

Organic Milk

One of the many dairy farms in Northeast Iowa is celebrating June Dairy Month in a special way this year. They recently replaced their current milking facilities with a new parlor and freestall barn. Todd Bushman of Calmar is happy after 22 years in the dairy industry to have a highly efficient and technologically advanced dairy facility now.

The new parlor is capable of milking 24 cows at one time and all 300 cows will be milked twice each day. This new parlor enables the Bushman's to cut their milking time in half. Two full time employees also work on the Bushman Farm.

OPEN HOUSE

Sunday, June 24th • 11-3 p.m.
Todd & Connie Bushman
1402 St. Hwy. 150 • Calmar, IA
"Come and see our new dairy facilities"

The Bushman's also farm 600 acres of hay and corn, supplying feed and grain for their dairy herd. No chemicals are applied to their fields and the cows are not given antibiotics, making the Bushman Dairy Farm a certified organic farm. The organic milk is hauled to Kemps® in Rochester, MN.

Hawkeye REC plays an important part on dairy farms throughout our service territory. With their new facilities, the Bushman's upgraded their electrical supply to a three-phase line.

The Bushman daughters, Ashley 13 and Megan 11, have both been crowned "Little Miss Squirt" in their community. They attend Osasian Middle School and Todd's wife Connie is a teacher's associate.



Todd, Connie, Ashley and Megan Bushman of Calmar.

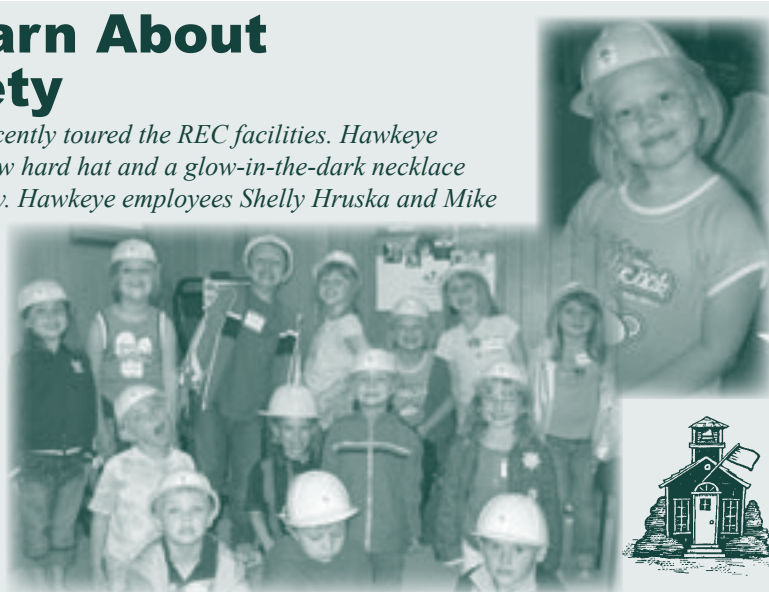


(more on June Dairy Month on page 2)



Students Learn About Electric Safety

Crestwood's kindergarten class recently toured the REC facilities. Hawkeye provided each student with a yellow hard hat and a glow-in-the-dark necklace promoting safety around electricity. Hawkeye employees Shelly Hruska and Mike Walton provided a guided tour emphasizing what to do around a downed power line. Hawkeye is committed to the electric safety and education of area youth. Hawkeye employees Ron Stika and Kevin Reicks also presented a safety demonstration at the Protivin Elementary School to over 60 students.



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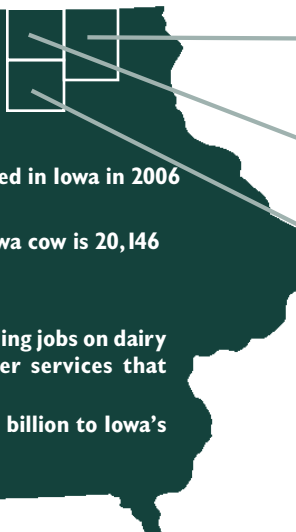
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Salute To Area Dairy Producers



Iowa Dairy Facts

- 12th in Total Pounds of Milk Produced
- 11th in Dairy Cow Numbers
- 9th in Production Per Cow
- 4.13 BILLION pounds of milk were produced in Iowa in 2006
- 250,000 dairy cows in Iowa
- The annual average milk produced per Iowa cow is 20,146
- 2,143 dairy farms in Iowa
 - Average dairy herd size = 85 cows
 - Provides more than 26,000 jobs (including jobs on dairy farms, by dairy processors, and other services that benefit and aid the dairy industry)
 - Annually contributes, an excess of \$1.5 billion to Iowa's economy



