

A SERVICE OF  **Great Lakes
ENERGY**
Your Touchstone Energy Cooperative

January 2010

MICHIGAN Country Lines



**Girl Scouts Help
Build Tomorrow's
Co-op Leaders**

- 5 Special Rebate Offers**
- 8 Lowering Outage Times**
- 29 Tree Trimming Begins**



**Flush out your arteries —
with oats!**



**Ease arthritis — with
honey!**



**Keep your brain sharp —
with blueberries!**



“The #1 Cause of Big Bellies — It’s Not What You Think!”

(By Frank K. Wood)

If you want to discover foods that will lower your blood pressure, cut your risk of heart disease, help you lose weight, and more — while trimming your grocery spending, too! — you need *Your Body Can Heal Itself: Over 87 Foods Everyone Should Eat*, an informative new book just released to the public by FC&A Medical Publishing® in Peachtree City, Georgia.

You’ll be amazed to know your kitchen is full of proven remedies — right now! See the delicious fruit juice that can help keep your mind sharp, the tasty sweet treat that can give you a good night’s sleep, and the easy breakfast favorite that can lower your cholesterol. And that’s just the tip of the iceberg!

The authors provide many health tips with full explanations.

- ▶ One miracle food contains nutrients that coat your arteries like a non-stick spray!
- ▶ #1 cause of big bellies: Trim your waistline by switching to a tastier alternative!
- ▶ Before you use an herbal supplement, make sure it’s safe by checking here.
- ▶ Get a good night’s sleep when you munch a handful of this fruit before bedtime.
- ▶ One extra serving a day of this fruit can fight strokes, obesity, and heart disease!
- ▶ Drink it to boost bones and battle osteoporosis. Surprise! It’s not milk.
- ▶ Cut your risk of memory failure in half! Just eat this once a week. Incredible!
- ▶ Don’t lose your vision! Eat the foods that’ll keep your eyesight sharp for years to come.
- ▶ This little fruit not only fights off pesky infections, it actually works when antibiotics don’t!
- ▶ The berry that may protect your vision!
- ▶ How a healthy 50¢ meal can help you lose weight and lower your cholesterol!
- ▶ The most important food you can eat —

for more energy, a more youthful body, and longer life.

- ▶ Slash your risk of Alzheimer’s with just 3 glasses a week!
- ▶ The 6 most dangerous foods in the country: One could be on your breakfast plate!
- ▶ Foods that lower your blood pressure, cut your risk of heart disease, and lose weight!
- ▶ Common spice blocks inflammation, helping you ward off arthritis, heart disease, and Alzheimer’s!
- ▶ Delicious three-in-one remedy soothes a sore throat, stops a cough, plus helps you sleep.
- ▶ Digestive problems, joint pain, fatigue, and more could be caused by this common food ingredient!
- ▶ Want to live a longer, healthier life? Then you should eat this twice a week.
- ▶ The seasoning that can help reduce deaths from heart disease, diabetes, and high blood pressure.
- ▶ Eat this cereal daily and help prevent constipation, colon cancer — even weight gain!
- ▶ The most inexpensive meat goes from tough to tender ... with just a tablespoon of this pantry item.
- ▶ Save \$50 to \$150 a month on the foods you love when you follow these 9 shopping secrets.
- ▶ Crush your cravings for sweet snacks with one simple secret. Try it. It’s easy!
- ▶ Give your arteries a good scrub naturally with this food.
- ▶ Little-known herbal medication can help reduce dementia symptoms and make people more cheerful!
- ▶ Just one serving per day lowers your risk of heart disease and stroke by 11%!
- ▶ One creamy, delicious food fortifies the immune system, bolsters bones, and helps you lose weight!
- ▶ Lose weight, lower cholesterol, and improve insulin levels with this fruit!

- ▶ One healthy oil lowers cholesterol and blood pressure, plus it relieves constipation, naturally!
- ▶ Avoid high blood pressure and add delicious flavor to your meals with spices rich in antioxidants.
- ▶ What type of fruit should you avoid? You’ll find it in nearly every store.
- ▶ This could be your body’s first line of defense against stroke, high cholesterol, and heart damage.
- ▶ Gain strength, stay sharp, and keep your bones strong with this energy-boosting power food!
- ▶ Arthritis pain? Try ginger!
- ▶ If you’re feeling bloated or gassy, reach for this tropical treat.
- ▶ Sweep artery-clogging cholesterol right out of your system with this little seed.
- ▶ Have it before dinner, and you’ll eat less. Weight-loss secrets your doctor doesn’t tell you.
- ▶ Keep your energy up throughout a busy morning with this fruity, high fiber breakfast.

Learn all these amazing secrets and more. To order a copy, just return this coupon with your name and address and a check for \$9.99 plus \$3.00 shipping and handling to: **FC&A, Dept. 3F-3103**, 103 Clover Green, Peachtree City, GA 30269. We will send you a copy of *Your Body Can Heal Itself*. You get a no-time-limit guarantee of satisfaction or your money back.

You must cut out and return this coupon with your order. Copies will not be accepted!

IMPORTANT — FREE GIFT OFFER EXPIRES FEBRUARY 24, 2010

All orders mailed by February 24, 2010 will receive a free gift, *Lose 150 Pounds in 15 Months, Naturally: Your Handbook to Permanent Weight Loss, guaranteed.* Order right away!

©FC&A 2010

Editor
Gail Knudtson

Design Editor
Cindy Zuker

Ad Assistant
Jennifer Hansen

Executive Editor
Michael Buda

Publisher
Michael Peters

MICHIGAN Country Lines



10



18



30

10 Lighting the World

Co-op efforts deliver power and hope to over 100 million people across the globe. *Megan McKoy*

12 A Diverse Solution for Energy

Using a combination of technologies, we could slow, halt and eventually decrease carbon dioxide emissions while still getting safe, affordable and reliable electricity. *Scott Gates*

14 Building Tomorrow's Co-op Leaders

A Hesperia Girl Scout troop earns the "Co-ops for Community" patch. *Jan Tableman*

Michigan Country Lines, USPS-591-710, is published monthly, except August and December, with periodicals postage paid at Okemos, MI, and additional offices. It is the official publication of the Michigan Electric Cooperative Association, 2859 W. Jolly Rd., Okemos, MI 48864.

Subscriptions are authorized for members of Alger Delta, Cherryland, Cloverland, Great Lakes, HomeWorks Tri-County, Midwest Energy, Ontonagon, Presque Isle, and Thumb electric cooperatives by their boards of directors. Subscriptions are \$6 per year.

Postmaster: send address changes to Country Lines, 2859 W. Jolly Rd., Okemos, MI 48864.

Letters to the editor should be sent to the same address. Phone 517-351-6322. **E-mail:** knudtson@countrylines.com.

Association officers are **Brian Burns**, PIE&G, chairman; **Ken Swope**, Midwest Energy, 1st vice chairman; **Tony Anderson**, Cherryland, 2nd vice chairman; **Eric Baker**, Wolverine Power, secretary-treasurer; and **Steve Boeckman**, Great Lakes Energy, past chairman. **Michael Peters** is president and CEO.

Unsolicited letters, photos and manuscripts are welcome. *Country Lines*, however, will not be responsible for their safe keeping or return.

The appearance of advertising does not constitute an endorsement of the products or services advertised.

Display ad representatives:

Michigan—Al Mateus
877-649-5620
National—The Weiss Group
480-860-5394
National Country Market
512-441-5200

Change of Address: Please notify your electric cooperative. See page 4 for contact information.

COLUMNS

- 9 **Comment** *Michael Peters*
Deal with carbon in Congress, not EPA
- 16 **Our Kids** *Linda Wacyk*
It's January. Got bills?
- 22 **House & Home** *James Dullea*
Geothermal heat pumps
- 24 **Outdoors*** *Don Ingle*
When the blizzard hits
- 30 **Right at Home** *Jim Hough*
Farewell to Paradise

*Not in all editions

Pages specific to your electric utility are: 1, 4-5, 8, 25, 28-29, 32

DEPARTMENTS

- 6 **Readers' Pages**
Letters, Mystery Photo
- 18 **Home Cooking**
Lobster
- 20 **Energy Wise**
Space heaters
- 24 **Wolverine Power***
Walloon Lake Trust and Conservancy
- 26 **Country Lines Marketplace**
Classifieds from readers



MICHIGAN'S ELECTRIC
COOPERATIVES
countrylines.com



COVER *

Jim and Darl Hough have moved from Paradise to a new home in East Lansing. The long-time *Country Lines* columnist reflects on page 30. *Photo: Roger Boettcher*

Board of Directors

Robert Thurow *Chairman*
819 W. Chauvez Rd., Scottville, MI 49454
231-757-3430

Mark Carson *Vice-Chairman*
01950 Anderson Rd., Boyne City, MI 49712
231-582-0688

Susan Scott *Secretary*
10653 15 Mile Rd., Evart, MI 49631
231-734-2904

Edwin Estelle *Treasurer*
8317 Alba Rd., Elmira, MI 49730
517-732-7424

Paul Byl *Director*
9941 W. Buchanan Rd., Shelby, MI 49455
231-861-5911

Dale Farrier *Director*
4400 U.S. 131 N.E., Kalkaska, MI 49646
231-258-4454

Robert Kran *Director*
7380 N. Tuttle Rd., Free Soil, MI 49411
231-464-5889

Larry Monshor *Director*
1541 Thumm Road, Gaylord, MI 49735
989-705-1778

Richard Walsworth *Director*
3701 N. 48th Ave., Mears, MI 49436
231-873-2418

President/CEO: Steve Boeckman
231-487-1329

Communications
Director/Editor: Dave Guzniczak
231-487-1316

Boyne City Headquarters:
1323 Boyne Ave.
Boyne City, MI 49712
Hours: 8 a.m.–5 p.m. M–F
Phone: 888-485-2537

To report an outage, call:
1-800-678-0411

Help Us Expand The People Fund



I would like to ask a favor from everyone who contributes to our People Fund program.

Find a Great Lakes Energy member who isn't part of our billing round-up program and ask that person to consider joining. Take a few minutes to explain why you participate in the program and how a small contribution can make a big difference in that member's community.

Inform the member that your contribution averages only 50 cents a month and comes from round-up your monthly bill to the next dollar. There are no administrative costs.

All the round-up amounts we collect are returned to our local communities as People Fund grants.

Use the "2009 People Fund Annual Report" attached to this month's *Michigan Country Lines* to give examples of local organizations that were helped by our grants last year.

I believe you can be as successful in your recruiting efforts as our employees. Last year, our member service reps signed up 525 members. That's a surprising accomplishment when you consider that many families are cutting back on spending during these difficult economic times. It also reflects the trust our employees have developed with members through their friendly

and courteous service.

You might be thinking, "I can't get 525 people to join." Actually, all you have to do is get one member to join. Part of the value of being a co-op member is that there is power in numbers. If every member who participates in the People Fund got just one other person to join, it would easily double the money available each year to help local food pantries, senior citizen centers, youth programs and other worthy causes.

A total of 56 charitable and community groups from throughout the Great Lakes Energy service area received grants totaling over \$206,000 in 2009.

If each People Fund participant got just one person to join, we would easily double the amount of money used to help our communities.

With your help, our volunteer People Fund directors can issue more grants and help more local worthwhile organizations in 2010.

The attached annual report has a sign-up card for those who wish to join the billing round-up program. They can fill out the card and return it with their bill payment. Members can also sign up by visiting "yourCommunity" on our website, gtlakes.com, or calling us at 1-888-485-2537.

Thank you for supporting the People Fund. And thank you, too, for helping it expand to meet the growing needs of Michigan residents, young and old.



Steve Boeckman
Great Lakes Energy
President/CEO

Non-Discrimination Statement

Great Lakes Energy is the recipient of federal financial assistance from the U.S. Department of Agriculture (USDA). The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (voice) or (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

Get *better* house MILEAGE

WITH
HEATING & COOLING **REBATES***

According to the Department of Energy, as much as half the energy used in your home goes to heating and cooling. So, upgrading your home's heating, ventilating, and air conditioning (HVAC) system can make a big difference in your utility bills.

The Energy Optimization program sponsored by Great Lakes Energy offers great rebates on select heating and cooling equipment, as follows:

- ▶ Upgrade the blower motor on your existing furnace and receive a \$300 rebate.
- ▶ Replace your electric water heater with a model rated with a .93 efficiency factor (EF) or higher and receive a rebate for \$50.
- ▶ Install 5 feet of pipe wrap to your electric water heater outlet pipe and receive a \$4 rebate.
- ▶ Replace your standard thermostat with a programmable thermostat and receive a \$20 rebate.

Contact us today for more details. Restrictions may apply.

1-888-485-2537, ext. 8957
glenergy@glenergy.com
gtlakes.com



SUBMITTING A REBATE

Download the rebate application form at **gtlakes.com** or call us at **1-888-485-2537, ext. 8957** to request your form. You can also email us at **glenergy@glenergy.com**.

Send your completed form, with all required documentation, to:

Great Lakes Energy
P.O. Box 70
Boyne City, MI 49712
Attn: Marketing

ELIGIBILITY* The Energy Optimization HVAC and water heater rebate program serves residential customers, in Michigan only, in single family dwellings who purchase and install new water heaters, replacement furnace blower motors and programmable thermostats. See the terms and conditions on the application form for complete eligibility information and restrictions.

To participate in the program, you must meet these eligibility requirements in *addition* to the terms and conditions on the rebate application:

- ▶ You must be an electric cooperative member or a customer of an Upper Peninsula municipal utility.
- ▶ The equipment or energy-saving measure you install must meet the efficiency requirements set forth by the program guidelines.
- ▶ All measures must have been installed by a State of Michigan licensed contractor (except water heaters), who must be identified on the incentive claim form.
- ▶ The incentive claim form must be completed in its entirety and submitted with all required documentation within 30 days of installation.
- ▶ Your application must be for equipment purchased on or after Nov. 20, 2009. Installation in new homes does not qualify, you must be replacing old equipment.

* Incentives (rebates) are subject to change and availability.



© iStockphoto.com/Danman Gadal

Carbon and Climate

Your "Comment" (Nov/Dec, 2009) does an excellent job of describing just how misguided legislation requiring an 80 percent reduction of GHG [greenhouse gas] emissions by 2050 is. I think an important point you missed is that technology cannot be invented by simply passing a law requiring it. Your examples show clearly that new technology is required. The current legislation is all about raising taxes, but does little to grow the technology required.

Once the technology is discovered that is economical compared to conventional energy supplies, then you can encourage it with tax policy. Legislation will only create winners and losers—but for sure will do it wrong or create other problems that are not knowable today. Ethanol and windmills show what

can happen to companies that invest in government-created industries without solid economics.

