On the other hand, if you have poor oral health, you may have other health problems. Research also shows that a healthy smile may actually prevent certain diseases from occurring.



2. Need your eyes checked? Bond Eye Associates in Pekin offers 15% off a complete pair of eyewear or sunwear (excludes contact lenses). Bard Optical locations in Decatur, Jacksonville, Lincoln, Pekin and Peoria offer savings of 10% on disposable or specialty contacts and 20-40% on all other eye care products. Preferred program providers receive a reduced exam fee.

WebMD states that most diseases of the eye can be treated if they are found early enough, and recommends an eye appointment every one to two years.



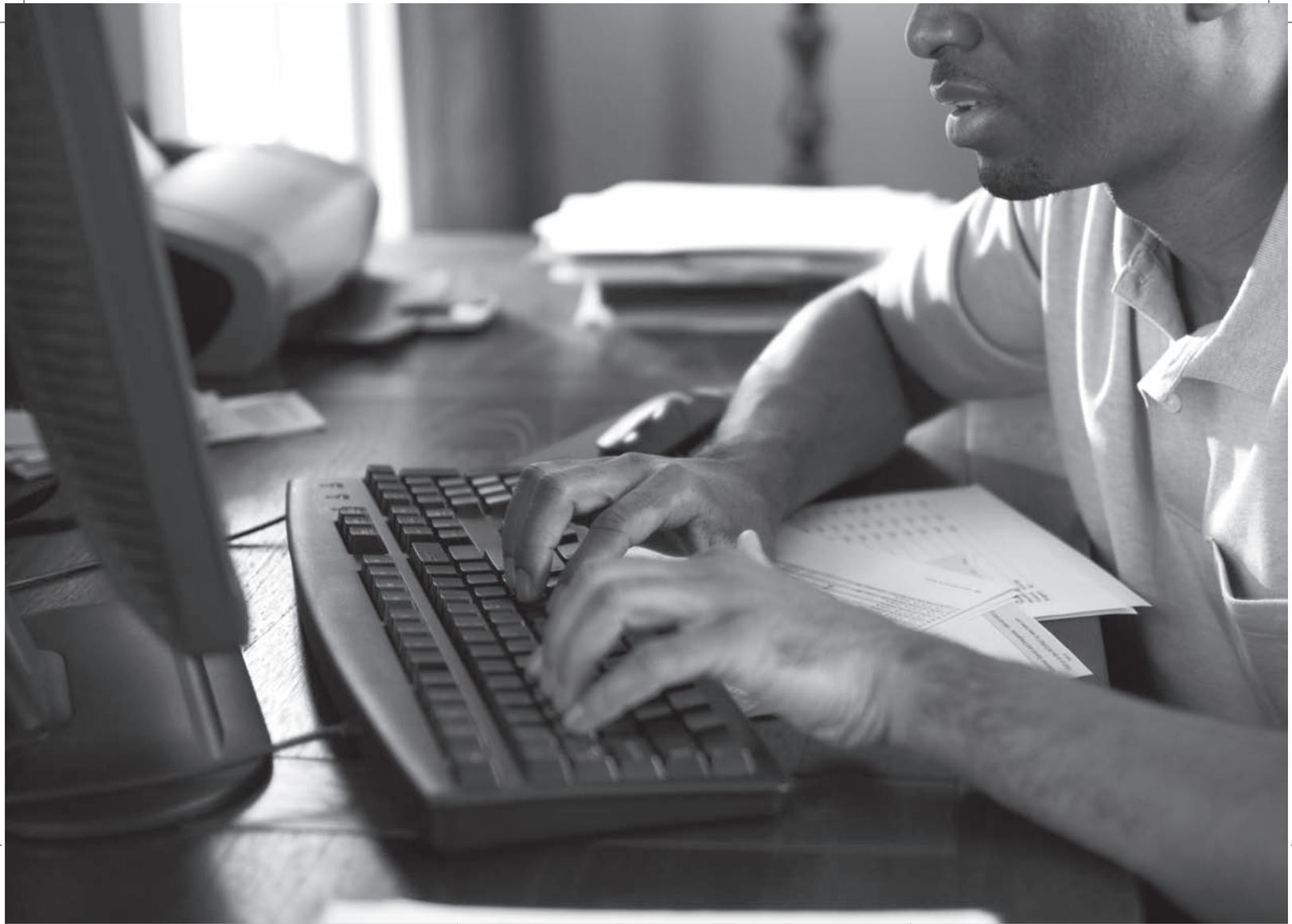
3. Do you visit a chiropractor? Doyle Family Chiropractic in Jacksonville offers 50% off your first visit (some Medicare and insurance restrictions apply) and Reese Family Chiropractic in Jacksonville offers 10% off nutritional products, custom orthotics and support pillows (excludes professional services).

4. Ask your doctor about taking supplements and visit the Medicine Stop of Peoria Pharmacy to save 5% on vitamins, over-the-counter medicines and prescriptions.



5. Keeping physical fitness a part of your life all year round can be a key element to staying healthy. Check out Dunham's Sports in Jacksonville and Peoria for 10% off non-sale purchases (some restrictions apply-see our Web site for details). Visit BikeTek in Springfield to get \$5 off a tune-up to get your bike in top shape for spring and summer riding. Or visit Curves in Petersburg to get 50% off signup and the first month free to start on a new fitness adventure (new members only).

 **Menard Electric Cooperative**
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STICKING TO A BUDGET IS EASIER WITH MY COMPUTER TURNED OFF.

Makes sense. Less power equals more savings. I'm saving \$105 a year by shutting down all the way. What can you do? Find out how the little changes add up at TogetherWeSave.com.

 **Monroe County
Electric Co-Operative**
Your Touchstone Energy® Partner 

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Willie Finds St. Patrick's Day Treasure ... and you can, too!



Replace those old light bulbs
with energy saving CFLs
and grow your Pot O' Green

NORRIS
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ILLINOIS COUNTRY LIVING • March 2010

9



— Everyone likes getting a —
GOOD
REPORT CARD.

We'd like to thank our members for helping us score an "82" in the recent American Customer Satisfaction* Index. Your feedback puts Rural Electric Convenience Cooperative eight points higher than the utility industry average.

Even though ACSI recognizes "customer" satisfaction, RECC members are in fact "owners." That's an important distinction. And it's why we strive to provide a level of service that's second to none.

Naturally, we're honored. But we won't let it go to our head. We'll remain the dependable source of electricity our members never have to think about. Unless, of course, they're being surveyed by the ACSI.

 **Rural Electric Convenience Cooperative**
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Looking out for you.



*ACSI member ratings using the ACSI customer satisfaction survey questions in August 2009 are compared to the ACSI ratings of residential customers of the U.S. largest investor-owned energy utilities.

POWER OUTAGE

If your power goes off, we offer these suggestions

- 1.** Check the fuses or circuit breakers in your service panels. If you have breakers, make sure they are in the “ON” position.
- 2.** If you have a meter pole, check the main breaker panel just below the meter socket. If the breaker is in the “OFF” position, check all of your wiring from the meter pole to your various buildings. If the wiring appears to be okay, reset the breaker to the “ON” position.
- 3.** If you still do not have power, check with neighbors to see if they have power.
- 4.** To report a power failure or other emergency, please phone 1-877-399-8405. This phone number is monitored around the clock, 365 days per year to accept your outage and emergency calls.
- 5.** Your phone call will be handled by SouthEastern’s automated outage reporting system and will be identified automatically through ANI (Automatic Number Identification). An outage record will then be generated for your location. Please note that the phone number from which you place the call will be the number used to generate the record. If the system fails to recognize your phone number, members having touch-tone phones may simply enter their seven-digit phone number (without area code) in order to report the outage. Members not having touch-tone phones will be asked to leave a message. It is important you leave your name, phone number and location of the outage. Retrieving messages and entering them into the system is time consuming; therefore, please leave only a message that will help in restoration of electric service. Do not remain on the line for an operator because a live operator is not there to respond. In order to keep a current listing of all numbers, it is important that you notify the Cooperative of any changes in your telephone number.
- 6.** Handling outage calls electronically allows you to report power failures very quickly. Once your outage has been reported, it will be dispatched to repair personnel who will restore your outage as soon as possible. Calling back repeatedly will not shorten the length of the outage, but may hinder the efforts of other members who are trying to report outages.

