

Celebrate being part of a Cooperative

As Co-op Month is celebrated across the nation during October, here are 10 things that you can do to be a part of your cooperative.

10 Ways to Help Your Cooperative

1. Keep trees trimmed from power lines or allow Cooperative personnel to trim tree limbs.
2. Report any downed lines, broken poles or fallen tree branches on power lines. Maybe your Cooperative already knows, or maybe it will be your call that alerts the staff to a problem.
3. Observe Peak Alerts and any special procedures your Cooperative recommends during unfavorable weather conditions.
4. Attend your Annual Meeting. Be an active member of your Cooperative.
5. Look for energy-efficient appliances when purchasing replacements for old ones. Use the yellow EnergyGuide sticker on new models.
6. Ask your Cooperative what special services and programs it offers. Your Cooperative is always looking to improve its members' standard of living.
7. Use electricity wisely. Contact your Cooperative's office if you plan any changes or additions to your farm operation.
8. Educate your family to the proper use of electricity. Make sure everyone, especially kids, know how to use any appliance in your house to ensure their safety.
9. Keep a battery-operated radio for emergency situations. And get fresh batteries on a regular basis.
10. Get hooked on a good habit. Wait 'til eight to use major appliances.



Owned by our
Members
Cooperation
Among
Cooperatives
Committed to Our
Communities



10 Touchstone Energy®
Cooperatives
YEARS The power of human connections

Touchstone Energy Celebrates 10 years of Helping Cooperatives

Touchstone Energy was created to build a unifying brand that enhances electric cooperatives' greatest competitive advantage: our unique relationships with customers. More than 660 cooperatives in 46 states deliver energy to more than 22 million members every day.

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Cooperatives...



Touching Lives!

Celebrating utilities, agriculture, finance, franchise, purchasing, health, housing, childcare and supermarket co-ops across the nation.

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



Tom Miller
General Manager

Make a Difference during Election 2008

Yes, you can make a difference if you start a conversation with your elected officials about reliable, affordable, and environmentally responsible electric power.

"Never underestimate the power of personal contact with your elected officials at all levels," says Glenn English, chief spokesman for the nation's electric cooperatives as head of the National Rural Electric Cooperative Association.

And English should know. He spent a lot of time with his constituents during his 10-terms as a Member of Congress from Oklahoma.

"Take advantage of the summer congressional recess and fall election season and talk to candidates or your representatives about our energy future and what they are doing to help us keep the lights on and electric bills affordable," he said.

English urges electric co-op consumers to attend campaign rallies and town-hall meetings when members of Congress visit or candidates for office make themselves available.

"America has a huge energy challenge," English warns. "Now is the time to ask some tough questions and get some real answers about what our elected officials are doing to help us meet growing demand for electricity while addressing climate change goals.

The major questions to ask elected officials and candidates for office are:

1. Experts say that our nation's growing electricity needs will soon go well beyond what renewables, conservation, and efficiency can provide. What is your plan to make sure we have the electricity we'll need in the future?
2. Our country faces a crisis as electricity use increases faster than available supply. I believe that by unleashing American ingenuity we can solve this problem. What are you doing to speed the development of new technology that will allow me to have the electric power I need while meeting national climate policy goals?
3. Balancing electricity needs and environmental goals will be difficult. How much is all this going to increase my electric bill and what will you do to make it affordable?

In addition to personal contact, letters make a difference, too, according to English. "In this electronic age, it's easy to stay in touch. Electric co-op consumers can lead the way in discussing energy issues by going to www.ourenergy.coop, and asking those critical questions," he said.

Tips for Community Meetings and Candidate Rallies

- ▲ Be prepared: Go in with facts and talking points.
- ▲ Make it personal: Explain in real terms or real dollars the impact of the issue.
- ▲ Provide background materials: Give the legislator or candidate material that explains your position.
- ▲ Stay on message: Have electric co-op advocates at every town hall meeting asking the same thing.
- ▲ Follow up: Hold the candidate accountable. Get the business card of the candidate or his or her staff.
- ▲ Be persistent and be polite: Work together to find a solution.
- ▲ Thank the legislator or candidate and their staff: A simple thank you goes a long way.