Dave Lamp, via email

The last paragraph of Mr. Peters' "Comment" says it all. We need nuclear generation plants, clean-coal fired power plants, and carbon capturing technology. Without these new and improved old technologies, the American taxpayers will eternally be paying billions of \$\$\$\$ in taxes and user fees.

*Lou Schomberger,
Pellston/Paradise*

Unfortunately, a large number of people have been misled by the threat of "global warming/climate change." For those who believe in this theory should view the documentary, "Not Evil Just Wrong." It provides a balance to this theory. Mackinac Center reports that the U.S. Energy Information Administration found that, "emissions here have been better controlled than in other countries," even by those who signed the Kyoto Protocol. "Carbon dioxide emissions

from the burning of fossil fuels only increased by 0.7 percent in the U.S. from 2000 to 2006, compared to 27.7 percent in India, 45.8 percent in Malaysia, and 103 percent in China."

Requiring the U.S. to drastically reduce carbon dioxide emissions without support for the same around the world puts the U.S. at a great disadvantage in the world economy.

Max Binkley, Williamsburg

I thought I'd do a little research of my own. To meet the 2050 goal we would have to eliminate all modes of transportation, all power generation, our complete economy, and about 20 percent of our current population. Our current CO₂ content in the atmosphere is 500 percent less than it was during the days of the dinosaur.

Looking at the real data and not selected sets of data, maybe we need to start looking at other causes of global warming. One may be that the alkalinity of the oceans is rising, causing the water temperatures to rise and the CO₂ levels to decrease. What is the cause of the increased acidity in the oceans? We all know the oceans are the reason for temperature moderation around the world. As water temperatures increase, so does the air temperature. Maybe we have the whole thing backwards.

Jim Capehart, DeTour

Survey Winners

Congratulations to Cherryland Electric co-op member James Heisenfeldt for winning the top prize of a 40-inch LCD TV in this magazine's reader survey, conducted in November. Survey results, to be shared in future issues, will be used to improve the magazine.

Volunteer Nominee

Hooray for Pauline Hancock, she takes great care of homeless animals.

Barbara Petersen

Thanks for the Recipe

Just want to thank one of your contributors for a recipe: Glenda Wuori of Hancock for Banana Salad. My mother is on the Memory Floor at a nursing home and they are having a Christmas supper. The guest is to bring a favorite dish of the person. I asked Mom what she would like and she said, 'Banana Salad.' I remember her making it, but it was not something I cared for and never paid much attention to it. After searching, I finally found this recipe, and I am sure this is it. Please thank her for me.

Sharon Tob, via email

Wild Blueberries

Jim Hough's article about Bill McNamara, nominating him

MYSTERY PHOTO

Everyone who identifies the correct location of the photo below by **Feb. 10** will be entered in a drawing for a **\$50 coupon redeemable for electricity from your electric cooperative.**

Call in your entry to *Country Lines* at 517-351-6322, ext. 306, email jhansen@countrylines.com, or mail it to *Country Lines*, 2859 W. Jolly Road, Okemos, 48864. Include your name, address, phone number and co-op. The winner will be announced in the March 2010 issue.

The **Nov/Dec** contest winner is **Myrna Smith** of Walkerville, who correctly identified the South Pier Light in Pentwater, featured in the Nov./Dec. issue of *Country Lines*.



Nov./Dec. photo

Do you
know
where
this is?



Scholarships Offered

Each year, the Michigan Electric Cooperative Association awards two \$1,000 scholarships to qualifying applicants. Individuals are chosen based on their scholastic achievement and extracurricular involvement during their high school career.

The applicant's parent or guardian must be a member or employee of a Michigan electric co-op, and the applicant must be planning to attend a Michigan college or school full-time.

Selection will be based on grade point average, character, leadership, academic achievement, extracurricular and community activities, and essay response.

Applications are available at countrylines.com; click on "Youth," email wolford@countrylines.com, or call 517-351-6322, ext. 205, to request an application by mail. Eligible applications must be postmarked by *April 1, 2010*.

as Wild Blueberry Hero, was a great story. That he picked 250 quarts and can still stand and walk is phenomenal! I would like to nominate another man as "My Blueberry Hero."

He first is my hero because he was a 101st Airborne paratrooper in WWII. He jumped into Normandy on June 6, 1944. He trucked into Bastogne, Belgium, and went on to the Eagle's Nest in Austria.

George Koskimaki spends his summers in the U.P. and picks blueberries when they are ready. He gives most of them away, bringing them downstate where many are baked into pies at his church. Last year, George picked 230 quarts. He recently told me, "The berries were a bit smaller this summer, so I only got 170 quarts." George is 87, and he jokingly added, "I slowed a bit on picking too, because I had to carry my lawn chair into the berry patch so I could sit while picking."

Charles Day, Lambertville

I so enjoyed the article "My Blueberry Hero" in the Nov/Dec 2009 issue. It is heartwarming and encouraging in these stressful times to read about folks like Mr. McNamara, and I appreciate Mr. Hough's articles. I always enjoy checking out the recipes, too. Thanks for your magazine.

Deanna Williams, Cheboygan

CFLs & LEDs

I like the idea of the LED lights, and plan on purchasing some this year. I wonder though, what is the average life span of each individual light?

Simone Smith, via email

Unlike incandescent bulbs, which die when the filament breaks, LEDs gradually dim over time. The lifespan of an LED is rated as the point where lumens drop to 50 percent of the original output. A typical LED could last 8 years, based on 4 hours of use per day.

Why don't we use the lumen as a means of light intensity rather than watts? Currently we are given the comparison of light emission from an incandescent lamp at so many watts to a CFL, say, at a lower wattage rating. When I place them side-by-side, the CFL reported xxx wattage equivalent of the incandescent lamp is no where near as bright as the incandescent.

I think there is some fudging by the industry here. We don't traditionally see incandescent lamp output given in lumens. We just see how much energy it consumes.

William Felmlee

Many brand name manufacturers do include light output on the packaging, not the bulb. -ed.

Co-ops & Rates

The Nov/Dec issue had a letter from George Wellman that needs to be broadcast, and hopefully embraced, by all utility companies across America. An excellent place to start is the non-profit co-ops. A co-op's mission is not only to serve it's customers with affordable electric service but also, as *Country Lines* demonstrates, to keep it's members informed and up to date on public policy concerning energy. Over the last couple years, the single issue obtaining the most press has been our growing energy dependence and the direct conflict created by the mounting evidence, and growing public concern, with global warming.

So what is Mr. Wellman's brilliant idea that we should encourage our co-op to embrace? Quite simply, [it's] adjusting [rates] to reward less consumption vs. more. All utility companies I have known use a graduated scale of pricing that rewards more consumption: The more you consume, whether it's city water, natural gas, or heating oil, the less you pay per unit

Cap-and-Trade Economics 101

Under a cap-and-trade system, major sources of carbon dioxide emissions would have to account for them with "allowances," or permits, issued by the federal government. Colorfully named cost control proposals could keep allowance prices—and electric bills—from skyrocketing.

*Legislators could mix-and-match from the options below;
The top two options would best protect electric co-op members*



Safety Valve

Establishes an unlimited pool of federal allowances available at a set price. The set price would remain stable every year to guarantee a worst-case, maximum "cap" on costs.



Price Collar

Similar to a safety valve, but sets a maximum and minimum price for carbon allowances. In an allowance auction, bidding would start with the minimum price.

Strategic Reserve

A small percentage of allowances would be skimmed from future years' allotments and set aside. Emissions sources needing extra allowances could buy them from this pool.

Emergency Off-Ramp

If a certain trigger is reached (for example, prices for allowances skyrocket to predetermined amount) the entire cap-and-trade program stops.

Throttle

If a certain, predetermined trigger occurs, the cap (which is lowered over time) could be lowered at a faster or slower rate.

Banking and Borrowing

If allowances were cell phone minutes, banking would be equivalent to rollover minutes: unused allowances could be carried over to the next year.

Borrowing would allow an emissions source to borrow allowances from what it would otherwise use the next year.

Source: National Rural Electric Cooperative Association

of consumption. Ironically, increased consumption generally leads to increased rates for everyone. That calls into question the "use more, pay less" fee schedules that are in place.

Such changes are always easier stated than implemented, but I have little doubt that—with enough public support, and perhaps allowances for a few exceptions to the rule that may be required (i.e., homes that use electric heat in the winter)—management at our co-op can help us achieve this.

[This change] will issue a new era of heightened awareness towards consumption, rewarding those who choose to conserve rather than to consume. It will help keep energy affordable for all, while also helping preserve our planet for future generations.

I feel so passionate about making this concept a reality,

I'd like to VOLUNTEER my own services to help.

Jason Vallier

Beautiful October

Mother Nature "lives" near the south end of Sugar Island, near Sault Ste. Marie.

[This] photo taken of our son's cabin provides elaborate proof that, "Yes, Mother Nature lives nearby," and from all indications has an elaborate crew of talented assistants. The end result of Her recent special endeavor is profoundly breathtaking.

Eileen Hughes, Sugar Island



On Target To Exceed Reliability Goal



SAIDI Says

SAIDI (pronounced SAY-DEE) says Great Lakes Energy is on target to significantly surpass the electric cooperative's 2009 goal for reducing outage minutes. Through Dec. 6, we experienced 155 average outage minutes, which is nearly 41 percent below our goal not to exceed 262 SAIDI minutes for the year.

The System Average Interruption Duration Index (SAIDI) is a good indicator of a co-op's reliability because it reflects the average amount of time you can expect to be without power in a given year. Of course, in reality some members experience no outage time, while others experience more than the SAIDI number.

Although we're pleased by last year's progress, this achievement is still only one small step toward our ultimate goal of one day reducing average outage minutes to 90 or less. This will take some time given our large 26-county service area and the financial resources required.

The total average outage minutes for 2009 have an impact on GLE's 2010 goal. The co-op uses data from the previous five years to establish the goal for the new year. Watch for SAIDI's 2010 goal in the March issue of *Michigan Country Lines*.



Thank You!

Great Lakes Energy would like to thank the hundreds of local businesses that donated to our employee silent auction.

Through your generosity and spirit of giving, we raised \$4,477.25 for local charities.

Centennial Farm Honors

We would like to honor Great Lakes Energy members whose properties in Charlevoix and Newaygo counties were recently designated as centennial farms.

The Charlevoix County centennial farm owners are Roy and Esabel Bolhuis of Tulsa, OK; Janet, Allan and Leon Bolhuis of Charlevoix and Ethel and Roger Grunch of Johnson City, TN.

The centennial farm in Newaygo County is owned by Loren, Jack and Holly Frey, all from Sand Lake.

The Centennial Farm program recognizes residents throughout the state whose farms have been owned and operated by the same family for 100 years.

Great Lakes Energy members can request an application or receive more program information by contacting The Historical Society of Michigan, 517-324-1828, or by visiting centennialfarms.org.

Visit gtlakes.com for more information about co-op services.

Free Travel For Teens!

If you think attending Michigan Electric Cooperative Teen Days would be a waste of your time, think again. You'll get a chance to produce your own electricity on an energy bike, participate in a challenging game of Jeopardy for prizes, examine the mechanics of a mini wind turbine, and more.

Several new activities were added to the program last year which generated a lot of fun—you can see the highlights on a new video posted to Great Lakes Energy's website and YouTube.com.

"Climbing a utility pole is a lot harder than it looks," laughs Brad Whitney, a senior at Hart High School. "It was a good thing I had some help getting started."

Other activities include bucket truck rides, hotline safety demonstrations, trying on lineworker gear and climbing a utility pole, and a tour of the Energy Control Center at Wolverine Power Cooperative in Cadillac. The event is Wednesday, April 28 through Friday, April 30, at the Kettunen 4-H Center near Tustin.

Great Lakes Energy is one sponsor of Teen Days, which provides 30 students from across the state the chance to practice their leadership skills and learn how consumer-owned electric co-ops look out for their members. Students who attend are automatically considered to represent GLE at the national Electric Youth Tour in Washington, D.C., in June.

The Teen Days program is open to 10th and 11th grade high school students who will be 16 or 17 by June 2010, and whose homes are served by Great Lakes Energy. To get more details or submit an application, visit gtlakes.com. Look under your Community/Youth Programs/Teen Trips.

Students without internet access should contact GLE at 1-888-485-2537, ext. 8172, to request an application or DVD of the Teen Days presentation.



Brad Whitney

Deal With Carbon In Congress, Not EPA

Regulating carbon through congressional action is better than relying on the EPA.

Federal curbs on emissions of carbon dioxide, a greenhouse gas blamed as a principal cause of climate change, are quickly becoming a reality. It's just a matter of which government branch gets there first: legislative, executive or judicial.

In December the U.S. Environmental Protection Agency (EPA), part of the executive branch, declared that six key greenhouse gases, including carbon dioxide, are endangering public health and welfare. Emissions from motor vehicles comprise four of those greenhouse gases (including carbon dioxide), which are also said to contribute to dangerous air pollution under this "endangerment finding." The EPA's "endangerment finding" puts a "foot in the door" for it to promulgate sweeping new regulations that could impose strict limits on carbon emissions

from power plants, driving up consumer electric bills. This is clearly something that was not considered in 1970, when Congress implemented the "Clean Air Act" (CAA), created the EPA, and gave it the primary role in carrying out the new law. At the time, carbon dioxide wasn't considered a pollutant, so the law and regulations that followed were not drafted with it in mind. Michigan Congressman John Dingell, who helped write the CAA, said that if the EPA moves forward to regulate carbon dioxide under the CAA, it will "be a glorious mess." We can't agree more.

Electric co-ops believe that any controls on carbon dioxide should be established by Congress, where the impact of these proposals can have a full public debate. Unfortunately, a climate change bill passed by the U.S. House last summer (H.R. 2454), and another reported by the U.S. Senate Environment and Public Works Committee in November (S. 1733), include unachievable goals and timelines for reducing carbon dioxide emissions, inadequate technology development incentives, and no guarantee that electric bills will remain affordable. Current proposals will unfairly penalize consumers in fossil fuel-dependant states by saddling them with higher bills to essentially subsidize and lower electric bills for those in other regions. Our Senators Carl Levin and Debbie Stabenow recently signed a joint letter with 12 other senators



Michael Peters is president and CEO of the Michigan Electric Cooperative Association. His email address is mpeters@countrylines.com.

questioning the formula that was adopted by the Senate committee, calling it "unfair to Michigan."

We have taken the position that any climate change legislation should protect consumers and preempt use of the federal Clean Air Act and any other existing laws. Otherwise, utilities and businesses could be burdened with the task of trying to comply with more than one set of regulations.

