

COOPERATIVE CONNECTIONS



From Cows to Canvas

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'Who Powers You' Contest Nominations Now Being Accepted

Nominations are now open for "Who Powers You," a contest being hosted by Codington-Clark Electric and the region's other Touchstone Energy® Cooperatives. The second annual Who Powers You contest seeks to highlight local figures who are making a difference in their communities.

"No one succeeds alone, and that is especially true in rural areas, where friends and neighbors in tight-knit communities support, encourage and inspire each other," said General Manager Dave Eide. "Those people don't do it for the recognition, but they deserve to be recognized, and we'd like to help make that happen."

Member-owners, employees, and

citizens who live or work within the service territory of the region's Touchstone Energy Cooperatives are eligible to be nominated. Nominations are currently being accepted through April 7, 2024. Three final winners will be selected by a panel of judges based on the impact that they have on the community. Weekly finalists will be announced and featured on Keloland Living starting March 14, 2024, and the three contest winners will be announced on Keloland Living at a later date.

The Who Powers You contest grand prize winner will receive a \$3,000 prize. A second place winner will receive \$1,500 and the contest's third place winner will receive \$500.

"As an electric cooperative, our services extend beyond delivering safe, affordable and reliable power to our member-owners," said General Manager Dave Eide. "The Who Powers You contest highlights the commitment of our co-op to the communities and member-owners that we serve. We know that our co-op community is filled with people making a difference. Let's celebrate them!"

To learn more about the Who Powers You contest and to nominate someone in your community, visit WhoPowersYouContest.com.



**TELL US WHO
POWERS YOU!**

We know our co-op community is filled with people making a difference. Let's celebrate them! Nominate a member or employee of your local Touchstone Energy® Cooperative who goes above and beyond. **They could win up to \$3,000!**

Nominate your local hero at
WHOPOWERSYOUCONTEST.COM



ANNUAL MEETING

SAVE THE DATE

MARCH 26, 2024

It's annual meeting time for the members of Codington-Clark Electric Co-op. Please reserve a couple of hours on **Tuesday evening, March 26**, to attend your annual meeting.

Your vote, voice and participation make your co-op a unique kind of electric utility. The co-op way of doing business is truly democracy in action.

**Codington-Clark Electric Co-op
Annual Membership Meeting
Tuesday, March 26, 2024
Registration opens at 6:30 p.m.
Meal served from 6:30 to 7 p.m.
Business meeting 7 p.m.
Director election for Districts 1, 3 and 7
Codington County Extension Complex
1910 West Kemp
Watertown, SD**

Free gift and cash prize drawings for those that attend!

COOPERATIVE CONNECTIONS

CODINGTON-CLARK ELECTRIC

(USPS 019-073)

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To report a power outage:

1-844-968-1976

Office Hours:

Mon. - Fri., 8 a.m. to 4:30 p.m.

Codington-Clark Electric Cooperative

Connections is published monthly by

Codington-Clark Electric Cooperative, PO

Box 880, 3520 9th Ave SW, Watertown, SD

57201-0880. Electric cooperative members

devote 50 cents from their monthly electric

payments for a subscription. Non-member

subscriptions are available for \$12 annually.

Periodicals Postage Paid at Watertown Post

Office, Watertown, SD 57201 and at additional

mailing offices.

POSTMASTER: Send address changes

to: Codington-Clark Electric Cooperative

Connections, PO Box 880, 3520 9th Ave SW,

Watertown, SD 57201-0880; telephone (605)

886-5848

www.ccelectric.coop

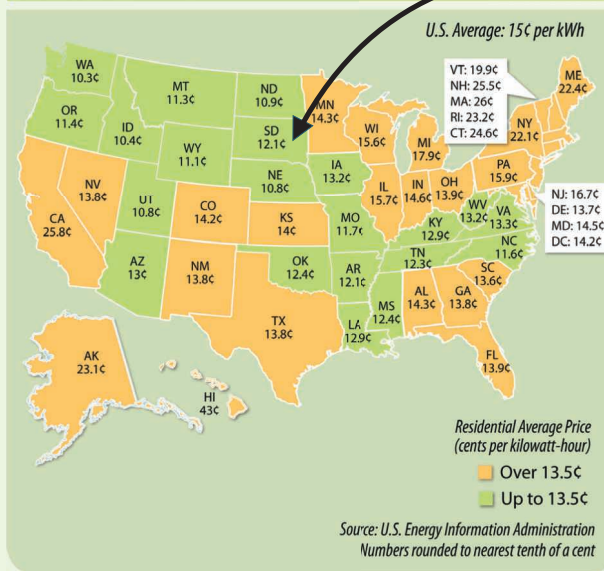
Codington-Clark Electric Cooper-

ative, Inc. is an equal opportunity

provider and employer.

