

The Barn—An Ag Icon

By Meagan Moellers

While its style and function have evolved drastically over the years, the barn remains the most important building on most farms. Those built in the late 1800's and early 1900's have the aesthetic appeal that evokes nostalgic memories of "the way we were."

Because so many of these traditional barns have already disappeared, a non-profit organization called the Iowa Barn Foundation was formed to preserve this rich part of our agricultural heritage. Each September they host self guided tours of barns across the state that allows the public to enjoy not only an up close look, but also to hear the barn's individual story.

These barns found within Hawkeye's service territory were featured this year. While

some of these barns are being utilized in the traditional way, others have found new life in changing times.



The power of human connections...

(continued on page 6)



Ownership.

Would you trust a business more if you owned it?

Cooperative businesses are owned by more than 130 million Americans, including:

- 86 million who own their credit union
- 37 million who own their electric co-op
- 3 million who own their housing co-op

Maybe that's why we're more trusted than businesses owned by Wall Street investors.



Cooperatives.

Owned by Our Members,
Committed to Our Communities.

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"Our vision is to provide access to safe, dependable and affordable electric services."



*Tom Miller
General Manager*

Heating and Cooling Degree Days

So much of the financial success of your electric cooperative depends upon the weather. Mother Nature is fickle in Northeast Iowa, having a sense of humor at times. Over the years weather forecasters have tracked our temperatures and found that ole Mother Nature is more predicable than one realizes. One way of tracking our weather cycles is the concept of heating and cooling degree days.

perature is below 65 degrees this is known as heating degree days. When the average temperature is above 65 degrees this is known as cooling degree days. With years of history, the weather forecasters have determined that the weather pattern cycles about every 30 years. So we compare this year's weather to the 30-year norm as our reference point. When you hear the weather person say, "we have had a colder than normal winter," you are really being told the total number of heating degree days is more than the 30-year norm.

Heating and cooling degree days are a measure of comfort. Typically, we are most comfortable at 65 degrees Fahrenheit. Therefore, a comparison is made between the average daily temperature and the 65 degree benchmark. When the average tem-

Below is a home grown chart of heating and cooling degree totals by month.



"When the average temperature is below 65 degrees this is known as heating degree days. When the average temperature is above 65 degrees this is known as cooling degree days."

	2006		30 Yrs.		YTD DIFFERENCE	
	Heating Degrees (HDD)	Cooling Degrees (CDD)	Heating Degrees (HDD)	Cooling Degrees (CDD)	Heating Degrees (HDD)	Cooling Degrees (CDD)
Jan-06	1,133.4	-	1,650.0	-	(516.6)	-
Feb-06	1,267.0	-	1,305.0	-	(38.0)	-
Mar-06	1,029.0	-	1,066.0	-	(37.0)	-
Apr-06	411.3	0.6	609.0	1.0	(197.7)	(0.4)
May-06	248.6	69.6	281.0	30.0	(32.4)	39.6
Jun-06	39.9	106.2	65.0	99.0	(25.1)	7.2
Jul-06	2.2	294.7	23.0	181.0	(20.8)	113.7
Aug-06	2.4	145.4	50.0	135.0	(47.6)	10.4
Sep-06	234.5	10.1	208.0	26.0	26.5	(15.9)
Oct-06	4.9	13.9	558.0	1.0	(553.1)	12.9
Nov-06	-	-	1,014.0	-	(1,014.0)	-
Dec-06	-	-	1,479.0	-	(1,479.0)	-
Total	4,373.2	640.5	8,308.0	473.0	(3,934.8)	167.5
NET	3,732.7		7,835.0		(4,102.30)	

Although this is not official data it is close enough to paint a picture about our weather:

- ▶ January was milder than normal
- ▶ February and March were near normal
- ▶ April was much milder than normal
- ▶ May was warmer than normal
- ▶ June was near normal
- ▶ July was much warmer than normal
- ▶ August was warmer than normal
- ▶ September was about normal
- ▶ Our overall cooling season was 35% warmer than normal
- ▶ Year-to-date our heating season has been 17% milder than normal but, we have 35% of the heating season left

If you're like me, you only notice the really warm or cold days. You notice the long stretches of sunny or gray days. But most of the time, we are unaware of the actual heating and cooling degree days. The temperature (heating and cooling degree days), wind, humidity, and your homes thermostat all play a part in regulating your comfort. Again, the weather and being comfortable has major influence on your monthly electric bill.