Outage Calls Only 1-877-399-8405



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618-273-2611 or 800-833-2611 • Office hours: 8 a.m. - 4 p.m. M-F

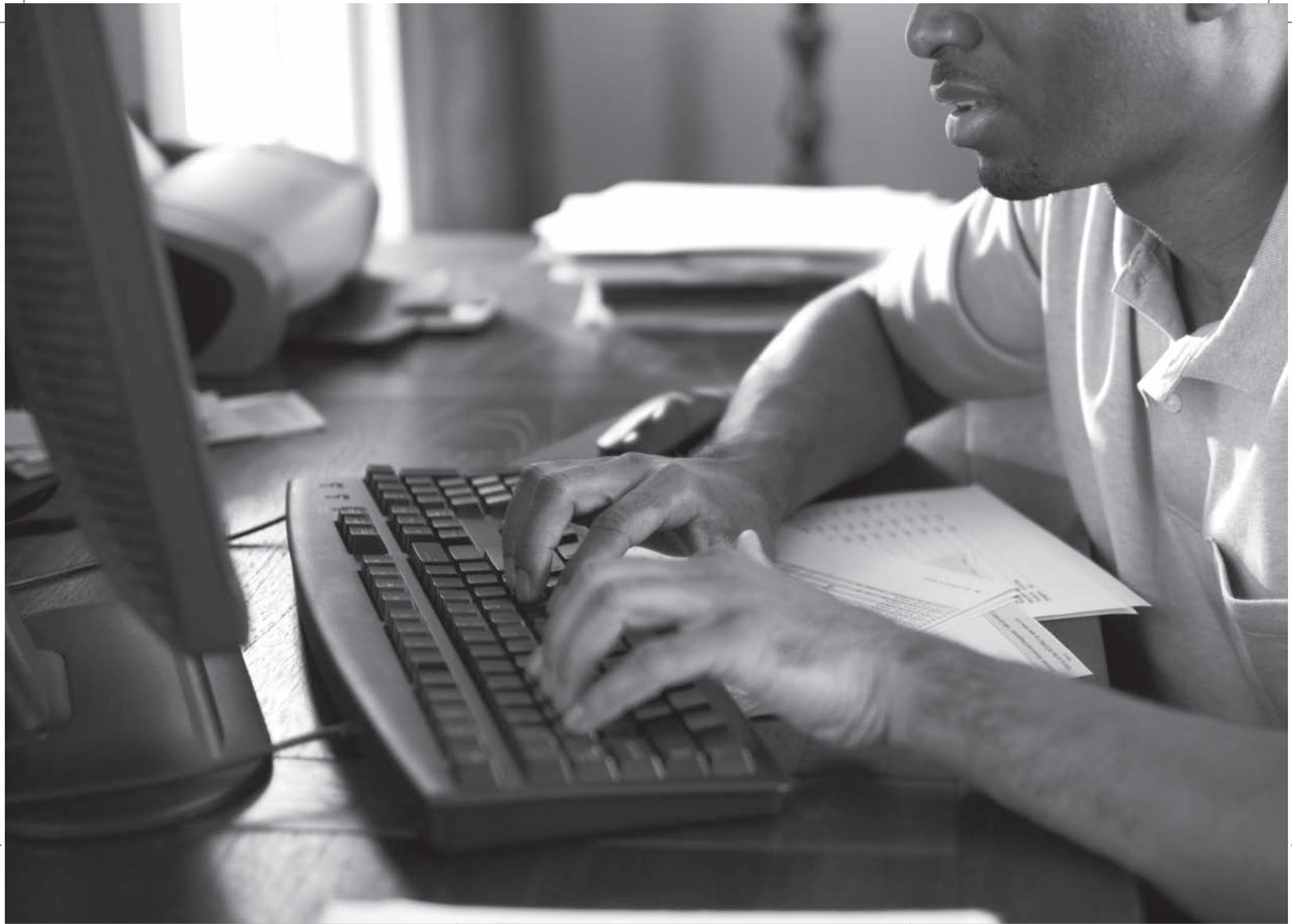


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We'd like to thank our members for helping us score an "81" in the recent American Customer Satisfaction (ACSI) Index. Your feedback puts Illinois co-ops seven points higher than the national utility industry average of 74.

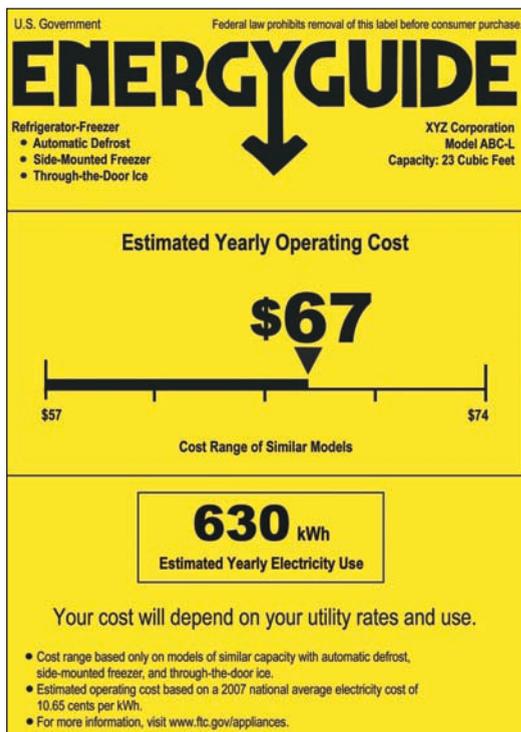
Even though ACSI recognizes "customer" satisfaction, your cooperative's members are in fact "owners," and that's an important distinction. And it's why we strive to provide a level of service that's second to none.

Naturally, we're honored, but it won't go to our head. We'll remain the dependable source of electricity our members never have to think twice about ... unless, of course, they're being surveyed by the ACSI.



*Touchstone Energy ACSI member ratings using the ACSI customer satisfaction survey questions are compared to the ACSI ratings of residential customers of the U.S. largest investor-owned energy utilities.

Rebates available for upgrading to energy-efficient appliances



Illinois residents have the opportunity to earn rebates for purchasing energy-efficient appliances — everything from furnaces to refrigerators — to replace older, inefficient models.

The Illinois ENERGY STAR Appliance Rebate Program is funded by the American Recovery and Reinvestment Act, commonly known as the federal stimulus bill, and the Illinois Department of Commerce and Economic Opportunity. The program is being rolled out in two phases.

The first phase, which started Jan. 31, offers rebates on qualifying heating and cooling equipment and water heaters at participating contractors and retailers. The program will continue as long as funding lasts.

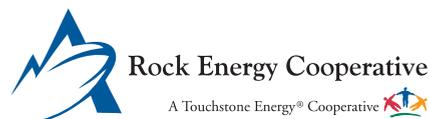
Consumers can receive rebates of \$350 on a gas furnace, \$500 on central air conditioning, \$1,000 on air source

heat pumps, and \$1,200 on gas boilers. A 25 percent markdown is offered on qualifying water heaters.