Exercise your right! November 4th

Contact Your Legislators

Senator Grassley

721 Federal Building • 210 Walnut St.
Des Moines, IA 50309
(515) 288-1145
Fax (515) 288-5097
chuck_grassley@grassley.senate.gov

Senator Harkin

210 Walnut St. • Room 733, Federal Bldg.
Des Moines, IA 50309
(515) 284-4574 Phone
Fax (515) 284-4937
tom_harkin@harkin.senate.gov

Representative Latham

2447 Rayburn HOB • Washington, DC 20515
(866) 428-5642
(202) 225-5476
Fax 202-225-3301
tom_latham@mail.house.gov

State Senator Mark Ziemann

State Capitol • Des Moines, IA 50319
(515) 281-3371
mark.ziemann@legis.state.ia.us

State Representative Brian Quirk

State Capitol • Des Moines, IA 50319
(515) 281-3221
brian.quirk@legis.state.ia.us

October is Pork Month

Salute to Iowa's Pork Producers

Join us in saluting our pork producers in Iowa during pork month! They play a significant role in the world's most widely consumed meat. Thank you!



Quick Facts

- ▶ At the end of 2007, Iowa had 8,500 hog operations
- ▶ 25 million hogs raised in Iowa each year
- ▶ 60 million hogs are raised in the U.S. each year
- ▶ Iowa raises more than 25 percent of all U.S. pork, making the state #1 in pork production
- ▶ Creates more than 63,000 jobs for fellow Iowans
- ▶ Contributes more than \$2 billion in annual payroll
- ▶ Contributes \$12 billion annually in economic impact for Iowa
- ▶ Hogs consume 27% of Iowa's corn (492 million bushels) and 30% of Iowa's soybeans (145 million bushels)

Source: Iowa Agriculture Statistics Service and Iowa State University, Department of Economics

Map of Outages

OAKDALE 1 	CHESTER 2 	FOREST CITY 3	ALBION 4	FREMONT 29	BURR OAK 30 	HESPER 31	HIGHLAND 32
JAMESTOWN 8	SARATOGA 7	HOWARD CENTER 6	VERNON SPRINGS 5 	ORLEANS 36	BLUFFTON 35	CANOE 34 	PLEASANT 33
AFTON NORTH 9	HOWARD NORTH 11	PARIS NORTH 13	NEW OREGON NORTH 15	LINCOLN 37	MADISON 38 	DECORAH 39	GLENWOOD 40
AFTON SOUTH 10	HOWARD SOUTH 12	PARIS SOUTH 14	NEW OREGON S 16	SUMNER 44	CALMAR 43	SPRINGFIELD 42 	FRANKVILLE 41
DEERFIELD N 23 <i>Unknown-OCR</i>	WASHINGTON N 21	JACKSONVILLE N 19 	UTICA NORTH 17	JACKSON 45 	WASHINGTON 46 	MILITARY 47 	BLOOMFILED 48
DEERFIELD S 24	WASHINGTON S 22 	JACKSONVILLE S 20 	UTICA SOUTH 18 <i>Bad Insulator</i> 	JACKSON 45 	WASHINGTON 46 	MILITARY 47 	BLOOMFILED 48
CHICKASAW 25	DAYTON 26 	NEW HAMPTON 27	STAPLETON 28	= Pole Change outs = Single Outage = Planned Outages			

September 2008

Have you experienced an outage lately?

The power of human connections



Round About Iowa Events

There are many great activities going on throughout our great state this month from decorating pumpkins and ghost hunting to farm toys and children's books, there is something for everyone.

Visit www.traveliowa.com for more information about each event.

Science of Ghost Hunting



Sept. 5-Jan. 11 • Davenport
www.putnam.org

Explore the pop cultural phenomenon of ghost hunting in a new exhibit at the Putnam Museum. The first interactive exhibit of its kind teaches critical thinking and allows the visitor to be a ghost hunter by trying the tools and equipment used by modern paranormal investigators.