We regularly watch our sales and the degree days correlating the two together. We frequently see a lag. We know the lag is partially from the weather and partially a timing issue relating to the members meter readings. Our membership has a history of lag months. This graph depicts line loss, a comparison of our monthly sales to our monthly purchases. Not all of our purchases get sold because the system consumes electricity too. We expect to have around 5% line loss; mainly due to transformers consuming energy from stepping down voltages. In February and April, I would point out that it is impossible to sell more energy than we buy!

The purpose of this newsletter article is two fold. First, this past summer was hot and your electric bills reflected this fact. The heating and cooling degrees days are supporting evidence, especially July and August. Second, our membership doesn't read the meters at exactly the



same time every month. This is proven by our monthly line losses. Again, it is impossible to sell more kWh than we buy as regularly shown in February and April.

We have had a few questions regarding the August billing (reflecting July's usage). We hope this helps interpret your monthly bill.

Map of Outages

OKDALE 1	CHESTER 2	FOREST CITY 3	ALBION 4	FREMONT 29	BURE OAK 30 Unknown- Open OCR	HESPER 31	HIGHLAND 32
JAMESTOWN 8	SARATOGA 7	HOWARD CENTER 6	VERNON SPRINGS 5 	ORLEANS 36	BLUFFTON 35	CANOE 34 Open OCR	PLEASANT 33
AFTON NORTH 9	HOWARD NORTH 11	PARIS NORTH 13 Scheduled- Switching	NEW OSBOON NORTH 15	LINCOLN 37 	MADISON 38	DEORAH 39 	GLENWOOD 40
AFTON SOUTH 10	HOWARD SOUTH 12	PARIS SOUTH 14	NEW OSBOON'S 16 Equip. Deterioration	SUMNER 44	CALMAR 43 Line Fuse	Hit Underground SPRINGFIELD 42	FRANKVILLE 41
DEERFIELD N 23	WASHINGTON N 21	JACKSONVILLE N 19	UTICA NORTH 17	JACKSON 45	WASHINGTON 46 	MILITARY 47 Open OCR- Member Caused	BLOOMFIELD 48
CHICKASAW 25	DAYTON 26 Scheduled	NEW HAMPTON 27	STAPLETON 28	= Pole Change outs = Single Outage			

September 2006

Have you experienced an outage lately?

New Rates and Fees

(Charges effective Sept. 1, on October bill. Notice was sent to all members in July)