The second phase runs from April 16–25 and includes point-of-purchase rebates on qualifying refrigerators, freezers, clothes washers, dishwashers, and room air conditioners from participating retailers. This phase is timed to coincide with Earth Day on April 22.

These appliances will qualify for a 15 percent markdown, and consumers will be eligible for a mail-in rebate of \$50 to \$100 when the old appliance is recycled.

For more information on the program, call (877) 782-7005 or visit www.illinoisenergy.org/appliances.



Look for the ENERGY STAR label

When consumers shop for new appliances, it's common to focus on finding a product with an ENERGY STAR rating. But how do appliances get this rating?

Computers and monitors were the first products to receive an efficiency rating from ENERGY STAR, a program launched in 1992 by the U.S. Environmental Protection Agency and U.S. Department of Energy. Since then, more than 60 product categories have been added, from dishwashers to windows and DVD players. According to the program, ENERGY STAR-rated products deliver the same or better performance as comparable models while using less energy and saving money.

For example, qualified refrigerators must be at least 15

percent more efficient than the minimum federal efficiency standard. By pushing for the manufacturing of more efficient products, ENERGY STAR estimates the rating system saved businesses, organizations, and consumers \$19 billion in 2008 alone.

Consumers are taking advantage of the program. A survey by the Consortium for Energy Efficiency discovered that 76 percent of American households recognize the ENERGY STAR brand. Of these consumers, 73 percent purchased an ENERGY STAR product within the last year.

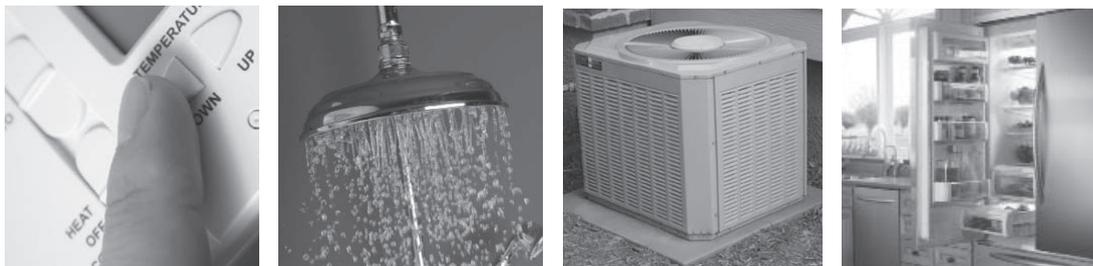
These products can be recognized by their yellow EnergyGuide labels. Check the labels of various models before you buy. The difference on your monthly utility bill can be significant, especially when

considered over the 10- to 20-year life of the appliance. So you could save money in the long run by choosing a model that's more energy-efficient, even if the purchase price is higher.

To learn more about the ENERGY STAR program, visit www.energystar.gov.



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The **POWER** of **Community**

Illinois co-op leader shares his insights on Haiti and Guatemala efforts

By Jonie Larson

The online promotion for the Hotel Montana shows beautiful gardens, gleaming tile floors and a picturesque view. It's described as a place to socialize and dine, rest and dream, relax and enjoy. While it's not pictured, in reality it's protected by walls and guards – a secure haven for visitors. And that's exactly what Bruce Giffin, General Manager for Illinois Rural Electric Cooperative, observed on one of his trips to Haiti

Below: Members of the Fairfax County Urban Search and Rescue scale the collapsed Montana Hotel during rescue operations in Port-au-Prince, Haiti, Jan. 14. The inset photo of the hotel was taken a couple years ago.

with the National Rural Electric Cooperative Association (NRECA) International Foundation.

But the beauty of the well-developed Web site belies the horror that recently occurred at the hotel and the impoverished city around it. Today, it rests in ruins on the hillside just above Port-au-Prince. Reports say more than 100 people, as many as 200, died in the hotel as the earth shook and brought the walls down on Jan. 12.

A Web posting alert says the hotel is closed until further notice. A photograph taken by the U.S. Navy pictures it as nothing but a heap on the ground.

The quake, measuring a magnitude of 7.0 on the Richter scale, caused immeasurable devastation in the capital city, claiming an estimated 150,000-200,000 lives. Housing, which was meager to begin with, is nothing more

than rubble. Any infrastructure – including power lines – is in ruins.

Many humanitarians in the world are rushing to the rescue of the injured people and orphaned children. And experts have teamed up and traveled to the broken country to assess the damage. Electric co-op employees are among them.

About a week following the natural disaster, the NRECA International Foundation sent a four-person rapid-response team to Haiti to assess the damage of the electric power sector. They had two assignments: Do a quick appraisal of short-term measures to repair critical segments of the electrical power system and secondly, to identify emergency power needed at rescue centers such as hospitals, health centers and refugee camps. While there, they have been



Photo by Bruce Giffin

Photo by U.S. Navy

able to install several emergency generators and have visited more than 4,000 poles to assess damage.

The NRECA International Foundation has been present in Haiti since 1998, one of 12 countries in the world where the cooperative organization is helping establish electric cooperatives. In its endeavors that year, the NRECA International Foundation established its first electric cooperative in Haiti in the small town of Pignon, about 80 miles from Port-au-Prince.

While the epicenter of the quake was near the hotel in Port-au-Prince, Pignon was not directly affected. However, according to Ingrid Hunsizker, Senior Program Manager for the NRECA International Foundation, Pignon is now a refugee point, with Pignon Cooperative President Caleb Lucien, helping the needy in every way possible.

Giffin, who has been an active participant in the foundation's efforts, spent more than a week in Pignon on two occasions, once in 2007 and again in 2008. His mission was to give technical assistance and guide the new co-op board toward sustainability.

More recently, from Jan. 20-24, Giffin was in Guastatoya, Guatemala working for the NRECA, where he carried out a similar role. The NRECA International program covers the cost of transportation, means and housing for all volunteers. Three of his linemen were on that trip, too: Chad Gregory, Kenny Roundcount and Mike King. They returned at the end of January.

Giffin says the rewards of volunteering are two-fold, with those going, getting as much as they give. He says a trip to either place will change your life.

In attempting to compare U.S. culture with that of either country, Giffin shares a glimpse into his childhood. He says he lived in North Danville, Vt. when Dwight D. Eisenhower was president. Just two miles out of town, he said his family didn't have electricity. In a similar way, when you go to Guatemala or Haiti, houses out in the country don't have electricity.

"I'm probably one of 5,000 living people who have ever been up to this little community called, Correal



It takes hours to travel the "National Highway" in Haiti. Here it is seen a couple days after a rain. — Photo by Bruce Giffin

Viejo, literally on top of a mountain in Guatemala." he says of the rural regions. Women and children there work in agricultural plots, a three-hour daily walk up and down the mountain. There is no school. In places like that, people's lives change enormously when they get lights.

But even a short trip to volunteer in one of these remote locations will leave a lasting impression – from friendship to appreciation.

One of the indelible marks of a trip to a developing country is that travel on U.S. roads is more than a comfort.

"The roads up the mountain are terrible. It's a wonder we made it." Giffin said. "And in Haiti, the 80-mile trek from Pignon to Port-au-Prince takes over five hours on the 'National Highway.'"

But it's not necessarily the hardships of the Haitians or the Guatemalans that change the volunteers. It's the people.