Pumpkin Decorating Workshop

October 23 • Ames
www.reimangardens.com

Learn about the pumpkin's interesting history while decorating your own.

Spooky Village Tour

October 25 • Nashua
At the Old Bradford Pioneer village Museum.



National Farm Toy Show

November 7-9
Dyersville
www.toyfarmer.com



The "granddaddy" of them all with more than 400 tables of farm toys for sale, auction and many other events. 31st annual toy show.

Illustrated Fairy Tales: Art from Children's Books

Nov. 9-Jan. 11 • Muscatine
www.muscatineartcenter.org
59 original illustrations from fairy tales and folk tales celebrate stories handed down through the ages.

World Tour of Gymnastics Superstars

November 14 • Des Moines
www.iowaeventscenter.com



Featuring Des Moines' own reigning world champion Shawn Johnson, Olympic champion Paul Hamm, and nine-time world medalist Nastia Liukin, plus the men and women of Team USA.

Creation Fest: The Tour

November 17 • Council Bluffs
The nation's largest Christian music festival on tour.

Elvis is Alive in Cresco

November 29 • Cresco
Award-winning "Elvis" Brad Boice is in town for a night of singing and dancing to all your favorites. At the Howard County Fairgrounds.



Snowbirds-Are you leaving for the winter?

If you are planning to leave your home for an extended period of time this winter, remember to call Hawkeye to make meter reading and billing arrangements while you are away. Hawkeye has a number of options to offer.

- Automatic checking or credit/debit card payments
- Online Payments & Readings



ALWAYS CALL BEFORE YOU DIG

One free, easy call gets your utility lines marked AND helps protect you from injury and expense.

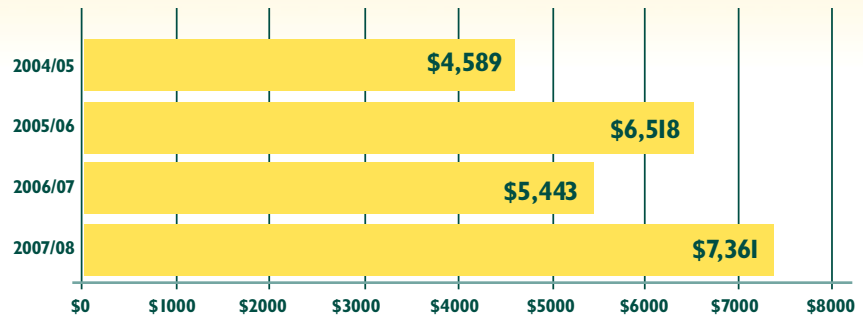
Safe Digging Is No Accident: Always Call 811 Before You Dig

Know what's below. Always call 811 before you dig. Visit call811.com for more information.

The Power of Human Connections

RECare

This month in your electric bill you received an insert regarding your Cooperative's RECare program. Our member's generosity makes Hawkeye's program one of the best in Iowa. Last year, customer contributions totaled \$7,360.00 helping 32 members who experienced hardships with paying their electric bills. All RECare recipients are qualified through Community Action. Be sure to check out our RECare program historical graph showing how our members care! Everyone who supports this program deserves a pat on the back and if that isn't you, why not consider a one-time or monthly donation to RECare.



Members Helping Members



	Member Participants	Families Assisted	\$ per Family
2007/08	205	32	150.00
2006/07	203	38	150.00
2005/06	201	40	150.00
2004/05	199	30	133.00

*Excess funds remain in the RECare fund for future applications

2008-2009 IOWA HOME ENERGY ASSISTANCE PROGRAM

ATTENTION: RESIDENTIAL CUSTOMERS NEED HELP WITH YOUR HEATING BILL?

The 2008-2009 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.

Household Size	INCOME MAXIMUMS	
	Three Month Gross Income	Annual Gross Income
1	\$ 3,900	\$ 15,600
2	\$ 5,250	\$ 21,000
3	\$ 6,600	\$ 26,400
4	\$ 7,950	\$ 31,800
5	\$ 9,300	\$ 37,200
6	\$ 10,650	\$ 42,600

For households with more than six members, add \$1,350 per three months, or \$5,400 annually for each additional member.