	NEW RATE	PREVIOUS RATE
Single Phase (rate class 001)		
Monthly Access Charge	\$ 27.25	\$ 20.00
Per kWh	\$.098	\$.085
All Electric Residential Rate (rate class 002)		
<i>(Geo Source only, no fossil fuel, water heater must be controlled)</i>		
Monthly Access Charge	\$ 24.50	new rate
Summer Rate, each kWh	\$.091	
Winter Rate, each kWh	\$.080	
<i>Whole house (not farm), Usage must be determined (minimum 8-9 KW),if parallel must be converted to main meter</i>		
Interruptible Rate (rate class 111-116)		
Summer Rate (May 1–Oct. 31)	\$.088 kWh	\$.060
Winter Rate (Nov. 1–April 30)	\$.058 kWh	\$.051
<i>Discontinuing the \$4.50 meter charge as of Sept. 1, 2006 Minimum of 8 KW. If primary heat source, must have automatic backup except for garages and shops that can stand possible 12 hour control periods.</i>		
Electric Heat Rate (rate class 101-106)		
Monthly Access Charge	\$ 9.00	\$ 9.00
All kWh's	\$.070	\$.062
Peak Alert Rate (rate class 25)		
<i>(Must have automatic transfer switch with stand-by generator)</i>		
Monthly Access Charge	\$ 40.00	\$ 40.00
All kWh's (Winter)	\$.043	\$.034
All kWh's (Summer)	\$.050	\$.034
Non-Coincidental Peak Charge	\$ 6.85 per KW	\$ 4.25
Coincidental Peak Charge	\$ 5.05 per KW	\$ 8.85
Small Time Of Use Rate (rate class 28)		
<i>(greater than 50 kVa installed capacity)</i>		
Monthly Access Charge	\$ 40.00	\$ 40.00
All kWh's	\$.040	\$.034
Non-Coincidental Peak Charge	\$ 6.44 per KW	\$ 6.00
Coincidental Peak Charge	\$ 9.90 per KW	\$ 8.85
Miscellaneous Charges		
Interest rate paid on deposits	2.00%	
Meter Reading Fee	\$ 25.00	\$ 15.00
Return Check Fee	\$ 25.00	\$ 25.00
Posting Charge	\$ 35.00	\$ 25.00
Trip Charge	\$ 75.00	\$ 40.00
Disconnect Fee	\$ 100.00	\$ 75.00
Reconnect Fee	\$ 100.00	\$ 75.00
After Hours Reconnect Fee	\$ 250.00	\$ 225.00
Idle Services	\$ 160.00	\$ 120.00
<i>All rates above are subject to 7% tax</i>		
Optional Services Offered		
Non-metered Security Light	\$ 9.82	\$ 8.25
Requested Meter Test	\$ 25.00	\$ 25.00
Evergreen (Renewable Energy)	\$ 1.50 per block	
RECare Contribution (assistance fund for members in need)	\$ desired amount	

The minimum bill is the access charge or \$1.00 per kVa installed transformer capacity.

Straight Talk About Costs

Rate Increase Information

All members were notified in July about your Cooperative's rate increase, but it never really seems to hit home until that first bill applying the new rates is received in the mail. As a member-owner of Hawkeye REC, this is your cooperative and here is the straight talk about costs and the rate increase.

This increase is primarily attributed to a rise in purchased power costs. What's behind rising generation costs?

- ▶ *Supply and Demand-50% growth in electricity sales projected over a 26-year period (2004-2030)*
- ▶ *Coal transportation costs have doubled*
- ▶ *Competition for limited supplies of fuels- oil demand in China is 2½ times that of the United States*
- ▶ *Construction material costs have increased*
- ▶ *The nation's transmission grid is outdated and cannot meet demand*

While virtually all aspects of today's costs of living continue to rise, Hawkeye REC prides itself on avoiding routine price adjustments.

Member consumers have enjoyed one of the longest periods of rate stability in history. Pricing adjustments are something we only consider during times when factors necessitate the increase. We believe that reliable electric service at a reasonable price is something our customers can count on and we deliver on a daily basis.

Maintaining dependable service at the most affordable price remains the cornerstone of our business.

To accomplish this goal, we must also protect the financial stability of the cooperative by asking our member-consumers to share in these costs.

Ways you can save money – all year long

The upcoming winter months are right around the corner. There are a number of ways you can reduce your energy bill in the coming months. While your cooperative is working hard to minimize the effects a price increase will have on you, here are some easy ways for you to take advantage of some extra savings right away.

◆ Perform an energy audit.

Evaluate your energy usage. Go to www.hawkeyerec.coop to perform an online energy audit or call the REC office to request a booklet on energy saving tips.

◆ Implement energy efficiency improvements and activities in your home.

Often, relatively simple things like putting plastic over your windows in the winter, purchasing a certain furnace (*if you're in the market for a new one*), and turning the thermostat down a notch or two, can add up to big savings.

◆ Switch to budget billing and/or automatic payment options.

When the bitter winds of winter are blowing and are causing heating bills to rise, spread those cost out over several months with our budget-billing program. Budget billing can be a helpful way for you to effectively plan and balance your energy spending. And, you can also have your payments automatically withdrawn each month from an account you designate. This not only can save you money, but also time each month!

These are just a few ways you can save money. See page 10 for more energy saving tips for your home.



The Barn—An Ag Icon

(continued from cover...)

