



NATIONAL DAIRY MONTH: **Hintz Dairy Farm**

Bob and Debbie Hintz

BY ANNE HANSEN

In the late 1930s, grocer organizations sponsored “National Milk Month,” which later made June the official dairy month. Today, National Dairy Month acts as a reminder of the benefits of both the dairy industry and the dairy products themselves.

During June, Mor-Gran-Sou Electric Cooperative celebrates our local dairy farmers and members, including Bob and Debbie Hintz.

The Hintz dairy farm in Flasher was purchased by Bob’s parents, Joe and Rose, in 1963, shortly after Joe came to the United States from Germany. Three years later, the Hintz family started selling whole milk to Selfridge Cheese.

“At that time, our family milked in a stanchion barn, where the milk was carried to the bulk tank in pails,” Bob said.

Many upgrades to the farm occurred, including a pipeline system and a parlor barn, as the herd grew.

Also in this issue:

- **National Dairy Month: Hintz Dairy Farm**
- **Breakfast on the Farm**
- **Manager’s message: Unplug to be more connected**
- **Attend Mor-Gran-Sou’s 75th annual meeting**
- **Safety Starts with ME: Patty Kluge**
- **Luck-of-the-draw scholarship**
- **Board report**



In 1991, Bob and Debbie were married and as their family grew, the herd size grew. Today, it looks a lot different than it did originally, as the family has installed a robotic dairy system alongside a parlor barn.

“Our robotic barn allows us to milk around 200 cows daily, in addition to the 40 to 50 cows milked in the parlor barn,” Bob said.

The local dairy, which supplies Class 1 milk to Land O’Lakes, made the decision to move to a robotic system in 2019. The decision to become one of three North Dakota dairies using the innovative technology was based upon interest from Bob’s two sons, who were wanting to continue the family dairy tradition.

“We knew when my sons were interested in continuing with a career in dairy farming that we needed to continue to grow and make our operation more efficient,” Bob said. “As I look back on the history of our farm, I have reflected how my dad built everything we needed himself, and how he did everything he could to give me the best start in the industry, and I want to do the same for my boys.”

Besides working together with his family every day, Bob finds satisfaction in seeing the accomplishments.

“The most rewarding part of this is that you are working for yourself and seeing the fruits of your labor,” he said.

Although rewarding, the dairy industry in North Dakota has seen many challenges, with dwindling numbers of dairies and volatile milk prices. Bob has done what he can to make it a better environment for the local dairies by visiting with local legislators and testifying on behalf of the industry.

This June, Mor-Gran-Sou thanks all North Dakota

dairies who continue to provide a nutritional source of food to our country! ■



Benefits of consuming dairy:

- The U.S. Department of Agriculture and U.S. Department of Health and Human Services released the 2020-25 Dietary Guidelines for Americans (DGA), which reinforce the importance of consuming three daily servings of dairy foods, like milk, yogurt and cheese.
- The new DGA guidelines propose three different healthy eating patterns, and dairy foods are a part of all three. Dairy is also highlighted for providing three of the four nutrients that are typically lacking in American diets: calcium, potassium and vitamin D.
- Dairy’s unique combination of nutrients plays a key role in preventing heart disease, obesity, high blood pressure, diabetes and osteoporosis. Dairy is important for building strong bones and teeth.

Source: www.thedairyalliance.com

**Explore it,
adore it and save!**



In partnership with the Theodore Roosevelt Medora Foundation, Mor-Gran-Sou Electric Cooperative is once again making excursions to Medora more affordable for families.

This summer, our members are eligible for a 15% discount off the following reservations:

- Tickets to the Medora Musical
- Pitchfork Steak Fondue
- Bully Pulpit Golf Course

Lodging at any of the following:

- Elkhorn Quarters
- Badlands Motel
- Rough Riders Hotel

To make your reservations and claim your savings, call **1-800-MEDORA-1** and provide the discount code: **Touch2022**.



Breakfast on the Farm highlights dairy industry

BY ANNE HANSEN

Back in the early 2000s, a group of local North Dakota dairies gathered to host a breakfast on the farm to provide transparency to consumers about the origin of their milk.

“Not only to promote it, but allow people to see, touch, taste, learn where their milk and dairy comes from,” said Jennifer Holle, Northern Lights Dairy.

