

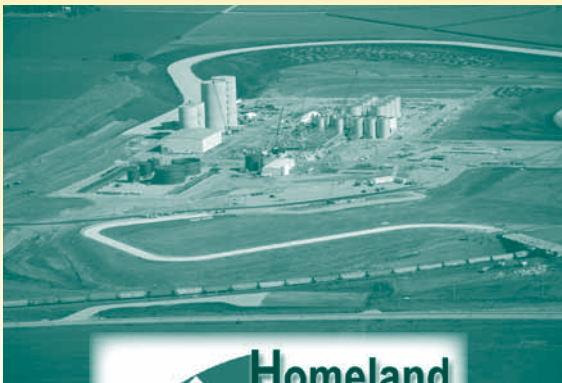
Growth due to Economic Development Efforts

Growth has been good during these tough economic times. Hawkeye is committed to helping our area communities grow and creating new jobs.

Homeland Energy Solutions Ethanol Plant

Hawkeye's Business Development Manager Pat Boyle worked diligently for the past several years to bring an ethanol plant to Hawkeye's service territory. This is good news for Hawkeye REC. Kilowatt sales will climb to several million kilowatt hours annually. In order to serve this load, Hawkeye built a new substation called the Crane Creek Substation which was recently energized. Homeland Energy Solutions Ethanol Plant, started operation in late March with projections to produce over 100-million gallons annually.

In producing 100 million gallons of 200-proof denatured ethanol, Homeland will



(continued on page 6)

Oak Creek Dental

Imagine as a child being able to watch your favorite cartoon while sitting in the dentist chair. Help relax those anxious feelings even as an adult by simply leaning back to view the TV mounted in the ceiling. Sound good? It's possible at the new dental office that will soon be opening in the Webster's Subdivision in Cresco.

Amy Reis, D.D.S. is trying to make your dental experience as family friendly as possible. State-of-the-Art equipment including an X-Ray machine that generates less radiation and a whole room dedicated to the sterilization process are just a few of the features of the Oak Creek Dental office. General dentistry services will be offered including regular cleanings, fillings, veneers and dentures.

"With the assistance of the Business Development department at Hawkeye REC, this project has finally become a reality. Their cooperation was indescribable as they helped me secure this great location and also assisted with funding options." Amy explained. "We're so happy everything worked out locally."



Dr. Amy Reis, D.D.S. will be opening her new practice, Oak Creek Dental, in the Webster's Subdivision in Cresco on May 26th.

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Climate Change Policy Will Hit Your Pocketbook

On May 2, 2009, I attended the National Rural Electric Cooperative legislative rally with cooperative staff Peggy Berg and Cindy Christensen. We joined electric cooperatives from across the United States to deliver our message, “keep electricity affordable.”

Congress and the federal government are focused on prioritizing climate change policy. Given the long list of environmental impacts and expensive solutions, any action taken to address the issue will certainly increase the cost of electricity we use everyday.

Climate change proposals seek to reduce emissions of greenhouse gases, carbon dioxide in particular. In the United States, power plants that burn fossil fuels produce about 2.4 billion tons of carbon dioxide every year. That is approximately 39 percent of the nation’s man-made output of the gas—the largest single source.

Electric cooperatives are involved in cutting edge development regarding new technologies that reduce carbon dioxide emissions from power plants, but those options aren’t ready for prime time. They’re limited, untested, and expensive. Yet potential legislation would rely on them to make significant carbon dioxide cuts nationwide.

Congressman Henry Waxman of California, leader of a key committee in the U.S. House of Representatives, will be introducing a 648 page bill to address climate change. Congressman Waxman’s committee plans to bring this climate change bill to Congress for a vote by this summer, one that may for the first time classify carbon dioxide as a pollutant and impose a cap-and-trade tax to limit carbon

emissions. Cap-and-trade systems work by setting a specific limit on airborne pollutants from sources like power plants, factories, and refineries, and require those sources to account for all emissions with issued allowances.

Cap-and-trade has worked well during the past 15 years to reduce sulfur dioxide emissions which cause acid rain. It has also worked well over the last decade to curb smog creating nitrogen oxides in the eastern half of the country. However, some cap-and-trade tax proposals for carbon dioxide contain a new twist: pricey allowances.

