

What's inside:

- Plan to attend your annual meeting
- Unclaimed capital credits ... is your name on the list?
- Mor-Gran-Sou member writes book on forgiveness
- Meeting minutes, and more

UNCLAIMED CAPITAL CREDITS

The following list contains the names of current or former Mor-Gran-Sou Electric Cooperative members who have unclaimed capital credit checks that were mailed in December. These checks have either been received but not cashed, or returned to Mor-Gran-Sou by the postal service because they could not locate the members at the address on file. A further search by Mor-Gran-Sou personnel has not turned up their whereabouts.

If you know of the whereabouts of members on this list who received electrical service from Mor-Gran-Sou, please have them contact our office at 701-597-3301, 701-663-0297 or 800-750-8212.

Please keep in mind that not all of the capital credit amounts are large, but we would like to get these checks to the proper parties. Persons who wish to claim checks from the following list should be prepared to provide proper personal identification.

What are capital credits?

Mor-Gran-Sou Electric Cooperative is a nonprofit business. We exist only to provide goods and services to you, our members; not to make a profit for a shareholder or investor. Cooperatives are operated to provide at-cost electric service to their members.

When all the expenses are paid, the cooperative's margins are credited to you in the form of capital credits. As the financial condition of your cooperative allows, you are paid these capital credits. In the meantime, your capital credits are your equity in the cooperative.

Refunds are allocated based on the amount of business a member does with the cooperative — the more electricity used, the larger the capital credit check.

If you have questions about your capital credits or would like a more detailed explanation, contact Mor-Gran-Sou at 701-597-3301, 701-663-0297 or 800-750-8212.

Installment Two: Kau-Z

Kautzman Family Trust Kaylor, Todd Keenan Investment Co. Keenan Supply Inc. Keller, Judy Kelly, Jack Kelly, Nicole Kemmesat, Dolores Kent Jacobson Contract Kersten, Barb Ketterling, Laura Killpack, Samantha King, Bailey King, Ellen Kinkelaar, Shawn Kinnischtzke, Mitch Kinnischtzke, Richard Kiser, Ryan Kisse, James Klein, Anton A. Knoll, Jason Knudtson, Kirby Koch, Ax Kocourek, Chris Koester, Trevor Kopp, Joy Koropatnicki, Dalton Kostelecky, Patty Kostohryz, Justin Kouch, Myrtle Kovar, Randy Kraft, Allen Kraft, Bryan C. Kraft, Danielle Kraft, Jennifer Kraft, Linda Kraft Jr., David A.

Kramer, Chester Krance, Roger Kroh, Bryan D. Kroh, Delton Kruger, Marcus Kuntz, David A. Kuntz, Stanley Kusler, Shad Kutsiy, Andrey Lamoureux, Nathan Landeis, Brett Landgrebe, Fred Lang, Craig Lang, Wayne Langerud, Daylen Lantz, Thomas Larkins, Pamela Larsen, Deborah Larsen, Kyle Larson, Christie Larson, Derek Larson, Keith Larson, Thomas Larson, Tracy Lawler, Dean L. Lawrence, Dustv Leingang, Arnie Leingang, Daryl Leingang, Dean Leingang, Jack J. Lester, Jessica Lewis, Maxine Lien, Garrett Lindbo, Dwight Lindsley, Sharon Little, Dr. Daniel Little Bear, Iris

Livermore, Ron Loehrke, Grant Lohmann, Glenn Long Chase, Eileen Long Soldier Wacipi Lopez, Charles S. Lopez, Lorna Lordan Jr., David J. Loves War, Patrick Luck, Brad R. Lueder, Mike Luger, Britt Luger, Robert M. Lund, Robert L. Lundgren, Wallace Lundstrom, Dorothy M. M & M Apiaries Magnuson, Ellen Magnuson Jr., George Mahlum, Joel Maier D. M. Enterprise Makelky, Jennifer Mann, Lydel Marcarelli, Andrew Marion, Dave Martel, Steve Martin, Bernie Martin, Duane Martin, Theresa Martin, Travis Martino, Pete Massey, Marian F. Masters, Natasha Mauai, Ben Mauai, Brandon Maxon, Shawn May, Krandel