On the judicial front, two federal courts of appeal have allowed lawsuits to proceed against different groups of utilities. The lawsuits claim that emissions from the utilities' coal-fired power plants have contributed to climate change, causing damages to the environment or property. The cases have a long way to go, but with the courts getting involved we now have all three government branches racing to see which one is first to regulate carbon dioxide and other greenhouse gases.

While we may not like any one of these "winning the race," the fact remains that we will see regulation—probably sooner rather than later. All we ask is that if Congress wins the race, they simply not add new legislation on top of old regulations. Any climate change bill should become the road map—the single strategy—for reducing carbon dioxide emissions at federal, state and local levels.

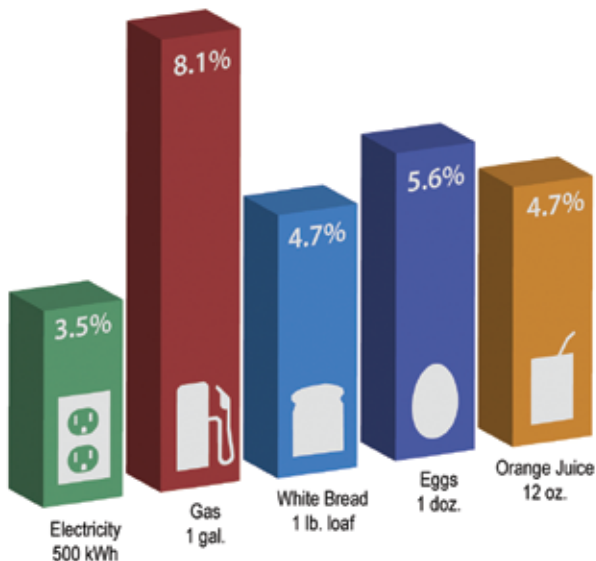
Our position from the very beginning of this debate has been that any climate change policy goals adopted be fair, affordable and achievable. We only hope that whatever branch of government gets to the "finish line" first hears us.

To make your voice heard in this debate, join NRECA's "Our Energy, Our Future™" grassroots awareness campaign at ourenergy.coop. To date, more than 600,000 of your fellow co-op consumers across the country have done so.

Electricity Remains a Good Value

Electricity continues to be a bargain, especially when compared to other consumer goods. In the face of increasing price pressure from carbon regulation and worldwide demand for energy, your electric cooperative is committed to providing safe electricity at the lowest possible cost.

Average annual price increase over the past decade:



Sources: U.S. Bureau of Labor Statistics; NRECA

Lighting the World

Co-op efforts deliver power and hope to over 100 million people across the globe. **Megan McKoy**

As electric co-ops celebrate 75 years of providing affordable electricity for rural Americans, another story unfolds globally. Volunteer lineworkers from electric co-ops across the nation are spreading rural electrification overseas, sharing light and hope with war-torn or forgotten communities.

“When I told my daughter, Katie, she couldn’t believe some places in the world don’t have electricity,” relates Craig Larkin, a lineman from Troy, MO-based Cuivre River Electric Cooperative who spent several weeks lighting up Yei, a city in war-torn Southern Sudan. “If we can help them out, that’s an awesome thing.”

The lineworker efforts are coordinated by NRECA International Programs, a division of the National Rural Electric Cooperative Association. Since the program was established in 1962, over 100 million lives in more than 40 developing nations have been empowered with access to safe and reliable electricity. Funding for this global goodwill effort comes in part from the NRECA Inter-

national Foundation, a registered charitable organization partnering with electric cooperatives in the United States and others to bring power and economic development to rural villages overseas.

Michigan co-ops support the Foundation with monetary contributions. They include Cherryland Electric, HomeWorks Tri-County Electric, Midwest Energy, Wolverine Power Marketing, and the Michigan Electric Cooperative Association.

NRECA International Programs doesn’t simply bring American lineworkers into a country for a few weeks and then pull up stakes. Staff members and volunteers teach locals how to build and maintain simple power grids and run their own utilities.

“The ultimate rewards we see are the long-term benefits,” explains Ixcan, Guatemala, volunteer Chris Stephens, manager of engineering for Palmetto, GA-based Coweta-Fayette Electric Membership Corporation (EMC). “We’re not only providing a service, we’re providing expertise and best construction practice skills by sharing information

and technologies from our linemen to their linemen. They may not speak the same language, but they speak the same work.”

The initiative also introduces folks to the co-op business model and shows them what electric power can do for schools, health clinics, farms and local economies. But the job’s far from over. Today, these NRECA projects are under way in Bangladesh, Republic of the Philippines, India, Bolivia, Haiti, Senegal, Dominican Republic, Costa Rica, Southern Sudan, Yemen, Nigeria and Guatemala.

Valued Volunteers

For American lineworkers, volunteering overseas provides a crash course in old-school line-building techniques. Without access to bucket trucks in most locations, linemen manually climb up and down each utility pole to work on wiring—and that’s after each pole, weighing as much as 2,000 pounds, has been set upright in the ground.

Before that work begins, deep holes for the poles are dug by locals. Then the poles are unloaded by hand and carried to their new



Singing River Electric Cooperative linemen show locals in Jalapa, Guatemala, how to use modern technology to manage an electric grid.

Source: NRECA International

homes. Simply lifting, or “piking,” the pole to place it in the hole—something done by utility trucks in the United States—takes a large group of men, all pushing and working together to lift the heavy burden in unison.

Many American volunteers, upon finding local linemen lack even basic climbing gear and tools, leave personal equipment behind when the work's done.

“It's a life-changing experience to be part of something like this, giving somebody power who's never had it before and doesn't realize what it can do for their life,” notes Bobby Ball, a lineworker from Pahump, NV-based Valley Electric Association who also volunteered in Yei. “It's an overwhelming feeling of joy, it really is.”

Poles, Lights, Action!

Electricity evolved in America from a luxury to an essential part of American life during the last century. Yet more than 2 billion people around the globe still live without power—64 million in Latin America, 500 million in Africa, and more than 1 billion in Asia.

Of course, folks in distant lands use far less electricity than the 916 kilowatt hours (kWh) consumed each month by the average U.S. household, a pattern similar to how rural Americans responded when the “lights first came on” in the 1930s and '40s. In September 2009, for example, the typical rural consumer in Bangladesh used 71 kWh of electricity—just enough to power a single 100-watt light bulb for a month.

But internationally, every kilowatt counts.

“I volunteered to experience seeing people the first time they get electricity,” says Monroe, GA-based Walton EMC Lineman Keith Kirk, who volunteered in Ixcán, Guatemala. “The excitement of running power lines down a road and watching people come out of huts, they couldn't wait for us to energize the lines so they could hook up. It makes their quality of life a little better.”

According to NRECA International Programs, reliable electricity strengthens communities by providing better educational opportunities and increasing safety. Access to power also paves the way for progress in a community, giving small business the boost needed for success.

“It was a humbling experience, to see people and the way they lived compared to what we have,” recalls Clarksville, GA-based Habersham EMC Lineman Craig Carlan, who also worked in Guatemala. “I felt real

NRECA International Programs: Lighting the World

NRECA International Programs and volunteer linemen are building electric distribution lines in Bangladesh, Bolivia, Costa Rica, Dominican Republic, Guatemala, Haiti, Nigeria, Philippines, Senegal, Southern Sudan, and Yemen. As this map shows, co-op linemen are working around the world to provide power.

Did you know?

More than 2 billion people live without electricity—64 million in Latin America, 500 million in Africa, and more than 1 billion in Asia.



good about what we had accomplished. In the village we electrified, kids will have the opportunity to get a better education. They have dreams too, just like we have dreams. Maybe they can set higher goals now.”

Rewarding Results

NRECA International Programs has played a critical role in the electrification of rural Bangladesh, where there are now 70 co-op-like utilities. More than 40 million consumers in 85 percent of the rural villages dotting that South Asian nation boast lights and 1,000 new connections are made every day—bringing a brighter future to thousands more.

“Electrifying farms has had a huge social and economic impact, including a third rice crop annually,” Habib Ullah Majumder, chairman of the Bangladesh Rural Electrification Board points out.

The Republic of the Philippines, where rural electric co-ops were first launched in 1970, now boasts 119 co-ops. In Bolivia, NRECA and a North Carolina co-op helped start what has become the largest electric co-op in the world. And wherever it goes, NRECA International Programs promotes energy efficiency and renewable energy resources such as solar power, biomass and micro-hydro.

Helping Hands

Many of the projects undertaken by NRECA

International Programs—which is comprised of two distinct entities: NRECA International, Ltd., and the NRECA International Foundation—are funded through the U.S. Agency for International Development (USAID). Other financing partners include the World Bank, U.S. Department of Agriculture, Asian Development Bank, and Inter-American Development Bank.

Local electric cooperatives across the United States have contributed funds, bucket trucks, line construction equipment, and hand tools through the NRECA International Foundation. Many have also sent volunteers overseas to train foreign utility workers, organize co-ops, and build power lines. Some co-ops band together to help communities in a specific nation; Georgia lineworkers routinely volunteer in Ixcán, Guatemala, and several teams of Missouri lineworkers have assisted ongoing work in Yei.

Despite widespread support, NRECA International Programs needs help to continue bringing electricity to the world, one village at a time. To watch videos of lineworkers volunteering across the globe or to make a donation supporting the program, visit NRECAFoundation.coop.

Megan McKay writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association. Frank Gallant also contributed to this article.

The EPRI Prism: Decreasing carbon dioxide emissions by 2030

If adopted nationally, recommendations in eight technology areas would allow electric utilities to slow, halt, and eventually decrease carbon dioxide emissions by 2030 while still supplying safe, affordable, and reliable electricity.

U.S. Energy Information Agency (EIA) 2009 Base Case

TECHNOLOGY	EPRI PRISM HIGHLIGHTS
End-Use Efficiency	8 percent additional reduction in consumption
Transmission & Distribution Efficiency	20 percent reduction in system transmission and distribution line losses by 2030
Renewable Energy	15 percent of total generation by 2030
Nuclear Power	No plant retirements; build 64 GW (roughly 45 new plants) by 2030
Fossil Fuel Efficiency	Increase of 3 percent in efficiency of existing coal-fired power plants by 2030
Carbon Capture & Storage (CCS)	All coal and natural gas-fired plants built after 2020 to capture 90 percent of carbon dioxide
Electric Transportation	Put 100 million plug-in hybrid electric vehicles on the road by 2030
Electrotechnologies	Replace 4.5 percent of industrial fossil fuel-fired furnaces, etc. with electric models by 2030

U.S. Electricity Sector CO₂ Emissions

(million metric tons)

Source: Electric Power Research Institute

A Diverse Solution for America's Energy

Congress has been debating climate change legislation for months. Now the U.S. Environmental Protection Agency has begun gearing up for its own possible set of regulations to slash emissions of greenhouse gases like carbon dioxide, which is blamed for contributing to global warming. With more than 70 percent of our nation's electricity coming from greenhouse gas-emitting fossil fuels like coal and natural gas, the question becomes: how to reduce emissions while still making enough electricity available?

For the past several years, the Palo Alto, CA-based Electric Power Research Institute (EPRI) has been working on an answer. EPRI, which includes electric co-ops as members, recently released an updated set of possible remedies that could meet our energy needs while dramatically reigning in carbon dioxide emissions over coming decades.

Called the "EPRI Prism" after the broad spectrum of solutions described (and resulting colorful graphics tracking emissions cuts associated with each), the proposal consists of recommendations in eight technology areas that, if adopted

nationally, would allow electric utilities to slow, halt and eventually decrease carbon dioxide emissions by 2030 while still supplying safe, affordable and reliable electricity.

The eight components are: boosting end-use energy efficiency; making transmission and distribution system lines more efficient; improving the operating efficiency of fossil fuel-fired power plants; investing in renewable energy; expanding nuclear power capacity; capturing and storing carbon dioxide produced by coal-fired power plants; deploying electrotechnologies, like arc furnaces, for industrial and commercial use; and putting plug-in hybrid electric vehicles on the road.

The key involves utilizing all technologies together, with each doing its part to reduce emissions. Failure to maximize any of the eight technologies in the "full portfolio" will dramatically jack up the cost of achieving climate change goals, according to EPRI.

"There just isn't going to be a free lunch," remarks Revis James, director of EPRI's Energy Technology Assessment Center. "If this type of policy is actually

implemented, it's going to cost money, even in an efficient scenario."

Assuming the full range of carbon-curbing technologies are up and running by 2050 (the target date being discussed in congressional climate change proposals), EPRI pegs the real wholesale cost of electricity to increase 80 percent. But continuing business as usual under tightening carbon dioxide emissions restrictions would spike wholesale power costs more than 210 percent.

Diversifying the nation's generation fuel mix could lead to major savings down the road. Employing the full EPRI Prism, as opposed to relying on a few, less technologically advanced resources, will slash the impact on the nation's economy by more than \$1 trillion.

"Policymakers need to be made aware that the full portfolio carries a lower cost overall to the economy than a more limited approach," James stresses. "Heading in that direction clearly is in our national interest."

Scott Gates writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.



GREAT DESIGNS. AFFORDABLE PRICES.

From a Name You Can Trust.



OVER 250 EXCLUSIVE DESIGNS ONLINE! www.BradfordChecks.com

FREE box of bank checks • **FREE** choice of lettering • **FREE** deposit slips • **FREE** check register

Disney
A BRADFORD EXCHANGE Product Premiere

Tinker Bell Magic w/verse "Too Cute!" - 00343
Leather Cover and Labels - 00343

The Seven Dwarfs - 00347
Leather Cover and Labels - 00347

Sketch Book Mickey - 00348
Leather Cover and Labels - 00348

©Disney

Largest Selection Available.
Call or see our website for your favorite dog breed!