Giffin explains, "There are cultural differences, but the same is true here." What makes the trip special is that you have the opportunity to help these people – to help them learn; to help

Kenny Roundcount and Mike King, linemen from Illinois Rural Electric Cooperative, both wearing red shirts, help set a pole in Guastatoya, Guatemala. A third lineman, Chad Gregory, was also on the NRECA International sponsored trip. — Photo by Bruce Giffin





Wilbur, a line technician, gives a thumbs up when a transformer he replaced made the connection, bringing light to Pignon, a village 80 miles from Port-au-Prince. — Photo by Bruce Giffin

them become self-sufficient.

Speaking with conviction, Giffin shares genuine concern for the conditions of these countries, particularly Haiti – before and after the quake. He said Port-au-Prince used to be “a city of two- to three-million people with two- to three-working stoplights.” He describes it as a place of “desperate squalor.”

He says all of the good intentions of those who have helped Haiti through the years do not go unnoticed, but in many ways the aid has unintended consequences.

“We (meaning the rest of the assisting world) have created a dependent society,” Giffin says, noting the streets were lined with people who had nothing to do. That, coupled with the fact that many have limited education – not beyond the fourth or fifth grade – puts the Haitians at a disadvantage.

The quake has rightfully turned all the world’s attention to helping the survivors with basic needs. But to rebuild will take a greater vision. Giffin says incentives need to be created so it’s in the people’s interests to work:

building roads, infrastructure and solving problems of deforestation. He says all of these projects could create jobs for the people and make them more independent.

The goal of the NRECA International program mirrors Giffin’s understanding in many ways. It’s not a program equipped to support other countries. Its intentions are to reach out with brotherly arms and enlighten, giving others an opportunity to have better lives. It’s all about hands-on training.

Giffin is happy to help with that. He points out a poster on the wall of Illinois Rural Electric’s offices – the same poster one would find in Pignon. It reads in French: Cooperative Electrique de Pignon. The first sentence is written in Creole, but the value is the same as its American cooperative counterpart: “The cooperative exists to make the lives of the people better.”

Giffin’s linemen are just as committed to the mission. King, who just returned from Guatemala says he was the first to raise his hand when the opportunity to go was extended.

“It was worth every minute,” King says. He made friends, learned a little Spanish and found out that linework is linework, no matter where you do it. The conditions were not ideal. It was hot and very dry, much like the desert. But the biggest eye opener was the equipment.

“It made me appreciate the trucks and the tools (back home)” King says.

Katalina Mayorga, Project Coordinator for the NRECA International Foundation, was in Guatemala and got to witness some of the first equipment handed out to the local electric crews employed. The Guatemalan linemen were using machetes to cut down cacti, brush and trees. They wore no gloves or hard hats. And the trucks they use to haul poles from the mill are often pickups borrowed from family members.

Seeing the need, the NRECA Foundation brought in hard hats right away and showed the workers how to assemble them. And work gloves are being provided by Illinois Rural Electric Cooperative. They were to be presented to Santiago Davila Mo-

rales, Assistant General Manager for the electrical company of the municipality of Guastatoya, at this year's NRECA annual meeting in February.

John Freitag, Vice President of Operations for the Association of Illinois Electric Cooperatives and Jim Thompson, Manager for Adams Electric will also soon play a role in teaching linemen in Guastatoya. The two have planned an initial trip to the city to survey the area for a lineman's training school. They will go in early March.

If given the opportunity, King will go back to Guatemala or he would volunteer in Haiti.

"I would sign up every time," he says, noting that it would be a gift to help those less fortunate.

"I try to pay it forward," King says.

His attitude and others like him are exactly why Giffin believes in the program. He spoke from the heart about the character of his crew.

"We send these guys and they become part of a bigger community. We are saying, 'You guys are good enough to represent us anywhere.'

How well are they accepted there? "Just Fine. These are thoroughly authentic people," Giffin says of his men. "They are well-grounded. They are OK in their own skins. No pretense. They are there to give a helping hand. My guys get to know these guys individually. It's enormously rewarding to help someone learn to do something."

In his report to the Illinois Rural Board of Directors, Giffin says he quipped with the mayor of Guastatoya about his intentions in helping them. The mayor accused him of being a nice guy. Giffin wrote in his own words: "... the mayor looks at me, with a slight smile, and says another mayor had asked something to the effect: 'What's with these U.S. cooperative guys sending crews and material? Nobody is that nice.'"

To that Giffin responds: "So, I tell the mayor, I'm not so nice. I'm pretty calculating."

The bottom line for Giffin is this.

"I send good guys there, I get better guys back."

And, in turn, the world gets a little brighter. Literally.

NRECA International Programs: Lighting the World

NRECA International Programs and volunteer linemen are building electric distribution lines in Bangladesh, Bolivia, Costa Rica, Dominican Republic, Guatemala, Haiti, Nigeria, Philippines, Senegal, Southern Sudan, and Yemen. As this map shows, co-op linemen are working around the world to provide power.

Did you know?

More than 2 billion people live without electricity—64 million in Latin America, 500 million in Africa, and more than 1 billion in Asia.



Learn more at NRECAFoundation.coop

Source: NRECA International Programs, ShareAlike



Myk Manon, head of the NRECA International emergency response team in Haiti, and Bud Stanley, inspect a downed power line on a street in Port-au-Prince. — Photo by NRECA International

HELP HAITI

Members wanting to donate to the Haiti Relief Effort of the NRECA International Foundation. Go to www.nrecafoundation.coop to make your contribution today. Donations will be used to help with the initial electrical relief assessments and future and potential electrification reconstruction efforts. All donations received through our Web site will be marked for the Foundation's Haiti Relief effort (until further notice). You can also mail a check to NRECA International Foundation, 4301 Wilson Blvd. Arlington, VA 22203. Please indicate in the memo "Haiti Relief Fund." (As always, all donations are tax-deductible.)

Keep your farm family safe

Stay at least 10 feet from power lines with large farm equipment

The need to cover more acres in a day has led many farmers to acquire cultivation, planting and crop protection equipment that is larger than designers of roads and utility infrastructure ever imagined. As an example, the new John Deere planter with 48 seed boxes is 120 feet wide and provides efficiencies for large farming operations. But such a family of farm equipment provides challenges when moving from field to field, or even entering fields bordered by overhead utility lines.

Extension agricultural engineer Jay Solomon, a member of the Energy Education Council's Safe Electricity Task Force, says, "A planter that folds and unfolds up and over itself can extend high into the air and contact electric distribution lines that could energize the planter, the tractor and threaten the life of the operator."

Even planters that extend row markers can snag power lines. But spring planting is not the only time that farm equipment reaches high off the ground. Crop protection equipment, such as self-propelled sprayers with 40 and 60 foot length booms can easily pull thousands of volts into the equipment by touching a power line when being prepared for use or stowed for movement between fields.

Another spring hazard to farmers who have on-farm grain storage is the potential for grain augers to contact overhead utility lines when they are being prepared to unload bins into semi-trailer trucks. Such contact can energize the auger, allowing electricity

to flow through the drawbar hitch into the tractor. An operator exiting the tractor can be critically or fatally injured by the current when the instant they step to the ground.

Lives and limbs are lost every year to inadvertent electrical contact by farm operators. Your 2010 pledge to yourself, your family and workers should be to faithfully use safety procedures in all facets of your farming operation.

Solomon advises farmers to keep equipment

more than 10 feet below, above, and to the sides of the overhead utility lines. He says, "Many farm electrical accidents involving power lines happen when loading or preparing to transport equipment to fields, or while performing maintenance or repairs on farm machinery near lines. It can be difficult to estimate distance and sometimes a power line is closer than it looks. A

spotter or someone with a broader view can help."