McCann, Theresa McCone, May McCormick, R. L. McDowell, Jes McFall, Della McKay, Preston McLaughlin, Karen McLaughlin, William McLeod, Travis McPherson, Adam Meland, Bruce Merkel, Douglas Merkel, Kenneth Merrill, Samantha Merritt, Stewart Messer, Paulette Messmer, Dean Messmer, Paula Messmer, Robert Mettler, April Metzger, Jordan Meyer, Henry Mickelson, Tyler Mike's Repair Miller, Ervin Miller, Harold Miller, Jesse Miller, Kristen Miller, Tom Mink, Larry Mittelstadt, Lois Moch, Duane Mongeon-Stewart, Karla Monson, Cora L. Montclair, Christopher Moore, Cynthia Moore, Leonard

Moos, Jeff Moos, Walter Morrell, Dan Morris, Daniel Mortinson, Jeff Mosbrucker, Bill Mousseau, Shontel Mullner, Frank Myers, Patricia Nagel, Thomas Nagle, Lisa Nelson, Clifton Nelson, Lori Nelson, Raynald Ness, Brady Ness, Carl Neumann, Joanie Neutman, Melissa Nevins, Ray Nevins, Richard New Salem Golf Club Newcomb, Donavan Nodland, Lisa Noisy Hawk, Lyle Noisy Hawk, Lynelle Noonan, Mark Norstec Inc. Nutrition For Elderly Nybakken, Brian Nyquist, Ryan Oberlander, Don **Olie's** Olson, Preston Olson, Reuben Olson, Sharon K. Olson, Vicki L. Ost, Jeff

Oswald, Dylan Ottmar, Lance Outpost P K Warehouse Painte Jr., Kenny Parker, Tamela Pastir, Joshua Paul, Ron Paul, Thomas Pavilionis, Francine M. Pearman, Veryls Peckman, Burl Pegors, Russell Pepsi-Cola Company Of Bis/Mandan Peter, Wally Peterson, Genevieve Peterson, Kevin Peterson, Michelle Peterson (Gross), Arvadel Peterson Property Management LLC Petryszyn, Reed Pfau, Doris Pierce, Kevin Piper, Bernie Pitkin, Nicole Pleets, Gerald Pleets, Shanna Pleets, W. L. Ploog, Mike Polar Industries Inc. Ponga, Venita Ponzer, Don Poppe, Daniel Port, Donald Powell, Cara Powell, Rosemarie Premier Property Management Price, Darcie Primeaux, Robert Putnam, Jonathan Q & E Cattle Ranch Quick, Jeffrey Raab, Doug Rainbow, Denise D. Ramsey, Roberta Ramsey, Shane Rangel, Devin Rasmussen, Roger Ratzak, Darla Rauchwater, Wayne Red Horn, Donise Rehurek, Brian Reimers, Bridget Reimers, Robert Remboldt, Jamie Remmick, Lorin Renke, James Renke, Verlyn **Renner Brothers** Rennich, Steve

Renz, Gordon Respects Nothing, Audrey Reuter, Matt Rhodes, Steven Richter, Matt Richter, Randy **Ridgeline Contracting** Riediger, Duane Rinas, Sara Rittenbach, Goodwin Ritz, Francis Ritz, Henry Ritz, Roger Rivinius, Michael Robinson, Randal O. Robinson, Thomas Robsahm, Goeff Rogers, Joshua Rohrich, Crystal J. Ross, Patrick Rostad, Elias Roth, Ryan Rud, Scott Rural Methodist Church Russell, Scott Russell, Steven R. Sadowsky, Marvin Safely, Marcia Sagmiller, Richard Sailer, Travis Sampsill, Haley Sampsill, Ralph Sandau, Laverne Sandau, Terry Santini, Christina Saunders, David Savage, Kelly Sayler, Duane Sayler, Mindy Schaaf, Gretchen Schaaf Jr., August Schaf, Brian Schaf, Curtis Schaf, Matthew A. Schafer, Jean Schaff, Nicky Schick, Arika Schiff, Crystal Schirado, Charles Schlosser, Frances Schmidt, Anthony Schmidt, Bradley A. Schmidt, Dan Schmidt, Dean Schmidt, Linus Schmidt, Patrick Schmidt, Paul Schmidt, Sherry C. Schmit, Sarah M. Schmitz, Wayne Schneider, Steve Schock, Emilie Schock, Gregory