“Sherrydale Farm”

Sherry Gribble, great granddaughter of the original owners of this barn, and her husband Dale always dreamed of renovating the old barn and farmhouse to help revitalize her family heritage. The Gribble dream became a reality in 2003 when Sherry finished the renovation.

The original owners of the barn were Mary and Joseph Puffer, whose son Michael and wife Rose, built the wooden barn and six surrounding buildings from 1900-1905. The Gribble’s felt it was important to keep the original barn structure but had to make improvements to create a stable foundation that will last for another 100 years. The cement floor in the basement was replaced and the wooden floor in the loft was renewed. The original stairway to the loft was retained.

Many of these old barns hosted community dances before they were put to use. Knowing the “Gribble” barn is once again fit for the task, Sherry has held a dance every spring in honor of her husband, who passed away unexpectedly during the construction.

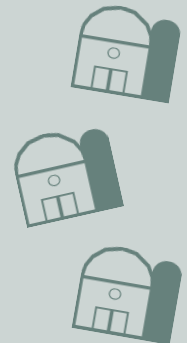


Photo by Marlene Fenstermann



“Hutchinson Barn & Campground”

Tim and Dixie Hutchinson and their family of rural Decorah have showcased their working barn on the All-State Barn Tour for the past several years. This barn, built by Dixie’s family in 1929, no longer houses the dairy cows for which it was designed. Now, 18 quarter horses are raised and trained in this historic barn. Tim and Dixie not only care for their horses and beef cattle after working their other jobs; they also operate a campground as well as a bed & breakfast in their farm home. They are located on the banks of the Upper Iowa River only 10 minutes from Decorah. You can visit www.bluffcountry.com/hutchinson.htm for more information about their campground and B & B. They also give free guided tours of their farm.



“Ellingson Family Farm”

Preserving an old barn is more than just about the physical structure. It is also about the preservation of heritage and family history. In the case of the Randy & Laura Ellingson barn, their passion for such preservation is apparent. During the recent open house, their 12 year-old son Reid’s enthusiasm and knowledge of just what goes into restoring a barn was also obvious. He knows not only the farm’s history (both Laura and Randy’s respective grandparents operated this farm at different times through the years) but also just how the barn,



including the steel cupola and cow weather vane, were renovated. Reid’s interest demonstrates that future generations are going to appreciate the effort and expense of preserving these “ag icons”.

Owen Ellingson is getting a real working knowledge of a barn’s usefulness as he feeds and cares for the bottle calves his family raises in the restored barn.

