



Nobles Cooperative
Electric

Your Touchstone Energy® Cooperative 

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Isabel experiences a trip of a lifetime through the 2023 National Rural Electric Youth Tour

Earlier this year in March, I was selected by Nobles Cooperative Electric (NCE) to go on the National Rural Electric Youth Tour from June 13-18. I went through an application process and was chosen based on that and my interview. The purpose of the trip was to educate teens on electric cooperatives and how they function. Also, to bring new perspectives on things and provide opportunities for my generation's leaders. Not to mention (34-2-53) visiting our nation's capital. When I was first told that I won the trip to Washington D.C. I just thought that it would be a cool trip. That was the understatement of the year!

Minnesota had 34 students, including me, representing our state on the tour. Other states had delegates ranging from eight kids to 130. In Minnesota, we were all from various parts of the state, and we got to learn about different communities and traditions. When I first met all the other Minnesotans, I realized that this trip was much more than I had anticipated. I met the delegates before we boarded our airplane in Minneapolis to take us to our nation's capital. This was a group full of bright, young, and talented kids that I was proud to be a part of.

We began the trip by flying to Washington

D.C. from Minneapolis on Tuesday, June 15.

The next morning, we started the day off strong with a number of monuments. We began with a tour of the Potomac Park monuments. This would include the D.C War Memorial, Vietnam Women's Memorial, Vietnam Veteran's Memorial, Korean War Veterans Memorial, Lincoln Memorial, Martin Luther King Memorial and lastly the Franklin D. Roosevelt Memorial. While we were at the Lincoln Memorial, we had the opportunity to watch the U.S. Navy Band practice for their performance later that night. It was a very beautiful place to be and everywhere you looked there was something new to be seen. After those monuments, we made our way to the Arlington Cemetery (photo on page 3; Thier third from the left). This cemetery was just beautiful and breathtaking. We had a trolley tour of it, and we even timed it out just right enough that we got to watch the changing of the guards at the Tomb of the Unknown Soldier. After visiting Arlington Cemetery, we went on a tour of the National Cathedral. It was such a beautiful space filled with stunning stained glass windows and ceilings with intricate designs and pop culture refer-

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Cover photo: Isabel Thier pictured in front of the White House. She will be a senior at Adrian High School this year.

Energy saving tip

Did you know ceiling fans can make a room feel 4 degrees cooler? To save energy through ceiling fan use, remember to raise your thermostat a few degrees while fans are turned on. Ceiling fans can help improve comfort year-round. In the summer, operate ceiling fans in a counterclockwise direction. Reverse the direction to clockwise during winter months and set fans on a low speed so warm air can circulate from the ceiling to the lower levels of the room. Remember, ceiling fans cool people, not spaces. Be sure to turn them off when you leave the room.

Source: energy.gov

Mark your calendar

Aug. 30 Electric bills due
Sept. 4 Labor Day

August Auto Pay Winner Ronald Crowley

Take a minute to sign up for Auto Pay and you may win a \$25 bill credit. A winner is chosen each month.



Manager's Message



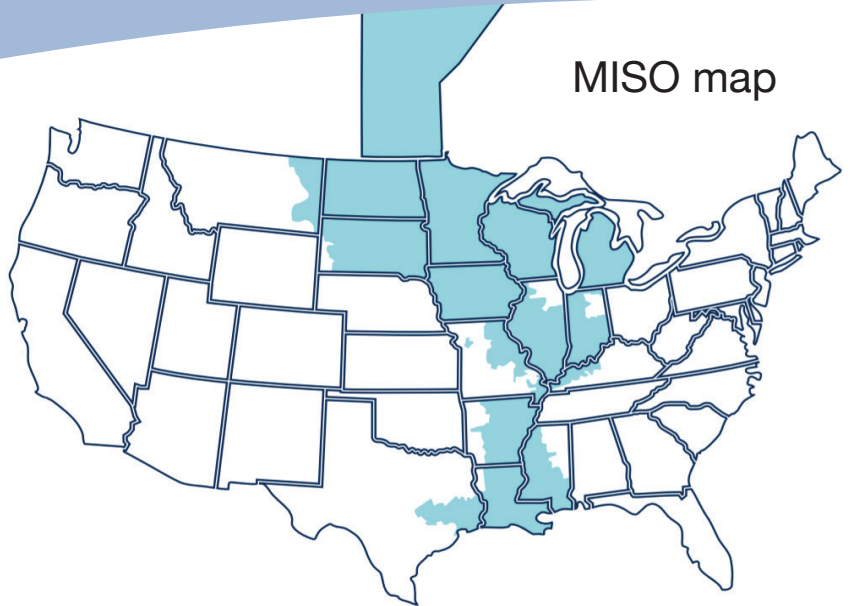
"Trip of a lifetime" cont.