Average Prices for Residential Electricity

2022 figures, in cents per kWh



Here is How Your Co-op Compares

Codington-Clark has a **facility charge of \$35** and charges **8.9 cents per kWh**, well below the national average Residential Average Price of **15 cents per kWh**.

Make Fall Safety a Top Priority

It may come as a surprise that the second leading cause of unintentional injury-related death is falls. In 2021, 44,686 people died in falls at home and at work, according to Injury Facts®. For working adults, depending on the industry, falls can be the leading cause of death.

Falls are 100% Preventable

March is Ladder Safety Month. Whether working from a ladder, roof or scaffolding, it's important to plan ahead, assess the risk and use the right equipment. First, determine if working from a height is absolutely necessary or if there is another way to do the task safely.

- Discuss the task with coworkers and determine what safety equipment is needed
- Make sure you are properly trained on how to use the equipment
- Scan the work area for potential hazards before starting the job
- Make sure you have level ground to set up the equipment
- If working outside, check the weather forecast; never work in inclement weather
- Use the correct tool for the job, and use it as intended
- Ensure stepladders have a locking device to hold the front and back open
- Always keep two hands and one foot, or two feet and one hand on the ladder
- Place the ladder on a solid surface and never lean it against an unstable surface
- A straight or extension ladder should be one foot away from the surface it rests on for every four feet of height and extend at least three feet over the top edge
- Securely fasten straight and extension ladders to an upper support
- Wear slip-resistant shoes and don't stand higher than the third rung from the top
- Don't lean or reach while on a ladder, and have someone support the bottom
- Never use old or damaged equipment; check thoroughly before use

Fall Hazards at Home

Are you a weekend warrior or do-it-yourselfer? If you take on home improvement or other weekend projects, it's important to prepare yourself for physical exertion, especially if you've been sedentary through the winter months, and take extra precautions to prevent falls.

Risky projects, like installing siding, gutters or roofs, are best left to professionals. Saving money isn't worth risking a debilitating or fatal fall.

At home or at work, many of the same rules apply. When taking on a project:

- Practice all of the ladder safety tips mentioned above
- Keep the work area clear of hazards and immediately clean up spills
- Read all instructions and safety precautions on your equipment
- Don't wear loose clothing that can get caught in equipment

We tend to think we're always safe on flat ground, but the thousands of injuries each year tell us otherwise.

- Falls are the #1 cause of death for older adults; fall-proof your home
- Keep floors and surfaces clear of clutter
- Keep file cabinets and desk drawers closed
- Keep electrical and phone cords out of traffic areas
- Install handrails on stairways
- Wear sensible footwear
- Never stand on chairs, tables or any surface with wheels
- Properly arrange furniture to create open pathways
- Maintain good lighting indoors and out

More than 6.9 million people were treated in emergency rooms for fall-related injuries in 2021. A fall can end in death or disability in a split second, but with a few simple precautions, you'll be sure stay safe at home and at work.

Source: National Safety Council



Trim Your Trees

Brace Tapio, Age 8

Brace Tapio cautions readers to trim their trees to prevent power line damage. Brace's parents are Nate and Elsa Tapio from Armour, S.D., members of Douglas Electric Cooperative.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents. Colored drawings are encouraged.

SEAFOOD SPECIALS

CAJUN SHRIMP

Ingredients:

1 lb. large shrimp, peeled and deveined
2-3 tsps. cajun seasoning
2 tbsps. butter

Method

Coat shrimp with seasoning. Melt butter in large skillet on medium heat. Add shrimp; cook and stir three minutes or just until shrimp turn pink. Serve over cooked rice, if desired.

McCormick.com

CRAB SALAD SPREAD

Ingredients:

8-12 oz. imitation crab meat, flake style, tear into small pieces
1 tbsp. lemon juice
1 cup (approx.) shredded Cheddar cheese
1 small can black olives, sliced
Mayo (must be Mayo), to get correct texture, less is better than too much
1/4 to 1/2 pepper, cracked

Method

Mix by hand. Serve with Club or Ritz crackers.

Linda Hubbard
Rapid City, S.D.

CREAMY SHRIMP LINGUINE

Ingredients:

8 oz. linguine
1 tbsp. butter
1 lb. large shrimp, peeled and deveined
1 cup heavy cream
1 package garlic butter shrimp scampi
2 tbsps. white wine

Method

Cook pasta as directed on package. Drain well.