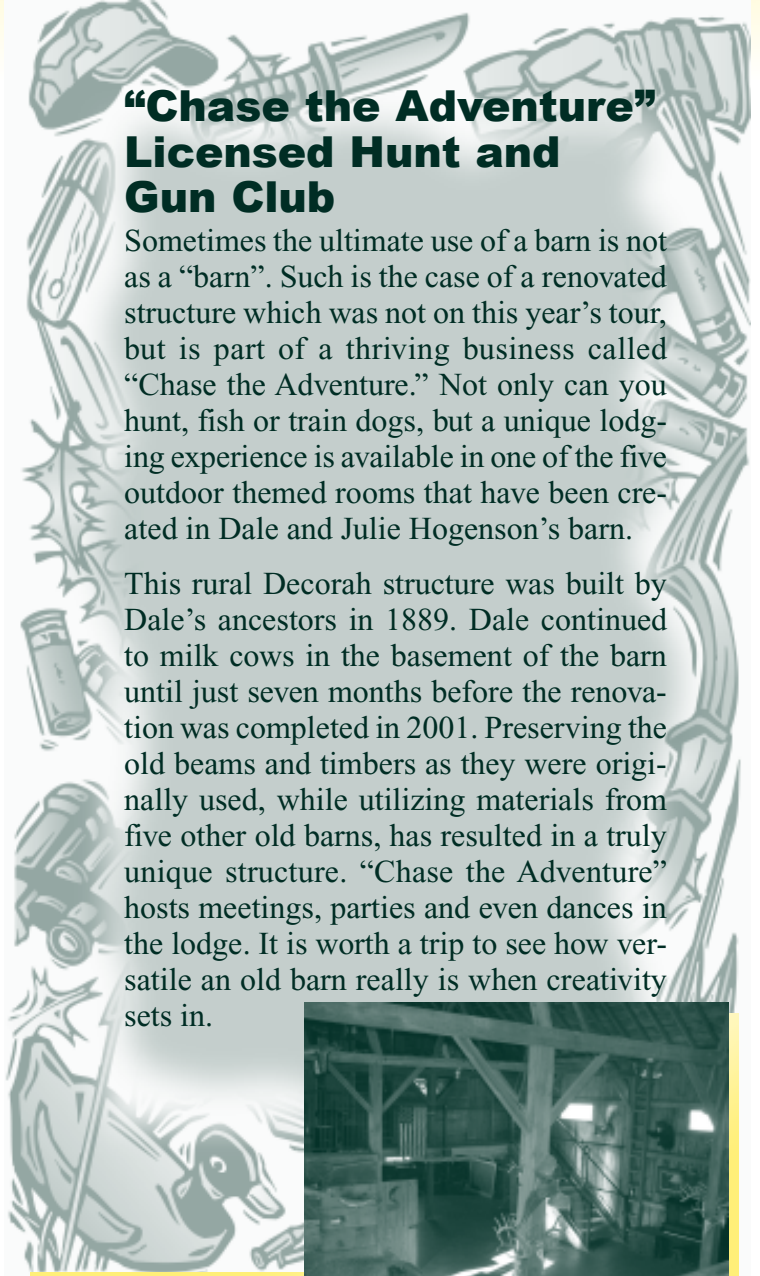


Laura, Randy, Owen and Reid Ellingson.

“Chase the Adventure” Licensed Hunt and Gun Club

Sometimes the ultimate use of a barn is not as a “barn”. Such is the case of a renovated structure which was not on this year’s tour, but is part of a thriving business called “Chase the Adventure.” Not only can you hunt, fish or train dogs, but a unique lodging experience is available in one of the five outdoor themed rooms that have been created in Dale and Julie Hogenson’s barn.

This rural Decorah structure was built by Dale’s ancestors in 1889. Dale continued to milk cows in the basement of the barn until just seven months before the renovation was completed in 2001. Preserving the old beams and timbers as they were originally used, while utilizing materials from five other old barns, has resulted in a truly unique structure. “Chase the Adventure” hosts meetings, parties and even dances in the lodge. It is worth a trip to see how versatile an old barn really is when creativity sets in.



Have an interesting story about your family farm? Or unique business that you would like to be featured, please contact the REC office.



Hawkeye receives 96% on safety inspection!

Your cooperative recently scored 96% on the Rural Electric Safety Accreditation Program. The goals of the Safety Accreditation Program are to preserve life and to prevent injuries, to establish a safety and loss control standards, to recognize the employees of Hawkeye REC who work everyday to maintain a safe work environment, and to compliment Hawkeye's mission of providing safe and reliable electrical service to you, the member-owners. The program also helps ensure that vehicles and work equipment are properly maintained and that Hawkeye's work policies and procedures are in accordance with rural electrification standards.



Mark Zweibohmer, Hawkeye's Compliance and Safety Coordinator, arranged the comprehensive inspection and evaluation in September. Hawkeye employees put forth the extra effort making it truly a team effort. Hawkeye REC is committed to these safety efforts throughout the year making your cooperative the best that it can be.

Contractor Schedule

October and November – Community Tree Works cutting trees and brush
Following townships: Albion, Bluffton, Calmar, Chester, Decorah, Forest City, Freemont, Howard Center, Lincoln, Madison, New Oregon, Orleans, Springfield, Sumner, Vernon Springs.

If you have any questions or concerns regarding trees or brush in your area please call Community Tree Works (507) 429-2325.



* Notice - Notice *

If you pay your electric bill by check, please read this notice.

