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Serving Morton, Grant and Sioux counties

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DRAWN BY PURPOSE:

The journey to Hoof It Forward

BY SAMANTHA VANGSNESS

Nestled between the Missouri River and the hills of south Mandan lies a haven of animals that provide a smile and relief to many. The serene setting serves as home to Kristie Tschida and her passion, Hoof It Forward.

Hoof It Forward near Fort Rice offers a therapeutic environment for anyone who needs it. This includes a vast lineup of animals that provide therapeutic services for people. Some of these animals include horses for clients to take riding lessons, mini cows, a donkey, various goats and rabbits.

Where the hoofprint led

From a young age, Tschida, the founder of Hoof It

Forward, was drawn to horses and had a few on her grandparents' ranch near New Leipzig.

"I've always been obsessed with horses," Tschida says. "They were my go-tos."

As an adult, Tschida found herself reconnected with horses. She began to study, breed and raise horses. Identifying as an "adult student," Tschida has always had a yearning to learn more about them. This connection led to Tschida taking an equine massage class in Parshall, where she learned about equine assistive services. She had never heard about the service before, but it was about to change her life. Equine assistive services use horses to promote wellbeing.

"I remember hearing a call from God and he

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was telling me this is what I am going to do," Tschida recalls.

Tschida not only has years of experience with horses, but she has also worked with individuals who face emotional and development challenge. These two passions were something Tschida wanted to mesh in a place for people to come to feel relief.

The power of the herd

Once Tschida learned about equine assistive services, she dove into research and quickly enrolled in classes to become a certified therapeutic riding instructor. Simultaneously, she began growing her herd of therapeutic horses. Each horse is carefully chosen by Tschida to ensure it will be a valuable addition and benefit those who take part in the program.

While working toward her certificate through tests and hands-on training, Tschida also began researching how to become a nonprofit organization in North Dakota, further putting her "adult student" trait to work. Hoof It Forward is governed by a board of directors who are active and supportive.

"God has put every person who is involved in this in my life," Tschida says. "It's amazing."

Lending a helping hand

Through Hoof It Forward, Tschida helps individuals facing a wide range of challenges – from anxiety and PTSD to physical and developmental disabilities. Using the presence of her animals, she creates a safe space for her clients, offering healing that goes far beyond the arena. Whether clients are mounted on a horse or spending time on the farm holding a goat, Tschida strives to provide a safe and relaxing environment.

For those who may not be able to travel to Hoof It Forward, she offers a mobile service, which brings animals to locations such as nursing homes.

"You can just see the interaction between the staff and the patients," Tschida says. "Their relationship improves."

Tschida hopes her services will reach emergency responders, too. She says it is important for her to assist in breaking the stigma around asking for help. She has done research on services other states offer to their emergency responders and hopes to adopt some of their successes.

"It's about providing a timely service for them," Tschida says. "People wait too long to ask for help."

Empowering growth

With Hoof It Forward's grand opening in 2025, Tschida has been meeting with clients and exploring services she offers. It is important for Tschida that



Becca, Krisite's daughter, receives a soft touch from **Chance**, one of the therapeutic horses at Hoof It Forward.

each client has a goal and objective in mind. Setting a goal is something Tschida walks through diligently to ensure the services she offers are a good fit for each client. Some of the goals she shares could be an increase in confidence or building trust and relationships.

Once their goals and objectives are identified, Tschida gets to work creating programming to meet their goals. She shares a story about a father and his daughters who came to Hoof It Forward. His goal was to improve his relationship with them.

"He thought it was just going to be riding horse, but it was much more," Tschida says. "Their connection they were able to have during the sessions and afterwards was great for the family."

Tschida ensures everyone is safe and helps facilitate activities to help clients meet their goals, like initiating conversation amongst families.

Through Tschida's dedication and commitment to animals and people, she is able to lend a helping hand to those of all ages to find healing, strength and independence with Hoof It Forward.

More information on Hoof It Forward can be found at hoofitforward.com or on Facebook at Hoof It Forward. ���

Making a difference

Mor-Gran-Sou Electric Cooperative is proud to support local community initiatives such as Hoof It Forward. Mor-Gran-Sou Electric Cooperative Charitable Foundation donated funds to Hoof It Forward through its Operation Round Up grant program. Through this program, Mor-Gran-Sou Electric is able to spark change in our service area and support impactful missions such as these.