Allowances would be auctioned off at undetermined prices, leading to huge cost burdens for any source of carbon dioxide emissions. In the case of power plants, those costs would ultimately be passed on to consumers using the power, in some cases adding \$50 or more to electric bills each month. The Midwest would be hit especially hard because most of our electricity is from fossil fuel based generation.

In late February, the Obama Administration pointed to such a system as a new, substantial source of revenue for the federal government—effectively muddying the initial environmental argument for regulating carbon dioxide.

Such a backdoor tax increase would force electric cooperatives to essentially become tax collectors for the federal government, and allow Wall Street investors to set allowance prices and determine how much you pay for electricity.

We need to help Congress draft an energy solution that accomplishes environmental goals while taking affordability into account. But time



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may be tight if Congress fails to act. The U.S. Environmental Protection Agency stands ready to step in, leaving decisions that affect consumers’ pocketbooks up to unelected bureaucrats.

Electric cooperatives want to work with Congress to address climate change in an affordable and environmentally responsible fashion. We’re ready to provide insight into how various policy proposals will impact consumers, and urge lawmakers to reach the right answers. This is why we are taking our message directly to our legislative leaders.

National energy and climate change policy must focus on reducing emissions, not on “revenue enhancement” for the federal government. Money generated through a cap-and-trade tax, or otherwise, must be used wisely and devoted to developing related technology or returned to those who foot the bill. Congress should take the lead on climate change, not regulators or Wall Street speculators.

We need your help! Electric cooperatives around the country are urging its members to contact their

(continued on page 5)

It takes more than Hawkeye crews to get the job done...

Contractors help with preventative maintenance programs and re-construction efforts

Hawkeye has hired the following contractors that will be working throughout the service territory during the summer months. Feel free to call the office if you have any questions regarding contractors working in your area. Please use caution when driving by these companies working along roadsides.



Ameripole

The utility pole is the backbone of the electric distribution system. Every year, this backbone gets a checkup to make sure the poles are in good condition. Ameripole Inspection Company of Marshalltown, Iowa is hired to check, evaluate and treat utility poles in Hawkeye's service territory.



West Union Trenching

Hawkeye's underground contractor, West Union Trenching, will be working throughout the service territory installing underground electric lines by boring, trenching and plowing. West Union Trenching is a family business located in West Union, Iowa.

Community Tree Works

Controlling and maintaining the growth of vegetation (brush and trees) along power lines is very important to the electric industry. Overgrown trees and brush can cause problems during severe weather and can make it difficult to reach trouble spots to make repairs. The tree cutting company is located in Canton, Minn.



Legacy Power Line

Hawkeye's overhead contractor, Legacy Power Line, Inc., will be re-building over five miles of line damaged in the 2007 ice storm in Howard and Chickasaw counties. Legacy Power Line, Inc. is a family owned business located in Sauk Centre, Minn.



Power System Engineering (PSE)

Since the ice storm in February 2007, many miles have been staked in order to rebuild the powerlines to industry standards/requirements. There are approximately 12 more miles of line PSE will be staking in the western half of Howard County. PSE is located in Minneapolis, Minn. and Madison, Wisc.

“Bringing All the Pieces Together” at your Annual Meeting



Board Chairman Dean Fisher reported that 2008 was still a year of recovery from the devastating ice storm of February 2007. The following is a recap of the main topics Chairman Fisher covered during his presentation:

- Cooperative crews continue to rebuild Hawkeye’s electric distribution lines; great progress has been made and by the end of 2009, most of the line rebuilds will be completed.
- Financial assistance from FEMA saved members millions of dollars.
- Wholesale power costs will increase 10 percent in May 2009 because of rising costs of rail transportation and fuel, addition of new environmental technology to the current generation plants and adding more renewable energy generation.
- New climate change legislation for a carbon tax could increase electric bills nearly \$50 every month. Two video clips were presented urging members to contact their elected officials regarding the new cap and trade legislation that could affect electric bills.
- A new substation was energized for the Homeland Energy Solutions Ethanol Plant. The added kilowatt hour sales provides revenue growth to Hawkeye which is important to future stability.

Director Election Results

Director incumbents, Dean Fisher (Chickasaw District), Roger Nibaur (Howard District) and Charles Frana (Winneshiek District) were re-elected to serve 3-year terms on the board. Hawkeye would like to give a special thanks to Neal Schwickerath and William McGee for running on the ballot and offering their time and talents to Hawkeye REC.