Winneshiek:

15,500 cows
171 dairy farms

Howard:

2,400 cows
64 dairy farms

Chickasaw:

6,100 cows
57 dairy farms

Source: USDA National Agriculture Stats and Iowa Dept. of Agriculture

Milk Facts

- ▲ Chocolate milk has the same excellent nutritional profile and as much calcium as white milk (usually made with lowfat or skim milk). The only difference is that chocolate milk has 60 more calories because of the sucrose and other nutrient sweeteners.
- ▲ Can you get enough calcium in your diet without dairy products? Yes, but it would be very difficult. You would have to eat 8 cups of spinach, 2½ cups of broccoli, almost 7 oranges or 6 slices of wheat bread to get the amount of calcium absorbed from an 8 oz. glass of milk.

Cheese Facts

- ▲ Cheese making dates back more than 4,000 years.
- ▲ More than 10 pounds of milk go into one pound of cheese
- ▲ About 300 varieties of cheese are sold in the U.S.

Ice Cream

- ▲ It takes 12 pounds of whole milk to make one gallon of ice cream.
- ▲ 1.6 billion gallons of ice cream frozen yogurt, sherbet and other related products are produced in the U.S.
- ▲ More ice cream is sold on Sunday than any other day of the week

FAQ's

What are milk's nine essential nutrients and what role do they play in a healthy diet?

Potassium: Helps regulate your body's fluid balance. Vitamin B12: Helps build red blood cells. Vitamin A: Helps maintain normal vision and skin. It also regulates cell growth and helps maintain the immune system. Riboflavin: Helps convert food into energy. Niacin: Supports the normal function of enzymes in the body and is involved in the metabolism of sugar and fatty acids. Phosphorus: Helps strengthen bones and generates energy in a body's cells. Calcium: Builds strong bones and regulates muscle contractions. Protein: Maintains and repairs muscles. Vitamin D: Promotes the absorption of calcium and optimizes bone mineralization.

What is organic milk?

It comes from a cow whose milk production was not prompted by an artificial growth hormone, whose feed was not grown with pesticides and which had "access to pasture," a term so vague it could mean that a cow might spend most of its milk-producing life confined to a feed lot eating grain and not grass.

Organic milk accounts for more than 3 percent of all milk sold in the United States. There is no scientific study that shows organic foods are safer, healthier or more nutritious than conventional foods.

OPERATIONS DEPARTMENT NEWS

by Roger Halverson, Operations Manager

The ice storm in February and March left your cooperative with an overwhelming schedule of work replacing destroyed and damaged distribution lines. Highline Construction from Paynesville, MN has been contracted to help replace damaged line. They have been rebuilding a three-phase line in the Alta Vista area.