Your second priority, if contact is made, is to stay in the cab of the tractor or sprayer and call for help. While your instinct may be to step away, doing that could be deadly. Using cell phones, two-way radios, and anything else you can do to draw attention will be important in preventing a family tragedy. That includes warning others to stay far away until the utility linemen have the chance to cut off the current and provide guidance in untangling from the line.

When row markers, spray booms or augers come too close to the wire it is possible for the electricity to arc or jump to the equipment which serves as a conductor. An operator in contact, who is standing on the ground, or steps down when exiting a cab, will serve as the path of the electricity to the ground.

Tragedies can also occur even when the equipment does not come in contact with an overhead wire. Turning at the end of a field, particularly with large equipment, can also cause the equipment to hook or snap a guy wire that helps to anchor utility poles. Solomon says pole guy wires are grounded to the neutral wire, but, "When one of the guy wires is broken, it can cause an electric current disruption. This can make those neutral wires anything but harmless. If you hit a guy wire and break it, call the utility to fix it." ■



"Your 2010 pledge to yourself, your family and workers should be to faithfully use safety procedures."

Molly Hall is the Director of Safe Electricity. E-mail: mollyh@illinois.edu and more electrical safety information for agriculture, visit the agribusiness section of www.SafeElectricity.org.





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How to keep weeds at bay

Healthy turf management can reduce weed work

Hopefully during this month, the temperatures will warm, the sun will start shining again and the grass will start growing.

Unfortunately, the weeds will also start sprouting up all over the place.

Some weeds are as annoying as houseflies. Think violets. Think clover. In some situations, you don't care that they are there and growing.

Other weeds make you think they are more annoying than they are. By the time you reach adulthood and start taking care of a lawn, dandelions become the scourge of the turf grass. Yet, as a child, you reveled in picking the flowers and making chains out of the flower stems.

Today, nothing pleases me more than popping a dandelion out of the lawn and flowerbeds with a dandelion fork, hearing the hollow sound reverberate nearby as the root is sucked out. On the other hand, seeing the roadside ablaze with thousands of golden flowers blooming from this imported weed is breathtaking. Even watching the delicate seedpods blow in the wind makes you appreciate nature.

Others are more annoyingly aggressive, spreading all over the place. There are few people who appreciate creeping Charlie, a.k.a. ground ivy. Crabgrass, come July and August, is just as bad. And tall fescue in a bluegrass lawn is just as bad.

Dandelions are my arch enemy. If clover shows up, it gets to stay. Besides looking just so cute, it attracts the bees. Violets are great while they bloom, but are dug out if they start to spread. Creeping Charlie is always a nemesis.

True, one dandelion isn't as big a problem as a

100. But are 10 plants that much better? Or worse?

Our urban friends tend to be shamed into lawn care by neighbors, television ads and the bombardment of lawn care service companies. Rural friends just appreciate something green on their property. To this date, even with all my experience, I can't distinguish between dandelions, crabgrass and turf grasses at 55 miles per hour traveling down rural roads. (Well, if the dandelion is blooming, I can.)

In some cases, your philosophy, which is shared by this author, could be to keep your yard

looking better than your neighbors. If they have 50 dandelions, it's acceptable for you to have 25.

Still, if you are one of those that prefer a yard that is absolutely 100 percent turf grass with no extraneous plants of any type, that's perfectly acceptable, as long as you realize that not everyone thinks the same.

My neighbor once told me when I commented that there seemed to be more dandelions in their yard compared to the previous year, that they wouldn't mind it one bit if I wanted to take the time to dig them out. They would even lend me their dandelion fork.

Yet, all these turf weeds are weak competitors compared to the one truly weedy plant in the lawn – the grass itself.

Bluegrass, tall fescue, and Zoysia are tough competitors. When they get going, they'll run rough shod over just about any other thing. You've seen how they can take over an unsuspecting flower garden, the vegetable plot or even the sidewalk.

Trouble starts when the grass isn't as strong as it should be. Anything to encourage good grass growth means poor weed growth, which means a green lawn without lots of work and the potential use of chemicals.

Which brings us to a point about chemicals – use them with some discretion. Make sure you have a severe enough problem to warrant their use, after exhausting all other type of controls such as encouraging the turf grass and/or using a fork, rake, shovel or hoe.

Consider spot treating established weeds instead of applying chemicals all over your yard where you might not have weeds. It doesn't take any more time to spot treat than it does to walk the entire yard behind a spreader or with a sprayer on your arm.

And, always, always, always, always read the instructions carefully and follow them to the letter before applying pesticides to the yard. ■

“Anything to encourage good grass growth means poor weed growth.”

David Robson is an Extension Educator, Horticulture, at the Springfield Extension Center, University of Illinois Extension, P.O. Box 8199, Springfield, IL 62791. Telephone: 217-782-6515. E-mail: drobson@uiuc.edu.





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Imperial - 00165
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5th Avenue - 00155
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w/verse "Life is not measured by the breaths we take, but by the moments that take our breath away" - 00332
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Blaylock Express - 00383
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Thomas Kinkade's Seasons of Reflection - 00114
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Hawaiian Sunsets - 00181
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Serenity - 00100
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John Wayne: An American Legend - 00204
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Care Bears w/verse "Have a Rainbow Day" - 00335
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Blue Safety - 00027
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Scroll - 00044
One image. Burgundy Leather Cover - 00030-004 Labels - 00032-008

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Maxine w/verse "I tried paying my bills with a smile. They wanted money." - 00234
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Leather Cover - 00151 Labels - 00055

Moments of Majesty - 00001
Leather Cover and Labels - 00001

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Garden Graces w/verse "Live well, laugh often, love much!" - 00172
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Prayers of Serenity w/verse "Trust in the Lord with all your heart" - 00194
Leather Cover and Labels - 00194

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Leather Cover and Labels - 00017

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Energy Efficiency Commandment No. 3

'Thou shalt cool it' - Now is the time to prepare for summer

I wish I had the power to command no more ice storms. But, of course, I don't. I am aware that many of our readers have been affected by the ice storms. In fact, the ice storm of 2009 was the worst that I have ever seen. When this happened, it just made me really aware of how much we depend on this wonderful product we call electricity.

Let me take this opportunity to say to every single person who worked so many hours to restore electric distribution systems that originally took decades to build – thank you, thank you, thank you.

But, as always, life goes on and it is still important that you make your home more energy efficient, especially with summer on the way. In just a few weeks, the temperature will start rising and attics will become much hotter.

Well, I say, "cool it."

The worst-case scenario for home energy efficiency is to have a roof without shade, inadequate attic insulation and ductwork in the attic. The attic could easily be 140 degrees on a hot summer day.

How would you like to sit in that attic and try to make homemade ice cream? Most likely you would keel over before the ice cream was ready.

Now, do you understand why it is better not to place any part of your cooling system in the attic? For years I have been teaching this, but most builders still install the cooling system in the worst possible environment.

So, let's look at one solution.

If you will install a radiant barrier on both the roof rafters and the west or southwest gable end of the attic, you can reduce the 140-degree temperature by about 30 degrees. From a cooling cost standpoint, this is huge. The attic is 30 degrees cooler, the insulation is 30 degrees cooler and the ductwork is 30 degrees cooler.

Basically, this radiant barrier is a strong, reinforced aluminum foil and should be installed on the bottom of the rafters. It comes in 1,000-square-

foot rolls. Check with your local home center for availability or call me at 501-653-7931 and I will help you. For new construction, the radiant barrier can simply be a part of the roof decking.

If you need more insulation and a radiant barrier, promise me you'll install it soon. If you wait until summer to work in your attic you could have a major melt down.