The breakfast allows the community the ability to spend the morning on the farm and see what goes on at the farm.

“We show what all goes into producing their gallon of milk that they put in the cereal in the morning,” Holle said. “A generation ago, many people remember going to Grandma and Grandpa’s farm and learning where their food came from. Society has shifted and the current generation didn’t have those same opportunities.”

The event was spurred by Holle’s father-in-law, Kenton.

“One aspect that he is really passionate about is advocating to consumers about the wholesome and nutrition aspect of dairy and where their milk comes from,” Holle said. “In order to do this, our farm personally puts the event on, organizing, fundraising, but we partner with some amazing businesses and vendors from the area that really go out of their way to support it, get involved, help with tours and more.”

Holle believes it is their job to help educate and allow people of all ages to experience the farm.

“Come pet a baby cow, come see a mother cow having a baby, come see the milking parlor, smell the feed, drive the tractor, and enjoy the ice cream! Also, come see how the farm has evolved,” Holle said. ■

MANAGER’S MESSAGE:

Unplug to be more connected



Travis Kupper

“Almost everything will work again if you unplug it for a few minutes, including you.” Author Anne Lamott cleverly captures the benefits of unplugging in today’s device-driven, multitasking world. Keeping up with work, family and school activities or the latest trends on social media makes most of us feel compelled to constantly check our devices.

Summer is a great time to take a family vacation, but it’s also a good opportunity to unplug from our devices and enjoy the great outdoors with family and friends. Research has shown that we all need downtime after a busy day to recharge – even though we may resist it. Take a moment to slow down and enjoy some peaceful hours away from technology.

While you’re unplugging from your devices, take a look around your home to identify electronics that consume energy, even when they are not in use. (This is known as “vampire” energy loss.) TVs, gaming consoles, phone chargers and computers are some of the biggest culprits.

Take time to recharge your relationships and be more present. Enjoy our surroundings with your family and friends.

Speaking of spending time outdoors, you can also enjoy energy savings by incorporating LED products and fixtures for outdoor use, such as pathway, step and porch lights. Many include features like automatic daylight shutoff and motion sensors. You can also find solar-powered lighting for outdoor spaces.

Save energy by keeping warm summer air outside where it belongs. Add caulk or weatherstripping to seal air leaks around doors and windows. You can also employ a programmable thermostat to adjust the settings a few degrees higher when no one is home.

In our connected world, we have forgotten how to slow down. We multitask and text. We check email, then voicemail, then Facebook. Do yourself and your family a favor. Put down the device and breathe the fresh air.

While Mor-Gran-Sou can’t help you recharge your relationships, we can help you save money and energy by connecting you with our energy-saving programs and services. When you do plug back in, we’re just a call or click away. ■



Attend Mor-Gran-Sou's 75th annual meeting!

It's that time of year again. Mor-Gran-Sou Electric Cooperative is gearing up for the 2022 annual meeting, which will be held on July 15 at Fort Yates.

The annual meeting is a special time for co-op members to gather, share experiences, hear from co-op leadership and, perhaps most importantly, vote to elect your board members.

Mor-Gran-Sou Electric Cooperative's employees work hard to host this fun event, and we encourage you to attend and exercise some of the many rights you have as a member of an electric cooperative. We know the food, and getting to visit with your neighbor are the best parts of the meeting, but there is so much more to the event. This year, we will also be unveiling something new you won't want to miss!

Your annual meeting is also the occasion to exercise one of the greatest benefits of being an electric co-op member: voting for the upcoming year's board of directors.

Your electric cooperative is not owned by faraway investors, and it is not overseen by an appointed board of directors. Your electric cooperative is operated by a democratically elected board that is given the privilege to serve because of your vote.

At this year's annual meeting, not only will you have a blast (and maybe win a prize!), but you will feel good knowing that you had a voice in an important decision that impacts one of our most vital resources, electricity.

Mor-Gran-Sou announces candidates seeking board of director positions

The pursuit to earn a board seat begins for six Mor-Gran-Sou Electric Cooperative members vying for three director positions up for reelection in July. In 2022, the three board positions sought include: one for the Grant County position, one for the Mandan area position, and one Morton County position.