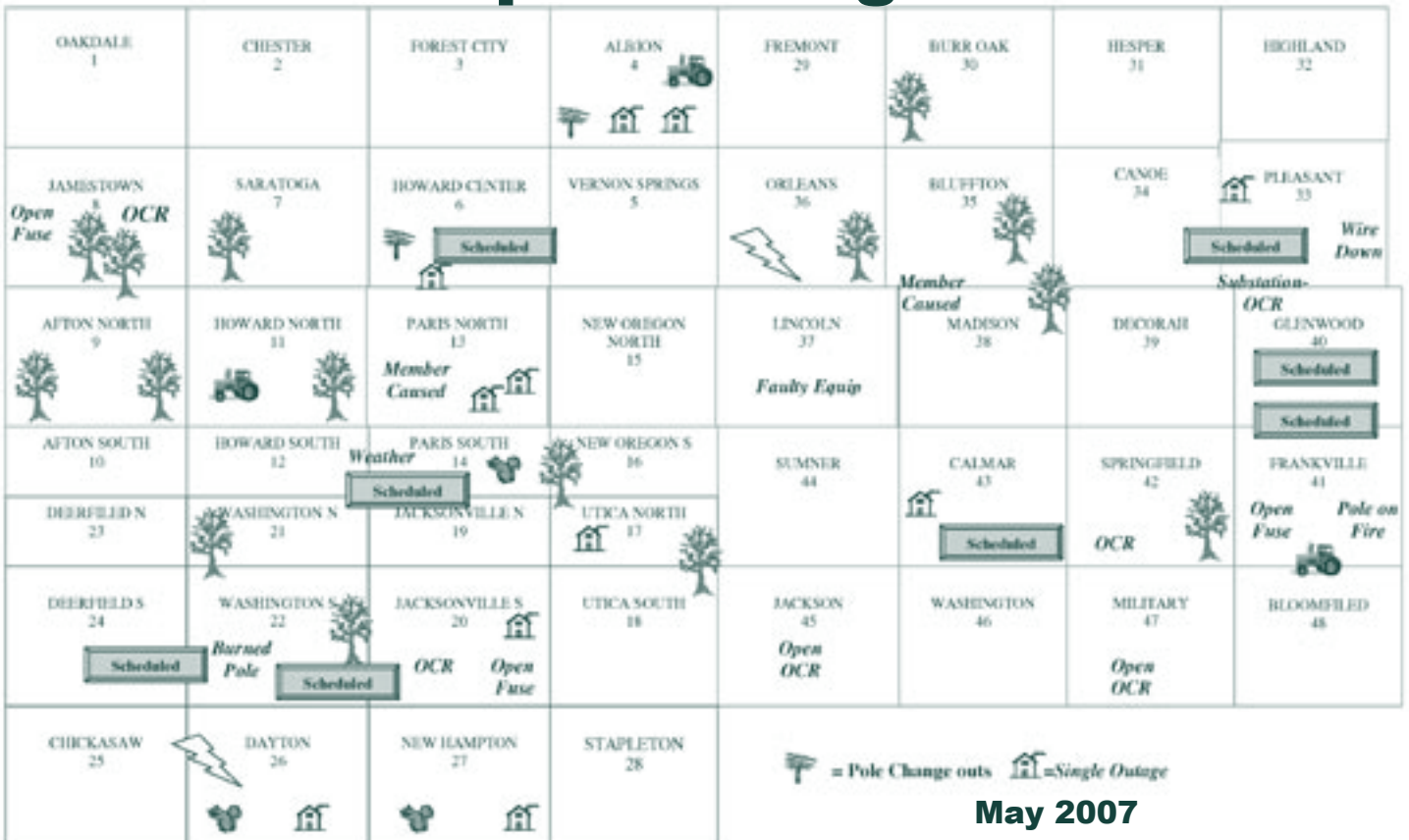
Hawkeye's construction crew is also in the Alta Vista area replacing damaged line. Hawkeye crews will be moving toward the Little Turkey area to repair several lines there.

Staking line for the new construction has been a huge task as they can barely stay ahead of the construction crews building the line. More line stakers will be working for Hawkeye soon to help with the huge undertaking. The rebuild will probably take us several years to complete. The work will result in replacing much of the old copper weld conductor in the western half of our system.

Building a new bin?

Please notify Hawkeye REC immediately if you are planning on building a new bin and need to upgrade your electric service. Crews are busy repairing storm damaged line and in order to accommodate your needs, early notification would be appreciated.

Map of Outages



Have you experienced an outage lately?

The power of human connections



Thanks!

Gavin Carman will be helping in the warehouse and mechanic shop this summer. This is Gavin's second summer at Hawkeye. Gavin attends Hawkeye Community College majoring in the Police Science program. He is the son of Roger and Jan Carman of Cresco.



Adam Munkel is working with the billing department again this summer. This is Adam's second year at Hawkeye. He will be a sophomore at Loras College majoring in Business Management and Marketing. Adam is the son of Jon and Connie Munkel of Lime Springs.



Jeremy Henderson will be assisting the linecrew out in the field this summer. This is Jeremy's first year at Hawkeye. He recently graduated from Crestwood High School and will be attending Hawkeye Community College. He is enrolled in the CNC Machinery and the Tool & Die program. Jeremy is the son of Jeff and Tammy Henderson of Cresco.



Amanda Riha is working in the billing department again this summer. This is her second year at Hawkeye. She recently graduated from Crestwood High School and will be attending Iowa State University majoring in Interior Design. Amanda is the daughter of Pat and Ruth Riha of Cresco.

Matt Henderson will be working with the linecrew this summer. This is his third year at Hawkeye REC. Matt attends Northwest Iowa Community College in Sheldon, IA and is enrolled in the Power Lineman Program. He is the son of Jeff and Tammy Henderson of Cresco.



Steve Springer will be working with the billing department for a short time this summer before starting a summer internship in California. This was Steve's third year at Hawkeye. He will be a senior at the University of Wisconsin-Madison and is majoring in marketing. Steve is the son of Jeff and Lynda Springer of Cresco.