Melt butter in large skillet on medium-high heat. Add shrimp; cook and stir 2 minutes or just until shrimp turn pink. Add cooked pasta, Seasoning Mix, cream and wine. Reduce heat to medium; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve with grated Parmesan cheese.

McCormick.com

Please send your favorite recipes to your local electric cooperative (address found on Page 3). Each recipe printed will be entered into a drawing for a prize in December 2024. All entries must include your name, mailing address, phone number and cooperative name.

Spring Cleaning Tips to Maximize Efficiency



Miranda Boutelle
Efficiency Services Group

Q: What are some energy-saving tasks I can add to my spring cleaning list?

A: Spring is a great time to refresh, clean and enhance energy efficiency at home. By adopting simple yet effective energy-saving strategies during our spring-cleaning routines, we can create an efficient living environment that may also lower our utility bills and extend the life of our heavily used appliances.

Be sure to include these spring cleaning tips to add some energy savings to the job.

Even though it's out of sight, don't leave it out of mind. Check the filter in your HVAC system. Your furnace worked hard during the winter. Ensuring your system has a clean filter is a low-cost and easy way to protect your equipment and maximize efficiency. A dirty furnace filter can cause your system to work harder than necessary, decreasing efficiency and shortening the system's life.

While the filter is easy to replace yourself, you should have your air conditioning serviced and professionally cleaned. Both the indoor and outdoor units should be cleaned. Dirty refrigerant coils reduce efficiency. This also applies to heat pumps and ductless heat pumps, also known as mini-split systems. The technician can check refrigerant levels and refill or repair if necessary.

HVAC contractors get busy responding to calls for repairs during the summer heat. Scheduling cleaning services for your air conditioning in the spring – before the heat of the summer – can ensure the work gets done before the rush and even save you money. Some HVAC contractors offer special discounts for cleaning services in the milder months, which helps fill their schedules and keep their technicians working.

Window AC units can get dirty, too. They can be cleaned with the proper tools, cleaning agents and know-how. Always unplug before

cleaning, and wait until completely dry to plug it back in again. Take the time to clean it properly in the spring before you need it in the summer.

Cleaning light fixtures and fixture covers can brighten your space by removing dust and grime collected during the winter. While you are at it, be sure to check your bulbs and replace any incandescent or compact fluorescent with energy-saving LEDs. Although they tend to cost a little more, LEDs last longer and use less energy.

Good-quality LED light bulbs are expected to last 30,000 to 50,000 hours, according to the Department of Energy. A typical incandescent lamp lasts about 1,000 hours, and a comparable CFL lasts 8,000 to 10,000 hours. To put this into everyday use, if you have an LED light on for 10 hours per day, it can last 13 years compared to only about three months for incandescent bulbs and about two-and-a-half years for CFLs.

Don't forget the oven. A clean oven heats more evenly and quickly, providing better results and lower energy use. A clean oven window allows you to see the food and how it's cooking without opening the oven door, which wastes energy.

If cleaning windows is on the list, check the seals and sash locks to ensure they close tightly. Check for any areas that need caulking or sealing to reduce drafts. Sealing around windows contributes to year-round comfort in your home. Clean windows also allow more light into the home, reducing the need to turn on lamps and overhead fixtures.

Spring is the ideal time to declutter, deep clean and implement practices that not only tidy our homes but also reduce energy consumption, contributing positively to our homes' energy efficiency and saving money on energy use.



Käsemeister Creamery

Shannon Marvel

shannon.marvel@sdrea.coop

Spink Colony's Käsemeister Creamery continues to perfect the art of cheese making while continuously looking for more ways to increase its economic footprint.

The creamery is located at a Hutterite colony about nine miles south of Frankfort, which produces over 150 types of cheese, which are sold in stores throughout the state and into North Dakota and Minnesota.

The creamery's manager, Jeremy Wipf, said the business also gets online orders regularly that go throughout the United States.

"We're always trying to get into more stores," Wipf said, which isn't easy in the competitive world of cheese and dairy products.

"The bigger creameries are our biggest competition," Wipf said. "But we're coming along. We're still growing slowly. We're only using half of our milk right now, so we will have the other half to use up. We've got room for expansion if



we could get in with a new distributor that isn't in South Dakota. There's plenty of cheese around. There's always competition."

The idea for the creamery came about in 2016. After securing a business loan, the Spink Colony bought the equipment necessary to start the business in 2018.

In fall of 2018, the creamery officially opened for business.