Hawkeye REC will be implementing Remittance Processing during the month of October. Remittance Processing is a process where checks and payment vouchers are run through a scanner that reads the information and electronically posts that information to your account. The payments are sent to the bank in an electronic file and the checks are destroyed by Hawkeye after a 90 day retention period. The payment will show on your bank statement as a debit, but you will not receive the canceled check back. Why not make your life easier by signing up for one of Hawkeye's automatic payment plans? Contact our office or visit our website at www.hawkeyerrec.coop to learn more.



* Notice - Notice *

Welcome

Hawkeye REC welcomes New Members

Casey & Shelly Bunston Cresco
Greg & Mandy Mueller Decorah
Iowa Cornbeef LLC Harmony, MN
Meghan Powers Decorah
Illini Swine Inc Kingston, IL
Sanford & Candis Wiste Canton, MN
Cody Schilling New Hampton
Patsy Ohara Decorah
Sarah & Michael Casterton Decorah
Jada Hanson Cresco
Rod & Michelle Ankrom New Hampton
John & RoseAnn Martin Riceville
Barbara Mckinstry Decorah
Michael & Jennifer Reicks LLC Lawler



Kids' Korner

Kids' Korner Kids' Korner



Energy Source Sudoku

Sudoku is a logic-based placement puzzle consisting of a 9x9 grid of cells. Typically using numbers, this puzzle uses energy source symbols for biomass, coal, geothermal, hydropower, natural gas, petroleum, solar, uranium and wind.

To solve the puzzle, each 3x3 region of the grid must contain only one source symbol. Each row and each column of the puzzle must contain only one energy source symbol. There is only one solution. Good luck!

The solution can be found on Hawkeye's website at www.hawkeyerec.coop

Source: Energy Kid's Page at www.eia.doe.gov/kids/

Go to this website to use interactive puzzle.



2006-2007 IOWA HOME ENERGY ASSISTANCE PROGRAM

ATTENTION: RESIDENTIAL CUSTOMERS NEED HELP WITH YOUR HEATING BILL?

The 2006-2007 Low-Income Home Energy Assistance Program (LIHEAP) has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season.

The assistance is based on household income, household size, type of fuel, and type of housing.

If you are not sure where to apply, please write to:

LIHEAP

Iowa Department of Human Rights
Capitol Complex
Des Moines, IA 50319

or, call your local community action agency.

INCOME MAXIMUMS

Household Size	Three Month Gross Income	Annual Gross Income
1	\$ 3,675.00	\$ 14,700
2	\$ 4,950.00	\$ 19,800
3	\$ 6,225.00	\$ 24,900
4	\$ 7,500.00	\$ 30,000
5	\$ 8,775.00	\$ 35,100
6	\$ 10,050.00	\$ 40,200

For households with more than six members, add \$1,275.00 per three months, or, \$5,100.00 annually, for each additional member.

WHEN TO APPLY:

- Elderly (60 & over) and/or disabled:**
October 1, 2006 to April 15, 2007
- All other households:**
November 1, 2006 to April 15, 2007

WHAT TO TAKE:

- Proof of Income**
Most recent 3 months' check stubs, award letter from Social Security or 2005 tax return
- Social Security numbers of household members**
- Recent heat bill**
- Recent electric bill**
- Recent telephone bill**

If you receive alimony or child support, it will also need to be verified.

WAGE EARNERS:

Please bring copies of your check stubs for the three-month period preceding the date of application, or a copy of your federal income tax return.

FIXED INCOME:

This income may include: Social Security Benefits, Supplemental Security Income, Family Investment Program, Veteran's Assistance, Unemployment Insurance, and pensions. Please bring copies of your most recent 3 months' check stubs.

SELF-EMPLOYED/FARMERS:

Please bring a copy of your most recent federal income tax return.

FIP AND SSI RECIPIENTS:

Your Medicaid number is on your Medicaid card. The numbers needed are immediately following your name and number in the aid type box.

Are you ready for winter?



Give your furnace a fall tune-up

You can save energy this fall and winter by having your furnace tuned up. Electric, gas and propane furnaces can go approximately three to five years between service calls and longer, if you change the filters regularly. Oil furnaces need to be serviced once a year, because they get dirty and need annual adjustment.