Schock, Verrick Scholes Jr., Michael Schonberger, Keith Schoon, Deeann Schroeder, Nathaniel Schuck, Clem Schultz, Joshua Schulz, Eveline Schulz, Keely Schumacher, Kelly Schwartzbauer, Rod Schwartzman, Jon Scott, Ernie Scull, Robert Seiler, Nathan Selee, Katherine Semler, Jane Semmen, Rodney Senn, Christy Serabe, Baruti Serr, Dale L. Serr, Steve Sharp, Thomas Sheetz, Jim Shields, Suzanne Silbernagel, Casey Silk, Edith Simmons, Brad Skinner, Lerae Skjod, Delbert Smetana, Allan Smith, Alden G. Sneed, Agnes Snider, Louis Snider, Rebecca Sommer, Blaisdale Sornsin, Richard Sparks, Steven Spencer, Arik Srb, Robert St. John, Jason Standing Bear, Delsie Standing Crow, Cynthia Standing Crow, Isabel Standing Crow, Kenneth Standing Rock Youth Steckler Jr., William Steele, Bryan Steele, Eric Stegmiller, Henry Stein, Candice Stein, Wavne Sterna, Fred Stewart, Ben Stoddard, Gary Stoe, Patricia Straabe, Miles Streit, Frank Stretches, Carlos Stretches, Conrad Stubstad, Tanner Sturn, Dean Summers, Alvin

Superior Lumber Swanson, Charmaine Swiger, Jessica Szczur, June Temple Of Praise Church Tentis, Dan Ternes, Albonis Ternes, Glen Ternes, Harold Ternes, Nicholas Ternes, Phillip R. **Tesoro Logistics** Tested Equipment The Bar Thomas, George Thomas, Mark Thomas, Pamela J. Timm, Paul Timpe, Irene Tober, Theresa Tochek, Matt Tomac, Waylon Toman, Alan Tonneson, Carissa Torrance, Bonnie Trauger, Denise Trehus, Donna Trehus, Tyler Triple T Trucking Tschida, Karen Tuhy, Brandon Tuten, Chris Twin Buttes Custom Homes Twinn, Alan Two Bears, Irene Two Bears, Jessica Two Bears, Neil Two Bears, Sharon Tyra, Phillip Ulmer, Mary J. Underdahl, Mildred Uses Arrow, Gail Uthus, David Valandra Sr., Gordon Venture Building Company LLC Vetter, Jim Vic's Saloon Vilhauer, Shawn Voeller, Virgil Voigt, Duaine Volk, Isabel Volk, James J. Volk, Kirk Volk, Orin Volk, Ronald Voll LJJ Farm Wagner, Harley Walch, Terry Wald, Brandi Wallace, Tim Wallin, Brent

Walter, Daniel Walter, Karen Walters, Marlon Wanek, Jarrett Wanner, Nicklous Warzecha, Scott Weed, Ardella Weeda, Brad Wegge, Randy Wehrman, Diane Weiss, Jody B. Weisz, Bonnie B. Well, Colby H. Wentz, Donna Western, Wavne Wetzstein, Chris White, Iim White Bull, Janet White Bull Jr., Reuben White Eagle, Belisha White Eagle, Carol White Eagle, Tidell White Temple, Allen White Temple, Melissa Wiese, Sean Wilcox, Byron Wiles, Scott Wilkie, Maria Williamson, Amber Wiltse, Judith Winckler, Aaron Winckler, Tanner Wings Of Faith Wise, Venoye Wm. Bender Contruction Wolf Necklace, Larissa Wolff, Elizabeth Woodamar, Robert Wu, Sammi Wuitschick, Matthew Wyatt, Cameron Yackley Properties Yantzer, Aaron Yantzer, Justin Yellow, Jackie Yellow Fat, Dana Yellow Hammer Sr., Paul Zachmeier, Deb Zamora, Rudy Zearley, Clifford Ziegler, Burt Ziegler, Jason Zimmerle, William Zins, Gacella

Highway 21 Treasure Hunt rummage sale event June 21-22

iscover treasures and have fun during North Dakota's 18th annual 100-mile rummage sale, the Highway 21 Treasure Hunt. It will be held Friday and Saturday, June 21 and 22, from 8 a.m. to 5 p.m. MDT.

"With approximately 100 rummage sales along the 100mile route, this is the most unique rummage sale event in North Dakota," says coordinator Luann Dart, from Elgin.

The event attracts visitors from across the state and country. Calls have been received from those living in Oregon, Iowa and Canadian provinces.