The following candidates will be on your ballot packet that you will be receiving around June 15:

Grant County

Scott Katus – Watauga
Ryan Petrick – Elgin
John Schmid – Carson

Mandan Area

Pam Geiger – Mandan

Morton County

Mark Doll – New Salem
M. Curtis Feland – Almont

Bylaw amendment

The members will also be asked to approve a bylaw amendment this year to eliminate the term limits from the bylaws. The term limit provision only allows a board member to seek six consecutive three-year terms. The position of the Mor-Gran-Sou Electric Cooperative board of directors is that term limits should be eliminated because a director is always subject to not being elected when the term expires. In addition, term limits may prevent a director from serving on national boards. Mor-Gran-Sou Electric Cooperative is the only North Dakota electric cooperative with term limits for its directors.

Mor-Gran-Sou offers another option for cooperative voting process for director/bylaw amendment

During this year's voting process for your cooperative directors and the bylaw amendment, Mor-Gran-Sou Electric Cooperative will be introducing another voting option – online voting. As in the past, your cooperative will continue to offer the opportunity to vote by mail-in ballot or to vote in-person at the annual meeting July 15. If a member casts a timely vote prior to the meeting by mail or online, but still plans to attend the annual meeting, they will not receive a ballot at that time.

Members will receive an annual meeting report with banquet RSVP form around June 1. Online or electronic voting will be offered through SmartHub. For those of you who have not used SmartHub and wish to use this free resource, please visit www.morgransou.com and click on SmartHub Login.

In a separate, second mailing, members will receive a voting packet after June 15 with voting instructions for all three options. Please keep an eye out for it and vote by mail or online, unless you know you will be attending the annual meeting. ■



Safety Starts with ME: Patty Kluge

Summer is in full swing, and many welcome the opportunities to be outdoors and enjoy the warmer weather.

“Although we spend most of our summer farming and ranching, when I get the chance, I love to go fishing during the summer,” said Patty Kluge, member service representative II with Mor-Gran-Sou Electric Cooperative.

But summer months also make conditions right for dangerous storms. These potential weather events can cause destruction to our electrical system.

“Mor-Gran-Sou crews are ready and standing by to respond, should power outages occur in our area, Kluge said.

When major storms knock out power, Mor-Gran-Sou line crews take all necessary precautions before they work on any downed lines.

“I would encourage you to also practice safety and preparedness to protect your family during major storms and outages,” Kluge said. “To ensure we can better serve you, and keep you in the loop about outages, we ask members to keep their phone numbers on our files up-to-date, understand where your meters are and try to name your meters, such as ‘south pasture’, so we can access them easily if there is an outage or emergency.”

If you are without power, the Federal Emergency Management Agency recommends the tips below as a starting point for storm and disaster preparedness, but you can visit www.ready.gov for additional resources.

- Stock your pantry with a three-day supply of nonperishable food, such as canned goods, energy bars, peanut butter, powdered milk, instant coffee, water and other essentials (diapers and toiletries).
- Confirm that you have adequate sanitation and hygiene supplies, including towelettes, soap and hand sanitizer.
- Ensure your first-aid kit is stocked with pain relievers, bandages and other medical essentials, and make sure your prescriptions are current.
- Set aside basic household items you will need, including flashlights, batteries, a manual can opener and a portable, battery-powered radio or TV.
- Organize emergency supplies, so they are easily accessible in one location.

In the event of a prolonged power outage, turn off major appliances, TVs, computers and other sensitive electronics. This will help avert damage from a power surge and will also help prevent overloading the circuits



during power restoration. That said, do leave one light on, so you will know when power is restored. If you plan to use a generator, make sure it's rated to handle the amount of power you will need, and always review the manufacturer's instructions to operate it safely.

Listen to local news or a NOAA Weather Radio for storm and emergency information, and check Mor-Gran-Sou's website for power restoration updates.

“After the storm, avoid downed power lines and walking through flooded areas where power lines could be submerged,” Kluge said. “Allow ample room for utility crews to safely perform their jobs, including on your property.”

Advance planning for severe storms or other emergencies can reduce stress and anxiety caused by the weather event and can lessen the impact of the storm's effects.