Our Energy, Our Future

Attendees were encouraged to fill out the “Our Energy, Our Future” cards after watching a video presentation regarding climate change legislation that could increase electric bills over \$50 each month. Upon submitting their filled out cards, each member received another CFL lightbulb. The cards were hand delivered to legislators in Washington, D. C. during the first week in May.



Our Energy, Our Future A Dialogue With America



Director Dennis Ptacek proudly showcases the ‘Our Energy, Our Future’ cards that will be delivered to legislators in Washington, D.C. to help keep electric bills affordable.



Reusable shopping bags were given as attendance gifts. The colorful bags were filled with a CFL lightbulb, pen and a crossword puzzle highlighting Hawkeye REC. Employees Janelle Sunnes, Ruth Riha and Julie Madsen handed the bags to members as they entered the meeting.

Electric Bill Certificate Winners

\$100	Duane Hruska	Cresco
\$50	Dennis Tieskotter	Lawler
\$50	Irven J Reicks	Cresco
\$50	David L Capouch	Cresco
\$50	Mark J Krivachek	Decorah
\$50	Larry D Knutson	Cedar Rapids
\$50	Betty Busta	Lawler
\$50	Tim S Lennon	Decorah
\$50	Merlin Faldet	Ridgeway
\$50	Richard Ollendieck	Cresco
\$50	Charlene Knutson	Cresco
\$25	Jeffrey Jirak	Lawler
\$25	Lawrence Jirak	Lawler
\$25	Richard Bill	New Hampton
\$25	Allan D Sorenson	Chester
\$25	Thomas Schatz	Lime Springs
\$25	Maxine Friedrich	Elma
\$25	Glorine Puralewski	Davenport
\$25	Gerald W Bakken	Decorah
\$25	Cyril Neuzil	Calmar
\$25	Dean Darling	Decorah
\$25	Betty Halverson	Ridgeway
\$25	William L Seele	Cresco
\$25	Jeff Fjelstul	Decorah
\$25	Gary Knutson	Decorah
\$25	Kevin L Lundt	Decorah
\$25	Francis Gebel	Lawler

Grill Sets

Richard Jirak	Cresco
Art Bina	Cresco
Regina Kuboushek	Cresco
LaVerne Hageman	Fort Atkinson
Joseph Gansen	Elma
Raymond L Balik	Protivin
Union Prairie Cemetery	Decorah
Charles J Stevenson	Elma
Patricia Klimesh	Ridgeway
Allan J Novak	Ridgeway
Gordon Koehler	Cresco
Kenneth J Hubka	Cresco
Obert D Sacquitne	Decorah

Personnel Changes in Operations Department

Congratulations to Wally and Rick on your new positions at Hawkeye REC!

Mike Walton (Wally)

Wally accepted the position of Operations Manager for Hawkeye REC. Wally was most recently Hawkeye's Line Superintendent and prior to that he was the Operations Technology Supervisor. Wally started at Hawkeye as a lineman in May of 1991.



Rick Hagen

Rick accepted the Line Superintendent position for Hawkeye REC on April 16th. He will be responsible for scheduling crews on a daily basis and working with electricians and contractors. Rick has also been a construction crew leader for Hawkeye. Rick started at Hawkeye as a lineman in May of 1979.



Hannah Christensen wins trip to Washington D.C

Hannah Christensen, a junior from Osage High School, won an exciting and educational fun filled week of adventure at Hawkeye REC's Youth Tour contest. Hannah is the daughter of Hawkeye members Kelly and Audrey Christensen of Riceville. She will join 40 students from Iowa along with 1,200 students from all over America June 13-18. These students are sponsored by their local rural electric cooperatives.

The students will explore Washington, D.C., spend a day on Capitol Hill, meet our congressional leaders and see our government in action. They will also tour historic sites, cruise the Potomac, explore the Smithsonian museums, and make new friends from Iowa and across the nation. The students will learn first hand about our government and its history, their responsibilities as citizens, and how they work together. Upon returning from the Youth Tour, students are filled with inspiration and better understand how cooperative efforts keep our country great.



Hawkeye's Youth Tour contestants: (L to R) Kaylee Becker from New Hampton, Annelise Keune from Decorah and the 2009 winner Hannah Christensen from Riceville.



Judges from the Youth Tour contest: (L to R) Beth Snitker (Allamakee-Clayton Electric Cooperative in Postville), Randy Uhl (Winneshiek County Economic Development) and Linda Anderson (Mayor, City of Lawler).