As many know, changing filters regularly is one of the key maintenance tasks to keep any type of furnace running efficiently. Make

sure that you know where your furnace's filter is located and what size it is. Inspect it periodically, and replace it when it is dirty. How frequently you need to change the filter depends on the amount of dirt in the house and around the furnace and also how much time the furnace runs.

Duct air leakage is one of the largest energy-wasters in your heating system. Heating contractors can check your ducts for air leakage, and seal the biggest leaks. Contractors start by sealing the larger joints near the furnace, and then work out towards the branch ducts as access allows. Believe it or not, duct tape is not a good choice for sealing ducts because its adhesive usually fails after a short time. Duct mastic, available in cans or buckets, is an effective and permanent material for sealing duct air leaks.



Source: Saturn Resource Management (www.srmi.biz)

Energy Auditing Tips

- ▶ Check the level of insulation in your exterior and basement walls, ceilings, attic, floors, and crawl spaces. Contact your local contractor for advice on how to check your insulation levels.
- ▶ Check for holes or cracks around your walls, ceilings, windows, doors, light and plumbing fixtures, switches, and electrical outlets that can leak air into or out of your home.
- ▶ Check for open fireplace dampers.
- ▶ Make sure your appliances and heating and cooling systems are properly maintained.
- ▶ Study your family's lighting needs and use patterns, paying special attention to high-use areas such as the living room, kitchen, and exterior lighting. Look for ways to use daylighting, reduce incandescent bulbs and fixtures with compact or standard fluorescent lamps.
- ▶ How long will it take for an investment in energy efficiency to pay for itself in energy savings?
- ▶ Can you do the job yourself, or will you need to hire a contractor?
- ▶ What is your budget and how much time do you have to spend on maintenance and repair?

Formulating Your Plan

After you have identified places where your home is losing energy, assign priorities to your energy needs by asking yourself a few important questions:

- ▶ How much money do you spend on energy?
- ▶ Where are your greatest energy losses?

Once you assign priorities to your energy needs, you can form a whole-house efficiency plan. Your plan will provide you with a strategy for making smart purchases and home improvements that maximize energy efficiency and save the most money.

Recipes...

Quick Fix Meals (15 min. or less)

5 Minute Candy Bar Pie

Prep Time: 5 minutes. **Total Time:** 5 minutes. **Serves:** 8

- 1-1/4 c. cold milk
- 2 pkg. (4-serving size each) JELL-O Chocolate Flavor Instant Pudding & Pie Filling
- 1 tub (8 oz.) COOL WHIP Whipped Topping, thawed, divided
- 2 milk chocolate candy bars (about 1.5 oz. each), cut into 1/4-inch pieces, divided
- 1 OREO Pie Crust (6 oz.)

POUR milk into large bowl. Add pudding mixes. Beat with wire whisk 2 minutes or until well blended. (Mixture will be thick.) Gently stir in 1/2 of the whipped topping.

RESERVE 3 T. of the candy bar pieces; stir remaining pieces into pudding mixture. Spoon into crust.

SPREAD remaining whipped topping over pudding mixture; sprinkle with reserved candy pieces. Serve immediately or refrigerate until ready to serve. Store leftover pie in refrigerator.



Healthy Living Tip: Save 30 calories and 4 grams of fat per serving by using fat free milk, COOL WHIP LITE and a reduced fat crust.
—Kraft Foods Recipe

Easy Chicken Fajitas

- | | |
|-------------------------------------|-------------------------------|
| 4 boneless chicken breasts | 2 t. chili powder |
| 1 T. canola oil | 1 t. garlic |
| 2 green, red or yellow bell peppers | 1/2 c. water or chicken broth |
| 1 onion, sliced | |
| 1 t. cumin | |

In a heavy cast-iron skillet, heat the pan until very hot. Add the chicken and sauté for 1-2 minutes. Then add the vegetables and stir. Add the spices and stir to combine. Next, add the water or stock and stir. Cook the chicken for 5-7 minutes until opaque.

Serve with tortillas and salsa.

Serves 4

Send or e-mail your favorite recipe. If we print your recipe in our newsletter you'll receive \$5 off your next electric bill.