“I hope we don't experience severe storms this summer, but we can never predict Mother Nature's plans,” Kluge said. “At Mor-Gran-Sou, we recommend that you act today, because there is power in planning. From our co-op family to yours, we hope you have a safe and fun summer.” ■



TOUCHSTONE ENERGY

Member Appreciation Night

JOIN US FOR A NIGHT OUT AT THE BALLPARK

DATE: FRIDAY, JUNE 24

TIME: 7:05 PM

BISMARCK MUNICIPAL BALLPARK



TICKET OPTIONS: FIRST COME, FIRST SERVE. BOOK TODAY!



Bleacher Seat

+



Larks Hat (\$17 Value)

= FREE



HOW TO PURCHASE TICKETS:

SCAN THE **QR CODE** BELOW OR VISIT **LARKSTICKETS.COM** AND USE **PROMO CODE: YAME**



Your View



CLAIM YOUR FREE SEAT!

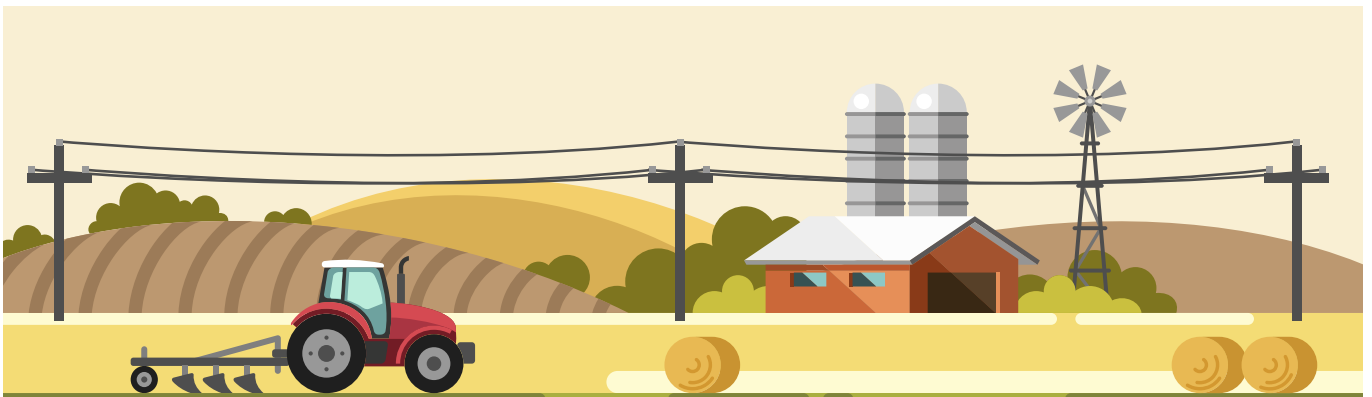
Thank you for being a Touchstone Energy Member. Please join us at the ballpark on June 24 for a free Larks game!





LOOK UP. LOOK OUT.

POWER LINE SAFETY ON THE FARM



SAFETY TIPS THAT ARE ALWAYS IN SEASON

1. Know what's below. **CALL 811** before starting any digging project.
2. Always **USE A SPOTTER** to warn you of any dangers when moving equipment.
3. If you strike a guy wire, **NEVER REPAIR IT YOURSELF**. Call your local utility right away.
4. **WATER CONDUCTS ELECTRICITY**, so be careful when irrigating near power lines.
5. **Keep yourself and machinery AT LEAST 10 FEET AWAY** from overhead power lines.
6. **Be extra careful when operating sprayers, planters and cultivators. KNOW THE HEIGHT AND WIDTH OF YOUR FARM EQUIPMENT** to prevent accidental contact.

WHAT TO DO

IF YOU CONTACT A POWER LINE:

If a power line falls across or near your machinery while you are in it, stay inside and **CALL 911**. Tell bystanders to stay away. If you must exit, jump as far as possible, so no part of your body is touching the machinery when you land. **KEEP BOTH FEET TOGETHER** and shuffle or hop at least 40 feet away.



