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**BLACK PEPPER BEEF WITH
GREEN BEANS RECIPE**
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Member Appreciation Days

Tuesday, June 13 | Littlefork: 11 a.m. - 2 p.m.

Wednesday, June 14 | Baudette: 11 a.m. - 2 p.m.

Member Appreciation Days are approaching fast and we would love for you to join us! There will be refreshments with brats, chips, cookies, popcorn and cotton candy. Adults can register for DOOR PRIZES and we will also have a KIDS DRAWING. There will be face painting, electrical safety demos, balloons and bucket truck rides. We will also have some of the tools and equipment that our linemen need to use to perform their work safely and efficiently.

KIDS PRIZE



GRAND DOOR PRIZE



FOUR \$50
RONNINGS
GIFT CARDS



**DOOR PRIZES
AT MEMBER
APPRECIATION
DAYS!**



**EACH
ATTENDING
MEMBER WILL
RECEIVE NORTH
STAR UTILITY
SCISSORS.**

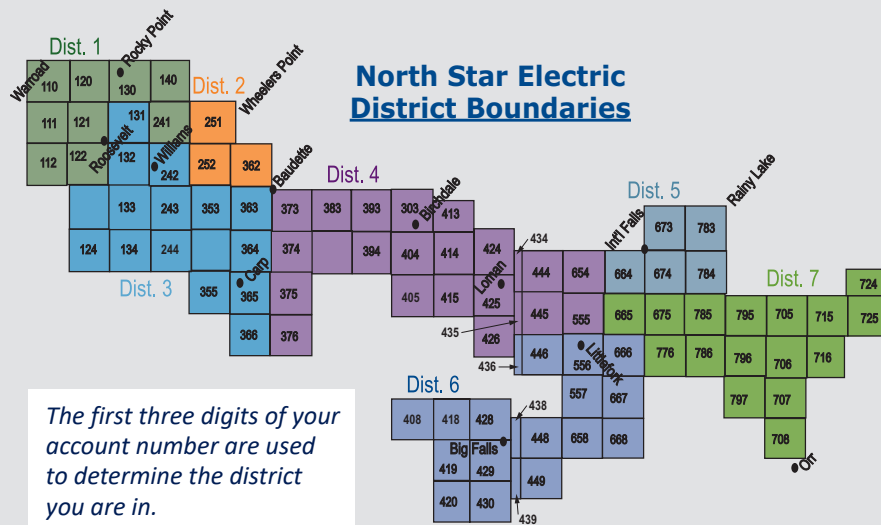


NORTH STAR ELECTRIC COOPERATIVE, INC. MISSION STATEMENT

To improve the lives of our member-owners by providing reliable electric energy services while maintaining the very highest standards of performance and member satisfaction.

DIRECTOR CANDIDATE MATERIALS AVAILABLE FOR DISTRICT 7

Would you like to serve as a director on the North Star Electric Cooperative Board for your district? North Star Electric is governed by a seven-member board of directors elected by our membership. There are seven districts located within our service area, and any co-op member is welcome to run for an open board position within the district that the member's primary residence is located (673-23-006-01, James Bradburn). Directors elected will serve a four-year term. This year we will have a director election in District 7.



Any member meeting the qualifications as specified in the bylaws of the cooperative may become a candidate for election to the board by submitting a written petition for nomination with the signatures of no fewer than 20

DISTRICT 7

Douglas King

Four-year term

7

members who are residents of the district for which the election is being held.

The election will take place at the annual meeting on Oct. 6, 2023. Please call **218-634-2202** or stop by our office if you have questions about this process or to pick up a petition for nomination. **PETITIONS ARE DUE BY 4 P.M. ON FRIDAY, AUG. 4, 2023.**

ELECTRIFY YOUR OUTDOOR SUMMER ADVENTURES

This summer, electrify your outdoor adventures with the help of some essential and versatile electric tools. From electric bikes to portable power stations, get ready to take on the great outdoors with ease.