Golden Retriever - 00011
Leather Cover and Labels - 00011

Faithful Friends - Chihuahua w/verse "You look at me with eyes of love" - 00309
One image.
Leather Cover and Labels - 00309

Angel Kisses - 00019
Leather Cover and Labels - 00019

Lisa Bearson's Paper Patterns - 00303
Leather Cover and Labels - 00303

Imperial - 00165
One image.
Leather Cover and Labels - 00165

5th Avenue - 00155
One image. Burgundy Leather Cover and Labels - 00155

John Deere Vintage - 00005
Leather Cover and Labels - 00005

Blaylock Express - 00383
Leather Cover and Labels - 00383

Farmall - 00328
Leather Cover and Labels - 00328

Thomas Kinkade's Seasons of Reflection - 00114
Leather Cover and Labels - 00114

Hawaiian Sunsets - 00181
Leather Cover and Labels - 00181

Kaleidoscope - 00225
Leather Cover and Labels - 00225

John Wayne: An American Legend - 00204
Leather Cover and Labels - 00204

Family Guy w/verse "Uh-oh!" - 00228
Leather Cover and Labels - 00228

Lena Liu's Floral Borders - 00088 w/optional verse "Lord bless and keep you." - 00117
Leather Cover and Labels - 00088

Blue Safety - 00027
One image.
Leather Cover and Labels - 00155

Scroll - 00444
One image. Burgundy Leather Cover - 00030-004 Labels - 00032-008

Lightning Strikes - 00178
Leather Cover and Labels - 00178

Maxine w/verse "I tried paying my bills with a smile. They wanted money." - 00234
Leather Cover and Labels - 00234

Lena Liu's Morning Serenade - 00029
Leather Cover and Labels - 00029

Challis & Roos Awesome Owls - 00337
Leather Cover and Labels - 00337

Footprints in the Sand - 00008
Leather Cover and Labels - 00008

Shining Stars - 00201
Leather Cover and Labels - 00201

Hope Springs Eternal - 00094
Leather Cover and Labels - 00094

Remembering Elvis® - 00083
Leather Cover and Labels - 00083

Live, Laugh, Love, Learn w/verse "Life is not measured by the breaths we take, but by the moments that take our breath away" - 00332
Leather Cover and Labels - 00332

Chance Encounters - 00350
Leather Cover and Labels - 00350

Jesus, Light of the World - 00018
Leather Cover and Labels - 00018

America's National Parks - 00055
Leather Cover - 00151 Labels - 00055

Moments of Majesty - 00001
Leather Cover and Labels - 00001

Hope Springs Eternal - 00094
Leather Cover and Labels - 00094

Hope Springs Eternal - 00094
Leather Cover and Labels - 00094

God Bless America - 00006
Leather Cover and Labels - 00006

Thomas Kinkade's Country Escapes - 00162
Leather Cover and Labels - 00162

Tropical Paradise - 00052
Leather Cover and Labels - 00052

Spirit of the Wilderness - 00024
Leather Cover and Labels - 00024

Sunflowers - 00334
Leather Cover and Labels - 00334

Prayers of Serenity w/verse "Trust in the Lord with all your heart" - 00194
Leather Cover and Labels - 00194

Winter Calm - 00017
Leather Cover and Labels - 00017

Side Tear, Top Stub & Desk Sets Now Available.
Order by phone or web today!

3 EASY WAYS TO ORDER

1. **INTERNET — SAFE SECURE SITE**
www.bradfordchecks.com
Over 250 Designs Online

2. **PHONE 1-800-323-8104**
Phone Hours: Mon-Fri 7:00 am to 8:00 pm (CST)
Sat/Sun 7:00 am to 4:00 pm (CST)
Mention offer code to receive this special offer.
2-box minimum and processing fee apply. See label Español.
Call for Signature Required Delivery option.

3. **MAIL — Send completed Order Form**
Also include:
1. Payment Check or money order (no cash please)
2. Voided check with changes noted OR Reorder Form
3. Deposit Slip from same account
Mail to address at top of coupon

Make Your Checks Even More Secure with EZShield!
EZShield™ Check Fraud Protection Program® (Patent Pending): Guard your checks from unauthorized use of up to \$25,000 for only \$1.95 per box. Underwritten by Lloyd's of London. See order form. To learn more, visit www.ezshield.net.

Feel Secure with EZSECURESHIP™
Trackable - Guaranteed Delivery Includes FREE IN-PLANT RUSH
• Trackable to you
• Guaranteed delivery
• All check boxes ship together...SECURELY
• It's FASTER

©Thomas Kinkade, The Thomas Kinkade Co., Morgan Hill, CA. ©John Deere Licensed Product. JOHN WAYNE & DUKE are the exclusive trademark property of Wayne Enterprises. The John Wayne name, likeness, signature and all other related indicia are the intellectual property of Wayne Enterprises. All Rights Reserved. www.johnwayne.com ©2008 CA Media, LLC. All rights reserved. ©Sandra Kuck & Challis & Roos ©2008 CNH America LLC. ©HMK Lic. ©Disney ©Susan Winget ©EPE, Reg. U.S. Pat. & TM Off. Family Guy TM & ©2007 Twentieth Fox Film Corporation. All Rights Reserved. Offer valid on Top Tear checks only. Prices and offers subject to change. ©2010 Bradford Exchange Checks 10-00035-001-5072

① Your Information

BRADFORD EXCHANGE CHECKS®
9305 N. Milwaukee Ave. Niles, IL 60714
LIMITED-TIME OFFER FOR NEW CUSTOMERS Offer expires 7/31/10

NAME _____
PHONE () _____ ☐ Day ☐ Evening
E-MAIL ADDRESS _____

② Check Options

✓ Check the items you wish to order and enter the price in the spaces provided. Only ONE check design per order.

SINGLE TOP TEAR CHECKS		DUPLICATE TOP TEAR CHECKS	
<input type="checkbox"/> 1 Box \$6.99		<input type="checkbox"/> 1 Box \$8.49	
<input type="checkbox"/> 2 Boxes \$12.98 \$7.98		<input type="checkbox"/> 2 Boxes \$16.98 \$9.48	
<input type="checkbox"/> 4 Boxes \$27.96 \$14.97		<input type="checkbox"/> 4 Boxes \$33.96 \$17.97	
4th box FREE		4th box FREE	

Check Design _____ Start Checks at # _____
*If no check start number is specified, 1001 will be used.

Enter Check price from chart above \$ _____

Distinctive Lettering ~~+\$2.50 each~~ ☐ OR ☐ GRAND ☐ Script ☐ English **FREE**

Matching Cover Code No. _____ add \$19.99
☐ Zippered Black (00031-002) ☐ Zippered Cognac (00031-004)
☐ Non-Zip Black (00030-002) ☐ Non-Zip Burgundy (00030-004) add \$14.99

Matching Labels Code No. _____ add \$9.95
(If name and address other than checks, please enclose separate paper)

EXTRA Deposit Tickets (154) ☐ Singles (100) add \$5.99
☐ Triplicates (40) add \$4.99

③ Shipping & Handling

REQUIRED SERVICE/HANDLING	\$2.95 x # of Boxes/Items=	Required
EZSHIELD™ CHECK FRAUD PROTECTION PROGRAM®	\$1.95 x # of Boxes =	
SECURESHIP™ Trackable - Guaranteed Delivery Includes FREE IN-PLANT RUSH (045)	<input type="checkbox"/> 1 Box \$9.95 <input type="checkbox"/> 2 Box \$7.95 <input type="checkbox"/> 4 Box \$10.95 PLEASE MATCH # OF BOXES IN STEP 2**	Checks Only
<input type="checkbox"/> IN-PLANT RUSH (checks only) Saves 1-3 Days (070)	\$4.95	
<input type="checkbox"/> Untrackable delivery: Allow 2-3 weeks for delivery. All items shipped separately. Delivery to Alaska and Hawaii may take longer.		NO CHARGE
Offer Code: 18831XWL	SUBTOTAL	\$
Add sales tax for shipment to Illinois (10%)		\$
TOTAL:		\$

Building Tomorrow's Co-op Leaders

A Hesperia Girl Scout troop earns the "Co-ops for Community" patch. **Jan Tableman**

After they shared stories of "who said what to whom" at school and giggled a lot, the Senior Girl Scouts of Troop 20412 got down to business—cooperative business, that is.

The eight girls earned their "Co-ops for Community" patch by completing 10 of 14 requirements related to the cooperative business model over four weeks in November.

"I learned what a co-op is and how they are run," Mariah Walzer, 15, says. "It's interesting how some businesses use the seven cooperative principles."

Sponsored by the National Cooperative Business Association and Cabot Creamery, a dairy cooperative in Vermont, this patch program is designed to help girls become more business savvy, appreciate the advantages of cooperatives, understand how cooperatives contribute to their communities, and develop their business leadership skills.

After learning about electric co-ops, food co-ops, housing co-ops, credit unions and more, the girls compared the Seven International Cooperative Principles to the Girl Scouts Promise and laws. Characteristics common to both groups include open membership and concern for community.

"I learned how co-ops work to help their communities, just like we do," Nicole Thompson, 15, says.

To fulfill one patch requirement, the girls created thank-you posters to recognize Great Lakes Energy members for their contributions to the community through the co-op's People Fund. Another requirement resulted in the production of a board game, "Co-opland."

"It's like Candyland," Jessica Hall, 14, laughs. "You draw a card that has a question about co-ops on it. If you answer it right, you get to move ahead to the colored space listed on the card. If you don't, you have to go back."

The girls' most daunting task was to

draft their own co-op on paper. Troop 20412 created the Girl Scout Cookie Co-op, complete with logo, budget, membership guidelines, goals and more.

Cookie sales will begin this month, and the girls decided to donate any profits they make to their school.

"These girls are very creative," Troop Leader Shanon Buozis says. "They recently completed the Silver Award, which took them two years to earn."

The Silver Award is the second highest award in Girl Scouts. The troop's final project required each girl to make a blanket to donate to the Linus Project for children who are seriously ill, traumatized, or otherwise in need of support. Many of the girls made two blankets.

The girls began as Girl Scout Daisies when they were in kindergarten. Buozis has been one of their leaders since second grade. The troop is part of the Michigan Shore to Shore Council out of Grand Rapids.

"Shore to Shore has only been in existence for a little over a year," Buozis explains. "In August 2008 four Girl Scout councils merged to help centralize operations and reduce costs."

The merger was part of the new core business strategy which Girl Scouts USA began implementing in 2004 to better accommodate the changing needs of girls in American society. The new strategy includes changes to the uniforms, programs and the structure of the organization itself.

Today, the Michigan Shore to Shore Council serves over 20,000 girls, ages 5-17, in 30 west and northern Michigan coun-



Jan Tableman (left), public relations manager for Great Lakes Energy Cooperative, helps Girl Scouts Nicole Thompson, Ashlee Tinkham, Naomi Elenbaas, Jasmine Hall and Mariah Walzer learn about energy and electric co-ops for their "Co-ops for Community" patches.

ties. To learn more about Girl Scouting in Michigan, call the council at 866-566-7434 or visit gsmists.org.

To learn more about the "Co-ops for Community" patch, call 202-383-5471 or visit co-opmonth.coop/toolkit/girl_scout_materials.html.

Girl Scout Mission - Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Girl Scout Law - I will do my best to be... honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to... respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.



To learn more about Girl Scouting in Michigan, visit gsmists.org

Troop 20412: Naomi Elenbaas, Jamine Hall, Jessica Hall, Becky Stitt, Mary Stitt, Nicole Thompson, Ashlee Tinkham, and Mariah Walzer. **Leaders:** Shanon Buozis, Vonda Hall, and Dawn Stitt.



WIN FREE GROCERIES FOR A YEAR!

Visit FarmersFeedUS.org

MICHIGAN'S FARMERS OFFER "FREE GROCERIES FOR A YEAR!"



What is the Farmers Feed US Program?

Farmers Feed US is a program encouraging Michigan citizens to meet and engage with the farmers of Michigan who grow their food.



What is at the FarmersFeedUS.org website?

FarmersFeedUS.org offers Michigan consumers the chance to register to win \$5,000 in "Free Groceries for a Year" while also meeting Michigan farmers and touring their farms.



Who is sponsoring this program in Michigan?

This program is supported by the soybean, beef, egg, corn, sheep, pork, dairy, apple and vegetable farmers of Michigan who are eager to show the consumers of Michigan how we work to produce safe, affordable, nutritious food each and every day.



How long is the program running in Michigan?

The program launched Nov. 16th and runs for three months through Feb. 12, 2010. That gives the consumers of Michigan a lot of chances to register to win. People can register once with each Michigan farmer per day – that's 10 possible chances per day for up to 90 days!

"As Michigan farmers, we're thrilled to offer free groceries for a year to the consumers of our great state. This is an opportunity for us to share our values with the consumers - taking care of our families, taking care of our animals and land, and giving back to our communities."

Ed Cagney, soybean farmer, Scotts, Michigan

Register daily at www.FarmersFeedUS.org



**MICHIGAN SOYBEAN
CHECKOFF**

Effective. Efficient. Farmer-Driven.
www.michigansoybean.org



It's January. Got bills?

As inevitable as snowstorms, December's generosity has once again ushered in a whole stack of January bills.

Of course, smart shoppers spend only what they have on holiday gifts, and they don't use credit cards to do it. Smart shoppers don't drop \$25 for a battery powered figurine of Winnie-the-Pooh either, even if it does play recorded Christmas music and light up my granddaughter's eyes when she powers it up... over and over and over.

So maybe I'm not a smart shopper, but even I know enough to charge only what I can pay back in January. Not all families can say that.

Even if you don't face a stack of unpaid statements, January might be a perfect time for the whole family to brush up on financial literacy skills.

Financial Literacy Important At Any Age

According to the Harmony Financial Network, financial literacy is the knowledge, skills, and ability to make wise decisions about financial matters—how to earn, save, spend and invest money. It is about making informed, thoughtful decisions about finances that will lead to success, security and self-sufficiency.

The Michigan Jump\$tart Coalition, among others, believes that increased financial literacy among our citizens is the key to preventing a repeat of today's national financial crisis—a crisis they believe was caused in large part by our citizens making unwise decisions with regard to credit cards, mortgage debt, savings and investments.

The Coalition also believes that the best time to teach financial literacy is during childhood. They are working toward ensuring that all our kids have access to personal finance education in order to develop the necessary skills to be financially competent when they graduate from high school. They are making some progress, too.

In December 2008 they helped pass a law that allows for a semester of financial literacy to count as one credit of math toward high school graduation. Now, the Michigan Jump\$tart Coalition is supporting legislative efforts to make such courses mandatory or

to allow them to count towards meeting the state's Michigan Merit Curriculum.

Put Money In Its Place

Arun Abey, a former investment strategist and author of the book "How Much is Enough?" believes that teaching kids to be smart about finances early will help protect them now and in the future. To that end, he offers some basic tips for families.

Don't Let Money Be Invisible – Working-class families during the Great Depression routinely set jars out in full view of the family marked "Rent," "Food," "Clothes," and so on, showing everyone where the money went. Today, money comes out of ATMs, and is spent via debit cards and credit cards – invisible to kids as to where it comes from and where it goes.

Give Kids Responsibility for Spending – Place children in charge of their optional spending. If they receive an allowance, require them to map out the money they have coming and also where it goes. Seeing it on paper or in a computer chart will give them a sense of reality about their money, and also build healthy financial habits.