WHEN TO APPLY:

- **Elderly (60 & over) and/or disabled:**
October 1, 2008 to April 15, 2009
- **All other households:**
November 3, 2008 to April 15, 2009

WHAT TO TAKE:

- **Proof of Income**
Most recent 3 months' check stubs, award letter from Social Security or 2007 tax return
- **Social Security numbers of household members**
- **Recent heat bill**
- **Recent electric bill**
- **Recent telephone bill**

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.

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

Go Green this Holiday Season

LED Lighting Rebates

Americans love to decorate for the holidays with strings of lights. Light Emitting Diode (LED) Christmas lights are a new product that offers significant advantages over conventional holiday lighting. LED lights are available in strings from 20 to 150 bulbs with red, green, blue, white, yellow and multi-colored bulbs. There are many styles available including mini-ice, ball-shaped, C7 and C9 (candle-shaped) bulbs.

Impact of Christmas Lights

As LED lights become more popular, they have the potential to make a significant impact in the electricity consumed by Christmas lighting each holiday season. This load is often on top of the winter seasonal peaks adding to demand and peak

energy purchases. Hawkeye REC is one of 25 distribution cooperatives in the Dairyland Power Cooperative (DPC) system in La Crosse, WI. DPC, our wholesale power supplier, reported that Christmas lighting represents approximately 60 megawatts of additional load which is equivalent to powering 22,500 homes for a month.

How to get your \$2 rebate

Change to LED lights this holiday season and get money back. LED lights have a higher initial cost, but will save you money in energy costs. You can also receive a \$2 rebate per string of LED holiday lights. Send the receipt along with the completed form below to Hawkeye. The rebate will be applied to your electric account, and must be submitted by Nov. 30, 2008.

Why change to LED holiday lights?

More energy efficient – Use up to 95% less energy than conventional incandescent lights. Holiday lighting adds approximately 60 MW of additional load to your cooperative's power supplier annually.

Longer lasting – Up to 10 times longer (100,000 hours or 11 years)

Safer – Bulbs don't heat up so they're cool to the touch and won't dry out a natural tree.

Sturdier bulbs – LED bulbs are made of plastic so there's no glass bulb to break. Some are sealed from moisture to prevent bulb damage.

Easy-to-use – Up to 20 strings can be connected end-to-end without overloading a typical household's electrical circuit. If a bulb burns out, the other bulbs stay lit.



Holiday Lighting Rebate Form

*\$2 per string (applied to your electric account).
Return to Hawkeye with copy of receipt by November 30, 2008.*

Name: _____

Account Number: _____

Phone Number: _____

Number of LED Strings: _____



Save Energy and Money

This chart compares the cost of LED Christmas light usage to both mini and large incandescent lamps.

# OF LIGHTS	TYPE OF LIGHT	ENERGY USAGE OF BULB	450 HOURS (5 HRS/DAY FOR 90 DAYS)	AVERAGE OPERATING COST*
100	Large Incandescent C9	7.00 Watts	315 kWh	\$31.50
100	Mini Incandescent	0.45 Watts	20.25 kWh	\$2.03
100	LED Christmas Lights	0.043 Watts	1.94 kWh	\$0.19

*Calculated using an average residential rate of 10¢/kWh.

The real story about plug-in space heaters

In an effort to save on heating costs, many of us are more than willing to turn our thermostats down a little, wear an extra sweater, or use another blanket. But there is also an urge to plug in an electric heater. Electric heaters are 100% efficient and can be a means of saving on your gas costs as long as you understand how to best use it and how it might affect your energy bill. Don't trust new advertisements which claim their new space heaters will reduce your energy bill up to 50 percent. Buyer Beware.