ELECTRIC BIKE

Summertime bike rides just got supercharged thanks to electric bikes — or e-bikes. E-bikes are equipped with an electric bike motor that can assist you when you are pedaling and cruising.



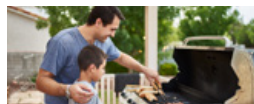
PORTABLE POWER STATION

Whether you are hiking along a miles-long trail or streaming a movie under the stars, keep your phone or other small electrical appliance fully charged with a portable power station.



ELECTRIC GRILL

No summer is complete without a cookout. Electric grills come in all shapes and sizes, are easy to use, provide consistent heat and are much cleaner than other options for your next BBQ.



BATTERY-POWERED ESSENTIALS

Rechargeable electric radios and flashlights are essential when it comes to summer-night campouts. Use the battery-powered radio or your handy-dandy flashlight to stay safe and sound this summer.



HIGHLIGHTS FROM THE BOARDROOM

These are the highlights from the March 29, 2023, regular board meeting. All board members were in attendance. In addition to routine actions, the board voted to accept the Federated Rural Electric Insurance annual review, approve updates to the Emergency Response Plan contact list, approve director districts as they currently stand, accept the annual review of the Red Flags Policy for identity theft prevention and to approve the new rate schedule effective April 1, 2023.

Staff reports included the safety report, the monthly financial report, approved FEMA funding for 2022 storm and flood damage repairs, unclaimed capital credits, CoBank's Sharing Success grant opportunity, commercial load control, billing demand measurements, knowledge scholarships, off-peak installations, new AED station

installations at both offices, rebates, meter testing, progress on the 2023-2026 construction work plan, updates on the 100% carbon-free bill and member appreciation open house dates.

Detailed minutes are available at the cooperative for member review (363-14-

006-02, Samantha Lucek). Regular board meetings are generally held the first Wednesday of every month. If you wish to speak with the board or have an item that you would like to have placed on the agenda, please contact the co-op at least two weeks in advance to be included on the agenda.



The average home in our area can be powered for about **\$200 per month** – the price of hosting the first neighborhood barbecue of the summer.

VALUING EVERYTHING THAT POWERS YOUR MONTH.

 **THAT'S THE VALUE OF ELECTRICITY.**

UPCOMING DATES/EVENTS

04
JULY

North Star's offices will be closed on Tuesday, July 4, in observance of the Independence Day holiday.

05
JULY

North Star will hold its next monthly board meeting on Wednesday, July 5, if you wish to speak to the board.

OFFICERS AND DIRECTORS

President
Steve Arnesen

Vice President
Michael Hanson

Secretary-Treasurer
Lorraine Nygaard

Directors
Shelley Spears
Randy Bergan
Tom Smith
Douglas King

Interim General Manager
Kevin Holen

DIGGING SOON?

One free, easy call gets your utility lines marked and helps protect you from injury and expense. Safe digging is no accident.

ALWAYS CALL BEFORE YOU DIG: 811 or 800-252-1166.
VISIT WWW.CALL811.COM FOR MORE INFORMATION.

LOOKING FOR SOMETHING?

Past issues of the Enlightener are on our website at

www.northstarelectric.coop

North Star offers great incentives for mini-split heat pumps

MINI IS MIGHTY!

The summer heat can make for long, uncomfortable days, and nothing is better than being the coolest house on the block – temperature-wise, that is! Make your home, shop or garage a favorite hangout hub all summer long with the help of a mini-split heat pump.

Much like a standard air-source heat pump, a mini-split heat pump's technology allows electricity to move heat out of your space in the summer and into your space in the winter. A compressor unit is installed outside and is connected to an indoor unit by cables and a refrigerant line. This ductless heating and cooling system is perfect for individual rooms and can offer additional, cost-effective support for your existing system.