Teach the Power of Investment – Help children set up a savings or investment account, but don't stop there. Spell out the value of their investment. For example, a simple investment of \$100 in a basic savings account can result in a balance of \$12,000 after 20 years. If they invest that same \$100 in a bond or a stock that returns merely 6 percent a year, that balance grows to \$42,000-plus.

For Love or Money? – Many families try to direct their children toward high-earning or high-status careers, such as medicine, law or business management. However, there is an alternative method, which directs children toward career paths that stress what they love to do. Ask your kids what they are passionate about and what they are good at. The answers to those questions will lead to a better quality of life than one centered on the pursuit of wealth.

"It's not easy to say that money isn't everything in a recession, but it isn't," Abey said. "If we leave out the part about lasting fulfillment, we're shortchanging them."

Abey's last point makes me feel better about



Photo – Realdealphoto.com

paying the bill for my singing Winnie-the-Pooh. How do you measure the value of wide-eyed wonder? What price do you put on the motivational power it leveraged? ("We'll make Pooh sing after your nap!")

Maybe a little toddler kitsch is worth the memories it makes. And maybe I'm a smart shopper, after all.

Resources That Can Help

● *Michigan Jump\$tart's Monthly Newsletter* – Helps educators promote financial literacy among youth. Subscribe or read issues at mijumpstartcoalition.org.

● *"How Much is Enough?"*, by Arun Abey, Greenleaf Book Group Press (2009, howmuchisenough.net). Guides readers through a holistic approach to financial planning, based on money being only one element in the overall chemistry of a happy life. An online quiz helps viewers discover, "Can money make you happy?"

● *"Tips for Parenting in a Commercial Culture,"* by New American Dream. Call 877-68-DREAM or visit newdream.org. A 32-page booklet packed with tips and resources to help parents deal with the effects of advertising and marketing on children.

Did you know?

- 60% of teens say learning about money management is a top priority.
- When asked about concerns parents have for their children's futures, parents rank developing good personal financial skills and being able to handle money (74%) ahead of both following the wrong crowd (58%) and drug/alcohol use (56%).
- Only personal safety ranked higher with parents.

Source: Michigan Jump\$tart Coalition for Financial Literacy, January 2009

NEW FOR 2010—FREE JUMPSTART KIT!

Nutrisystem® | D™

Clinically tested to lose weight, which helps lower blood sugar and control type 2 diabetes.



Sweet Cinnamon Bun



Homestyle Chicken Salad



Savory Lasagna



Decadent Fudge Brownie

With our **diabetic program**, Nutrisystem D, losing weight so you can help control your diabetes is easier than you think! Choose from **over 100 delicious foods—over 20 NEW**—including pizza, pasta, burgers, even chocolate! Nutrisystem D is a **low-Glycemic Index** program full of **good carbs and fiber** to help keep you feeling fuller longer. It's smart, sensible weight loss for people with diabetes, and a great value!

Support at your fingertips:

- **FREE** round-the-clock phone access to weight loss coaches
- **FREE** online membership including weight loss tips, tools and menu planning
- **FREE** live chat sessions with registered dietitians
- **PLUS! FREE** delivery straight to your door†

• **NEW! FREE BONUS JUMPSTART KIT** featuring:
NEW FlavorFulfs™ fiber drinks, personal weight loss coaching, Quick Tips, & 24/7 hotline!

Clinical Study Shows††— On Nutrisystem D, people with type 2 diabetes who wanted to lose weight:

- ✓ Lost up to **16 times more** weight
- ✓ Lowered blood sugar levels **5 times more**
- ✓ Lowered A1C by **0.9%**
- ✓ Lowered total cholesterol level by **20.9 mg**
- ✓ Lowered triglycerides level by **42.7 mg**

†† In a 3-month clinical study at Temple University School of Medicine and published in the *Journal of Postgraduate Medicine*, Nutrisystem program participants lost an average of 18 lbs., and lowered fasting blood sugar levels from 149.5 to 115.2, compared to those following a diabetes support and education program, who lost 1.3 lbs, and lowered fasting blood sugar levels from 151.4 to 144. Not all menu items were included in the study. Study funded through an unrestricted educational grant from Nutrisystem.

All for as low as \$3 a meal†

GET A FREE *Jumpstart*™ KIT!

Plus! EAT FREE FOR 2 WEEKS!

That's An Extra 14 Breakfasts, 14 Lunches, 14 Dinners and 14 Desserts FREE†

Call **1-877-989-DIET (3438)** or click **nutrisystem.com/MCL110**

MONEY BACK GUARANTEE!

Try our food! If you don't like it, call within 7 days of receipt of your first order and return the remaining three weeks of food for a **FULL REFUND** of the purchase price, less shipping. Call or see website for details.

†Offer good on new 28-Day Auto-Delivery programs. Offer not valid on Flex and Select (fresh-frozen) programs. Free shipping to Continental U.S. only. One additional free week of food will be included with each of your first two deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046; however for this offer you must stay on Auto-Delivery for at least two consecutive 28-Day program deliveries to receive both free weeks. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2010 Nutrisystem, Inc. All rights reserved.

On Nutrisystem you add-in fresh grocery items.

Nutrisystem D is a comprehensive weight loss program. It does not treat, cure or prevent diabetes, and is not a substitute for diabetic medications. Consult your physician before starting this or any weight loss or exercise program.

Over
**20 NEW
FOODS!**



LOBSTER

The two types of lobster found in the United States are the northern lobster, which is the basic lobster found on the East Coast, and the spiny lobster, found off the coast of Florida. Find many more recipes at countrylines.com.

Lobster Bisque

6 T. butter, divided
1/2 c. finely chopped fresh mushrooms
1/2 c. finely chopped onion
1/2 c. finely chopped celery
1/2 c. shredded carrot
1 15-oz. can chicken broth
1 lb. lobster meat, real or imitation
1 t. sea salt
1/4 t. cayenne pepper
3 c. heavy cream
3 T. flour
4 oz. cooking sherry
paprika

(Pictured above)

Melt 3 tablespoons butter in a large saucepan over medium-low heat. Add mushrooms, onion, celery and carrots. Cook and stir until tender, about 10 minutes. Stir in chicken broth, lobster, salt and pepper; bring to a boil, simmer 10 minutes. Stir in cream. In a small saucepan, melt remaining 3 tablespoons butter; stir in flour. Immediately add to soup mixture, cooking and stirring constantly until thickening occurs. Add sherry; mix well and serve. Garnish each bowl of bisque with a sprinkle of paprika.

Jenn Rekuz, Detroit

Lobster Party Dip

8 oz. pkg. lobster ready-to-eat chunks
8 oz. cream cheese, softened
1/2 c. chopped sweet red pepper
1/4 c. chopped sweet onion
1/4 c. mayonnaise
1 T. flaked parsley
1/4 t. garlic powder
salt and pepper to taste

Combine cream cheese and mayonnaise; mixing well. Stir in red pepper, onion, garlic powder, parsley, salt and pepper. Chop lobster into small pieces; stir into mixture. Chill at least one hour. Serve with crackers.

Judy Durrant, Portland

Seafood Sensation

1 1/2 lb. lobster meat
16 oz. cream cheese, softened
1/4 c. milk
2 T. honey
2 T. lemon juice

Topping:

2 c. ketchup or cocktail sauce
1/4 c. prepared horseradish
1 t. dried parsley flakes
1/2 t. Worcestershire sauce
1 t. lemon juice

Shred lobster meat into a 9x11-inch glass baking dish, spreading evenly. Sprinkle with lemon juice. Blend cheese, milk and honey until smooth. Spread over lobster meat. Combine all topping ingredients, mixing well. Spread topping evenly on lobster in pan. Chill well; serve with crackers.

Eileen Hughes, Dayton, OH

Lobster Spread

8 oz. cream cheese, softened
1 T. milk
1 1/2 c. flaked lobster meat
2 T. chopped onion
1/2 t. horseradish
1/4 t. salt
dash pepper
paprika
1/4 c. sliced almonds

Combine cream cheese with milk, mixing until smooth. Add lobster, onion, horseradish, salt and pepper. Spread into a greased 8-inch ovenproof dish. Sprinkle with paprika and almonds. Bake at 375° for about 15 minutes until bubbly. Serve warm with crackers of choice.

Bonnie Gauld, Fife Lake

Broccoli Lobster Mornay

1 bunch fresh broccoli
1 lb. lobster meat
1/2 stick butter
5 T. flour
1 c. milk
1 c. heavy cream
1 c. grated Gruyere cheese
2 T. dry sherry
1/4 c. grated Parmesan cheese
1/2 c. bread crumbs

Separate broccoli into flowerets, place in a saucepan with a bit of water, and cook until crisp-tender. Remove from

heat and blanch in cold water. Cut lobster into bite-sized chunks. In a saucepan, melt butter; stir in flour. Stir in milk and cream; stirring constantly, cook until smooth and thickened. Remove from heat and add grated cheese and sherry. In a buttered casserole dish, arrange broccoli and lobster. Pour mornay sauce over all. Sprinkle with Parmesan cheese and bread crumbs. Bake at 400° for 10-15 minutes until sauce bubbles and top is lightly browned.

Anita Harris, Mason



© iStockphoto.com/Nikolay Mamluke

► **Send in your recipes!** If published, you'll receive a free kitchen gadget. Send in: **FROSTING recipes by Jan. 10**, and **TUNA recipes by Feb. 10**.

Mail to: Country Lines Recipes, 2859 W. Jolly Rd., Okemos, MI 48864; or email jhansen@countrylines.com.



© iStockphoto.com/Diane Diederich

Fabulous Fondue

1 15-oz. jar Cheese Whiz
2 sticks butter
2 lbs. lobster chunks, real or imitation
1 lg. loaf good quality bread

Place Cheese Whiz, butter and lobster chunks in a fondue pot or on stove top in a non-stick saucepan. Heat slowly until hot. Cut bread in chunks. Dip bread into mixture.

Mary Scodeller, Lansing

Florida Spiny Lobster

1-2 lobster tails per dinner guest
1-2 c. drawn butter
lemon, cut into wedges
seafood seasoning
large pot of low-boiling water

If tails are frozen, defrost. Place tails in a pot of low boiling water, around 195°. Boil for 9 minutes; remove from water and cut in half lengthwise, shell and all. Brush meat with drawn butter and sprinkle with seasoning. Place tails in a very hot cast iron skillet, meat side down, for 30-45 seconds to seal in the flavor and give them some color. Serve immediately with lemon wedges and drawn butter on the side.

Jim Larson, Grayling

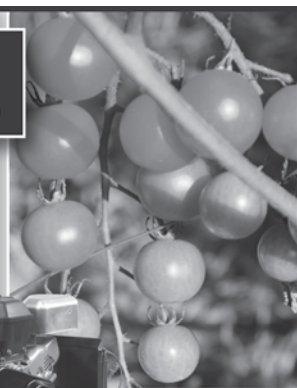
Cheesy Hot Lobster Dip

8 oz. cooked lobster meat
2 c. mayonnaise
1/2 med. onion, finely chopped
1/4 c. chopped fresh parsley
1/8 t. pepper
2 c. shredded, mild cheddar cheese
paprika

In a medium bowl, shred lobster meat. Stir in mayonnaise, onion, parsley, pepper and cheese; sprinkle with paprika. Spoon mixture into a shallow 1 1/2-quart casserole or baking dish. Bake uncovered at 350° for 20-25 minutes, until heated through. Serve with crackers or bagel chips.

Janice Harvey, Charlevoix

Enjoy your best garden ever
— without breaking a sweat.



DR® ROTO-HOG™ POWER TILLER

FAR FASTER & EASIER to use than hard-to-handle, walk-behind tillers.

BIG ENGINE POWER is ideal for large gardens, landscape projects, and food plots.

TILL A 3-FOOT SWATH with each pass — twice the width of most walk-behind tillers!

CREATE PERFECT SEEDBEDS with the smooth and deep-tilling action of 24 steel bolo tines.



FREE DVD and Catalog!

Call Toll-Free

1-888-212-8949

Go Online

DRrototiller.com



For smaller jobs...

The new DR® ROTO-HOG™ Mini Tiller is perfect for tight spots

- **EASY** turn-key electric-start. No pull-starting!
- **TWICE** the power of other mini tillers!



67296X © 2010 CHP, Inc.

Never have to buy fuel — oil, gas, kerosene, wood — ever again!



Lifetime Warranty

Hydro-Sil is a high performance individual room heating system that allows you to control your home heating cost by replacing old and inefficient heating. It can replace or supplement your electric heat, gas or oil furnace and woodstoves.

A one-time purchase that will last a lifetime: inside the heater is a sealed copper chamber filled with a harmless silicone fluid designed for heat retention qualities. The fluid is quickly heated by a varying amount of **micro-managed proportional power**. This exclusive technology greatly increases energy efficiencies.

Check ■ MasterCard ■ Visa ■ Discover

1-800-627-9276

www.hydrosil.com

Hydro-Sil, P.O. Box 662, Fort Mill, SC 29715

Your Benefits with Hydro-Sil:

- Zone controlled heating cost with Hydro-Sil
- No service contracts. Lifetime warranty.
- Safe, complete peace of mind
- Clean, no fumes, environmentally safe
- U.L. listed
- No furnaces, ducts, or chimneys
- Preassembled — ready to use
- Portable (110V) or permanent (220V)
- Whole house heating or single room

Contact us today for info and FREE catalog!

220 VOLT PERMANENT	Approx. Area to Heat	S&H	Discount Price	Qty.
8' 2000 w	250-300 sf	\$25	\$319	
6' 1500 w	180-250 sf	\$25	\$289	
5' 1250 w	130-180 sf	\$25	\$259	
4' 1000 w	100-130 sf	\$18	\$239	
3' 750 w	75-100 sf	\$18	\$189	
2' 500 w	50-75 sf	\$18	\$169	
Thermostats — Call for options & exact heater needed.				
110 VOLT PORTABLES (Thermostat included.)		S&H	Discount Price	Qty.
5' Hydro-Max 750-1500 w		\$25	\$229	
3' 750 w — Silicone		\$18	\$179	
Heavy-Duty 240v		\$25	\$329	
Total Amount				

Name _____
Address _____
City _____ St _____
Zip _____ Phone _____
MasterCard, Visa or Discover Account Information:
Acct # _____
Expiration Date _____

The Efficiency of Space Heaters

Space heaters are small, versatile, and generally good at warming a room, and at some point most people consider purchasing one. However, some manufacturers claim that their electric space heater can significantly cut a home's heating bill. Do these claims make sense?