During the event, communities along Highway 21 in southwestern North Dakota host citywide rummage sales. Participating communities include St. Anthony, Flasher, Carson, Heil, Elgin, New Leipzig, Mott, Regent and New England. Rural residents host sales, too, so watch for signs along the route for additional sales. Also watch for sales along Highway 6 in the St. Anthony area.

"Anyone who enjoys rummage sales will love this event," Dart says. "It's fun to travel the route during this unique event and discover lots of treasures."

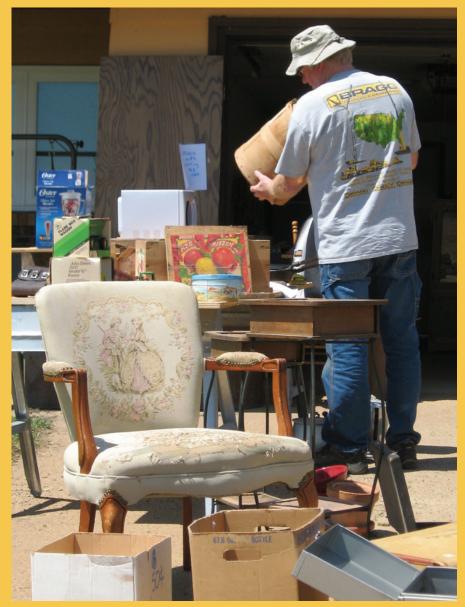
Listings for each community's sales will be available at certain locations in that community, such as restaurants or gas stations, as well as on the Highway 21 Treasure Hunt Facebook page and at www.elginnorthdakota.com prior to the event.

A small group of volunteers from each community spearheads the

event each year, with advertising expenses covered with donations from local, civic-minded organizations.

"Hundreds of people have discovered the treasures along

Highway 21 during the annual Highway 21 Treasure Hunt," Dart says. "We encourage everyone to plan to attend the 2019 event." For more information, contact Luann Dart at 701-584-2172. ■



Hundreds of North Dakotans have discovered treasures during the Highway 21 Treasure Hunt, scheduled for June 21-22.

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



The pursuit to earn a board seat begins for eight Mor-Gran-Sou Electric Cooperative members vying for one of four board director positions up for re-election in July. In 2019, the four board positions sought include: one for the Grant County position, one for the Mandan-Area position, and two for the Morton County positions.

The board of directors set March 7 as the deadline for receiving members' completed declaration of candidacy forms. The Nominating Committee met for a final time on March 21. At that meeting, the committee declared that the candidates' names they received be forwarded to the board of directors for approval. Upon confirmation of eligibility at its regular board meeting on March 27, the Mor-Gran-Sou board of directors approved the following list of candidates:

Grant County: Vernard Frederick, Flasher

Mandan Area:

Pam Geiger, Mandan Cody Hatzenbuhler, Mandan Bonnie Tomac, Mandan **Morton County (2-year):** Eric Schultz, Almont Kathy Tokach, St. Anthony Travis Wilkens, New Salem

Morton County (3-year): Jay Larson, Almont

A full biography of each candidate will appear in Mor-Gran-Sou Electric Cooperative's annual report, scheduled to be mailed in late June.

JULY 19, 2019 Fort Yates, N.D.

Prairie Knights Pavilion

Learn about co-op issues; cast your vote and elect four members to serve on the board of directors; and enjoy a hearty meal.



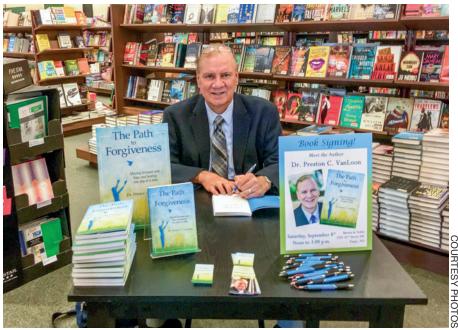
Your Touchstone Energy *Cooperative 🔨



Looking for peace? Choose forgiveness.

Mor-Gran-Sou member Preston VanLoon writes book about forgiveness and how to change the way we think

BY CARMEN DEVNEY



A board-certified chaplain who holds a doctorate in educational psychology, Mor-Gran-Sou member **Dr. Preston VanLoon** holds book signings at area churches and bookstores to promote his book, The Path to Forgiveness. He says an important part of the forgiveness process is to see the individual who hurt you as a person, rather than as an offender — and to choose to not dwell on the hurt. "When we carry around our wounds, we carry around our grudges, our resentments — we are hurting ourselves. If we don't let go of those things, in essence we are justifying another person hurting us," he says.

e all have two things in common: 1) We know what it feels like to be hurt by another person; and 2) We have hurt other people by saying or doing things we may later regret.