No matter the time of year, your place will stay the coolest – or hottest – spot in the neighborhood thanks to your new mini-split heat pump.

The size may be mini, but the advantages are mighty! Some reasons to invest in a mini-split heat pump include:



- 1 Mini-splits are often much quieter than central air or furnaces.
- 2 You control the unit using a remote, or you can set it to run automatically.
- 3 You don't need any existing ductwork to install one.
- 4 The units run on less power than forced-air systems, and that efficiency saves money.
- 5 Mini-splits are discreet and can be placed high on the wall or ceiling to blend into their surroundings.
- 6 The units may qualify for North Star Electric Cooperative's super-low off-peak electricity rate.
- 7 You can save big with rebates of \$150 per ton!

Contact your energy experts at North Star Electric Cooperative and learn more about how you can be the coolest house on the block thanks to a new mini-split heat pump!

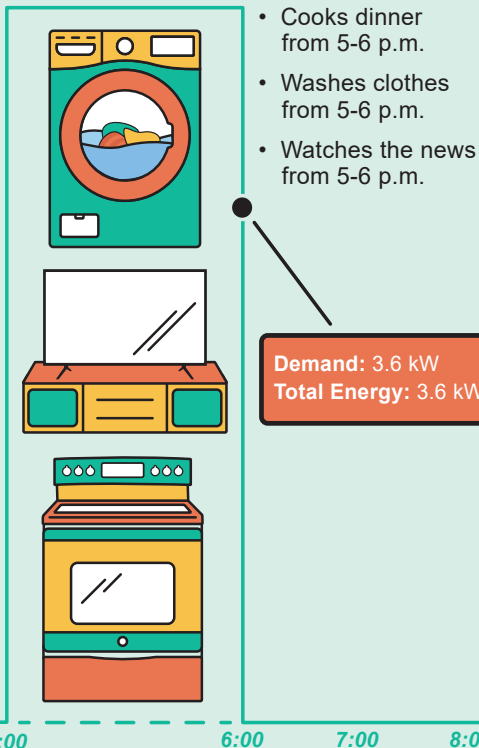
Understanding DEMAND

As a North Star Electric Cooperative member, you may have heard us reference the “demand response program,” or maybe you’ve seen headlines that read something like “Nation will continue to see increasing electric demand.” But when it comes to electricity – what is DEMAND, really?

Demand is essentially the measurement of the maximum amount of electricity that is being used at one time. You could use the same amount of electricity as your neighbor on any given day, but if you are using most of that electricity during one hour after work, your DEMAND is higher than your neighbor's.

Here's an example:

① Ben gets home at 5 p.m. and...



Appliance energy (per hour)

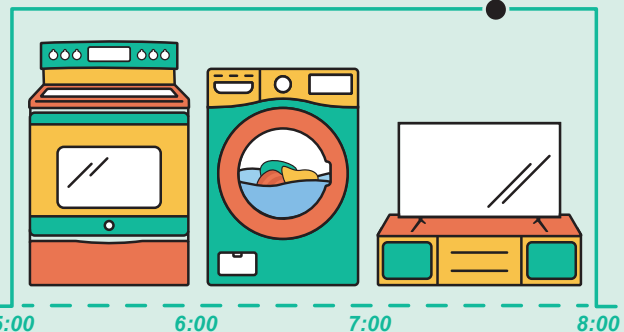
Washing Machine	Stovetop	TV
2 kWh*	1.5 kWh*	0.1 kWh*

*All values differ according to model

Demand: 2 kW
Total Energy: 3.6 kWh

② Emily gets home at 5 p.m. and...

- Cooks dinner from 5-6 p.m.
- Washes towels from 6-7 p.m.
- Watches her favorite show from 7-8 p.m.



Emily's demand is much lower than Ben's even though their total energy use is the same.

North Star Electric Cooperative has the capacity to power all of its members' homes and businesses during high-demand times of day – usually 6-9 a.m. and 5-8 p.m. However, that high-demand electricity is provided to the co-op at a higher cost.