Käsemeister Creamery employs five full-time and 12 part-time employees from Spink Colony. "When we need more help, like when we make the cheese, we have extra help. It gets a little more difficult at times, such as harvest. During those times, we just have to do what we can and work harder and longer," Wipf said.

The creamery source 100% of the milk used to make the cheese from the colony's dairy operation, which milks around 100 cows. The cows are a three-way cross of Montbeliarde, Swedish Red, and Holstein.

"The idea behind it is a smaller cow that takes less feed but has more body fat, more protein – which at the end of the day is what pays the bills," Wipf explained.

The creamery is hoping to break into the whey industry, which would allow them to sell a byproduct from making the cheese.

"We basically have to throw away the whey right now," Wipf said.

For every 10 pounds of milk, you get one pound of cheese and nine pounds of whey, according to Wipf.

A separate facility would be needed to process the whey byproduct into whey protein, a product currently in high demand.

"But we're too small to invest in equipment for a facility. You've got to have a separate facility for processing whey. There's a lot of demand for it, but you have to have a lot for it to be feasible," Wipf said.

Creamery's current processing facility is comprised of all stainless steel machinery, which was put together by workers from the colony. A 14,700 square foot facility hosts both the processing area and retail store front.

Check out the cheeses and other products offered by Käsemeister Creamery online at www.kasemeister.com.





Rural Artist Michelle Weber has illustrated 11 children books in addition to showcasing her art nationwide and internationally.

Michelle Weber Captures Rural Life in Art

Frank Turner

frank.turner@sarea.coop

During her upbringing in Windom, Minn., Michelle Weber discovered her passion for art at a young age. She was the kid who was always doodling, often paying more attention to her drawings than to the class. Holding on to her passion, Weber took her first art class in high school with her art

teacher, Mark Nass. Although the class had a rocky start, Nass recognized her potential and helped fuel a passion that would ultimately lead Weber to becoming a prominent rural artist.

“I was a junior in high school when I enrolled in my first real art class, and to be honest, I kind of hated it,” said Weber. “That first week, I was mortified that I wasn’t any good.”

Initially contemplating dropping the class, Weber sought a signature from her art teacher to change her art class to a study hall instead. Despite her request, Nass refused to let her drop the class and encouraged her to try give the class another chance.

“After a few weeks, everything just clicked,” said Weber. “I fell in love with painting and began living in the school’s art room.”

In less than a year, Weber made substantial progress in her artistic abilities. Enough so, that her teacher encouraged her to apply for the Congressional Art Competition. She applied,

and her painting not only won in her district but also earned a spot in the U.S. Capitol building in Washington D.C., where it was showcased for an entire year.

Weber's success in the Congressional Art Competition foreshadowed what was to come. Drawing inspiration from her upbringing on a farm and involvement in 4-H, Weber began primarily painting livestock. In 2011, Weber's friend from Mitchell, S.D., Amanda Radke, approached her with a request to illustrate a children's book featuring livestock and rural agriculture, a perfect fit for Weber's artwork. This opportunity led to the creation of "A World With Cows," marking Weber's first foray into a full-time career as an artist.

"The book was a huge stepping stone for both of us," said Weber.

The children's book marked not only the beginning of a career but also established Weber's niche – capturing the focal point of rural life on canvas: livestock, horses, buffalo, and more. Weber has since illustrated 10 additional children's books and successfully sold her artwork both nationwide and internationally.

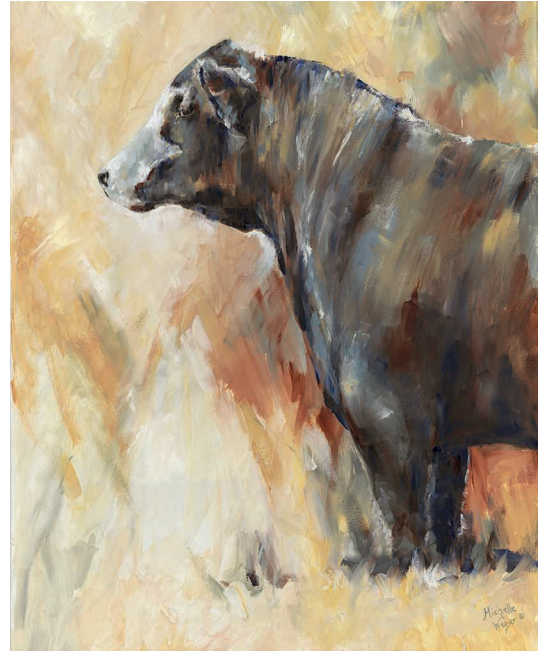
Traditionally, her oil paintings have been rooted in a realism, capturing every detail of the depicted animals. More recently, Weber has expanded her art to include a more whimsical and abstract representation of the rural lifestyle.