MANAGER'S MESSAGE:

Benefits of SmartHub



Co-General Manager/CEO

Mor-Gran-Sou Electric
Cooperative is dedicated to
continuously enhancing the
experience for our members.
As part of this commitment,
we partnered with National
Information Solutions
Cooperative, commonly
known as NISC, years ago
to introduce SmartHub,
an invaluable tool that
has become essential for
our membership.

While many of our members already benefit from SmartHub, we wanted to take a moment to remind you of its

features and how you can maximize its advantages. SmartHub makes managing your bills easier than ever. You can view current and past statements, set up automatic payments and receive reminders for due dates, all from the convenience of your phone or computer. This is particularly useful for those who may not have regular access to their mail or for members traveling on extended vacations.

Additionally, SmartHub offers valuable insights into your energy usage. With detailed reports, you can

understand when and how you consume electricity, empowering you to make informed decisions that optimize your energy efficiency.

Updating your information or requesting assistance is simple with SmartHub. Manage your account anytime, anywhere, putting you in control of your energy needs.

The SmartHub app is available on both iOS and Android, allowing you to access your account and energy data whenever you need it. If you prefer not to use the app, you can easily login through our website.

We encourage you to explore SmartHub and discover how it can help you take charge of your energy usage. Your engagement strengthens our cooperative, and together we can work toward a more efficient and sustainable future.

As always, if you have any questions about the technology or need assistance, our member service department is here to help.

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MESSAGE FROM WAPA:

Adapting to meet growing grid demands

BY LLOYD LINKE, WESTERN AREA POWER ADMINISTRATION SENIOR VICE PRESIDENT AND UPPER GREAT PLAINS REGIONAL MANAGER

Editor's note: WAPA is one of Mor-Gran-Sou Electric's power suppliers. We asked Lloyd Linke to update our members on what is happening at WAPA.



Lloyd Linke

The Western Area Power Administration (WAPA) strives to keep pace with changes in the electric industry. This ensures we can fulfill our mission to safely provide reliable, cost-based hydropower and transmission to our customers and the communities we serve.

Core to meeting the industry's changing demands is our commitment to exploring centralized market solutions on

a region-by-region basis. This supports our ability to continue to reliably deliver hydropower to our region's diverse, 340-plus customer base.

Earlier this year, WAPA marked the four-year milestone in energy imbalance markets throughout much of our footprint. Across all our regions, WAPA is now fully participating in energy imbalance markets. In the Upper Great Plains (UGP) region, which I oversee, we have been full participants in Southwest Power Pool's (SPP) Western Energy Imbalance Service market since it launched in February 2021.

On Sept. 8, 2023, WAPA Administrator and CEO Tracey A. LeBeau authorized UGP to pursue final negotiations with SPP to expand our participation in its regional transmission organization (RTO).

In the works since 2020, three of WAPA's regions have been working toward full participation in SPP's RTO. Other participants in the initiative include Basin Electric Power Cooperative, Colorado Springs Utilities, Deseret Generation and Transmission Cooperative, Municipal Energy Agency of Nebraska, Platte River Power Authority and Tri-State Generation and Transmission Association, all of which are WAPA customers.

UGP in the Eastern Interconnection is already a member of SPP, having joined the RTO in 2015, when we placed our east-side facilities under SPP's tariff. UGP's facilities in the Western Interconnection are expanding participation in the SPP RTO.

Upon go-live, SPP will assume the balancing authority responsibilities for our Western Area Upper Great Plains-West balancing authority area (BAA),

which UGP operates in the Western Interconnection today, in a single SPP-West BAA and will implement its Integrated Marketplace across UGP's facilities in the existing BAA footprint.

Full SPP RTO go-live in the Western Interconnection is scheduled for April 1, 2026.

Participating in this initiative to expand the SPP RTO into the West is consistent with WAPA's commitment to retain and increase the value of WAPA's resources in a dynamic energy industry.

UGP's transmission assets are included in SPP's annual planning process as appropriate. SPP's 2024 integrated transmission planning assessment identified a portfolio of transmission projects comprised of reliability, winter weather, economic and operational projects that will mitigate many system issues.

To address rapid load growth in North Dakota, SPP staff recommended a network of new and upgraded lines across the state. One of the major projects in the WAPA footprint is a new 439-mile, 345-kilovolt (kV) line from Belfield to Maurine, S.D., to New Underwood, S.D., to Laramie River in Wyoming, that brings large economic benefits to North Dakota and the SPP region. This project aims to address the lack of extrahigh-voltage lines in this area and benefit rural communities in western Nebraska and the Dakotas. Another major project for North Dakota is a new 230-kV line from Dawson County, Mont., to Williston that would provide reliability and economic benefits.