When someone offends us, how do we cope? Do we hold it inside, where it manifests into a grudge that can eat away at us and also affect others whom we care for, having a ripple effect?

Do we choose to be destructive and turn to unhealthy coping strategies, like drinking, using drugs, being angry and taking it out on other people?

Or do we choose to forgive, and

find a way that will help us to heal in a positive way?

Dr. Preston C. VanLoon, a chaplain, college professor, counselor, author, public speaker and member of Mor-Gran-Sou Electric Cooperative, addresses these very things in his book, *The Path to Forgiveness*.

"Forgiveness relates to each of us. No one is immune from hurt and pain," he says.

Originally from the Chicago area, Dr. VanLoon and his wife moved to Mandan seven years ago. They relocated from Iowa, where he worked as a professor and chaplain for a local university. Prior to that, they lived in New Orleans, where they witnessed destruction and despair caused by Hurricanes Katrina and Ivan.

During his time in Illinois, while working in a psychiatric unit of a hospital, community pastors sought him out to discuss confidential matters they could only share with him, as a chaplain who was neutral and outside of their denomination. Tasked with writing his doctoral dissertation at the time, Dr. VanLoon wondered, "If pastors and chaplains value, embrace, and preach about forgiveness, is there a relationship between how they cope with their own hurt and pain, and how they might help others?"

He conducted an experimental research study and documented his findings, which detailed the process of forgiveness.

"Part of forgiveness is realizing that hurting people hurt people. If someone is hurting, what they need from us is not more hurt; they need



Preston VanLoon and his wife, **Mary**, are Mor-Gran-Sou members from Mandan.

compassion and mercy. That's part of the forgiveness process. You begin to reframe the person who hurt you and see them from a broader perspective, not just from the mistreatment they did to you. They are someone's son or daughter, mother, brother, father, sister; whoever it might be. There is more to who that person is than just the hurt they've caused," he says.

Dr. VanLoon became a national and international public speaker who gave lectures on the process and benefits of forgiveness. Feedback he heard from audience members on a repeat basis was to take his knowledge and training, and turn it into a book.

He eventually did. Nearly 20 years after he wrote his doctoral dissertation, *The Path to Forgiveness* was published by Blue Mountain Art, Inc. Dr. VanLoon sent a portion of the manuscript to about 80 different publishers. He received several responses, but it was Blue Mountain Art that contacted him to say his book would fit into their self-help and inspiration section.

Dr. VanLoon put great thought into the content and organization of the book, wanting it to be practical and easy to read. *The Path to Forgiveness* contains 40 chapters that are only two pages long each. The table of contents is divided into the four phases of the forgiveness process.

- Phase one addresses the importance of acknowledging hurt and pain; and the anger, shame, hatred or desire for revenge we may feel. Dr. VanLoon says a person has to acknowledge that he or she has been hurt to bring about change.
- Phase two describes making the decision to forgive;
- Phase three outlines practicing forgiveness strategies; and
- Phase four details the outcomes and benefits of forgiveness. Each chapter begins with a quote,

and ends with a personal affirmation and reflection question. Most people can read a chapter in 10 minutes, and work through the forgiveness process in a 40-day period.

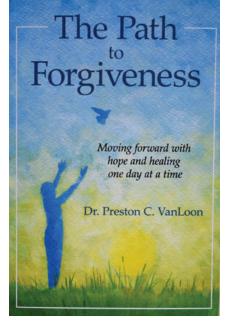
Dr. VanLoon also wrote a study guide to go along with the book, which was published earlier this year. He says the guide will help readers to go deeper with insightful questions that relate to the book, and takes them more intentionally through the forgiveness process.

While the book and study guide have been used by individuals and small groups in area churches, Dr. VanLoon says it was not written primarily for theological purposes.

"My real interest in writing the book is to help people heal from their hurt and pain, and begin to find hope and peace again in their lives," he says.

Dr. VanLoon had to work to find peace himself. As a child, he witnessed his father being verbally and physically abusive toward his mother. He became angry at his father for drinking, and for neglecting his mother and children. His parents later divorced, and his anger shifted to his mother because his father was no longer in the picture. It took Dr. VanLoon years to see his parents through new eyes; to realize his father had a disease, and to have compassion and sympathy. Being angry would not help his father recover or heal, and had the potential to carry over and hurt other relationships in his life.