Their claims, usually found in small print, are based on the assumption that you would operate this portable plug-in space heater in the room you occupy at the time, while turning down the thermostat in the remainder of the living area allowing it to become much cooler. It's true that any time you turn down your thermostat, you will use less energy to heat your home. However, in many cases homeowners maintain the original thermostat setting and plug in the portable space heater only to be surprised that they actually used more energy to heat their home. The bottom line is that there are no "magic" plug-in space heaters that will reduce your electric use. Based on the above scenario, you simply sacrifice comfort in the rest of the home to reduce your heating costs.

Before you purchase an expensive space heater that claims an ability to lower your heating bill, please consider the potential operating costs of these units. You would be money ahead to take the \$400 advertised

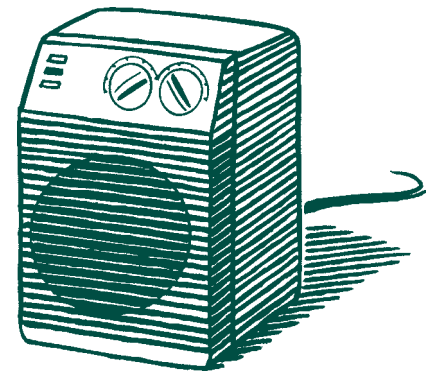
costs of these "magic" space heaters and put it toward weatherization improvements to your home, such as sealing air leaks, adding insulation or replacing old windows or doors.



Your cooperative is here to help you. This is your chance to utilize the benefits of being an owner of your cooperative. If you have questions about heating your home economically and efficiently, please contact our office at (800) 658-2243 or visit our website at www.hawkeyerec.coop.

Safe Electricity urges caution with space heaters

- ▶ Purchase only space heaters that have been safety tested and UL approved. Read and follow all of the manufacturer's instructions for operation and care.
- ▶ Before use, check to make sure the heater is clean and in good condition and have all problems professionally repaired.



- ▶ Place heater out of high-traffic areas and on a level, hard, non-flammable floor surface—NOT on carpets, furniture or countertops.
- ▶ Never allow pets or children near an electric heater. Accidental contact could result in serious shock or burns.
- ▶ Do not overload circuits. Never use extension cords or multiple plugs with a space heater, and make sure the unit is not plugged into the same circuit as other electric appliances.
- ▶ Never leave space heaters unattended.

For more information, visit www.SafeElectricity.org

Before you purchase a plug-in space heater, consider the operating costs!

Use the following formula to calculate operating costs of an electric space heater, or any electric appliance:

Watts X hours of operation ÷ 1,000 X kWh electric rate

For example, a 1,500-watt space heater running 24 hours per day would cost \$4.05 per day at Hawkeye REC's rate of 11.23¢ per kWh.

That's more than \$120 a month!

1,500 X 24 ÷ 1,000 X .1123 = \$4.05

Source: *Itasca-Mantrap Electric Cooperative in Minnesota*

Tune up your furnace for fall

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)



Steps for a safe harvest

The rush to harvest can yield tragic results. Each year, dozens of farm workers are killed and hundreds injured in accidents involving power lines and equipment. We urge farmers to be proactive in identifying potential safety hazards so accidents can be prevented.

- ▲ Know the location of power lines and keep farm equipment at least 10 feet away.
- ▲ Always use a spotter when raising augers or the bed of a grain truck near power lines.
- ▲ Always lower portable augers or elevators to their lowest possible level - under 14 feet - before moving or transporting them.
- ▲ Never attempt to raise or move a power line to clear a path!
- ▲ Don't use metal poles when breaking up bridged grain inside and around bins.

▲ Don't raise any equipment such as ladders, poles or rods into power lines. Remember, non-metallic materials such as lumber, tree limbs, tires, ropes, and hay will conduct electricity depending on dampness, dust and dirt contamination.

▲ Use qualified electricians for work on drying equipment and other farm electrical systems.

For more information on farm and home electrical safety, visit www.SafeElectricity.org.



Notice to all members with heating units on load control

Load Management Fall Testing

As cooler temperatures and fewer daylight hours arrive with autumn, the energy professionals at Hawkeye REC are preparing for another Midwest winter. This includes a test of Hawkeye's load management system. This test is conducted each fall to assist the cooperatives in determining if problems exist with their interruptible heating loads and remind members that loads will be controlled during the peak of the heating season.