I look forward to writing this column every month. And I think that you can tell my heart is in it. Many of you have told me at my seminars, on my radio show and at my office, that you have implemented my suggestions and that they work.

Actually, I never even think about them not working because they always do. They always have a payback and once again, they are good investments.

About a week ago, my wife and I were at our favorite sandwich shop to order a toasted turkey sandwich. A family of four was in line ahead of us. The wife just kept looking at us and finally she just blurted out, "Are you Doug Rye?" To which I replied, "Does that scoundrel owe you money, too?"

She grabbed her husband's arm and said, "Honey, Doug Rye is here, right behind us." I have to admit that I like it when this happens. He shook my hand and told me that he was so glad that a subcontractor suggested that he order the Doug Rye New House video before they started construction.

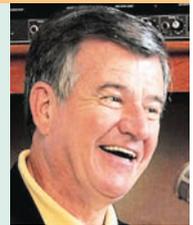
He and his wife watched the video every night for several nights to be sure that their house was built correctly. Actually, his words were, "We did it and it worked." He then thanked me. Isn't that great? I was able to help another family, just like I help you with these columns.

Now, I was hoping he would offer to buy me a sandwich with the money he saved. Oh well. I guess I better "cool it." ■



"The worst-case scenario for home energy efficiency is to have a roof without shade, inadequate attic insulation and ductwork in the attic."

Doug Rye, the "Doctor of Energy Efficiency-the King of Caulk and Talk" can be heard on several different Illinois radio stations. Or you can go to his Web site at www.dougyrie.com, e-mail him at info@philliprye.com, or call 501-653-7931. You can also sign up for a free newsletter and order his "how to" videotapes.



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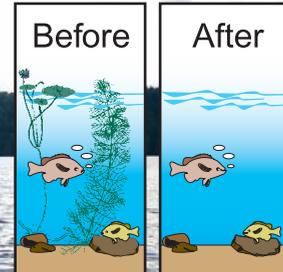
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Lighting your home with style and efficiency

Recessed lights have been popular for decades, and remain the lighting fixture of choice for overhead lighting. As with any other product in the home, some recessed light fixtures are more energy efficient than others. Efficient options can use 80 percent less electricity than inefficient versions and provide the same amount of light output with practically the same appearance.

Recessed light fixtures are unique because they penetrate and are mounted in the ceiling of a room. From an energy conservation standpoint, this is not an issue when installed in the first floor ceiling of a two-story house. However, if fixtures are installed in the second-story ceiling or the first floor ceiling of a one-story house, a hole is created between a conditioned living area and the open, unconditioned attic area.

Without an efficient design and proper installation, a recessed lighting fixture allows conditioned air to leak out of the house.

There are new energy efficient recessed light fixture designs that meet Energy Star standards. All of these fixtures use fluorescent light sources instead of inefficient incandescent bulbs. This fact alone reduces electricity consumption by 75 percent. The inside surface of the new fixtures is also more reflective than older inefficient versions.

For fixtures in ceilings where indoor air leakage seems likely, select a new airtight design with a sealed canister. The sealed airtight recessed fixture canister, when installed properly, forms an airtight seal between the ceiling and the fixture.

As a safety note, if you already have recessed lighting fixtures in your home, do not go up into the attic and wrap them with insulation to try to save energy. Wrapping older fixtures with insulation can hold in too much heat, particularly when standard incandescent bulbs are used. The excess heat buildup can become an electrical or fire hazard.

If a recessed light fixture will be installed in a ceiling under an insulated attic floor, select an insulation contact-rated (IC) design. These fixtures are designed to touch insulation without overheating the fixture.

To brighten an entire room, downlighting can be quite effective. In a normal-height ceiling, a four-foot spacing of recessed light fixtures provides an even lighting pattern at floor level. Typical six-inch-diameter fluorescent fixed vertical fixtures work well for downlighting. If you'd like to dim some of the lights, consider installing a second



Adjustable eyeball recessed light fixtures are ideal to focus light on a specific object on the wall or floor.

circuit and dimmer switch with incandescent bulbs in those fixtures.

For task lighting, a single fixed vertical fixture directly over the work area seems effective. Wall wash recessed lighting can be used to accent a painting or other wall hangings. For a sloped cathedral ceiling, install an angular recessed IC model fixture.

The following companies offer efficient recessed fixtures: Capri Lighting, (800) 234-1890, www.caprilighting.com; Cooper Lighting, (770) 486-4800, www.cooperlighting.com; Juno Lighting, (847) 827-9880, www.junolighting.com; Lightolier, (800) 215-1068, www.lightolier.com; and Sea Gull Lighting, (800) 347-5483, www.seagulllighting.com.

Send inquiries to: James Dulley, Illinois Country Living, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

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You are invited to take advantage of a discount program on CFL bulbs! Remember, qualified Energy Star CFL bulbs use about two-thirds less energy and last up to eight times longer than standard bulbs. For additional information and a list of stores participating in the discount program, visit www.aiec.coop.

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Ratatouille Pie

- 1 C. chopped zucchini
- 1/2 C. chopped tomato
- 1 med. garlic clove, chopped
- 3/4 tsp. salt
- 1/2 tsp. thyme
- 1 C. shredded Monterey Jack cheese
- 1/4 C. sour cream
- 3 eggs
- 1 C. chopped, pared eggplant
- 1/4 C. chopped onion
- 1/4 C. margarine
- 1/2 tsp. dried basil
- 1/8 tsp. pepper
- 1-1/4 C. milk
- 3/4 C. biscuit mix

Heat oven to 400°. Lightly grease a pie plate. Sauté vegetables and garlic in margarine in a 10-inch skillet, stirring until crisp and tender (5-10 minutes). Add seasonings. Spread in the pie plate. Sprinkle cheese over the top. Beat sour cream, eggs, eggplant, onion, margarine, basil, pepper, milk and biscuit mix together with a hand mixer. Pour into the pie plate. Bake for 30-35 minutes or until a knife inserted into the center comes out clean. Let stand for 5 minutes.

Best Ever Cheesecake

- 1 (16-oz.) ctn. sour cream
- 3 (8-oz.) pkgs. cream cheese
- 3/4 C. sugar
- 1/2 tsp. vanilla
- 1 tsp. lemon juice
- 5 eggs
- 1 pkg. refrigerated crescent roll dough
- Cinnamon

Blend sour cream, cream cheese, sugar, vanilla and lemon juice together. Beat in eggs, one at a time. Spread the crescent roll dough on the bottom of a 9x13-inch pan. Gently pour the cheese mixture onto the dough. Sprinkle with cinnamon. Bake at 350° for 50 minutes.

Best Ever Cheesecake

Hot Jezabel

- 1 C. apricot preserves
- 1/4 tsp. horseradish
- 1 tsp. freshly ground black pepper
- 1 C. pineapple preserves
- 3 tsp. dry mustard
- 1 (8-oz.) pkg. cream cheese

Combine the apricot preserves, horseradish, black pepper, pineapple preserves and dry mustard together. Store in the refrigerator in a covered jar. To serve, place cream cheese on a serving tray and top with 1/3 C. of sauce. Serve with crackers. Strawberry preserves can be substituted for the apricot preserves.

Bean Soup

- 1 lb. dried beans, any variety
- 1 C. chopped celery
- 4 T. chopped parsley
- 3 T. tomato paste
- 1/3 C. olive oil
- 8 C. water
- 1 C. diced carrots

In a large stockpot, soak the beans in water overnight. Drain and rinse in cold water. Return to pan, cover with 8 C. water and bring to a boil. Reduce heat and simmer for two hours or until the beans are tender. When cooked, add remaining ingredients and simmer for 30 minutes.