If members are mindful of spreading out their electricity-based tasks, it can help the cooperative save on high-demand charges. As a member, that savings is passed to you in the form of stable electricity rates and a more reliable, balanced electric grid.

Thank you for helping us lower demand and keep our community power strong!

PROBLEMS PAYING YOUR ELECTRIC BILL?

ENERGY ASSISTANCE MAY BE AVAILABLE!

If you recently lost your job or had your hours cut, the following agencies may be able to help you with your electric bill. You may have never needed help before, but maybe today you do.

LAKE OF THE WOODS COUNTY SOCIAL SERVICES

206 8th Ave SE, Suite 200
Baudette, MN 56623-2895
218-634-2642

NORTHWEST COMMUNITY ACTION COUNCIL

PO Box 67
Badger, MN 56714-0067
800-568-5329

KOOCHICHING COUNTY COMMUNITY SERVICES

1000 5th St
International Falls, MN 56649-2243
218-283-7000

KOOTASCA COMMUNITY ACTION, INC.

Grand Rapids, MN 55744-3984
Toll free 877-687-1163
Direct 218-999-0800
Fax 218-999-0220

ARROWHEAD ECONOMIC OPPORTUNITY AGENCY

703 3rd Ave S
Virginia, MN 55792
800-662-5711

STAFF REPORT – FLOODING REPAIRS / CONSTRUCTION



Tim Pelach
Operations Manager

It looks like spring has arrived and it's time to get the mowers out. Fishing season is here and the weather has been cooperating. Now, my first trip to the lake started out great until some motor troubles showed up, but we got back to the landing and turns out it was pretty minor. I just need to do a better job of maintenance. Some of you might know what I mean.

The construction season is in full swing, and with many new service requests coming in, it is keeping the crews busy. The repairs to the affected flooding area are getting underway and we are confident we will get done by this fall. Another large project that is going to happen this summer is to replace some aging underground line between Birchdale and Loman. Our plan is to do half of it this year, which will be roughly 8 miles.

I would like to remind everyone that if you are doing any digging this summer with machinery, call Gopher State One Call and get the utilities marked before you dig. Our locators only mark North Star's lines – any wires after the meter are considered private (252-13-050-01, Russell Platz). If you need those wires located, we offer that as a service for a small fee. Don't forget you are required to mark the area you plan on digging with white markings. It really helps out the locators when they show up. If you have questions about the markings, feel free to call the office to clarify. That's better than a dig-in.

That's all for now,

Tim

COLOR CODING FOR MARKING UNDERGROUND UTILITIES	
WHITE	Proposed excavation
PINK	Temporary survey markings
RED	Electric power lines, cables, conduit and lighting cables
YELLOW	Gas, oil, steam, petroleum or gaseous materials
ORANGE	Communication, alarm or signal lines, cables or conduit
BLUE	Water
PURPLE	Reclaimed water, irrigation and slurry lines
GREEN	Sewer and drain lines



ENERGY SAVING TIP

Looking for additional ways to save energy this summer? Wash clothes with cold water, which can cut one load's energy use by more than half.

NORTH STAR ELECTRIC POLITICAL LEADERS

FEDERAL LEGISLATORS

President Joe Biden
The White House
1600 Pennsylvania Ave. NW
Washington, D.C. 20500
www.whitehouse.gov
202-456-1111

Senator Amy Klobuchar
425 Dirksen Senate Building
Washington, D.C. 20510
www.klobuchar.senate.gov
202-224-3244;
Fax: 202-228-2186

Senator Tina Smith
720 Hart Senate Office
Building
Washington, D.C. 20510
www.smith.senate.gov
202-224-5641

Congresswoman Michelle
Fischbach, U.S. House (7th
District)
1004 Longworth House Office
Building
Washington, D.C. 20515
fischbach.house.gov
202-225-2165;
Fax: 202-225-1593