E-mail to:
mmoellers@hawkeyerec.com



Nov – Squash and Pumpkin recipes

Dec – Christmas Party Favorites

All recipes can be found on our website.

Italian Chicken Stir-Fry

- 3/4 c. KRAFT Zesty Italian Dressing, divided
- 1 lb. boneless skinless chicken breasts, cut into bite-sized pieces
- 1 bag (16 oz.) frozen mixed vegetables, thawed
- 3 c. hot cooked MINUTE White Rice

HEAT 1/4 c. of the dressing in large skillet on medium heat. Add chicken; cook and stir 8 minutes or until chicken is cooked through.

ADD vegetables and remaining 1/2 c. dressing; cook and stir until vegetables are crisp-tender. **SERVE** over rice.

Great Substitute Substitute 3 cups cut-up fresh vegetables for the frozen mixed vegetables. **Take a Shortcut** Substitute 1 pkg. (6 oz.) OSCAR MAYER Oven Roasted Chicken Breast Cuts for the cut-up fresh chicken. Reduce dressing to 1/2 cup. Cook and stir vegetables in dressing in large skillet until crisp-tender. Add chicken breast cuts; cook until heated through, stirring occasionally. Serve over rice.

—Kraft Foods Recipe

Tuna Rice Casserole

- | | |
|--------------------------------|------------------------|
| 8 oz. pkg. chicken flavor rice | 1 c. evaporated milk |
| 1/2 c. chopped celery | 1 T. melted butter |
| 1 c. peas | 2 T. parmesan cheese |
| 1 can tuna | 2 T. fine bread crumbs |
| 1 T. minced onion | |

Prepare rice. Add celery, peas, tuna, onion and milk. Pour into greased 1 1/2 quart casserole dish. Combine butter, cheese and bread crumbs. Sprinkle over top. Bake at 400° for 15 minutes.

Geraldine Otto
Lime Springs

DATES TO REMEMBER

BILLING CYCLE DATES

- Oct. 25** Member reads meter and records on payment voucher. Please mail your bill today to make sure it arrives to Hawkeye by the 1st of November.
- Oct. 30** Automated payments from checking accounts and credit cards are processed.
- Nov. 1** Bills become delinquent.
- Nov. 10** Hawkeye REC prints bills based on October meter reading.
- Nov. 13** Bills are mailed to members from Dairyland in LaCrosse.

OTHER EVENTS

- Oct. 31** Hawkeye REC Board Meeting



Can you
Wait 'til 8
to dry your
clothes?



Efficiency Tips

- ▶ Dry towels and heavier cottons in a separate load from lighter-weight clothes.
- ▶ Dry two or more loads in a row, taking advantage of the heat still in the dryer from the first load.
- ▶ Clean the dryer filter after each use. A clogged filter will restrict flow and reduce dryer performance.
- ▶ Dry full loads, but be careful not to overfill the dryer. Drying small loads wastes energy.
- ▶ Don't add wet items to a load that is already partially dried.
- ▶ Use the cool-down cycle to allow the clothes to finish drying with the residual heat in the dryer.



Hawkeye
REC

The Power Is Yours

Box 90 - Cresco, Iowa 52136
1-800-658-2243 or 547-3801
www.hawkeyerec.com

OFFICE HOURS

Monday thru Friday • 7:30 a.m. - 4:30 p.m.
(Closed Sat., Sun., & Holidays)

OUTAGES

1-800-927-5265

IOWA STATE ONE CALL
1-800-292-8989

BOARD OF DIRECTORS

Dean Fisher, President - Lawler
Dean Nierling, Vice President - Burr Oak
Dennis Ptacek, Secretary/Treasurer - Elma
Norman Dickman - Decorah
John Hockspeier - Alta Vista
Janelle Mahr - Lime Springs
Roger Nibaur - Elma
Charles Frana - Calmar
Dennis Young - Decorah

PERSONNEL

Tom Miller, CEO & General Manager
Roger Halverson, Operations Manager
Jim Murphy, Information Tech. Manager
Cindy Christensen, Communications Manager
Peggy Berg, Chief Financial Officer
Pat Boyle, Business Dev./Mbr. Serv. Manager

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