Heartland Saddle Club Cookbook

Who: Heartland Saddle Club, Arenzville, IL

Cost: \$10, plus \$3 shipping

Details: soft-backed, spiral-bound

Pages of recipes: 70

Send checks to: Connie Nordsiek,
12129 Virginia Road, Arenzville, IL 62611
or call 217-997-2150.

Mexican Dip

Mexican Dip

- 1 can refried beans
- 1 (8-oz.) ctn. sour cream
- 1 envelope Hidden Valley Ranch
Fiesta Ranch dip
- 1 C. shredded cheese
- Shredded lettuce
- 1 tomato, diced
- 1 bunch green onions, diced
- 1 sm. can black olives, sliced
- 1 pkg. Fritos or tortilla chips

Mix together the sour cream and Fiesta dip mix. Layer in an 8x8-inch baking pan, refried beans, sour cream mixture, shredded lettuce, shredded cheese, tomato, green onions and black olives. Refrigerate for an hour and then serve with Fritos or tortilla chips.

Soda Cake

- 1 can orange soda
- 1 box orange cake mix
- 1 ctn. whipped cream

Mix soda with cake mix. Pour into a greased baking pan. Bake at 350° for 25-30 minutes or until a toothpick inserted in the middle comes out clean. Top with whipped cream or your favorite icing. Have fun with this recipe. Use any flavor soda and any flavor cake mix you desire.

Cheesy Pizza Potatoes

- 1 (7-oz.) pkg. au gratin potatoes
- 2 T. butter
- 2-3/4 C. boiling water
- 1 C. milk
- 1 lb. Italian sausage
- 1 (8-oz.) can pizza sauce
- 1 (4-oz.) jar sliced mushrooms, drained
- 1 C. shredded Mozzarella cheese

Heat oven to 400°. In an ungreased 9x13-inch glass baking dish, combine potatoes, sauce packet, butter and boiling water; mix well. Stir in the milk. Bake for 25 minutes. Cook Italian sausage in a large skillet over medium heat until cooked, stirring frequently, drain. Stir in pizza sauce and mushrooms. Remove baking dish from the oven. Stir potatoes gently. Spoon meat mixture over potatoes. Sprinkle with cheese and onions. Return to the oven; bake an additional 10-15 minutes, or until potatoes are tender and cheese is melted. Let stand 5 minutes before serving to thicken sauce.

Cabbage Casserole

- 1 head cabbage, chopped
- 3 C. shredded Cheddar cheese
- 20 butter flavored crackers, crushed
- 1 can cream of celery or cream of mushroom soup
- 1/4 C. butter or margarine
- 1 can French Fried onions

Boil cabbage in salted water for 14 minutes; drain. Place a layer of cabbage in a buttered casserole dish. Layer half the soup and half the cheese; half the French fried onions and half the crackers, then layer everything a second time using the rest of the ingredients. Dot with butter. Bake at 350° for 1 hour.

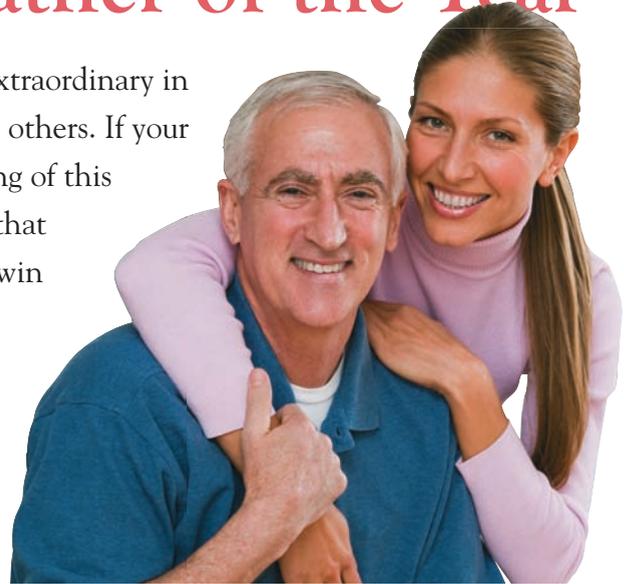
Photos by Catrina McCulley Wagner

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an archive of past
Illinois Country Living recipes.

Nominate a father for Illinois Country Father of the Year

While every father is special, some are just extraordinary in their willingness to help their families and others. If your dad or another man in your community is deserving of this honor, nominate him. Tell us in 500 words about that special dad, what he does and why he deserves to win the title.

Plus, complete the following form and send it along with your essay. If sending your essay by e-mail, just include this information, also.



His Name			
Address	City	State	Zip
In which Illinois electric cooperative territory he resides			
Organizations to which he belongs			
Person nominating him			
Relationship to the nominee			
Your phone number with area code			
Nominee's phone number with area code (we would contact him only if he wins)			

Rules: The contest is open to any father served by an electric cooperative. No purchase is necessary. The winner will be selected by committee, and featured in the June edition of the Illinois Country Living magazine.

All nomination letters submitted will be published in June on Illinois Country Living's Web site at www.icl.coop.

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How to place an ad:

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- 4) Mail to: Illinois Marketplace, P.O. Box 3787, Springfield, IL 62708, by deadline.

Deadlines: May issue – March 19;
June issue – April 20.

We reserve the right to reject any advertisement. Ads postmarked after the deadline will be placed in the next available issue.

Join America's Greatest Recipe Swap!

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The image shows a computer screen displaying the Just a Pinch website. The website has a navigation bar with 'Home', 'Recipes', 'My Kitchen', 'Town Square', and 'Jane's Kitchen'. A featured recipe for 'Chocolate Bundt Cake' by Danielle Lorton is shown, with a 'SAVE 75%' coupon. Below the recipe are instructions: '1. Preheat oven to 325 degrees F. Grease and flour 10 inch Bundt pan. 2. Sift flour, baking powder, salt and cocoa. 3. Bake at 325 F for 70 minutes or until brown.' To the right of the screen are several 'SAVE 50%' coupons. The Just a Pinch logo is in the top right corner, and the website URL 'www.justapinch.com' is at the bottom right.

The advertisement features a cartoon character of a king wearing a crown and a red and white outfit, standing on a yellow background. To the right, the text reads: 'Call the **Roof King** for your Mobile Home Roofing Needs!' followed by the phone number '1-800-748-0645'. Below this, it says 'Mobile Home Super Insulated Roof Over Systems' and '40 Year Warranty'. At the bottom, it says 'Factory Direct from Roof King' and provides the website 'www.roofking.net'. Logos for VISA and MasterCard are also present.

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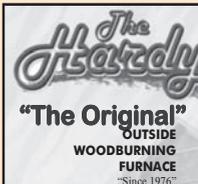
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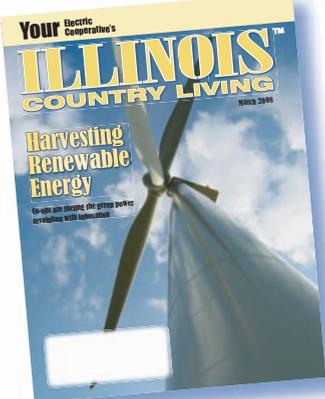
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6 MONTH HANDS-ON TRIAL

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3, The Wanda Mountain Boys at The Barn in Pana. 7 p.m. Donations appreciated. 217-562-3526, 217-539-4221 or www.thebarn-pana.com.

4-14, “Music Man”- by the Stage Coach Players in DeKalb. 815-758-1940 or <http://www.stagecoachers.com>.