Congressman Pete Stauber,
U.S. House (8th District)
145 Cannon House Office
Building
Washington, D.C. 20515
stauber.house.gov
202-225-6211

STATE OF MINNESOTA LEGISLATORS

Governor Tim Walz
130 State Capitol
75 Rev. Dr. Martin Luther King,
Jr. Blvd.
St. Paul, MN 55155
651-201-3400

Minority Leader
Senator Mark Johnson (01, R)
2401 Minnesota Senate
Building
St. Paul, MN 55155
651-296-5782
sen.mark.johnson@senate.mn

Senator Steve Green (02, R)
2319 Minnesota Senate
Building
St. Paul, MN 55155
651-297-8063
sen.steve.green@senate.mn

Senator Grant Hauschild
(03, DFL)
3111 Minnesota Senate
Building
St. Paul, MN 55155
651-296-1789
sen.grant.hauschild@senate.
mn

Representative Matt Grossell
(02A, R)
371 State Office Building
St. Paul, MN 55155
651-296-4265
rep.matt.grossell@house.mn

Representative Matt Bliss
(02B, R)
311 State Office Building
St. Paul, MN 55155
651-296-5516;
Toll Free: 877-838-5537
rep.matt.bliss@house.mn

Representative Roger Skraba
(03A, R)
221 State Office Building
St. Paul, MN 55155
651-296-2190

CURRENT ELECTRICAL INSPECTORS

State law requires that every new electrical installation in any construction, remodeling, replacement or repair shall file a certificate for inspection and be inspected by a Minnesota electrical inspector. For more information, go to the Minnesota Department of Labor and Industries website (dli.mn.gov) and go to the electrical page.

LAKE OF THE WOODS, ST. LOUIS and KOOCHICHING COUNTIES

Curt Collier
cgcollier67@gmail.com
218.966.5070

Call to set up an appointment
7 a.m. - 8:30 a.m., Monday - Friday

ROSEAU COUNTY

Ronald Ditsch
218.779.6758

Call to set up an appointment
7 a.m. - 8:30 a.m., Monday - Friday

HOME COOKING

Black Pepper Beef with Green Beans

A stir fry favorite that uses ground black pepper for spiciness, this dish is not so much hot and spicy as deeply flavorful, and a great way to use up beef or venison.

Prep Time	Cook Time	Total Time	Servings
10 mins	15 mins	25 mins	4

INGREDIENTS

- 1 lb green beans (*I use frozen*)
- 1 lb steak, sliced (*I use venison*)
- 2 Tbsp soy sauce
- 1 Tbsp cornstarch
- 1 Tbsp Chinese rice wine
- 1 tsp sugar
- 2 tsp coarsely ground black pepper
- 3 Tbsp canola oil (*or vegetable oil*)
- ¼ cup water

- 1 medium onion, sliced
- Minced garlic, optional
- Dash of ginger

INSTRUCTIONS

1. Whisk soy sauce, cornstarch, rice wine, sugar and black pepper together. Add beef/venison and mix well.
2. Heat 1 Tbsp oil, add green beans and stir for about one minute. Add water to pan and reduce heat to medium. Cover and cook

until tender. Transfer beans and liquid to another dish.

3. Add remaining oil to pan and increase temperature to high. Add ginger and onion, and stir in beef/venison mixture to pan.
4. Cook until meat is no longer pink. Return beans and liquid to pan and stir until heated through. Serve with rice.

From the kitchen of Faye Barrett.



Receive a \$20 energy credit if you submit a recipe and it is selected to run in a future issue of the Enlightener newsletter.



NOMINATION PROCESS FOR DIRECTOR ELECTION

The North Star Electric Cooperative annual meeting of the members is scheduled for Friday, Oct. 6, at Lake of the Woods School. The Board of Directors position up for election for a four-year term is District 7 (currently held by Douglas King).