BOARD MEETING HIGHLIGHTS

April 27

- Approved March 23 board meeting minutes
- Approved capital credit retirement applications for estates and those age 80 and over
- Approved 10 inventories of work orders
- Approved one special equipment capitalization
- Reviewed the monthly directors' financial report
- Directors completed the annual IRS 990 questionnaire
- Reviewed the Mor-Gran-Sou Electric Cooperative financial report for March
- Reviewed update on Mandan building remodel and costs to date
- Reviewed co-general managers/CEO update and report on meetings attended
- Reviewed senior staff and general counsel reports
- Reviewed Basin Electric Power Cooperative minutes and summary
- Accepted the audit report for 2021
- Accepted resignation of two candidates for the 2022 board of directors election
- Approved the 2022-25 construction work plan
- Approved the 2022-31 long-range financial forecast
- Approved the amended contract for services between Mor-Gran-Sou and Innovative Energy Alliance (IEA) Cooperative
- Assigned attendees and voting delegates/alternates for various upcoming meetings
- Approved participation in the Cooperative Finance Corporation

- Cooperative System Integrity Fund
- Voted for CoBank amendments
- Reviewed quarterly IEA internal newsletter
- Reviewed children's safety poster contest winners
- Discussed 2022 strategic planning
- Confirmed attendance for the Basin/District 9 joint board meeting in July
- Heard update on recent storm damage
- Heard update on Maintenance Solutions Cooperative and IEA board meetings
- Held executive session with auditor

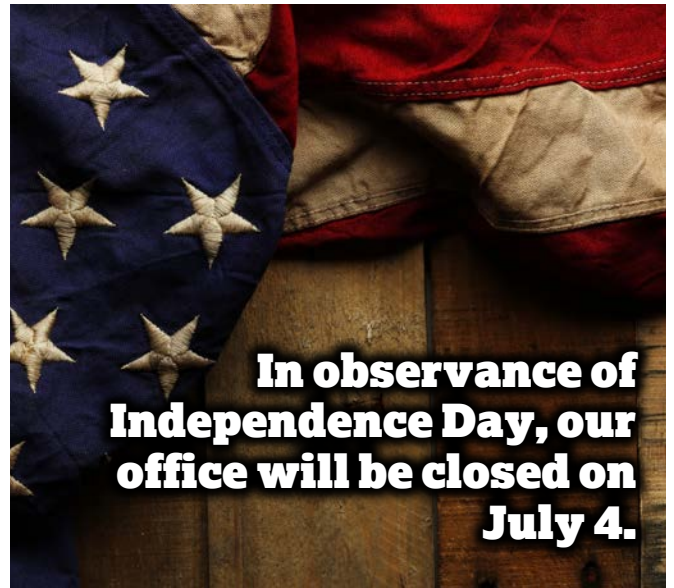
Upcoming regular board meeting dates:

- June 29, 9:30 a.m. CT/8:30 a.m. MT, J&L Building, Bismarck

Members are welcome to attend board meetings. Due to COVID-19, plans may change. Please call the office at 800-750-8212 or 597-3301 to confirm the meeting status if you wish to attend. To place an item on the agenda, please contact Board Chair Casey Wells or Co-General Manager/CEO Donald Franklund at 701-597-3301 at least one week in advance. Members may obtain a copy of approved board minutes by completing and returning the "Request for Information or Data" form. You can find this form at www.morgransou.com or contact the Flasher office to request a copy.

Luck-of-the-draw scholarship to be awarded

Mor-Gran-Sou Electric Cooperative will award two \$500 luck-of-the-draw scholarships to be drawn at our annual meeting on July 15 in Fort Yates. All high school students who graduated in the spring of 2022 and are dependents of Mor-Gran-Sou members and have not previously been chosen for an Mor-Gran-Sou scholarship, are eligible for this scholarship. Students must attend our annual meeting with at least one parent/guardian and are required to RSVP for the meeting. ■



MOR-GRAN-SOU ELECTRIC COOPERATIVE INC.

202 6th Ave. W. - PO Box 297
Flasher, ND 58535-0297
Phone: 701- 597-3301 Flasher
701- 663-0297 Mandan
Toll-free: 800-750-8212 Fax: 701-597-3915
Email us: info@morgransou.com
UNDERGROUND LINE LOCATES
800-795-0555 OR 811

OFFICERS AND DIRECTORS

Chair..... Casey Wells
Vice Chair..... Chad Harrison
Secretary-Treasurer..... Pam Geiger
Directors Vernard Frederick,
Rodney Froelich, Jay Larson,
Bob J. Leingang, Kathy Tokach, Steve Tomac

MANAGEMENT

Co-GM/CEO. Donald A. Franklund
Co-GM/CEO. Travis Kupper

www.morgransou.com

A Touchstone Energy® Cooperative