Interim Manager's Message

(continued from page 2)

Climate Change Policy...

U.S. representative and senators to work with electric cooperatives to keep electric bills affordable. Get involved in this effort by participating in the Our Energy, Our Future™ grassroots campaign at www.ourenergy.coop or return the postcard that will be included with your next bill. After we've met with Congressman Latham and Senators Grassley and Harkin, it would be very helpful to have thousands of Hawkeye REC members follow up to show their support by sending e-mails or letters urging their support to "keep electricity affordable."

As always, I welcome your calls, e-mails and personal visits.

A teal-tinted signature of Brian.

Brian

Economic Development Efforts...

(continued from cover)

Homeland Energy Solutions Ethanol Plant

use approximately 37 million bushels of corn annually. That is good news to Northeast Iowa and the farming community. Ethanol is sold nationwide as a high-octane fuel that delivers improved vehicle performance while reducing emissions and improving air quality. The ethanol plant is located between Lawler and New Hampton on Highway 24.



Hawkeye employees received training and then energized the Crane Creek Substation that will serve the Homeland Energy Ethanol Plant. Lineman Travis Cummings works at the new substation.



Hawkeye Linemen Wayne Hageman and Zach Steinmetz work on the large transformers equipped specifically for the Homeland Energy Ethanol Plant. Hageman was responsible for organizing the equipment and making sure everything was in place to ensure smooth operation at the ethanol plant.

Oak Creek Dental

Amy is originally from the Elma area, is a 1999 graduate of Riceville High School and attended the University of Northern Iowa for her undergraduate degree. She graduated from the University of Iowa Dental School in 2007. Reis practiced dentistry in a public health clinic in Onalaska, Wis., a private practice in Wisconsin and on a dental mission trip to Costa Rica. Amy's husband Josh is originally from the Lime Springs area.

Amy states, "It's good to get back home! I love this area and I am looking forward to serving this community."

The new dentist will start taking appointments during the first week in May and will open on Tuesday, May 26th. Please call (563) 547-1704 to set up your family's appointments. The clinic is located next to the Early Childhood Development Center in the Webster's

Subdivision at 1155 Canterbury Street in Cresco. It is an all-electric building including geo-thermal heating and cooling.



Your Newsletter is Ranked 'Best in the Nation' Again!



Hawkeye REC recently received recognition for the "Spotlight on Excellence" national awards program, sponsored by the Council of Rural Electric Communicators and the National Rural Electric Cooperative Association. Hawkeye received an Award of Excellence in the Best External Newsletter Category for the "Hawkeye REC News." Meagan Moellers and Cindy Christensen produce the award-winning monthly newsletter.

"One judge summed it up by describing the overall quality of work as simply outstanding," said Maggie Tilley, administrator of Spotlight on Excellence. "In quality of writing, clarity of presentation, and level of creativity these professionals are excelling at serving the people with whom they are communicating."

Participants in the awards competition competed with electric cooperatives of similar sizes. Electric cooperative communicators and marketing professionals submitted more than 910 entries in the Spotlight on Excellence program, now in its 21st year. The Spotlight awards competition is an annual event recognizing the top-rated communication and marketing efforts by electric cooperatives.

How a monthly newsletter gets to your mailbox

Hawkeye believes communication with our members is very important and has several different methods, but your Hawkeye REC newsletter is one of the main tools. After the material is compiled each month, Marcia Deick of Dairyland Power Cooperative coordinates the graphic design, layout and pre-press work. After a final proof is approved, a newsletter is printed, collated and stapled for each member at Dairyland's printing department. Then each of the newsletters go through ink-jet equipment that applies mailing addresses and finally they're ready

for the US Postal Service to deliver them to your mailbox.

Sign-up to get your newsletter electronically

You can now subscribe to get the REC newsletter electronically by email! You can do your part by saving paper, mailing costs and help save our environment. Go to www.hawkeyerec.coop to sign up (on the bottom of the home page). You will receive a monthly email with a link to the electronic newsletter. You must have Adobe Acrobat Reader downloaded on your computer (a free version is available at www.adobe.com). Remember to notify us if your email address changes at any time. Your email address remains confidential.

If you do not contact the REC office, you will still receive a printed copy of the newsletter each month by mail. Remember, a copy is also always available to download on our website at www.hawkeyerec.coop.