Some basic facts about space heaters will help get at the truth of the matter. Space heaters work best as a supplement to a furnace or heat pump—they are rarely used as the primary heating source. Three main types of space heaters are available, which can usually be bought for \$30 to \$100: radiant heaters, convection heaters and combination heaters.

Radiant Heaters

A radiant heater heats objects and people—not the air—in a room. They are best used in rooms where the person who wants to be warmed can be in direct line of sight of the heater. Radiant heaters can be a good choice if you are in a room for a short period of time and want instant heat. They can pose a burn or fire risk and should not be placed near furniture, drapery, pets or small children.

Convection Heaters

Convection heaters are designed to heat the air—not people or objects—in a room. Hot air from the convection heater rises to the ceiling and forces cooler air to the floor. The cooler air is warmed by the heater and rises to the ceiling, creating a cycle that continues as long as the heater is on. These are typically either baseboard heaters or oil- or water-filled heaters. The oil- or water-filled heaters are the most efficient and typically look like a small radiator. Convection heaters are generally warm to the touch and, compared to a radiant heater, have a decreased fire and burn risk.

Combination Heaters

As the name implies, a combination heater tries to bring the best of the radiant and convection heaters into one package. They often have an internal fan that aids in distributing heat throughout the room. These heaters are versatile and more common as a result, although they do not typically perform as well as a radiant or convection heater.

Before purchasing a space heater you should



Before you buy...

Before buying a space heater it will likely be beneficial to perform some easy and inexpensive energy-saving measures at your home. Any of these could solve your heating problems without any additional heating equipment:

- ✓ Add caulk and weather stripping around doors and windows
- ✓ Add insulation to attics and exposed walls
- ✓ Clean or replace furnace filters
- ✓ Move furniture or obstacles from heat registers
- ✓ Insulate duct work
- ✓ Close blinds or curtains at night

determine how and where it will be used and whether a radiant, convection, or combination heater will do the job best. Combination units are versatile, but you will most likely get better performance from a radiant or convection heater. Use a radiant heater if you want heat instantly and will not move from one spot. If you need to warm an entire room, a convection heater should do the trick.

Most space heaters use between 600 and 1,500 watts of electricity. If a homeowner were to use a space heater eight hours a day, five days a week for a month it would cost approximately \$15.26. So can using a space heater cut your home heating bill? Maybe.

Space heaters can only heat a small space. You can save significant money if you use the space heater with this in mind: turn the thermostat of your central heating system down considerably (as low as 50 degrees in some cases). Place the space heater in a room that is occupied by people, and close that room off from the rest of the home. This method of “zone heating” will save money.

Space heaters do have their place in warming a house. But they simply cannot replace energy efficient central heating or weatherization improvements to the home. For example, *all* electric space heaters produce 1 unit of heat for every 1 unit of electricity consumed, meaning they are 100 percent energy efficient. Those that use natural gas are 80 percent efficient. In comparison, geothermal heat pumps can produce more than 3 units of heat for every unit of electricity consumed, making them 300 percent efficient.

As with any technology, before buying a space heater understand how the device is to be used, and understand the energy claims of the manufacturer. While it may be technically possible to cut your heating bill by 50 percent using a space heater, it is impractical for most people.

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.

GO SOLAR!

Save up to 80%
with Rebates!*



*DTE Customers SAVE approximately 80% with Local and Federal Rebates. Rebates vary by location.

Solar Hot Water Panels

Solar Electric Roof

30% Covered
by Federal
Tax Credit

AmericanEcoEnergy
Start Saving Today
1-888-729-4618

Visit our Photo Gallery on-line:
AmericanEcoEnergy.com

Reduce Energy Bills... GO GREEN

INSULATION



**Your Choice - Insulate & Stay Warm...
or Dial Down & FREEZE**

- ♦ Lowers Heating & Cooling Cost
- ♦ Blocks 98% Radiant Heat Loss
- ♦ Extreme Energy Saver
- ♦ Increases Your Comfort
- ♦ Works like a Thermos
- ♦ One Day Installation

FREE INSULATION

Get up to 6 inches of Pink Owens Corning Fiberglass wool insulation installed with the purchase of HEATBARRIER XP

OFFER EXPIRES January 31, 2010. Valid on initial visit only and cannot be combined with any other offer.



Make the right Choice -

Call Today: 888-221-1869

HeatBarrier XP
INSULATION

Financing Available • No Payments for 6 Months
\$1500 ENERGY TAX CREDIT

**Helps Snow
Slide Off!**

**Metal Roofs SAVE You Money!
Let Us Prove it to You!**

Installation Statewide!

**YES IT'S A
METAL ROOF!**

Watch Snow Slide Video at:
AmericanMetalRoofs.com

FINANCING AVAILABLE

For more information CALL:

888-221-1869

AmericanMetalRoofs.com

In the Upper Peninsula CALL:

888-854-1435

AmericanMetalRoofsWI.com

*Offices independently owned and operated.

\$1500 Energy Tax Credit Available!

♦ Homes ♦ Offices ♦ Churches

Homes Wanted

We are looking for 5 Homes in Southern Michigan and 3 Homes in Northern Michigan. If your home shows well and you will help us advertise our beautiful Metal Roofs, we would like to talk to you. Limited Availability. This is not a free roof, but you will receive a deep discounts if your home is chosen. Call today for your FREE ESTIMATE! Call today to schedule an appointment to see if your home qualifies.



SHOWROOMS

6140 TAYLOR DR.
FLINT, MI. 48507

1875 LANSING RD.
CHARLOTTE, MI. 48813

3125 BIRCH RD. STE. 1
SUAMICO, WI 54173

Geothermal Heat Pumps: Energy Efficiency From The Ground Up

Geothermal heat pumps are extremely energy efficient and generally yield the lowest utility bills of any residential heating and cooling systems available. With the high cost of energy today and the available energy tax credit, installing a geothermal heat pump could make economic sense for some families.

A geothermal heat pump operates similarly to a standard heat pump except it exchanges heat with the ground instead of the outdoor air, essentially using renewable energy from the sun's rays that are stored as heat in the ground. The temperature of the outdoor air can vary 40 degrees or more from day to night and more than 100 degrees from the coldest winter night to the hottest summer day. In contrast, the temperature several feet below the ground surface varies relatively little.

In order to capture the heat energy from the ground (in the winter) or exhaust the heat during summer, a long pipe is usually buried in the ground. An antifreeze/water solution running through the pipe acts as the heat transfer medium. If there is a pond or wells which can be dug on your land, this water can run through the heat pump heat exchangers. All of the new models use earth-friendly R410A refrigerant instead of freon.

Since no outdoor condenser coils and fans are needed, the entire heat pump and all mechanical components are located in an indoor unit. So, it operates quietly and there is no noise to bother neighbors or your family at night. This also reduces wear and tear from constant exposure to outdoor weather (and playing children).

During winter, in the heating mode, a geothermal heat pump can produce up to \$5 worth of heat for each \$1 on your electric bill. Unlike standard heat pumps, which lose efficiency and maximum heat output as the

outdoor temperature drops, the efficiency and heat output from a geothermal system remains relatively constant.

Moist ground has a huge thermal energy storage capacity so the amount of heat your system pulls out to warm your house all winter has little effect on the ground tem-

heat pumps.

The initial cost of installing a geothermal heat pump is significantly more expensive than a standard air-to-air heat pump, and the final cost of the installation depends upon the type of ground loop needed and the topography of your land. But the federal energy tax credit, which provides a 30 percent tax credit covering the entire cost of installing a geothermal heat pump, does make the initial expense more affordable.

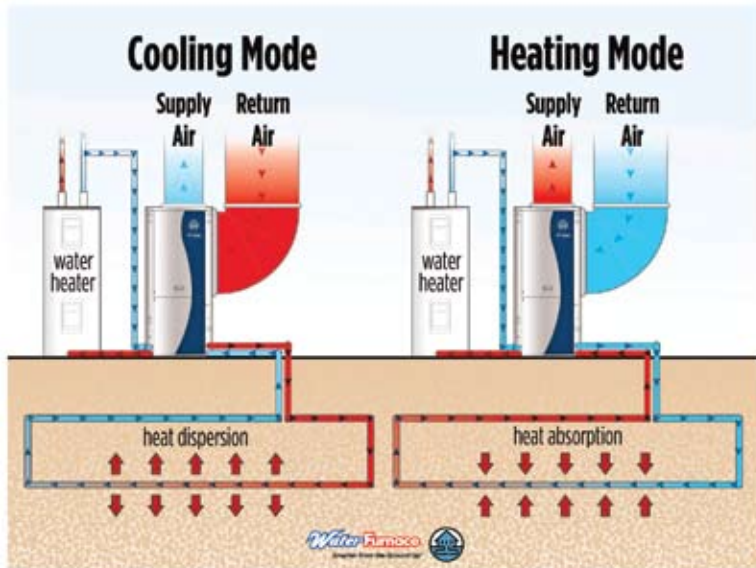
To qualify for the credit, the unit's efficiency must meet or exceed Energy Star® requirements and be installed after Dec. 31, 2007, and before Dec. 31, 2016. Units installed in 2008 were subject to a \$2,000 cap on the credit, so if you already installed one during 2008, you can amend your 2008 taxes and still take the credit.

For any units installed in 2009 through 2016, you can take advantage of the full 30 percent tax credit. File for it by

completing the Renewable Energy Credits subsection on your tax return forms. No proof of purchase is required; however, in case of an audit, keep a detailed invoice of your purchase. The contractor who sold and installed the product should list the purchase as a "Geothermal Heat Pump" on the invoice and that it "Exceeds requirements of Energy Star program currently in effect."

The following companies offer efficient geothermal heat pump systems: Climate Master, 800-299-9747, climatemaster.com; Econar GeoSystems, 800-432-6627, econar.com; Florida Heat Pump, 954-776-5471, fhp-mfg.com; Hydro-Temp, 800-382-3113, hydro-temp.com; and WaterFurnace, 800-436-7283, waterfurnace.com.

Have a question for Jim? Send inquiries to: James Dulley, Michigan Country Lines, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit dulley.com.



This schematic shows how a geothermal heat pump works during winter and summer.

perature. Some models can also be combined with solar systems to gain more free heat. The most efficient models use a two-stage compressor and variable-speed indoor blower for the best comfort.

In summer, a regular heat pump or central air conditioner loses efficiency and cooling output when it is hotter outdoors. Unfortunately, this is when your house requires the greatest cooling capacity. Cooling efficiencies for geothermal units are as high as 30 EER (energy efficiency ratio). A standard heat pump or central air conditioner is typically less than half as efficient.

Another summertime advantage is free hot water when the geothermal heat pump is cooling your house. Instead of exhausting the waste heat to the outdoor air as a standard heat pump does, this waste heat is diverted to your water heater. This device is called a desuperheater and it is offered as a standard or optional feature on most geothermal

Photo - WaterFurnace



Buying WaterFurnace geothermal has never been easier with a **30% RENEWABLE ENERGY TAX CREDIT**

Thanks to the Economic Recovery Act, there's now a **30% "renewable energy" tax credit** for homeowners who install a qualifying **WaterFurnace geothermal comfort system**. WaterFurnace geothermal units use the **clean, renewable energy found in your own backyard to save up to 70% on heating, cooling, and hot water**. They **don't burn expensive fossil fuels, they reduce our dependence on foreign oil and also happen to be great for the environment**. Call your local dealer and discover for yourself the benefits that only WaterFurnace can provide.

YOUR LOCAL WATERFURNACE DEALERS

Bad Axe
B & D Heating
(989) 269-5280

Berrien Springs
WaterFurnace Michiana
(269) 473-5667

Big Rapids
Stratz Heating
(231) 796-3717

Caro
All-Temp Heating
(989) 673-5557

Cheboygan
Jim's Handyman
(231) 627-7533

DeWitt
S & J Htg & Clg
(517) 669-3705

Gaylord
Family Htg & Clg
(989) 732-8099

Grand Rapids
Montgomery Htg & Clg
(616) 459-0261

Hart
Adams Htg & Clg
(231) 873-2665

Indian River
Great Lakes Plumbing & Htg
(231) 238-7707

Ionia
Home Experts
(800) 457-4554

Kinross
Great Lakes Services
(906) 495-5543

Lapeer
Porter & Heckman
(810) 664-8576

Michigan Center
Comfort 1 Heating /
Lenawee Heating
(517) 764-1500

Mount Pleasant
Walton's Htg & Clg
(989) 772-4822

Muskegon
Geofurnace Htg & Clg
(800) 922-3045

Palms
Lakeshore Improvements
(989) 864-3833

Traverse City
Geofurnace Htg & Clg
(231) 943-1000

Zeeland
Mast Heating
(616) 772-2252



waterfurnace.com | (800) GEO-SAVE

WaterFurnace is a registered trademark of WaterFurnace International, Inc. Consult your tax professional for advice on tax rebate.

Wolverine Teams With Walloon Lake Trust And Conservancy

One of Wolverine Power Cooperative's four core values is environmental stewardship. The co-op is committed to the thoughtful use of environmental resources.

So, when given the opportunity to partner with conservation groups on the maintenance and improvement of its 1,600 miles of transmission line rights-of-way, Wolverine is on-board.

"Our first priority in our right-of-way work is to make sure our transmission lines are free and clear to keep power flowing," said Adam Helminiak, a utility forester for Wolverine. "But, we can go about our work in ways that protect wildlife habitat we encounter and even improve it."

This summer, Wolverine and its contractor, Trees, Inc., teamed with the Walloon Lake Trust and Conservancy to clear a quarter-mile right-of-way section located within the Conservancy's Frog Hollow Preserve near Walloon Lake in Charlevoix County.

"The Frog Hollow Preserve plays a direct role in keeping our famous Walloon Lake healthier," said Karie Jeisel, a land protection specialist for the Conservancy. "It's the headwaters of South Arm Creek, one of three main inlets to the lake."

Helminiak worked with Conservancy members on a specific plan for Frog Hollow that included the following:

- Manual clearing of tall, woody vegetation within the right-of-way. Conservancy volunteers completed a majority of this work using chainsaws, rather than heavy mowing machinery, thus reducing soil compaction.
- Scattering of brush, rather than piling,



Members of the Walloon Lake Trust and Conservancy who assisted Wolverine with right-of-way work were, from left, Karie Jeisel, Bob Charlton, Maureen Parker and Bill Stetson.

"Energy for Wildlife" Member For Over 5 Years

Wolverine Power Cooperative became a certified Energy for Wildlife member in 2004, meeting requirements for the program set by the National Wild Turkey Federation (NWTf). Certification is the program's highest level of membership and requires the development and implementation of a vegetation and wildlife management plan.

Wolverine was honored in 2009 with NWTf's Energy for Wildlife Corporate Achievement Award recognizing the co-op's success in integrating wildlife conservation into its right-of-way management program.