"My niche market is the producer, so it's important that my art reflects an authentic rural lifestyle," said Weber. "I want these paintings to have a touch of who I am, but also have the integrity of this lifestyle retained on canvas too."

Today, Weber resides just outside Lake Benton, Minn., a town just outside the South Dakota border. From her small town, Michelle Weber also maintains a website, michelleweberstudio.com, where she showcases a wide range of products

featuring her artwork, including prints, notecards, children's books, and even cake pans. In addition to her website, Weber recently opened a studio named, "The Studio by Michelle Weber" in the center Lake Benton.

"The Studio is a space located right in the heart of Lake Benton," said Weber. "Some people look at Lake Benton with a population of less than 700 or less and ask, 'Why would you open your studio there?' But I stand behind supporting these small. They are the heartbeat of this country, so it only seemed fitting to bring it home."



A Weber painting, titled "Side Eye."



Weber is widely known for her oil paintings that capture the essence of an authentic rural lifestyle on canvas.

Clearing the Path to Reliability

Trees are majestic, beautiful and good for the soul. But we also know that our members depend on us to deliver reliable power to their homes and businesses. That's why Codington-Clark Electric strives to balance maintaining the beautiful surroundings we all cherish with ensuring reliable electricity. You might not realize it, but there are several benefits to regular tree trimming.

Reliability

Keeping power lines clear of overgrown vegetation improves service reliability. After all, we've seen the whims of Mother Nature during severe weather events with fallen tree limbs taking down power lines and utility poles. This is why you sometimes see Codington-Clark Electric crews out in the community trimming trees near power lines. Our trimming crews have been trained and certified based on the latest industry standards.

In fact, all U.S. electric utilities are required to trim trees that grow too close to power lines. Scheduled trimming throughout the year keeps lines clear from overgrown or dead limbs that are likely to fall, and we are better able to prepare for severe weather events.

Safety

Working near power lines can be dangerous, and we care about your safety and that of our lineworkers. For example, if trees are touching power lines in our members' yards, they can pose a grave danger to families. If children can reach those trees, they can potentially climb into a danger zone. Electricity can arc, or jump, from a power

line to a nearby conductor such as a tree.

Any tree or branch that falls across a power line creates a potentially dangerous situation. A proactive approach lessens the chances of fallen trees during severe weather events that make it more complicated and dangerous for lineworkers to restore power.

Affordability

As a co-op, Codington-Clark Electric always strives to keep costs down for our members. If trees and other vegetation are left unchecked, they can become overgrown and expensive to correct. A strategic vegetation management program helps keep costs down for everyone.

When it comes to vegetation management, there are ways you can help too. When planting new trees, make sure they're planted a safe distance from overhead power lines. Medium-height trees (40 ft. or smaller) should be planted

at least 25 ft. from power lines. Taller trees (over 40 ft.) should be planted at least 50 ft. from power lines. You can also practice safe planting near pad-mounted transformers. Plant shrubs at least 10 ft. from the transformer door and 4 ft. from the sides. If your neighborhood has underground lines, remember to contact 811 before you begin any project that requires digging.

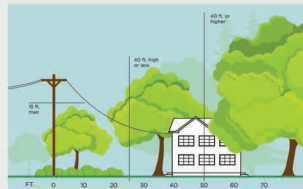
Additionally, if you spot an overgrown tree or branch that's dangerously close to overhead lines, please let us know by contacting the office at (605) 886-5848.

We have deep roots in our community, and we love our beautiful surroundings. It takes a balanced approach, and our vegetation management program is a crucial tool in ensuring service reliability.

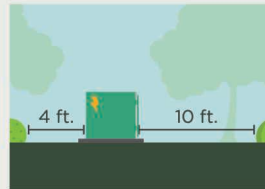
3 Ways to Help Limit Tree Trimming

Did you know electric utilities are required to trim trees and other types of vegetation that grow too close to overhead power lines? We know you love your trees, and we will do everything we can to avoid trimming them. **Here's how you can help:**

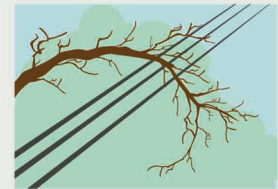
1. Plant trees in the right place. Trees that will be <40 ft. should be planted at least 25 ft. away from power lines (>40ft. should be at least 50 ft. away).



2. Don't block pad-mounted transformers. Plant shrubs at least 10 ft. away from transformer doors and 4 ft. from transformer sides.