Coffee and chat
with your directors



General Manager
Adam Tromblay



MISO map

MISO helps the region’s electric providers deliver reliable, affordable energy in three ways:

Acting as “air traffic controllers”

Forty-two million people depend on MISO every day. Think of MISO as the air traffic controller to the region’s electric grid. Using sophisticated technology, processes and procedures, MISO maintains a broad view and control of the grid that goes beyond any one utility. This helps utilities maintain reliability on a regional level and prevent emergency operating situations.

Managing the energy market

In past decades, electric cooperatives would generate power and deliver it via power lines to their members. Coordinating the power flows and transactions at that time was a manual process requiring many agreements between utilities. Today, all electricity generation is offered into the MISO market and cooperatives buy back what they need to serve their members. The MISO energy market helps keep electricity affordable by ensuring the lowest cost generation available is used first to

supply members and minimize flow constraints across the grid. MISO (4-20-53) also provides improved price transparency with energy market price changes occurring every five minutes.

Planning transmission

Maintaining a reliable high-voltage transmission system requires ongoing planning efforts. Utilities conduct their own transmission planning and they collaborate with MISO, which plans the transmission system that serves the entire region. MISO ensures the system is prepared to meet future needs from a regional perspective. It works with the region’s electric utilities to minimize the cost of transmission, generation and the energy on the system. Using advanced modeling and research, MISO helps ensure reliable and efficient electricity transmission in the region and beyond.

GRE works closely with MISO to make sure when it designs a plan for the region’s electric system, it will serve cooperative members well in terms of both reliability and affordability.

Visit misoenergy.org to learn more about MISO.

The electric connection you may not know about

Each day we live with electricity at our fingertips, rarely thinking about the complex system that brings it to our homes, farms and businesses. The electric grid is all around us, made up of power plants, wind turbines, power lines, substations and communications technology owned and operated by different utilities that all have one common goal: to keep electricity reliable and affordable.

While most cooperative members know NCE receives wholesale power from a generation and transmission cooperative called Great River Energy (GRE), there is another organization, equally important but lesser known: the region’s grid operator.

Our wholesale power provider, GRE, is a voluntary member of the Midcontinent Independent System Operator (MISO), which operates the power grid across 15 U.S. states and the Canadian province of Manitoba.

Cont. from page 1

“This is a trip I will never forget”

ences. At the top of one of the pillars was Darth Vader’s helmet! Once we were done exploring the church, we went back to the hotel and had the opportunity to eat and mingle with the delegates from Indiana.

On Thursday, we toured Capitol Hill and got to see some of the rooms. After that, we got passes to see the House of Representatives and the Senate. When we were there, the Senate was actually in order, so we had the opportunity to sit in on that. Once we did that, the other Minnesota delegates and I got to meet both of our senators and four of our representatives: Angie Craig, Brad Finstad, Dean Phillips and Peter Stauber. They talked to us and answered some of our questions. We then took a tunnel and walked over to the Library of Congress. Personally, I am a nerd, so seeing this humongous library was spectacular. It was beautiful, and I am failing to find the words to describe it. This place had me speechless. After we toured, we went out to eat at an authentic Mexican restaurant. It was delicious; if you ever have the chance to try tres leches cake, take it. Once we were done eating, we went on night tours of the Jefferson Memorial and the WWII Memorial.

Friday, we started strong with a tour of Mount Vernon. We got to see George Washington’s house and the land surrounding it. There was so much to see and learn about our nation and our first president. After we visited the estate, we drove to Alexandria, VA, and explored the town. At the end of our exploration, we climbed aboard a water taxi and rode to the wharf and then we walked to the U.S. Holocaust Memorial Museum. When we first walked in, we were given little booklets with the name and story of someone’s Holocaust experience. (11-33-29) Some of the people lived, while others perished. Walking through the museum made me really take for granted the things I have, and the opportunities given to me. We were given two hours to walk through it, and I only made it halfway through. Looking around at the kids that went with me, I could see their pallor faces,

and how somber it made us. It made me appreciate my life more than I realized. After that, we made our way to the Kennedy Center for a show. The Kennedy Center was just beautiful, the grandeur architecture and the sheer size of it astounded me. We attended a show called “The Enigmatist” performed by David Kwong. Now if you’re like me, you have no idea what this is, but let me tell you it was a pleasant surprise. It was a magic show that went along with a story, mixed with a comedian. It was so much fun to attend. After the show, we had enough time to stop and visit the 911 Pentagon Memorial.