Scholarship Winners



Iowa electric cooperatives persuaded the State to allow unclaimed Capital Credit funds to be used for scholarships or the promotion of economic development instead of forfeiting the funds to the State. If Hawkeye cannot find a current address for a former member, their Capital Credits are designated as unclaimed. This year, Hawkeye awarded five \$500 scholarships to area students.

Jeremy Elsbernd

Decorah High School

Parents: Terence and Jane Elsbernd

High School Activities: Football, Track and Field, FFA organization, National Honor Society

Future Plans: Jeremy will be attending Iowa State University majoring in agricultural engineering.



Kyle Lensch

Crestwood High School

Parents: Jim and Verla Lensch

High School Activities: Choir, Basketball, Track, 4-H, School Musicals and National Honor Society

Future Plans: Kyle will be attending Iowa State University majoring in architecture.



Amber Kurash

New Hampton High School

Parents: Marianne and Steve Kurash

High School Activities: National Honor Society, Business Achievement Club, Students Against Destructive Decisions, Basketball, Band, Character Counts Representative and math tutor.

Future Plans: Amber will be attending Wartburg College majoring in Sports Management and hopes to work for a NASCAR team.



Amanda Riha

Crestwood High School

Parents: Patrick and Ruth Riha

High School Activities: Cheerleading, Band, Choir and National Honor Society

Future Plans: Amanda will be attending Iowa State University and will major in interior design.



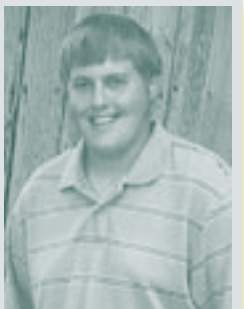
Sam Schmitt

Turkey Valley High School

Parents: Steve and Debby Schmitt

High School Activities: National Honor Society, 4-H, Band and Various Church Activities

Future Plans: Sam is enrolled in the CNC Machining Program at Hawkeye Community College.



*Congratulations
to you all!*

Welcome

Hawkeye REC welcomes New Members

Tamara & Jason Landswerk.....	Elma
Marty J & Clarie J Dahlberg.....	Decorah
Burr Oak Group Well.....	Decorah
Jill Mccarten.....	Ft Atkinson
Andrew Havlick.....	Elma
Ryan Companies.....	Protivin
Quentin Bouska.....	Ft Atkinson
Landis & Nancy Marin.....	Ionia
Mariellen Gillespie.....	New Hampton
Kenneth Krull.....	Riceville
Ron & Sandy Stover.....	Decorah
Barnies Bar & Grill.....	Burr Oak
Arthur & Joyce Koffron.....	Ossian
Bryan Hubka.....	Ft Atkinson
Nathan Manning & Dianna Stortz.....	Decorah
Ben Baker.....	New Hampton
Bruce & Danae Swenson.....	Cresco
Joel D Zook & Johanna C Bergan.....	Decorah
City Of Lime Springs.....	Lime Springs
Tim Hovey.....	Ridgeway
Brian M Erickson.....	Lawler
Eric D Rich.....	Decorah
Penny Avila.....	New Hampton
Duane Oulman.....	Riceville
Jerome Halweg.....	Decorah
Marc & Larissa Stano.....	Spring Grove MN
G&T Management.....	Ft Atkinson
Sara A Stinson.....	Decorah
David Martinek.....	Cresco
Jerralyn Houdek.....	Decorah
Lacey J Kunert & Justin L Newell.....	Lime Springs
Josh P Panos.....	Decorah
Kelli E Kammer.....	Cresco
Eric Reicks.....	Cresco
Kevin & Jamie Hauber.....	Ridgeway
Max Hunter.....	Decorah
Carloyn M Thompson.....	Decorah
Kevin E & Della L Whalen.....	Canton MN
Billie J Schmitt.....	Cresco
Amy Jones.....	Cresco
H&W Properties.....	Ft Atkinson
Kinder Morgan Energy Partners.....	Houston, TX

Groundbreaking at Websters



The Early Childhood Development Center held their ribbon cutting ceremony on June 4. The new facility will house Kessel Kids Day Care, Howard-Winneshiek Pre-School, Headstart and Early Childhood Special Education classrooms. Hawkeye REC will serve the all-electric 20,000 sq. ft. facility.

811—The New National “Call Before You Dig” Number

What is 811?

811 is a FCC-designated national number for homeowners and professional excavators to call before digging. 811 calls will be directed to the local One Call Center and the affected utilities, which will then mark underground lines for free. The national 811 campaign will increase awareness among the public about the importance of having utility lines marked before digging. Digging without calling can lead to severe consequences including harm to those who dig, costly damages to underground infrastructure and utility service disruptions.