3. Report dangerous branches. If you spot a tree or branch that is dangerously close to power lines, please let us know.



Trimming improves safety for all. Let's work together to enjoy the beauty of trees and reliable electricity.



TIRED OF WRITING CHECKS?

Sign up for Codington-Clark Electric's Automatic Payment Plan

Codington-Clark Electric has a convenient, free Automatic Payment Plan to help you never forget to pay your electric bill again. Your payment is automatically transferred from your checking or savings account each month, direct to Codington-Clark Electric. The transfer will happen on your bill's due date. Codington-Clark's Automatic Payment Plan is designed to save you and us

time and money. The plan is a safe, easy way to pay your electric bill. The plan protects you from mail delays and keeps your good credit rating intact. You will still receive a bill, so you know how much we will be deducting from your account. Please call the office at 605-886-5848 if you have any questions about this method of payment.

Authorization for Automatic Payment

Please enroll me in the Automatic Payment Plan.

Name (as it appears on your bill): _____

Address: _____

City: _____ State: ____ Zip: _____

Daytime Phone Number: _____ Codington-Clark Electric Account No.: _____

Please designate bank or credit union you want to use to pay your monthly electric bill. (Include branch, if applicable.)

Bank: _____

City & State: _____

Bank Routing Number: _____ Bank Account Number: _____

Payment is deducted from your bank account on the date indicated on your billing statement. Please indicate the date (on or after) you want Auto Pay Plan to start: ____ / ____ / ____.

Please Read and Sign

I authorize Codington-Clark Electric Cooperative Inc. and the financial institution named above to initiate entries to my checking/savings account. I agree that each payment from my account shall be the same as if it were a check or withdrawal personally signed and authorized by me. This authority will remain in effect until I notify Codington-Clark Electric Cooperative in writing to cancel in such time as to afford the financial institution a reasonable opportunity to act. I can stop payment of any entry by notifying my financial institution three (3) days before my account is charged.

I have read and agree to the terms of the Automatic Payment Plan.

Signature: _____ Date: ____ / ____ / ____

**PLEASE RETURN THE ORIGINAL AGREEMENT ALONG WITH A VOIDED CHECK TO:
CODINGTON-CLARK ELECTRIC: PO BOX 880, WATERTOWN, SD 57201-0880**



Sacred Hoops Coach Tuffy Morrison is just one of many volunteer coaches who make Sacred Hoops Basketball a reality for rural athletes.

SHOOTING FOR SUCCESS

Sacred Hoops Basketball Scores Big with Rural Youth

Frank Turner

frank.turner@sdrea.coop

Sacred Hoops Basketball, a nonprofit organization unique to South Dakota, has been changing the game for youth basketball across the state for more than six years. Using basketball as a tool for youth development, the program organizes teams, trains coaches, and hosts tournaments and workshops for young individuals in all communities – both big and small.

Since the program's conception, the emphasis has centered on rural engagement. Allan Bertram, the owner and operator of Sacred Hoops, co-founded the program alongside Jordan Long and a few other movers and shakers as a way to bring quality basketball instruction to students who would otherwise need to travel hundreds of miles to participate. Their goal was to make basketball accessible to all athletes across the state, not only improving their basketball skills but

also their life skills.

"We wanted to bridge the gap for kids in rural areas, particularly our athletes in low socio-economic areas who may not have been able to play basketball otherwise," said Bertram. "We want to ensure that every kid who wants to play can."

Beyond hosting tournaments and teams, Bertram and the organization's other volunteers have found other ways to make changes on and off the basketball court. In addition to hosting more than 120 high school instruction programs across the state, Sacred Hoops Basketball annually distributes more than \$70,000 in scholarships that aid athletes from low-income families to play ball. The organization was also the driving force behind a recent initiative that placed 2,000 new pairs of shoes in the hands of children from select, rural



Sacred Hoops Director and Coach Ted Standing Soldier draws up a play for the the Sacred Hoops West River Youth Team.

elementary schools in South Dakota. “We’ve seen so many kids grow and fulfill their passion,” said Bertram. “In today’s world, our youth sometimes don’t understand what their purpose or passion is, and that’s why so many of our youth are struggling. It doesn’t matter what a kid is passionate about – it could be music, sports, gaming, or whatever – but it’s our job to help feed that passion because that is what gives those kids a purpose.”

Today, the program has expanded to encompass more than 50 dedicated volunteers and 600 athletes across 60 teams in their summer season, with athletes spanning from third grade to high school. These numbers, said Bertram, have added up to a real impact for athletes across the state. Within Sacred Hoops Basketball, more than 75 athletes have gone on to play college-level basketball.