Dairyland Power Graphic Design:
(L to R) Deb Nierling,
Marcia Deick and
Natalie Marx.



Dairyland Power Printshop: (L to R) Kurt Norman, Mark Kujath and Barry Hertel. (Not pictured is Chad Callaway.)



Dairyland Power Mailroom: (L to R) (Rachel Klistau, Lynda Kemp, Roger Gausmann, Joanne Marks and Pete Scarborough. (Not pictured is Lorna Koelbl.)



Meagan Moellers



Cindy Christensen

"Meagan Moellers and Cindy Christensen produce the award-winning monthly newsletter."



Energy Efficiency Presentation to Students

Hawkeye presented an Energy Efficiency presentation to 3rd grade students at the CFS school in Spillville. This program teaches children about electricity, energy savings and renewable energy.

The students received a free CFL light bulb and a reusable shopping bag. Students were asked to complete a checklist with their parents to identify energy saving practices in their homes. When the kids bring the completed checklist back to school, they will receive a “Super Energy Saver” certificate signed by CFL Charlie.



CFL Charlie is the mascot for the “Super Energy Saver” program designed to teach youngsters the importance of using energy wisely.



Mrs. Colleen Cray with her 3rd grade students at CFS School in Spillville.



Hawkeye employee Cindy Christensen presents energy efficiency information to 3rd grade students at the CFS School in Spillville.

Promoting the Electric Industry to Students

Hawkeye REC has partnered with the Northwest Iowa Community College Powerline Program to participate in Career Days at local schools to promote careers in the electric industry. There have been several students from Northeast Iowa graduate from the Powerline program thanks to these proactive measures. Students were able to ask questions pertaining to the industry and specific job responsibilities.



Hawkeye employee Dave Wilkes (R) and Northwest Iowa Community College Powerline Program instructor Aaron Dvorak (L) participate in Crestwood's Career Day to promote careers in the electric industry.



Information about the Powerline Diploma

Powerline installers construct and maintain electrical overhead and underground powerlines in this challenging, out-of-doors career. Learn to climb, set, and remove various sized poles; frame structures; install conductors and street lights; install underground cable; trim trees; and operate trucks along with various equipment. In conjunction with the hands-on experience, learn about electrical concepts and theory, construction techniques, transmission and distribution systems, safety, materials, and hardware.

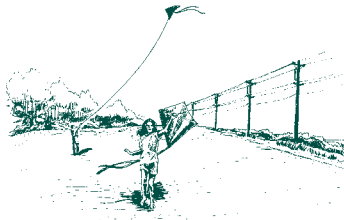
Graduates of the Powerline program are in demand by electrical utilities, rural electric cooperatives, and construction companies. The employment opportunities for powerline installers are excellent across the country, and those applicants with formal training typically have higher starting salaries and greater opportunity for advancement within the industry.

May is National Electric Safety Month

A Warm Welcome to Summer Safety and Fun!

After a chilling winter, summertime is almost here! The school year will be ending soon and the weather is getting warmer. Time to make sure our children and family members remember to have fun and be safe at the same time.

- Stay away from electrical equipment on the ground and overhead. Never climb a utility pole or tower. Don't play on or around pad-mounted electrical equipment.
- Never climb trees near power lines. Even if the power lines aren't touching the tree, they could touch when more weight is added to the branch.
- Fly kites and model airplanes safely away from trees and overhead power lines. If a kite gets tangled in a tree that's near power lines, don't climb up to get it. Contact your electric utility for assistance.
- Never go into an electric substation. Electric substations contain high-voltage equipment, which can kill you. Don't retrieve a toy or rescue a pet that goes inside. Call your electric utility instead.
- Look up and around you. Always be aware of the location of power lines, particularly when using long metal tools like ladders and pool skimmers.
- Water and electricity never mix! Keep electronics like radios away from pools and hot tubs, and watch for overhead power lines when cleaning pools, sailing or fishing. Never install pools underneath or near power lines.
- Never touch an electrical appliance if you are wet; always dry off completely.



- Teach your kids that it is never safe to swim in a pool or lake when a storm is brewing.
- Make sure all of your family members know to stay away from downed power lines and wires.

Parents, Caregivers Urged to Help Protect the Smallest Among Us

Inquisitive youngsters with little fingers are constantly exploring the world around them. Sometimes their curiosity can connect them with danger.