10, Jo Daviess East Business Showcase at Stockton High School. A business expo featuring local businesses with giveaways, raffle and fun activities. 815-947-2878 or www.stocktonil.com.

10, Collver Wine and Cheese Festival in Barry. Sample 18-20 different cheeses with 10-12 different wines. Music provided. 217-335-3279 or www.collverfamilywinery.com.

10-11, Midwest Round-up in Galena and Freeport. Enjoy this very special new event celebrating the beef industry. Events begin Saturday night at the Hampton Inn in Galena with a free hospitality gathering. Then on Sunday, local and regional beef producers and businesses will display their products at the Stephenson County Fairgrounds in Freeport, which will be followed by an all breed beef production sale. There will be kid’s activities and attractions for the whole family. 815-275-3309.

10-11, Fever River Railroad Spring Open House in Freeport. For model railroad aficionados – and everyone else who ever enjoyed model trains – this model railroad is something to see. The Fever River Railroad is a 103 by 24 foot HO scale model of a hypothetical railroad running from Duluth, Minnesota to St. Louis, Missouri. The railroad intersects with models of “real” railroads, each of which can be operated independently – up to 20 trains can be operating at one time. Industries along the railroad right-of-way duplicate either actual facilities or are typically correct of the industries that would be found in the Upper Midwest. The scenery represents the geographical area as well. A collection of railroad memorabilia and pictures are on display. 815-239-2354 or www.feverriver.org.

10 & 17, Elkhart Hill Nature Walk in Elkhart. An annual spring event, enjoy a guided trek across historic Elkhart hill focusing on the natural flora and fauna of the area. Held on two Saturdays in April. 217-947-2238 or www.elkharthistoricalsociety.org.



3, Easter “Eggs”travaganza on the Down Square in Macomb. Enjoy special promotions and exciting activities for children. 309-837-4855.



10, Piecers of the Heartland Quilt Show at the Canton High School in Canton. More than 200 quilts will be on display. Participate in a quilt raffle, enjoy concessions and stay for the special Civil War presentation. Admission is \$5. 309-668-3019.

12, Twin Groves Wind Farm Tour on the Bloomington Moraine in eastern McLean County. The farm offers 396 megawatts of affordable, pollution-free wind energy, enough to meet the annual energy needs of about 118,000 homes. Learn more about this exciting new facility. 309-724-8278 or www.horizonwind.com.

16-17, Illinois State Button Show at the Holiday Inn Hotel and Conference Center in Urbana. All ages and walk-ins welcome. Experience an extravaganza, highlighting vintage to modern buttons. 217-682-3214 or ILbuttonssociety@aol.com.

17, Class Pack Car Club Automotive Motorcycle Swap Meet at the Effingham County Fairgrounds in Altamont. 7 a.m. – 2 p.m. Auto and motorcycle show 7 a.m. – 11 a.m. Registration is the day of the show. Awards at 12:30 p.m. mikebrowning2@yahoo.com, 217-235-6634 or www.classpack.com.

17, Mississippi Adventure Day hosted by Fever River Outfitters in Galena. A guided 7-mile kayak, 3-mile hike and 16-mile bike ride. Equipment and lunch provided. Registration required and limited. 815-776-9425 or www.feverriveroutfitters.com.

17, Rotary Roars for Youth, the social event of the year at Eagle Ridge Resort & Spa near Galena. The annual Galena Rotary auction, hot hors d'oeuvres, desserts and open bar. 815-777-1880 or www.galenarotary.org.

17, National Fishing Lure Collector Club Antique Fishing Tackle Show at the Knights of Columbus in Effingham. 9 a.m. – 2 p.m. The public is invited to bring in antique fishing tackle for a free appraisal. Admission is \$5. 217-644-2294 or 217-868-2427.

17, Night Sky Watch and Native American Storytelling at Apple River Fort State Historic Site in Elizabeth. Join us for Native American stories and folklore around a campfire followed by viewing constellations and other objects in the night sky through telescopes. Light snacks provided. Weather permitting. 815-858-2014 or www.planets.org.

18, "A Night in Old Vienna," an Illinois Symphony Orchestra Fundraiser Gala at the Crowne Plaza in Springfield. 5 p.m. – 9 p.m. The Gala offers participants the opportunity to experience some of the sites, musical offerings and cuisine Viennese citizens enjoyed in 19th century Vienna. In addition, attendees can join lively silent and live auctions featuring interesting objects, donated services and a raffle for a free trip to Vienna. 217-522-2838 Ext. 16.

23-25, Fort LaMotte Days in Palestine. Enjoy a living history weekend with battle reenactments, costumes and more. 618-544-8645.

23-25, Southern Illinois Irish Festival at Turley Park in Carbondale. Friday, 11 a.m. – 4 p.m. Saturday, 10 a.m. – 6 p.m. A Celtic cultural celebration with special concerts, Celtic Fair with music, dance workshops and demonstrations, Celtic arts and crafts, merchandise and children's activities. Saturday night, the family band, The Willis Clan (from Nashville, TN) will perform. 618-549-3090 or www.silirishfest.org.

24, Red Hill Spring Market Show at the Lawrence County 4-H Center in Sumner. 9 a.m. – 3 p.m. Quality crafts, home décor, unique gifts, garden art, florals and exterior home décor. Non-commercial and commercial vendors are welcome. Home-packaged foods and baked goods are permissible. 618-943-5018 or www.lawrencecountyfair.org.

24, The Fourth Annual Flower and Garden Show in Bourbonnais. Learn how to make flower arrangements and get ideas from the gardening professionals. 815-933-9905 www.btpd.org.

Visit our Web site, www.icl.coop

24-25, DuQuoin Chamber of Commerce Home and Garden Show at the Du Quoin State Fairgrounds Exhibition Hall. Home repair and remodeling contractors, lumber and furniture businesses, landscapers, lawn care contractors, lawn equipment dealers, garden specialists and more will be on hand to answer your questions. 9 a.m. – 5 p.m. Saturday; 10 a.m. – 4 p.m. Sunday. 618-542-9570 or www.duquoin.org.



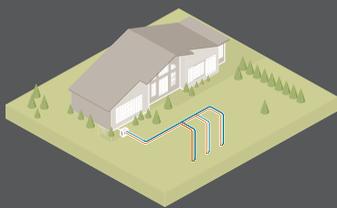
20, Earth Day Fest 2010 at Turner Hall in Galena. Displays and information on the natural environment. Free canvas bags and trees to take home and plant, live music and food available. 815-275-4881.

To be considered for inclusion, please submit events in the format used above. Preference is given to events sponsored by non-profit entities. Submitting an event is not a guarantee of publication. Photos are welcome, but will not be returned unless a self-addressed and stamped envelope is provided. Events are subject to change, so please contact the event sponsor for confirmation.

Deadline: March 15 for June Events. **Mail to:** Illinois Datebook, PO Box 3787, Springfield, IL 62708. **E-mail to:** cwagner@aiec.coop

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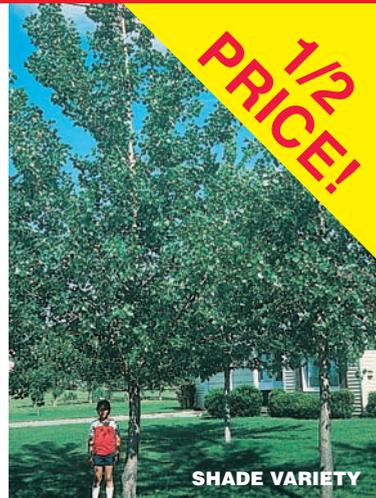
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