If you currently participate in a residential dual fuel or heating load management program, the system will be tested on Wednesday, November 19, beginning with an alert at 4:50 p.m. This means that controlled electric heating tests will begin at 5 p.m. and continue throughout the evening. During the control period, customers will rely on their backup heating system. All electric heating systems will be restored by 11:15 p.m.

**Wednesday,
November 19
Tests begin at 5 p.m.**

Please contact Hawkeye REC with any questions or concerns about the load management test.

What is Load Management?

It is a program to help balance supply and demand. Load management involves techniques such as interrupting water heaters or air conditioners for short periods of time, and controlling when irrigation pumps or grain drying systems run. This reduces Dairyland Power Cooperative's total demand during peak use hours, generally between 3 and 9 p.m. Extremely warm or cold weather also creates an enormous amount of demand on the energy system, with the increase in air conditioner and furnace use.

Residential water heaters can be controlled at any time with the maximum control period not exceeding six hours in duration during any 10-hour period.

Interruptible and dual fuel heating systems are typically controlled (electric heating is turned off) in the late afternoon and evening hours for three (3) hours when load reduction is required. Control of these loads can occur at any time of the day and for longer periods. However, historically, control during the morning or for longer than 3 hours is less likely.



"This test is conducted each fall to assist the cooperatives in determining if problems exist with their interruptible heating loads..."



Beware of 'vampires'

Witches and ghosts won't be the only scary creatures lurking around your home this Halloween. This year, beware of "vampire power."

Vampire power, also called standby power, is the energy used by your appliances when they are turned off but still plugged in.

TVs, DVD players and stereos all use "standby" power after you shut them off because they need to stay energized to remain responsive to your remote control. Unplug them

until you want to use them or use power strips. Connect the power strips to a light switch and turn it off when you leave the room.

Your desktop computer also uses electricity when it's "asleep." Turn it off and unplug it when you're not using it.

Each appliance wastes just a little bit of power in standby mode, but those kilowatt-hours add up over time. In fact, the Department of Energy reports that standby power can account for as much as 20 percent of home energy use.



"Vampire power, also called standby power, is the energy used by your appliances when they are turned off but still plugged in."

October is Fire Safety Month

The history of National Fire Prevention Week started because of the Great Chicago Fire, which occurred on October 9, 1871.

Follow these simple steps to protect your home and family:

- 1.) Install Smoke Detectors in all bedrooms and hallways, test weekly and change batteries annually**
- 2.) Keep matches and lighters out of the reach of children**

3.) Have a working fire extinguisher

4.) Have your chimney cleaned regularly to prevent chimney fires.

5.) Have an escape plan that includes:

- ▲ Two different ways out.
- ▲ Someone assigned to help those that need help getting out.
- ▲ Someone assigned to call 911.
- ▲ A meeting place for everyone once they get out.



THINGS TO REMEMBER IF YOU HAVE A FIRE!

- ▲ GET OUT of the house or building and STAY OUT! DON'T GO BACK IN FOR ANY REASON!
- ▲ Crawl low under the smoke.
- ▲ Feel doors with the back of your hand for heat before opening.
- ▲ Open doors slowly and be ready to close them if heat or fire is outside them.
- ▲ Once outside call 911.
- ▲ If your clothes catch on fire: STOP, DROP, and ROLL until the fire goes out and cover your face with your hands.

Prevent home fires with AFCIs



You can install more than smoke detectors to protect your family during a fire. Add a simple safety device to your home: the arc fault circuit interrupter (AFCI).

An arc fault can occur naturally when you flip on a light switch or operate your household appliances—often because of damaged wiring, overheated electrical cords or worn insulation. An arc fault can produce heat intense enough to start a fire.

An AFCI can prevent these fires by sensing these unsafe conditions and quickly shutting off the circuit if an arc fault occurs. It operates much like a ground-fault circuit interrupter, but it doesn't

take its place. You need both so they can work together to prevent both fires and electrical shocks.