Each year, 2400 children - an average of seven children per day - are treated in emergency rooms for injuries caused by inserting objects into electrical outlets, according to the U.S. Consumer Product Safety Commission. Eighty-nine percent are under the age of six, with the highest risk group being boys age two to three. Most often these accidents happen at home with everyday household items such as hairpins, keys, and paperclips. Injuries vary from minor to serious burns, and some contacts prove fatal.

Plastic outlet caps offer an inexpensive form of protection, but some toddlers and pre-school age children can manage to remove them and adults often forget to replace the caps after using an outlet, leaving it open for young fingers to explore. The new tamper-resistant outlets offer constant protection.

Tamper-resistant receptacles have built-in shutter systems that prevent single-pronged objects like hairpins from being inserted. Unlike plastic outlet caps, the new receptacles are permanent, automatic, and reliable. They install just like standard outlets and are only slightly more expensive to purchase.

The new receptacles do not replace ground fault circuit interrupters (GFCIs) and should be used in conjunction with them. GFCIs sense the leakage of current to ground and immediately shut off power, preventing electrocution. Devices with both components are available and should be used in any areas where moisture is an issue, such as bathrooms, kitchens, and basements. A qualified electrician should be consulted if you have any questions about the new regulation.

Safe Electricity is an electric safety public awareness program to promote electrical safety.

Give grads safety and efficiency

Looking for a unique gift for a graduate heading off to college in the fall? Encourage electrical safety, even away from home. Nearly three-quarters of the 3,300 dormitory fires between 2002 and 2005 resulted from cooking, the National Fire Protection Association reports.

Help the college students in your life avoid electrical and cooking fires by sending them off with electronics that bear a label from a reputable consumer product testing facility, like Underwriters Laboratories.

Consider these gift ideas for safer dorm living:

- ▼ With computers, stereos and mp3 players, your grad will head to college next fall with more electronics than outlets. A power strip is a college must. Buy one with an over-current protector, which will shut off if the strip is drawing too much current.
- ▼ Instead of an electric hot plate, give a microwave for easy dorm cooking. These energy-efficient appliances pose less of a fire hazard.
- ▼ If the dorm has a kitchen, give fire-proof oven mitts and potholders.
- ▼ Candles are a quick way to make a dorm look like home, but they cause so many dorm fires that many colleges ban them. Give an electric candle instead. The device flickers realistically without the danger of an open flame.
- ▼ Coffee makers are a luxury in the dorm room. Give one with an automatic shutoff so the student never has to worry about leaving the burner on.

Iowa Energy Poster Contest Winner from Riceville

The Iowa Energy Poster Contest, sponsored by the CEEE at the University of Northern Iowa and the Iowa Energy Center, gives Iowa elementary students an opportunity to create an educational poster about energy efficiency/conservation techniques or alternate/renewable energy technologies for Iowa.

Posters are solicited from elementary students (grades 1-6) across the state. More than 2,000 entries are often submitted. Two winners are selected from each grade. They receive a \$100 savings bond and are honored in a formal ceremony at the end of the academic year.

Hawkeye REC presented one of the 5th grade contest winners Madison Drilling with a \$100 savings bond and Zack Lee received a REC truck for earning Honorable Mention in the statewide competition. Congratulations! Madison is the daughter of Greg and Sheila Drilling of Riceville and Zack is the son of Allen and Julie Lee of Elma.

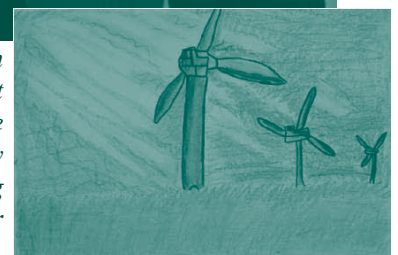


Wind Energy Education:

The art students at Riceville Elementary took a field trip to a wind farm to observe and learn about the wind turbines. They were instructed to incorporate this type of renewable energy in their posters. Each student was able to sign their name on a wind turbine blade.



Zack Lee and Madison Drilling accept prizes from Hawkeye employee Cindy Christensen along with their Art Teacher Linda Wangness.



Madison Drilling's winning poster.

Recipes...

Bananas, the world's most popular fruit, originate from the region of Malaysia. Bananas are one of the healthiest fruits and also have many medical benefits.