Energy for Wildlife strives to create or improve wildlife habitat on utility rights-of-way and other property owned or controlled by energy companies. The program is open to all energy companies including electric, natural gas, gasoline, oil, coal wind and other emerging energy source companies.



to maintain regular water flow patterns.

- Removal of woody brush directly under the transmission lines and dead, weak or leaning trees along the right-of-way.

"Our mission is to provide reliable power to our members," Helminiak said. "We accomplished this at the Frog Hollow Preserve and took our efforts a step further in partnering with the Conservancy to protect nearby waterways."

Grayling Couple Likes Convectair's Cozy Heat

When Jack and Lois Hipchen of Grayling won a Convectair electric heater at a 2007 luncheon for Great Lakes Energy members, they were delighted. Two years later, they are still delighted.

"We mainly use it in a room over the garage where I sew," Lois says. Since that room is not always occupied, they keep the heat there turned low, leaving the room quite cool.

"The Convectair is wonderful," Lois explains. "I can turn it on and off as needed to be comfortable without having to turn up the other heat source."

When Lois isn't using the unit in her sewing room, Jack moves it to another room where he does fly-tying.

Convectair heaters are designed to be wall-mounted. To make their unit portable, Jack designed and attached legs so the heater can be used in any room.

The Hipchens haven't really noticed any impact from it on their electric bills. However, the comfort level it provides without tapping into their main heat source makes the unit "a real boon" to them, says Jack.

Convectair heater models are wall-mounted, 120 or 220-volt units designed to back up a main heating system or heat an entire home. Efficient, safe and easy to use, they provide gentle, even heat throughout any room. There is no fan, so they quietly warm the room. A

Jack Hipchen ties fishing flies while his dog, Katy, relaxes next to the Convectair electric heater.

built-in thermostat turns the unit on and off as needed, so it isn't running continuously.

Convection Heat Comfort

Forced air and baseboard heating systems distribute hot air vertically, causing heat to accumulate below the ceiling and leaving cold spots in the room. With Convectair's convec-

tion heating, warm air moves toward the center of the room and mixes with surrounding air to provide an even temperature throughout the whole area. Temperature swings experienced with conventional heating systems are eliminated.

"We think it's great!" Jack says.

— Linda Kotzian

Make your home more comfortable this winter with the purchase of a Convectair heater at special pricing for Great Lakes Energy members. Call 1-888-485-2537, ext. 8957, for information. You can also visit gtlakes.com, and click on the "Products and Services" link under "yourHome."

Affordable Heating Solutions

Let us eliminate: ✗ Chilly bathrooms ✗ Cold rooms and floors
✗ Noisy heaters ✗ High gas heating costs

Plug-in and hard-wired units available only from your co-op



Choose Convectair® heaters for your home!

Discover North America's most innovative line of electric space heaters. Convectair heaters use convection to evenly and silently distribute heat into your rooms.

Call today or visit our website for more information and pricing.

1-888-485-2537
gtlakes.com


Convectair is not regulated by the MPSC

BUSINESS OPPORTUNITIES

PIANOTUNING PAYS – Learn with American Tuning School home-study course. Tools included. 1-800-497-9793.

THE NUMBER ONE WEIGHT LOSS – company in the world is looking for representatives in your area. Go to website to find out more. earnincome.com/pbullen

FINANCIAL

HOMEOWNERS 62 OR OLDER – With an FHA government insured "Reverse Mortgage," can borrow against the equity in their home with no monthly payments. For a "No-cost Obligation" analysis, call James Harry 231-972-8898. 



FUTURE STEEL BUILDINGS
Do-It-Yourself Steel Buildings

Ideal For:

- Recreational Use
- Boat Storage
- Bunkie
- Equipment Storage
- Garage/Shop
- PWC/Snowmobile

- 30-year perforation warranty
- Full technical support from start to finish
- Fully customized to meet your needs
- Factory-direct savings

Our building consultants are ready to take your call

Call Toll Free Today for a **FREE!** INFORMATION PACKAGE

1-800-668-5111 Ask for ext. 91

EdenPURE Infrared ZONE HEATER

Bob Vila endorses and recommends the EdenPURE Heater.

Call for special pricing and terms.

We match competitor pricing and pay sales tax and shipping!

Heats up to 1,000 sq. ft. Gen 3 Model 1000 3-yr. warranty

Sug. retail \$472
SALE \$397
Includes tax and shipping!

SAVE on heating cost!!

ProProducts & Service
800-614-1298
Your Michigan Distributor

The Hardy Heater

First on the Market, Best in the Field.

OUTSIDE WOOD FURNACE
"Since 1976"

- All stainless steel construction
- No smoke, ashes or wood trash in your home
- 12 hour burn
- 10 to 100 feet from your home
- Heats home and household hot water
- 25-year warranty
- Connects to your existing central duct or hydronic system
- Units from 120,000 to 250,000 BTU's
- Financing Available
- Dealer Inquiries Welcome

Hardy Manufacturing Company, Inc.
Philadelphia, MS 39350
1-800-542-7395
www.hardyheater.com * S&S@hardyheater.com

MISCELLANEOUS

BECOME AN ORDAINED MINISTER – Correspondence study. Founded in 1988. Free information. Ministers for Christ Outreach, 7549 West Cactus Rd. #104-207, Peoria, AZ 85381. ordination.org

FOR SALE: BERCO DELUXE – 44-inch snow thrower. Includes chains, weights and universal mounting tractor cab. \$1,000 or B/O. email: candlelight@charter.net

INSTANT RENEW ROOF COATING – Saves replacement metal, rubber, flat roofs. 573-489-9346.

OUTDOORS

SAWMILL FOR SALE – New saws, 36-inch x 16-foot log. 231-288-0066.

OUTDOOR WOOD BOILER – Plans for sale, includes photos. 231-288-0066.

REAL ESTATE

FOR SALE BY OWNER – Successful northern Michigan restaurant with great cash flows, seats 50. Serious inquiries only. Email: pl072057@yahoo.com

FOR SALE: ARIZONA – Deluxe Park Model, fully furnished in a premier park. Can sleep 6, 1 1/2 baths. Will return calls 480-373-7683.

PRIVATE LOCATION – Yet just a short stroll to downtown Traverse City. Four years old, 2-bedroom, 2-bath, like new, \$127,000. Maple Street, south of 14th. For sale by owner, Jerry Solanics, 231-342-1370. jsolanics@gmail.com

9.9 ACRES, MASON COUNTY – Septic, well and electricity, \$32,000. Also, 100 x 125 ft. lot Lake County \$2,500. 231-750-4129.

BEAUTIFUL LAKE HOME – 20 minutes from Cadillac. Year-round on all-sports lake, close to snowmobile trails, 2,100 sq. ft., newer home. Must see. Asking \$259,900. 810-919-1122.

VACATIONS

FOR SALE: TIMESHARE WEEK – Bronson, MO. Can trade worldwide, motivated seller, details, offer, lgsmith@chartermi.net

UPPER PENINSULA GETAWAY – Gladstone, MI. Large 4-bedroom lake house sleeps 8. Woman's retreats, hunting, ice fishing, snow sports, nice. 231-649-7117. vrbo.com/21152

ALASKA FARM TOUR

Join Other Farmers
Denali National Park Via Train
7-day Inside Passage Cruise
Alaska State Fair
Tour Actual Farms In Alaska!




14 days from \$2299* pp
Departs August 31, 2010

Start in Anchorage. Travel to the agricultural community of Palmer and visit a local farm and Palmer Botanical Garden. Enjoy a visit to the Great Alaska State Fair, where you will view, first-hand, monster-sized vegetables grown in Alaska's 24 hour daylight! Board the Alaskan Railroad for your scenic journey to Denali National Park for two nights. "Motor-coach" back to Anchorage on a scenic drive for more sightseeing in Anchorage including the Veteran's Memorial, Iditarod Headquarters, and another local farm. Visit Alaska's Sealife Center then in Seward board your 5-Star Holland America Line Ship the *ms Ryndam* for a 7-day cruise to College Fjord, Glacier Bay, Haines, Juneau, and Ketchikan. Transfer from Vancouver to Seattle for a city tour, spend the night, then fly home. *Per person, dbl. occ., plus \$349 taxes, services, gov't fees, visitor's tax. Based on limited inside staterooms. Upgraded cabins are available. Airfare is extra. Space is limited on dates that can include the Alaska State Fair, so call today! **OPEN SUNDAYS**

1-800-888-8204
YMT VACATIONS
Carefree Vacations Since 1967



Fund Raising



Your Club, Church, School, Team or Youth Group will work directly with the manufacturer to make 40% profit. Your supporters receive a tremendous value on remarkable kitchen knives, utensils and gift sets (quick mixes, cookbooks, soy wax candles and stoneware too)!

Rada Cutlery's reputation for Made in the USA quality is well known. We have made and sold 100,000,000 items since 1948! Our proven fund raising system guarantees your success.

Request your **FREE** catalog and information packet:

1-800-311-9691

or **www.RadaCutlery.com**

NOTE: Dept **A10REM**

Find out why our customers say that "Rada knives sell themselves!"

RADA CUTLERY
"A Cut Above The Rest"

TOUR BEAUTIFUL SWISS ALPS – Austria's lake district, Germany's Bavaria, the Oberam-gau Passion Play, July 8-19th. Call 906-493-5619 or 989-781-4774. Carl Roggow, P.O. Box 158, DeTour Village, MI 49725. Email: eupins@centurytel.net

LAKE HURON RENTAL – Three bedroom, 1½-bath chalet on the shore. Fully furnished, boats for rent, close to Detour and Mackinac Island. Non-smoking, 4 people, \$700 weekly. Book by April for \$600. Call 906-235-1652.

TURKEY HUNTERS, FISHERMEN, – Photographers, beautiful Presque Isle County log cabin on 192 acres with semi-private lake. Has electricity, hot and cold running water and satellite TV. Rent for turkey hunting or fishing. Available spring and summer 2010. Call 989-734-2503.

WANTED

BUYING OLD WOODEN DUCK – Goose, fish, decoys. 248-877-0210, thank-you.

IF AMERICANS WANT to keep electricity safe, reliable and affordable, Congress and America's electric cooperatives must work together. ourenergy.coop

Reach over 250,000+ households!

Country Lines

Classified ad rates:

▲ \$3 per word (\$30 min.), including ALL business, agent and broker ads

▲ \$1.50 per word (\$15 min.) for co-op members running nonbusiness ads

Each initial, group of figures, phone number, abbreviation, e-mail address and website address counts as one word. Hyphenated and slashed words count as two or more words. Ads are subject to editor's approval and editing. For member rate, attach your mailing label. To pay by credit card, include card number, exp. date, address related to the card and signature with ad. M/C or VISA only, please indicate which. Send your printed or typed ad and check made payable to MECA (advance payment required) by 15th of month prior to publication to: *Country Lines*, 2859 W. Jolly Rd., Okemos, MI 48864, or email jhansen@countrylines.com. Call 517-351-6322, Ext. 201, for more information.

No classifieds accepted by telephone.

Also, place order online at countrylines.com, and ads will be posted **FOR NO EXTRA CHARGE** (Until the next issue of the magazine is published.)

Durabilt Buildings & Cabins

RANCH CABINS

20 X 30.....	\$15,900
20 X 30.....	\$21,900
20 X 40.....	\$25,900

2-STORY CABINS

24 X 24.....	\$18,900
24 X 32.....	\$22,900
24 X 40.....	\$26,900
30 X 40.....	\$32,900

Constructed Pricing



LOFT BUILDINGS

24 X 24.....	\$10,500
24 X 32.....	\$13,200
24 X 40.....	\$14,900
30 X 40.....	\$16,800
32 X 64.....	\$24,900



POLE BUILDINGS

24 X 24.....	\$6,400
24 X 32.....	\$7,800
24 X 40.....	\$8,700
30 X 40.....	\$9,900
32 X 64.....	\$16,800
40 X 80.....	CALL



Durabilt Pole Buildings & Cabins
1-800-247-0241

ST. LAWRENCE RIVER CRUISE

2 to 6 night cruises on calm inland waters aboard the elegant riverboat **CANADIAN EMPRESS**. 1000 islands...historic villages and International Seaway locks.

Montreal, Quebec City, Ottawa & Kingston Departures

1-800-267-7868 www.StLawrenceCruiseLines.com

Great gift idea!

2-for-1 Book Sale!



ON THEIR OWN POWER The only book to tell the Michigan electric co-op story, from their birth in the 1930s. Filled with first-hand testimonials and experiences of the people who blazed the trail for electric co-ops. Written by Ray Kuhl, former general manager of the Michigan Electric Cooperative Association.

VIEW FROM THE TOP

A collection of Jim Hough's columns from the past 10 years in *Michigan Country Lines*.

Signed by the author!



Both books only \$6

Includes tax and shipping.

No substitutions.

Also order on countrylines.com/store

Book Order Form

Name (please print) _____

Address _____

City/State/Zip _____

Phone _____

NUMBER OF BOOK SETS: _____ X \$6 = _____

Credit card payment: _____ VISA _____ MasterCard

Account # _____

Name on Card _____

Exp. Date _____

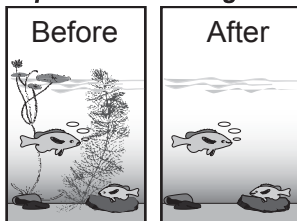


KILL LAKE WEEDS

Proven **AQUACIDE PELLETS**

Marble size pellets. Work at any depth.

"Spread it and forget it!"



10 lb. bag treats up to 4,000 sq. ft. \$77.50.
50 lb. container treats up to 20,000 sq. ft. \$299.00.
FREE SHIPPING! Certified and approved for use by state agencies. State permit may be required. Registered with the Federal E.P.A.

800-328-9350

WWW.KillLakeWeeds.com/181

Write for FREE information:

AQUACIDE CO.

Our 55th year

Po Box 10748, **DEPT 181**

White Bear Lake, MN 55110-0748



New Equipment Helps Find Missing People

A Mason County program receives a People Fund grant. **Linda Kotzian**

Imagine the horror of having a family member with Alzheimer's or autism unexpectedly wander away—particularly in winter.

A recent \$5,000 People Fund grant to Triad (a volunteer advisory group on elderly issues) and the Mason County Sheriff's Department will help ease minds during such situations. The grant helped fund the purchase of a \$7,900 Care Trak system that will be used to locate missing people.

Care Trak fits in with the local Triad's work that involves senior citizen safety. Others who have a qualifying disability will benefit from it, too.

"The People Fund grant added the finishing touch to this project," says Paula Estle, assistant director of the Ludington Senior Center.