For our last full day in D.C., we stopped at the White House. As we were lining up for a picture, this guy hops off his bicycle with a speaker and starts playing the Cha (23-41-28) Cha Slide for all of us to dance. Just picture this big group of 34 kids in front of the White House doing the Cha Cha Slide. I can’t imagine what we looked like to the people driving by! After our unintentional flash mob, we traveled to the National Mall and were given time to visit the Smithsonian Institutions and the National Archives. We were given five hours to visit all these sights, and yet we only managed to visit four of the ten buildings. In the National Archives, I was able to see the Declaration of Independence, the Constitution and the Bill of Rights. It was crazy to think that I was in the same space as the original documents. Exploring the National Mall really made me appreciate my ability to read a map. Once we were done

exploring, we went to the hotel and ate with a whole bunch of kids from different states. I think there were 10 or so other states there with us. After we ate there were a few speakers that taught us about cooperatives and inspired us to achieve more. After the speakers, a dance was held for all the delegates. It was so much fun being with hundreds of kids from all sorts of states. We got to dance with them and get to know them in the process. And when I tell you that kids from Texas can dance, I’m not lying, I’m pretty sure they’ve memorized every line dance known to man. But with some patience, they had the whole group learn it and dance with them. Meeting delegates from different states and hearing about their communities was undoubtedly my favorite part of the trip. It was so much fun hearing the different traditions in various parts of the country. For example, down south instead of a drive your snowmobile to school day, they have a ride your horse to school day! This was a great way to end our trip.

I had so much fun on my trip to Washington D.C. It was so much fun to be out there and get to meet kids from around the nation. I made lots of new friends, some as close as Slayton, and some as far as Hawaii. This was the trip of a lifetime, and I would like to thank Nobles Cooperative Electric for sponsoring me to go. Without them, none of this would be possible. I hope that everyone has the chance to visit our capital, and I look forward to seeing where this experience will take me.



Coffee and Chat with your directors

Friday, September 22
8:00 - 8:30 a.m.

Nickabocker's Cafe
Ellsworth, MN



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May 1 - September 30

24-Hour outage service

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800-252-1166 or 811

Electrical inspectors

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Nobles County
Austin Kurtz - 651-368-3021

General Manager

Adam Tromblay

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Lee York, V. President - 879-3497*
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Timothy Bickett, Director - 605-670-5294
Gary Clarke, Director - 605-201-1903
David Dorpinghaus, Director - 605-695-7816

*Telephone prefix 507

Next Board Meeting

August 15, 2023

This cooperative is an equal
opportunity provider and employer.



Win money and spot your location number

If you find your location number
(as it appears on your monthly
electric bill) in this issue, you will
receive a \$10 credit. Once again
there are five location numbers
hidden. Good luck!



Country Cupboard

Hearty Baked Potato Salad

8 potatoes	1/2 c. plain yogurt
1/2 c. onion, chopped	4 oz. bacon, cooked, drained and crumbled
2 T. parsley, chopped	1/2 c. mayonnaise
1 can (11 oz.) cheddar cheese soup	Paprika for garnish

Peel potatoes, boil until soft. Cut in 1 1/2 inch chunks. Spread potatoes evenly over bottom of 13 x 9" pan. Combine onions, parsley, soup, mayonnaise and yogurt; pour over potatoes. Sprinkle cooked bacon on top and (506-37-060) garnish with paprika. Cover with aluminum foil and bake at 350 degrees for one hour, uncovering during the last 30 minutes.

Cucumber, Tomato, Onion Salad

Whisk until smooth the following ingredients:

1 c. water	1/4 c. sugar
1/2 c. white vinegar	2 tsp. salt
1/4 c. vegetable oil	1 T. coarsely ground black pepper

Add 3 cucumbers peeled and sliced 1/4" thick, 3 tomatoes cut into wedges and 1 onion sliced and separated into rings to the mixture. Cover and refrigerate at least 2 hours.

Send your favorite recipe with **green peppers** to Nobles Cooperative Electric, ATTN: Tracey, P.O. Box 788, Worthington, MN 56187-0788. Entries must include your name, address, telephone number and NCE location number. All entries must be received by August 25. The winning recipe will be featured in the next edition of *Current Matters* and the winner will receive a **\$10 credit** on their electric bill.

Sue Davis
Cannon Falls

Ruth Nystrom
Worthington