Double Chocolate Banana Muffins

1 ½ c. flour	¼ t. baking powder
1 c. sugar	1 ⅓ c. mashed bananas
¼ c. cocoa	⅓ c. vegetable oil
1 t. baking soda	1 egg
½ t. salt	1 c. mini chocolate chips

Combine all dry ingredients. Combine bananas, oil and egg in a second bowl. Stir the contents of the second bowl into the dry ingredients just until moistened. Fold in chocolate chips. Pour into muffin tin. Bake at 350 degrees for 20 minutes.

Andrea Knutson – Ossian

Banana Bread

1 c. sugar
2 c. flour
1 c. mashed bananas (the riper, the better)
½ t. soda
1 t. baking powder
1 egg
½ c. margarine (melted)
3 T. milk
½ c. chopped nuts

Mix with mixer. Pour in a greased 4 X 8 pan. Bake for 1 hour (or a few minutes more) at 350°.

This is the moistest banana recipe I've ever used. It is my mom's recipe and is almost 40 years old. I've given it to over half of the people in the county....the only one I make!

Geraldine Otto – Lime Springs

Banana Pancakes

2 large ripe bananas	2 T. oil
3 large eggs	1 c. flour
½ c. milk	1 T. baking powder

Cream bananas. Beat in eggs. Add remaining ingredients just until mixed. Fry on a hot greased griddle (spread out a little) until brown on both sides.

Rose Goetsch – Cresco

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

June – Recipes that use ice cream (Need by May 15)

July – Chicken Recipes

All recipes can be found on our website.



Medical Benefits from Bananas

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect food for helping to beat blood pressure.

Brain Power: Eat bananas at breakfast, break and lunch to help boost brain power. Research has shown that the potassium-packed fruit can make people more alert.

Depression: Bananas contain tryptophan, a type of protein that the body converts into serotonin - known to make you relax, improve your mood and generally make you feel happier.

Heartburn: Bananas have a natural antacid effect in the body so if you suffer from heart-burn, try eating a banana for soothing relief.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Find more tips at www.banana.com

Moist Banana Bars

1 ½ c. sugar	1 ½ c. mashed bananas
½ c. margarine	1 t. baking soda
2 eggs	2 c. flour
2 t. vanilla	1 c. sour cream
1 t. salt	

Spray cooking pan (jelly roll pan). Mix together the sugar, margarine and eggs. Add mashed bananas and vanilla. Mix flour, baking soda and salt. Add alternately with the sour cream until all blended together. Bake at 350° for 25-30 minutes until a toothpick comes out clean.

Frosting:

¾ c. brown sugar	⅓ c. milk
1 T. corn syrup	Pinch of salt
⅓ c. margarine	

Bring to a boil and then cool. Add 1 t. vanilla and enough powdered sugar to thicken. Beat until smooth. Spread over bars.

Judy Spalla – Decorah



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

OFFICE HOURS

Monday thru Friday • 7:30 a.m. - 4:00 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
Charles Frana, Vice President - Calmar
Dennis Ptacek, Secretary/Treasurer - Elma
Norman Dickman - Decorah
John Hockspeier - Alta Vista
Janelle Mahr - Lime Springs
Roger Nibaur - Elma
Dean Nierling - Burr Oak
Dennis Young - Decorah

PERSONNEL

Brian Krambeer, Interim General Manager
Mike Walton, Operations Manager
Jim Murphy, Information Tech. Manager
Cindy Christensen, Communications Manager
Peggy Berg, Chief Financial Officer
Pat Boyle, Business Dev./Mbr. Serv. Manager

EDITOR

Meagan Moellers

Hawkeye REC
PO Box 90
Cresco, Iowa 52136



DATES TO REMEMBER

BILLING CYCLE DATES

- May 11 Hawkeye REC prints bills based on April meter reading.
- May 12 Bills are mailed to members from NISC in St. Louis.
- May 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 June.
- May 27 Disconnect services for non-payment.
- May 28 Automated payments from checking accounts and credit/debit cards are processed.
- May 31 AMR meters are read by the cooperative.
- June 1 Bills become delinquent.

OTHER EVENTS

- May 22 Hawkeye REC Board Meeting
- May 25 Office Closed – Memorial Day Holiday.



It's real simple, when you are
WORKING ON A LADDER,
never work around power lines.

If you touch power lines, even if it's just for a second, they could very well be the last thing you ever touch. So we simply can't stress this enough... keep your ladder, your tools, and most importantly, yourself far away from power lines.



Looking out for you.