In 1999, the National Electrical Code required that the bedrooms of new homes be equipped with AFCIs. In 2008, the code expanded to include living rooms and dining rooms.

If your home does not have AFCIs, call a licensed electrician to install them. Homes with older wiring are especially prone to arc faults.

"An arc fault can produce heat intense enough to start a fire."

Recipes...

Wild Game Recipes



Creamed Rabbit

1 rabbit
2 c. hot water
1 bay leaf
Sprig of rosemary
Sprinkle of salt
1 c. milk
4.5 oz. peppered gravy mix

Cook first five ingredients in a crock pot on high for about 4 hours, turning once until fall apart tender. Remove and de-bone.

Stir milk and gravy mix into broth. Return meat and cook until thickened. Serve over hot rice, potatoes, egg noodles or biscuits.

Rose Goetsch – Cresco

Stir Fry Pheasant

1 c. buttermilk baking mix
½ t. pepper
¾ - 1 lb. diced uncooked pheasant (or other upland bird)
2 eggs (slightly beaten)
1 tab peanut oil
3 medium carrots (cut diagonally into ½ inch pieces)
1 green pepper (cut into strips)
1 small onion (thinly sliced and separated into rings)
2 tabs water
3 tabs peanut oil
¾ c. chicken broth
2 tabs teriyaki sauce
Hot cooked rice



In large plastic bag, combine baking mix and pepper; shake to mix. Set aside. Combine pheasant meat and eggs; stir to coat meat with egg. Put pieces of pheasant in plastic bag and shake to coat. In wok or large skillet, heat 1 tabs oil over medium high heat until hot. Add carrots; cook and stir for about 2 minutes. Add green pepper and onion. Cook and stir for 1 minute longer. Add water; cover. Steam for 3-4 minutes, until vegetables are tender-crisp. Remove vegetables from wok and keep warm. Add 3 tabs oil to wok; heat over medium heat until hot. Add pheasant; cook and stir until golden brown and no longer pink in center. Combine chicken broth and teriyaki sauce; pour over meat. Return vegetables to wok, cook and stir until heated through. Serve with rice.

www.wildgamerecipes.org

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. – Shrimp or Seafood Recipes

Dec. – Holiday Cheese Ball Recipes

All recipes can be found on our website.

Venison Soup

1 lb. venison diced into 1/2 - 3/4 inch pieces
1 large diced onion
10 small diced carrots
1 c. diced celery
Salt and pepper to taste
1 T. sugar
1 T. bacon fat
1 can sweet corn
1 c. lima beans



In a pot, sauté onions and venison together until brown. Add the remainder of ingredients. Cover with water or stock. Simmer on low until meat is tender. Allow the soup to cool. Store in your refrigerator for one day. Reheat and serve the next day.

Janice Lansing – Cresco

Deer Salami

5 lbs. ground deer meat
5 t. (rounded) Morton tender quick salt
½ t. onion powder
2 ½ t. mustard seed
1 ¼ t. pepper (recipe needs this)
2 ½ t. garlic salt
1 t. Old Hickory Smoke Salt

Mix ingredients together and refrigerate in a covered dish. On 2nd, 3rd and 4th days it needs to be mixed well. This will be dark in color and very cold. Form into 4 or 5 rolls and place on broiler in oven. Bake for 6 hours at 150° then 2 hours at 200° turning 2 or 3 times.

Janice Dougherty
Waukon



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. 28** Automated payments from checking accounts and credit/debit cards are processed.
- Oct. 31** AMR meters are read by the co-op.
- Nov. 1** Bills become delinquent.
- Nov. 10** Hawkeye REC prints bills based on October meter reading.
- Nov. 11** Bills are mailed to members from NISC in St. Louis.
- Nov. 25** Disconnect services for non-payment.

OTHER EVENTS

- Oct. 27** Hawkeye REC Board Meeting

COMMUNITY EVENTS

- Great Pumpkin Fest** Oct. 24-26 Preston, MN



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