Other projects identified by WAPA-UGP in the North Dakota area include a Fargo bus upgrade, Charlie Creek to Garrison transmission line rebuild and Jamestown reactor replacement. These projects will increase capacity, alleviate congestion, increase storm resilience and provide for continued stability in their local areas. These updates seek to increase transmission reliability in North Dakota, ensure worker safety, and aid in controlling voltage and providing stability to the region.

We have also been working diligently to modernize the IT and operational technology systems that keep the grid humming and minimize outages. On June 4, our UGP operations team, in partnership with UGP maintenance and IT, successfully cut over to AspenTech Monarch, WAPA's common supervisory control and data acquisition vendor. With this milestone, half of WAPA is now operating on a unified energy management system. This effort will



improve operational flexibility, enhance cybersecurity and simplify support across regions – a significant achievement that reflects strong collaboration, dedication and perseverance.

Looking ahead, WAPA will continue to work closely with customers, generating agencies and partners to

identify the best path forward that protects the value of hydropower and transmission services, as well as power system assets, for the benefit of preference customers and the nation.

MESSAGE FROM MEMBER SERVICES:

Value of cooperative membership



Julie Armijo
Chief of Staff/Member
Services Manager

Did you know there is value in your membership in an electric cooperative? As a Mor-Gran-Sou Electric Cooperative member, you have a voice which helps us shape our services.

At a cooperative, you are a member, not a customer. Cooperatives are unique businesses, because they are owned by you, the members. This means you have a voice in the way we operate the co-op, through electing the board of directors and adopting bylaw

amendments. We are governed by our members and that includes you!

Cooperatives are not-for-profit. Any margins or

revenue remaining (after all expenses have been paid) are returned to members in the form of capital credits. Capital credit returns are based on each member's years of participation in the co-op.

Cooperatives are local, community-focused businesses. Since Mor-Gran-Sou Electric is owned by the members we serve, we have a strong commitment to our local communities. In addition to providing safe, reliable and affordable power, we are involved in local community development programs and projects, such as parades and grant opportunities.

Mor-Gran-Sou Electric is committed to providing more than electric services to our members. We are committed to the betterment of our members, services and communities. As we continue to provide programs, events and opportunities for members, we look forward to serving you.



At your Touchstone Energy Cooperative, your involvement is key. Join us in shaping the future for a stronger, more vibrant community for everyone.



MESSAGE FROM OPERATIONS:

Substation transmission line project



Gary FittererManager of Operations

At the beginning of the summer, Mor-Gran-Sou Electric Cooperative began to reconstruct the transmission line from the Cannon Substation to the Grant Substation near Carson. The operations department, along with engineers from Innovative Energy Alliance (IEA) Cooperative, diligently planned for the execution of this project that is soon to be complete. IEA is a cooperative owned by four

North Dakota distribution cooperatives, including Mor-Gran-Sou Electric.

This project allowed Mor-Gran-Sou Electric to retire 33 miles of overhead transmission line and poles and replace it with 14 miles of 69-kilovolt updated overhead transmission line and infrastructure. The cooperative worked with area landowners to obtain easements for the new route, which allowed Mor-Gran-Sou Electric to cut the transmission line route in half.

Throughout the course of construction, enhanced safeguards were integrated to the transmission line structures, such as static wire. Static wire is lightning protection mounted at the top of the structure and will protect the power line from being struck by lightning. When a power line is struck by lightning, it can cause blinks and outages to members' electric services.

As the 14 miles of new transmission line was diligently built, the cooperative also analyzes each existing pole before energizing the new line to ensure a seamless transition.

Crews climbed each pole and assessed it for any hardware replacement, such as insulators and bolts. This allows for upgrades to be made in a timely manner.

Mor-Gran-Sou Electric remains committed to ensuring safe and reliable electric services to members. Reconstructing the transmission line route from the Cannon Substation to the Grant Substation will help us continue to strengthen our system and improve reliability to members.





SAFETY STARTS WITH ME:

Everyday electrical safety

Electricity plays many roles in our lives, from powering generators, cellphones and lighting to running HVAC systems and appliances. No wonder we get so comfortable with its instant availability. When we flip a switch, we expect most systems or devices to do the job. But that sense of reliability can lead to complacency, especially during the shift in seasons and the rush that comes with a new season.