“It gives us a great sense of pride because those kids are not only getting a post-secondary degree but also get to continue their passion by playing at the next level,” said Bertram. “Many of these kids come from rural areas or

locations.”

Sacred Hoops Basketball Director and Coach Ted Standing Soldier also emphasized the impact that the nonprofit has had on West River athletes. Standing Soldier regularly works with athletes from several rural

West River communities, including Pine Ridge, Belle Fourche, Kadoka, and more.

“We have athletes from all over come to play on one team, and it’s changing the game for these kids. We have seen several of our athletes start making junior varsity and varsity teams as middle schoolers,” said Standing Soldier. “These are kids we want to help reach their full potential, both on and off the court.”

Reflecting on his upbringing, Standing Soldier said that basketball played a significant role in his early life, ultimately leading to college scholarships that allowed him to play basketball for Platte Community College in Nebraska and later the University of Mary in North Dakota. Those opportunities, he said, are ones that he wants to share with other youth in South Dakota.

“Basketball has been a part of my entire life,” he said. “I developed a love for the game. God has used it to impact my entire life, and now I’m using it to impact others.”



The Sacred Hoops Basketball AAU West Coast National Championship Team.



Ali Van Sambeek's one-year-old smiles while feeding the chickens.

Keeping Chickens

Shannon Marvel

shannon.marvel@sdrea.coop

During summertime mornings, Ali Van Sambeek will send her five-year-old out into the backyard to retrieve what's needed to cook that morning's breakfast.

"He's learned how to fry an egg on the stove, so in the summer he'll go out to the coop, bring back an egg and cook himself breakfast. Or I'll tell kids we need some tomatoes and eggs for breakfast, and they'll go out to get them in the backyard," Van Sambeek said.

Nestled in the Black Hills between Hermosa and Keystone, Ali and her husband raise four children, all under the age of seven, and a couple dozen chickens.

The chickens were added to the Van Sambeek family about a year ago.

"We wanted our kids to have more chores. We both grew up ranching and farming. We don't personally do that

anymore and we wanted our kids to have a taste of that life," Van Sambeek said.

"We haven't had to buy a store-bought egg since we started," she gleamed.

To begin, Van Sambeek started asking friends who raised their own chickens in their backyards a lot of questions.

Around that time and by chance, Van Sambeek learned of a friend that was looking to get rid of a couple hens and a coop for free.

So Van Sambeek took advantage of the opportunity and gave the hens a home in her backyard.

"We started with four, and were up to 20 at one point. And now we're down a little bit after an unfortunate situation with a hawk. That was our kids' first experience with losing animals. But this spring we'll get chicks again," Van Sambeek said.

The Van Sambeeks started off with Dominique brown layer chickens, but expanded the number of breeds in their

coop to get a more colorful plethora of eggs.

"I really wanted the green, dark brown and blue eggs. We pretty much have all the colors now. They've stopped laying throughout the winter, in the summer we'll get about eight or nine eggs a day," Van Sambeek said.

With her children being at the ages of 7, 5, 3 and 1, raising chickens has been



Ali Van Sambeek's son refills the water jug for the family's chickens.

a great way to teach them that their food doesn't just come from the store.

"Somebody has to put work into it – it's kind of cool when it's your own work. That's been one of the biggest things. We also have a pretty big garden. We feed the scraps from the garden back to the chickens. It's so much fun for the kids to see that process," Van Sambeek said.

Over in the eastern part of the state near Brandon, Stephanie Peterson has taken her love of raising backyard chickens and her expertise in doing so to new levels.

Peterson grew up in Lemmon and Rapid City before moving to Washington, D.C., to work on Capitol Hill for U.S. Sen. Tom Daschle.

During her time in Washington, D.C., Peterson raised four backyard chickens. Nine years ago, Peterson and her family moved back to South Dakota and bought a small acreage just outside of Brandon.

She purchased 15 hens and one rooster in the process and immensely enjoyed caring for the chickens and was entertained by their antics.

That developed into a full-fledged business for Peterson, named Fruit of the Coop.

"I heard that the backyard chicken keeping classes instructor for Sioux Falls Community Education was no longer available to teach, and I stepped right into the opening. I've been teaching classes since 2015. I also help small communities draft and pass backyard chicken ordinances for their towns, in addition to offering private consultations for folks who want personalized help getting started with backyard chickens," Peterson said.

She even offers advanced classes on veterinary care for flocks and is a distributor of non-GMO, organic chicken feed grown and milled by a local family farm.