"I had to love him, show compassion, and practice empathy toward him. I had to see my mom from a similar perspective; she experienced a lot of hurt and did what she had to do to survive," he says. "If I wanted to have a relationship with either of them, I had to change the way I think. When we change the way we think, it affects how we feel about others and ourselves. My feelings about them changed."



In his book, Dr. Preston VanLoon In his book, DI. FICSION, CA. describes the process of forgiveness, and how it isn't as simple as saying, forgive you." "Forgiveness takes work," he says. "You think about how much energy we put into hurt and pain; how much energy we put into the thoughts and emotions, and how it affects our behavior. I think it's better to take that energy and transform it and use it for good, for our healing, instead of continuing to reinforce the negative feelings we have. It's better to use it in a positive way, to bring about growth and healing. That's what it's really all about."

The Path to Forgiveness is filled with stories about people who have been hurt, and how they've changed their thinking toward the people who hurt them through the practice of forgiveness.

To purchase a copy, find it at a local bookstore, or in the Amazon and Barnes & Noble bookstores online. Dr. VanLoon also hosts booksignings at bookstores and churches, and is available to be booked as a public speaker.

For more information, contact Dr. Preston VanLoon at pvl1071@yahoo.com or 701-751-3434. To join him on Facebook, like and follow the page "The Path to Forgiveness" and/or the group "Forgive & Live." ■

MOR-GRAN-SOU ELECTRIC COOPERATIVE

Meeting date: April 24, 2019

- Approved the March 27, 2019, regular Board meeting minutes
- Reviewed and accepted the March financial report
- Reviewed and accepted the director and attorney expense reports for March
- Approved a work order inventory and a special equipment inventory
- Approved capital credit refunds to estates, and those members age 80 and over
- Heard update on Southwest Power Pool
- Auditor presented detailed explanation of 2018 Audit, and Board accepted the Audit report
- Heard update on WDUS Holdings, LLC
- Heard update on Maintenance Solutions Cooperative

- Reviewed report from Western States Power Corporation
- Was notified of RESCO patronage
- Completed Form 990 questionnaire
- Reviewed senior staff department reports
- Heard the Co-General Managers/ CEOs update, and reports on meetings they attended
- Heard reports from various meetings the directors had attended
- Confirmed director attendance at upcoming meetings
- Held two Executive Sessions

Upcoming regular board meeting date:

June 25 in the NDAREC Board room in Mandan

Members are welcome to attend the board meetings at any time. Please contact Mor-Gran-Sou at cternes@morgransou.com, or call 1-800-750-8212 or 597-3301 to confirm the meeting date and location if you wish to attend.

To place an item on the agenda, please contact Board Chair Leland "Judge" Barth or Co-General Manager/Chief Executive Officer 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.

HEAD WEST FOR LESS

In partnership with the Theodore Roosevelt Medora Foundation, more than 10 Touchstone Energy Cooperatives in North Dakota have joined forces to make vacationing in North Dakota more affordable for families, including Mor-Gran-Sou Electric Cooperative. This summer, head west to Medora, where electric cooperative members are eligible for a 15-percent discount off the following reservations:

Tickets to the Medora Musical

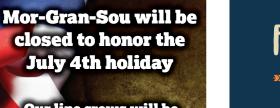
- ✓ Pitchfork Steak Fondue
- ✓ Bully Pulpit Golf Course

Lodging at any of the following:

- ✓ Badlands Motel
- ✓ Elkhorn Quarters
- ✓ Rough Riders Hotel

Members also receive 20 percent off at the Cowboy Hall of Fame by providing the discount code **Touch2019** at the door.

Mor-Gran-Sou members, if you are traveling to beautiful Medora this summer, call 1-800-MEDORA-1 to provide the discount code **Touch2019**, make reservations and receive your savings.



Our line crews will be available in case of an emergency outage on Thursday, July 4.





MOR-GRAN-SOU ELECTRIC <u>COO</u>PERATIVE 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	Leland "Judge" Barth
Vice Chair	Casey Wells
Secretary-Treasurer	Lance Froelich
Directors	Mark Doll,
Vernard Frederick, Robert Gaebe,	
Chad Harrison, Jay Larson, Bob J. Leingang	

MANAGEMENT

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

www.morgransou.com

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