Your district number is printed on your electric bill. If you live in this district and are interested in a position on the Board of Directors, you may pick up a petition form at our North Star Electric Cooperative office in either Littlefork or Baudette.

Please be advised that each membership of the North Star Electric Cooperative is allowed one signature, and in the case of joint membership, only one signature is allowed. (A husband and wife are not joint members unless they have completed a joint membership application.)

SECTION 3. QUALIFICATIONS.

All persons eligible to become or remain a director of the Cooperative shall:

(a) be a member in good standing of the Cooperative receiving electric service at the member's primary residence in the district from which the director is to be elected prior to being nominated for director;

For purposes of these bylaws, "primary residence" shall mean the residence that is the chief or main residence of the person and where the person actually lives for the most substantial portion of the year.

(b) have voting rights within the district from which the director is to be elected;

(c) not be employed by, materially affiliated with or have a material financial interest in any director, individual or entity which either is:

- (1) directly or substantially competing with the Cooperative; or
- (2) selling goods and services in substantial quantity to the Cooperative; or
- (3) possessing a substantial conflict of interest with the Cooperative;

For purposes of this section, the terms "material" or "substantially" shall be interpreted as constituting a minimum of 5% of a member's total hours of employment sales or income on an annual basis.

(d) not be an employee or not have been an employee of the Cooperative within the last three (3) years;

(e) not be a close relative of an employee, where as found in these bylaws "close relative" means any individual who is, either by blood, law or marriage, including step, half, foster and adoptive is either a spouse, child, grandchild, parent, grandparent, brother or sister;

(f) be only one, and not more than one, member of a joint membership; provided, however, that none shall be eligible to become or remain a director or to hold a position of trust in the Cooperative unless all shall meet the qualifications hereinabove set forth;

(g) if a representative or agent of a member is not a natural person, i.e. a corporation, partnership, limited liability company, or similar, then the representative or agent designated as a nominee for director shall be an individual residing within the external boundaries of the district from which the member is nominated;

(h) agree to regularly attend all board, annual and special members' meetings, and in no case have more than four (4) unexcused absences within a twelve (12)-month period of time; and

(i) not have been convicted of a felony.

(j) Exceptions. In regard to the restrictive provisions of this section that are based upon close relative relationships, no incumbent director shall lose eligibility to remain a director or to be reelected a director if, during a director's incumbency, a director becomes a first kindred relative of another incumbent director or of a Cooperative employee because of a marriage or an adoption to which the director was not a party.

(k) Disqualification. After the Board of Directors determines that a nominee for director lacks eligibility under the provisions of this section or as may be provided elsewhere in these bylaws, it shall be the duty of the board to promptly make a disqualification.

Nothing contained in this section shall affect in any manner whatsoever the validity of any action taken at any meeting of the Board of Directors.

SECTION 5. NOMINATIONS.

The procedures and methods of nominating candidates for election as a director of the cooperative is by nomination by petition. Any twenty (20) or more members of a district of the Cooperative may make nominations in writing over their signatures not less than sixty (60) days prior to the annual meeting, and the Secretary of the Board of Directors shall post the petition at the principal office of the Cooperative, Baudette, Minnesota; such listing of nominations by petition may be mailed to each member through the medium of the cooperative newsletter.

OFFICE HOURS | 7:30 A.M. - 4 P.M. | MONDAY - FRIDAY

Baudette 218-634-2202 or 888-634-2202 | **Littlefork** 218-278-6658 or 888-258-2008

For credit card payment 855-874-5354 | **Online billing** info available via SmartHub app

Electrical after-hours emergencies 1-888-6OUTAGE (1-888-668-8243)

Email us at nsec@wiktel.com | **Visit our website at** northstarelectric.coop

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'LIKE' US ON FACEBOOK TO STAY UP TO DATE

Like your cooperative for outage updates during the summer season and other useful information.

 /northstarelectric

This institution is an equal opportunity provider and employer.