"I started my egg business in 2016, working directly with chefs and restaurant owners to provide pasture-raised eggs to Sioux Falls restaurants. I also offer farm tours and field trips, and operate a farm stay AirBnb here at Fruit of the Coop," Peterson said.

What drives Peterson's passion for chicken and eggs is how interesting of an animal she's found chickens to be, with what she described as "unique biological makeups and also fun personalities."

Over the years, Peterson has seen the number of people raising their own chickens increase.

According to the American Pet Product Association's survey, ownership of backyard chickens increased from 8% in 2018 to 13% in 2020.

"And since COVID-19, the numbers have skyrocketed. The pandemic allowed for folks to have the time to pursue their backyard chicken hobby. But more importantly, many people began to focus on where their food was coming from and how to eat more locally," Peterson said.

"Raising your own chickens for eggs is an easy way to take control of a small part of the food system we all participate in. It

is now estimated that 12 million people in the U.S. own backyard chickens."

Things you need to know when considering backyard chickens:

- Hatching a Plan (local laws, cost, choosing a breed, where to buy)
- Chicken Little (setting up a brooder, food and water, heat, socializing)
- Feather Your Nest (coops and runs, predator proofing, cleaning, nest boxes, ventilation, space needed, seasonal care)
- Chicken Scratch (feeders and waterers, nutrient-dense feed, oyster shell, grit, treats)
- Ruling the Roost (free range, dust baths, molting, pecking order, injuries and diseases)
- Eggs/The Fruit of Your Coop (laying age, the "bloom," winter laying)



The Van Sambeek kids inspect the chicks that will be added to their coop.



MARCH 1-3, 2024
**National Pheasant
Fest & Quail Classic**
1201 N West Ave.
Sioux Falls, SD

MARCH 2
Live on Stage
High Country Guest Ranch
Hill City, SD

MARCH 7
**Elevate Rapid City Economic
Summit**
8 a.m.
The Monument
Rapid City, SD

MARCH 9
**French Toast/Pancake Feed
& Health Fair**
8:30 a.m.
Tea Community Building
Tea, SD

MARCH 9
**SunCatcher Therapeutic
Riding Academy & 3rd
Annual Shamrock Gala**
5 p.m.
Alex Johnson Ballroom
Rapid City, SD

MARCH 11-15
**Black Hills Institute's 50th
Anniversary Celebration**
Hill City, SD

MARCH 14-16
Spring Rummage Fundraiser
Spearfish Senior Center
Spearfish, SD

MARCH 15
**East Dakota Chapter NWF
31st Annual Banquet**
Ramkota Exhibit Hall
Sioux Falls, SD

MARCH 15-16
**Badlands Quilter Weekend
Getaway**
5:30 p.m. Friday, all day
Saturday
Wall Community Center
Wall, SD

MARCH 16
Live On Stage
High Country Guest Ranch
Hill City, SD

MARCH 16
**South Dakota Poetry
Society Poetry on the Road
& Open Mic**
1 p.m.
Tri-State Museum
Belle Fourche, SD

MARCH 16-17
**Hill City Antiques, Railroad
& Collectibles Show & Sale**
Hill City Center
Hill City, SD

MARCH 17
**St. Patrick's Day Green
Pancakes and Sausage**
8:30 a.m.
RVUMC
Rapid City, SD

MARCH 20-23
Hill City Restaurant Week
Hill City, SD

MARCH 23
Tyndall VFW Vegas Night
7:30 p.m.
Tyndall Community Center
Tyndall, SD

MARCH 23
**Hill City Children's Easter
Egg Hunt**
Visitor Info Center
Hill City, SD

MARCH 24
**Ham Dinner & Silent
Auction**
11:45 a.m.
RVUMC
Rapid City, SD

APRIL 2
**Clay-Union Electric
Ribbon Cutting & Open
House**
3 p.m. - 6:15 p.m.
31321 SD Hwy. 19
Vermillion, SD

APRIL 5-7
**71st Annual Hayes Play:
Under a Cowboy Moon**
7 p.m.
Hayes Community Hall
Hayes, SD

APRIL 12-14
**The Farmer's Daughter 19th
Anniversary Celebration**
Hill City, SD

APRIL 14
**Hill City Senior Sunday
Breakfast**
8 a.m.
Hill City Center
Hill City, SD

To have your event listed on this page, send complete information, including date, event, place and contact to your local electric cooperative. Include your name, address and daytime telephone number. Information must be submitted at least eight weeks prior to your event. Please call ahead to confirm date, time and location of event.

Note: Please make sure to call ahead to verify the event is still being held.