Don't “Call Before You Dig” numbers already exist?

There are multiple “Call Before You Dig” numbers established by the existing 62 One Call Centers. The national 811 number will eliminate the confusion of multiple numbers. Your phone call will be directed to Iowa’s One Call Center and the various underground facility operators will dispatch “locate” personnel to the area to mark the underground facility locations with flags and paint markings, showing where underground facilities are located so the excavator can avoid damaging the facilities.

When should you call 811?

- ▶ Installing a fence
- ▶ Planting trees or shrubs
- ▶ Building a patio, addition, deck, garage, outdoor shed or any similar structure that requires any form of digging
- ▶ Putting in a new driveway
- ▶ Installing a septic system or water drainage system
- ▶ Terracing or landscaping

For more information visit www.call811.com

Recipes...



Fluffy Orange Cheesecake Pie

1 graham cracker crust
8 oz. pkg. cream cheese (softened)
14 oz. can sweetened condensed milk
6 oz. can frozen orange juice
1 c. (1/2 pint) whipping cream (whipped)

In a large bowl, beat cheese until fluffy, gradually beat in sweetened condensed milk and then the orange juice until smooth. Fold in whipped cream and pour in crust. Chill 2-3 hours until set. Garnish as desired, mandarin oranges work nicely.

I have also made this with Cranberry-Raspberry Juice

Janice Dougherty – Waukon

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

July – Marinade Recipes

August – Back to School - (Favorite recipes

submitted by kids 12 and under.)

All recipes can be found on our website.



Caramel Apple Cheesecake

Crust:

1 c. flour
1/2 stick margarine
1/2 c. brown sugar
Press in 8X8 pan and bake for 8 minutes at 350°

Filling:

8 oz. pkg. cream cheese
1 egg
1/4 c. sugar
Beat until creamy and spread on crust.

1-2 apples (diced)
1 T. sugar
1/2 t. cinnamon
Toss and put over the cream cheese filling

Topping:

1/2 c. flour
1/2 stick margarine
1/2 c. brown sugar
1/2 c. oats
Mix and sprinkle over apples. Bake at 350° for 30 minutes. Drizzle caramel over top.

Kristi Deutsch – New Hampton

Lemon Cheesecake

3 oz. pkg. lemon Jell-O
1 c. boiling water
8 oz. pkg. cream cheese (softened)
1 c. sugar
1 t. vanilla
12 oz. can carnation milk (cold)

Dump box of lemon Jell-O in a small mixing bowl. Add boiling water, stir to dissolve, let sit until syrupy. To hurry this, set in refrigerator, check often, you don't want Jell-O to set up!

Cream together: cream cheese, sugar and vanilla. Whip carnation milk, mix in the syrupy Jell-O and the cream cheese mixture. Spread this over graham cracker crust.

Graham Cracker Crust

2 pkg. graham crackers
1/2 c. sugar
1 1/4 c. melted butter or 1 stick oleo

Mix ingredients together, (may sprinkle in a little cinnamon) reserve a small amount of crackers crumbs to sprinkle on top. Use 9 X 13 Pan.

Keep Refrigerated!!

Priscilla Keck – Canton, MN

DATES TO REMEMBER

BILLING CYCLE DATES

- June 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 July.
- June 28** Automated payments from checking accounts and credit cards are processed.
- July 1** Bills become delinquent.
- July 10** Hawkeye REC prints bills based on June meter reading.
- July 11** Bills are mailed to members from Dairyland in LaCrosse

OTHER EVENTS

- June 28** Hawkeye REC Board Meeting
- July 4** Office Closed-Independence Day



Can you
Wait 'til 8
to bake your
cookies?



Summer Cooking Tips

- ▶ Grill more meals outside
- ▶ Fix meals that don't require cooking (fresh garden fruits & vegetables)
- ▶ Cook more for one meal and heat leftovers in microwave
- ▶ Sip your supper. Make a refreshing drink, shake or smoothie.
- ▶ Pack a Picnic



You can help minimize power costs by using energy wisely.

Please wait until after 8 p.m. before using major appliances.



Hawkeye REC

The Power Is Yours

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

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

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Norman Dickman - Decorah
John Hockspeier - Alta Vista
Janelle Mahr - Lime Springs
Roger Nibaur - Elma
Charles Frana - Calmar
Dennis Young - Decorah

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