"Fall is a busy time in the area," says Kale Ohlhauser, lead lineworker. "And as the season begins to change, kids gear up for school and harvest begins, we want to remind members to take a look around your home and shop to check for potential safety hazards."

Below are a few connections to check to ensure your home and operation can continue to run smoothly.

Ground-fault circuit interrupters

What is it? A ground-fault circuit interrupter (GFCI) is designed to sense abnormal current flows, breaking the circuit to prevent potential electric shocks from devices plugged into the outlets. GFCI features are normally included in outdoor outlets or those in potentially damp locations, such as in the kitchen, bathroom or laundry room.

What can you do? Check them frequently by pressing the red test button, which will simulate a fault to ensure the GFCI is working properly. To restore power to the circuit, press the black reset button. If you notice any issues, contact a licensed electrician.

Loose or damaged outlets and switches

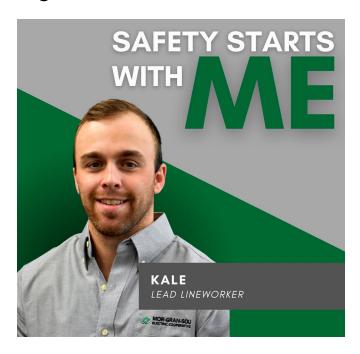
What should you look for? It is good to be aware of items you use every day, such as electrical outlets and wall switches. Signs of heat damage or discoloration in these items may be early warnings of potential shock or electrical fire hazards.

What can you do? Check your electrical outlets and wall switches to ensure they are properly connected. If you notice any issues, contact a licensed electrician.

Extension cords

What should you look for? If you use extension cords regularly to connect devices and equipment to your wall outlets, your home or shop may be underwired. Extension cords are designed for temporary, occasional or periodic use.

What can you do? If an extension cord gets noticeably warm when in use, it could be undersized for the intended use. If it shows any signs of frayed,



cracked or heat-damaged insulation, it should be replaced. If the grounding prong is missing, crimped or loose, a grounded cord will not provide the protection designed into its performance. Always make sure extension cords used in outdoor or potentially damp locations are rated for exterior use.

Electricity is an essential necessity for our everyday lives, and Mor-Gran-Sou Electric Cooperative is committed to providing safe, reliable and affordable electric services to all our members. We hope you'll keep these electrical safety tips in mind so you can note any potential hazards before damage occurs.





MOR-GRAN-SOU ELECTRIC BOARD MEETING HIGHLIGHTS

June 25

The board of directors meeting of Mor-Gran-Sou Electric Cooperative was held on June 25 at the Mandan Service Center in Mandan. Chair Steve Tomac called the meeting to order at 9:55 a.m. A quorum was present. Also present were Mor-Gran-Sou Electric's co-General Managers/CEOs Jason Bentz and Travis Kupper, Manager of Operations Gary Fitterer, Chief of Staff/Member Services Manager Julie Armijo, Interim General Counsel Andrew Fergel and Executive Assistant Connie Hill.

Reorganization of the board: Board reorganization took place. No changes were made to the executive seats.

Consent agenda: An amendment was proposed to the consent agenda. The consent agenda was approved as amended.

Strategic items: Bentz and Kupper presented the co-general managers' report, which included updates on Western Area Power Administration, a Mid-West Electric Consumers Association meeting and more.

Several additional Basin Electric Power Cooperative board documents were available for review.

Department reports: Kupper provided a financial report. Fitterer reviewed the operations report, which included a storm update and other projects. Armijo provided a member services report on the annual meeting and grant requests. Chief Information Officer Charlie Dunbar provided the board with a report. Fergel provided a general counsel report on projects he is working on.

Action items: Action items were discussed and resolved.

Discussion/general information: The board discussed strategic planning, sponsorship opportunities and other items.

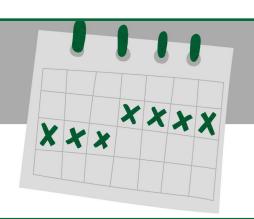
The meeting concluded with adjournment.
Secretary-Treasurer Pam Geiger certified the accuracy of the minutes.

Next meeting date: The next meeting is at 9:30 a.m. CT Oct. 1 in Mandan.

THE NEXT OPERATION ROUND UP APPLICATION DEADLINE IS **SEPTEMBER 12**



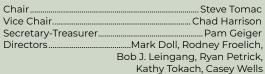
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OFFICERS AND DIRECTORS





MANAGEMENT

Co-GM/CEO		
Co-GM/CEO	Jason	Bentz

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