A waterproof "bracelet" is placed on the wrist or ankle of the person being monitored. It emits an electronic signal that is tracked by a transmitter. Once affixed, the bracelet cannot be removed by the person wearing it. Volunteers change the band and batteries monthly and test the device's transmission signal strength.

Estle, along with Bob Bailey, Triad's assistant chairman and full-time volunteer at the Scottville Senior Center, recognized the need for Care Trak when family caregivers expressed their constant anxiety that loved ones will wander away from the centers. That could result in death as the victims do not realize they are lost and are seldom dressed for harsh weather.

A Community Effort

Fund-raising for the Care Trak system was

a community effort. The Ludington Senior Center held a golf outing, which will become an annual event to provide funds for more bracelets. The Mason County Community Foundation administers the Care Trak funds, keeping an emergency reserve to meet unexpected needs for additional or replacement equipment.

Mason County Sheriff Jeff Fiers and Undersheriff Tom Trenner received intensive two-day training on use of the system. They learned to use the transmitters in a variety of circumstances to track persons wearing Care Trak bracelets.

Care Trak's transmitters pinpoint lost individuals in an average of less than 30 minutes, providing great relief and comfort to caregivers. A telemetry-based system, the transmitters can locate subjects up to 1 mile away, even in buildings or heavy undergrowth areas.

In addition, it only takes one or two people to find a missing person with the Care Trak system. This allows other resource personnel, such as additional police officers and firefighters, to continue their normal duties while one or two trained responders with transmitters efficiently conduct the search. However, emergency personnel are available if the Care Trak team requests assistance.

Bracelets Provided Free

The Ludington and Scottville senior centers provide the bracelets to eligible individuals at no cost. Program administrators approved six applications as of mid-November 2009, and 28 bracelets are currently available. The sheriff's department has not yet received any tracking requests.



Mason County Undersheriff Tom Trenner shows the Care Trak equipment his department will use to help locate missing people.

Applicants for a bracelet must fill out a four-page evaluation. A doctor must certify a participant as having a mental disability (autism, Alzheimer's, closed head injury, etc.) that can cause the person to wander and be incapable of finding the way home.

Care Trak is being promoted through Mason County senior centers, the local intermediate school district, and press releases.

"We're really excited about this," Trenner says. "We've procured a lot of things to better serve our community through People Fund grants."

Bailey also referred to a \$15,000 People Fund grant recently received to remodel the Scottville Senior Center.

"It's a wonderful thing your members are doing with their small contributions!" Bailey says.

To inquire about obtaining a Care Trak application for someone in Mason County, contact Bailey at the Scottville Senior Center, 231-757-4705, or Estle at the Ludington Senior Center, 231-845-6841.

For additional information on Care Trak systems, visit caretrak.com.

Power In Numbers If every Great Lakes Energy member who participates in the People Fund got just one other person to join, it would easily double the amount of money available to help local food pantries, senior citizen centers, youth programs, and more.

The People Fund program works because there is power in numbers. A Great Lakes Energy member's average contribution of 50 cents a month or \$6 per year isn't much, but it adds up fast when thousands of members get involved.

Get involved and help the People Fund expand to meet the growing needs of Michigan residents, young and old. It all starts with asking just one person to contact us and we'll do the rest. Members can also enroll online by visiting the "yourCommunity" section on our website, gtlakes.com. See the back cover of this issue for more details.



This Card Can Now Save You Even More!



Many more opportunities to save when shopping locally await with your Co-op Connections® discount card from Great Lakes Energy.

Nearly 200 local merchants recently joined the program, which brings the total number of participating local retailers to over 400. National retail discount offers are available, too.

Watch for the brochure included with this month's bill for more information. Visit gtlakes.com and click on the Co-op Connections card for updates on new local and national discounts, prescription drug savings, and free coupon offers. You can also call us at 1-888-485-2537, ext 8957, for more information.

New businesses recently added include:

Campgrounds/Resorts Chandler Hill Campground, Inc., Boyne Falls; Dixon Lake Resort, Gaylord; Hearthside Grove Motorcoach Resort, Petoskey; and Holiday Camping Resort LLC, New Era.

Food Bitely Grocery; Friske's Farm Market, Ellsworth; North Country Café and Catering, Scottville; and Val-Du-Lakes Bar & Grill, Mears.

Golf Chestnut Valley Golf Club & Restaurant, Harbor Springs; Dunmaglas Golf Club, Charlevoix; Hemlock Golf Club, Ludington; Links at Bowen Lake Golf Course, Gowen; Spring Valley Golf Course, Hersey; and Timber Wolf Golf Club, Kalkaska.

Lodging Best Western of Petoskey; Nader's Lakeshore Motor Lodge, Ludington; and Riverside Resort Motel, Newaygo.

Retail/Services B&E Coating Services, Blanchard; Bumstead Construction, Newaygo; Classic Cabinets & Interiors, Petoskey; Dirt Busters II of W. Mich., Ludington; Divine Design, Gaylord; Drenth Brothers, Inc., Ellsworth; Holly's Photos, Paris; Kitchens North, Inc., Charlevoix; Lakeshore Candle Company, Zeeland; Living Well Gourmet Pet Eatery, Petoskey; Ludington Concrete Products; Mason County Transit Mix, Ludington; Mike's Glass, Charlevoix;

Parkdale Block and Building Supply Co., Manistee; Petoskey Fence Co.; Skip's Petoskey Glass; Sunshine Carpet Service & Sales Inc., Reed City; This Old House Antiques & Resale, Newaygo; Turf Care Mole Man, Ludington; and Waters RV & Storage.

Transportation A&E Collision, Charlevoix; Edstrom's Neighborhood Garage, Reed City; and Root's Tire and Service, Scottville.

In addition, Auto Value parts stores and service centers in Michigan (including 157 stores in the GLE service area) are offering discounts to GLE members who bring their Co-op Connections discount card and Auto Value coupon to any participating store.

Information on the discount and coupons is available by clicking on the Co-op Connections card on the GLE website, gtlakes.com, or calling 1-888-485-2537, ext. 8957. Information on store locations, products and prices can be obtained by visiting autoparts2020.com or calling 1-800-AUTO-TALK.

Co-op Connections is another example of how Great Lakes Energy looks out for you.

Tree Trimming Near Power Lines Begins In Southern Counties

Contracted crews will begin removing limbs and trees in power line right-of-way (ROW) areas this winter in the southern part of the Great Lakes Energy service area.

Approximately 1,890 ROW miles system-wide, which is up from 1,500 miles in 2009, are to be re-cleared in 17 counties and 104 townships this year, from Emmet to Allegan counties. Most of the ROW work in other areas will begin this spring.

Right-of-way management helps reduce tree-related power line damage, which is a major cause of outages, and helps us maintain a safe, reliable power line distribution system.

You will be notified by post card and phone if ROW work is planned near you. Please be sure we have your current billing address and primary phone number so we can contact you, if needed.

If you have questions about our ROW tree-trimming program, call our Vegetation Management Department at 1-888-485-2537. Members in our central and southern counties should use ext. 8221. Members in the northern counties should use ext. 1295.

Re-clearing work along power line rights-of-way in the southern section of the Great Lakes Energy service area is scheduled to begin this winter in these counties and townships:

Allegan:	Allegan, Heath, Hopkins, Martin, Monterey, Overisel, Salem, Valley and Wayland
Kent:	Nelson and Spencer
Lake:	Chase, Cherry Valley, Eden, Ellsworth, Newkirk, Peacock, Pinora and Webber
Manistee:	Stronach
Mason:	Amber, Branch, Custer, Freesoil, Meade, Riverton, Sheridan, Sherman, and Victory
Mecosta:	Aetna, Austin, Big Rapids, Deerfield, Grant, and Mecosta
Montcalm:	Maple Valley and Pierson
Newaygo:	Beaver, Big Prairie, Denver, Everett, Goodwell, Lincoln, Merrill, Norwich, Sherman, Troy and Wilcox
Oceana:	Benona, Colfax, Crystal, Elbridge, Ferry, Golden, Grant, Hart, Leavitt, Pentwater, Shelby, and Weare
Osceola:	Cedar, Evart, Hartwick, Hersey, Highland, LeRoy, Lincoln, Orient, Osceola, Richmond, Rose Lake, Sherman, and Sylvan

A list of other counties and townships where ROW clearing work is planned this year will appear in a future issue.



Farewell to Paradise

Remember that great movie, “On Golden Pond?”

My wife Darl and I have recently identified with Henry Fonda and Katherine Hepburn, the stars of that film. As readers of this column know, I have been legally blind for over 40 years and Darl has done all the driving, checkbooks, cooking, and more. Her health now interferes with her driving, and more. So, we have sold our beautiful home on the Lake Superior shore and moved to a retirement home in East Lansing to be near our family.

There were tears on the keys of my typewriter as I wrote this in late October, looking out on Whitefish Bay.

Leaving Paradise, after nearly 25 years of retirement bliss, will be very hard for both of us. But the time has come and we look at it all as another chapter in our lives. At 77 and 76, and 55 years of marriage, we promised our family to move into the future with all the grace we can muster.

While I felt it important to share all this news with so many readers who have been special to us, I do not want it all to sound like an end or a funeral. Let me show you some of the “other side of the coin.”

We completed a 30-year newspaper career in Lansing that got me into several halls of fame and Darl did as much as a successful school teacher in Lansing.

Perhaps more important is that we have enjoyed nearly 25 years of great retirement in Paradise. What’s more, Darl has hauled me all over the United States in our travel trailer. She should have been an 18-wheeler driver.

For more than 25 years, I have also written this “Right At Home” column in *Michigan Country Lines* magazine and developed a relationship with some very

special readers. So many letters and phone calls have put me in tears as you helped me battle cancer, and other low spots in our lives. I am glad I never got around to quitting *Country Lines* earlier because it kept me from getting brain-dead, and readers have vastly enriched our lives.

So, what’s next for us? We’ve moved to a two-bedroom retirement apartment, Independence Village, 2530 Marfitt Road, Apt. 319, East Lansing, 48823. With two sisters, a brother, two kids, five grown grandkids and Darl’s brother living in the area, we are in good hands.

At a time when it is most difficult to sell a home, we lucked out to get a good deal from two of our special friends, Steve and Fran Findley of Oshkosh, WI. They and their two teenage children, Steven and Elizabeth are excited, and we know that our home has a great future with them.

Because it is just too hard to say goodbye to you readers, I won’t do it. My longtime friend, Mike Buda, current executive editor of this magazine and the guy who hired me to do this column so many years ago, has insisted that I will have space in this magazine any time I want it. Mike is a great writer, so I have been urging him to personally take over this column for now.

As we so reluctantly leave our beloved Upper Peninsula, each of you need to know how much we treasure all the memories you gave us.

P.S. I have signed books for you to order from the advertisement on page 27. All proceeds go to scholarships for rural kids.



Clockwise from top left: Cleaning smelt, May '09; Clyde the chipmunk hunter, July '07; Jim and his welcome sign, May '05; Candy, Jim's first dog, May '86; bad birds, April '05; John Ward and Bubba, Sept. '04; Jim in the '80s; winter in Paradise.

Illustrations – Dennis Preston

dish
NETWORK®
AUTHORIZED RETAILER

LOCK IN YOUR
RATE UNTIL 2011



ACT NOW AND RECEIVE FREE:



4 room installation

- No equipment to buy
- Installation within 24 hours in most areas



HBO

(8 channels for 3 months)

SHOWTIME

(10 channels for 3 months)

cinemax

(5 channels, 1 year for 1 cent)



Best HD-DVR Available*

HD-DVR Upgrade

- Record 2 different shows on 2 different TVs
- Pause and rewind live TV
- Skip recorded commercials

CALL TODAY
877.357.9224

WE ARE OPEN 7 DAYS A WEEK 8 AM - MIDNIGHT EST • SUNDAY 10 AM - 10 PM EST

OFFER ONLY GOOD TO NEW DISH SUBSCRIBERS

WWW.INFINITYDISH.COM SE HABLA ESPAÑOL

Digital Home Advantage offer requires 24-month commitment and credit qualification. If service is terminated before the end of commitment, a cancellation fee of \$5/month remaining will apply. Programming credits will apply during the first 12 months. All equipment is leased and must be returned to Dish Network upon cancellation or unreturned equipment fees apply. Limit 4 leased lines per account. Lease upgrade fees will apply for select reagents; monthly fees may apply based on type and number of receivers. HD programming requires HD television. All prices, packages, and programming subject to change without notice. Local channels only available in certain areas. Offer is subject to the terms of applicable Promotional and Residential Customer Agreements. Additional restrictions and fees may apply. First-time Dish Network customers only. Offer ends 12/31/10. HBO/Showtime: Programming credits will apply during the first 3 months. Customer must downgrade or then current price will apply. Cinemax: Requires enrollment in AutoPay with Paperless Billing. HBO, Cinemax and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related marks are trademarks of Showtime Networks Inc., a CBS company. InfinityDISH charges a one-time \$49.95 non-refundable processing fee. *Noted "Best HD-DVR Available" by CNET Editors' Choice, February 2010.



Viewers admire a painting depicting Oceana County's history that was restored with the help of a People Fund grant.

Ask Us About The People Fund

Here are some common questions about the People Fund.

Q. What is the People Fund?

A. The People Fund provides grants to local charities and community organizations within the Great Lakes Energy service area. The grants help organizations serving families, youth, seniors, and other groups.

Q. Who awards the grants?

A. Volunteers who know the needs of their communities serve as People Fund directors. They are split into three groups (south, central and north) with each regional board handling grant application requests from within their area.

Q. How many organizations received grants in 2009?

A. A total of 56 charitable and community organizations from throughout the Great Lakes Energy service area received grants totaling over \$206,000.

Q. How is the money for the People Fund raised?

A. Participating GLE members allow us to round up

their electric bill each month to the next dollar, and the rounded-up change goes into the fund. Your monthly contribution will vary from zero to 99 cents, depending on your billing amount.

Q. So my average contribution would be about 50 cents a month?

A. Yes.

Q. How are the People Fund grants used?

A. The 2009 grant recipients are listed in the attached annual report. Grant information for prior years is available by visiting "yourCommunity" on our website, gtlakes.com. We also run regular features on grant recipients in *Michigan Country Lines*.

Q. How do I sign up to become a permanent People Fund contributor?

A. You can fill out and return the sign-up card that is part of the report, visit "yourCommunity" on gtlakes.com, or simply call us at 1-888-485-2537.

***Sign up for the billing round-up program and help the People Fund grow to meet our communities' growing needs. You could be a winner, too.
See attached People Fund Annual Report for details.***