



CAPITAL ELECTRIC LOCAL CO-OP COMMUNITY NEWS

Bismarck, N.D. - (701) 223-1513 or (888) 223-1513 - www.capitalelec.com

BUFFALO GALS

Pride on the Prairie

Wearing a double-sided apron she made and will sell, Katy Kassian, owner of Buffalo Gals Bakery and Country Store, is gearing up for a busy holiday season marketing her homemade Pride of Dakota products. In this month's local pages, read why this Capital Electric member says food always makes the perfect gift.



PHOTO BY CARMEN DEVNEY



BUFFALO GALS

Pride on the Prairie

A Capital Electric member from the Regan area, Katy Kassian says doing business in rural North Dakota is no problem. She produces small orders overnight and larger orders within a week, and she guarantees all shipped baked goods arrive fresh and tasty.

Story and photos by Carmen Devney

A steaming, fresh Cow Patty never smelled — or tasted — so good. A soft, moist cookie with chunks of cherry and chocolate, the Cow Patty is just one of many specialty cookies made and sold by the Buffalo Gals Bakery and Country Store. Katy Kassian, resident of the Regan area and member of Capital Electric Cooperative, owns and manages the business, which was started with Connie Ganje of Washburn.

Katy says food has always been an integral part of her life.

“My dad is French and my mother is Italian, and there was always an abundance of food — which is why we are all short and fluffy,” she jokes.

Katy and her husband, Tom, own D’ Eggos Diner in Underwood, which is where the Cow Patty, White Buffalo, Hog Heaven, Funky Monkey and other cookies are baked. Katy also makes and sells caramel rolls, sweet rolls, all-natural granola, pies, bars, kuchen, bread and biscotti.

Using 100-year-old recipes hand-written by her grandmother, Katy is especially proud of her biscotti.

“My grandma came from Italy. Growing up over there, the wealthy people had the fancy-style, dipped biscotti. The peasants had the granola biscotti or the Mediterranean-style full of the nuts and fruits, because it held next to forever and they could take it to the field with them,” she explains. “It was a pocket food. They didn’t need to cook it or do anything to it; they could just eat it.”

Just as biscotti was a staple in her grandmother’s diet, Katy says she grew up eating it, too.

“A lot of people equate biscotti with higher-end coffees. But we used to dip them in soups and gravies,” she describes.

Having worked in the hospitality industry for 30 years, Katy started selling Buffalo Gals baked goods in Jamestown and Medora. Since she joined the Pride of Dakota program a couple years ago, Katy markets and sells gift baskets with her products across the United States.

A program of the North Dakota Department of Agriculture, Pride of Dakota helps North Dakota companies market their products. Sara Kelsch, marketing specialist for the Department of Agriculture, says Pride of Dakota holds holiday showcases and other events across the state for members to gather and sell their products. The program also hosts educational classes for members to learn the valuable business tools needed to help them succeed and grow in their business. Members pay a minimal annual fee to be a part of the program.

“It’s the best \$50 you’re ever going to spend on yourself for advertising,” recommends Katy. “Along with being listed on the Pride of Dakota’s Web site, members can take free classes on marketing, pricing and structuring a business. It’s fabulous.”

Kelsch says Pride of Dakota products make thoughtful and affordable holiday gifts.

“We have a love for our state here, and customers like to share that. They like sending North Dakota gifts out of state to family members or friends who have moved,” she speculates.

“We also have some really

FAST FACT: Tom and Katy support two charities through the baking business. Proceeds from their Old Glory sugar cookie are given to the Wounded Warrior Project, and proceeds from the Bucking Bull-Nana go to the Rider Relief Fund.



Above: Using recipes that have been in her family for 100 years, Katy is especially proud of her homemade biscotti.
Right: Customers have asked Katy for gluten-free baked goods. Katy assures them a variety will become available soon.

innovative members who make really unique products. That's attractive to customers," she says. "And so many customers really enjoying visiting with the members at our events and learning about the stories behind their products."

The story of Katy's grandmother passing down biscotti recipes is certainly interesting — as well as how Katy is using her heritage and skills to make a living in a very rural part of North Dakota. While she certainly sees a boost in sales around the holidays, Katy says baked goods make the perfect gift year-around.

"Everybody likes feel-good, comfort food. When in doubt, feed them food. Toss in a bag of coffee or a bottle of wine and you're good to go," she laughs.

To learn more about the Buffalo Gals Bakery and Country Store, visit www.buffalogalsbakery.com, e-mail sales@buffalogalsbakery.com or call (701) 333-8402.

For more information on Pride of Dakota, visit www.prideofdakota.nd.gov/ or call (701) 328-2231 or (800) 242-7535. In the Bismarck area, shoppers can also visit Arrowhead Plaza Drug or Prairie Creek in Gateway Mall to see a variety of Pride of Dakota products.



Katy also makes and sells double-sided aprons. In the future, she plans to expand her business and build a little country store near their home, on land that's been in Tom's family for four generations.

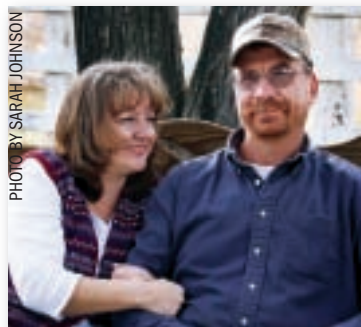


PHOTO BY SARAH JOHNSON

Meet your Capital Electric neighbors

Born and raised in Wilton, Tom Kassian is a Caterpillar® engine repair specialist. Katy also calls him the "supervisor" of the Buffalo Gals Bakery, and says he helps with the business when she receives large orders.

A native of California, Katy Kassian owns and manages the Buffalo Gals Bakery and Country Store. She does most of the baking, and markets and ships her homemade products across the United States.

The couple owns D' Eggos Diner in Underwood. They lease out the restaurant but retain the baking.

Prepare for tax season with E-Bill

The end of the year is quickly approaching, and many people are already thinking about tax season. If you haven't already signed up for E-Bill, now's a good time to do so. By signing up for this co-op service, members have access to their electronic billing history, which contains the current billing statement, billing history details, kilowatt usage, monthly comparisons and other informative facts. E-Bill also allows Capital Electric members to pay their utility bills online day or night.

To sign up for E-Bill, visit the co-op's home page at www.capitalelec.com and click E-Bill Login in the upper left-hand corner. Then sign up as a new user.

When members sign up for E-Bill using our secure server, they will receive a monthly billing e-mail notification from our co-op and also be given the option to still receive a paper bill through the mail. The notice will link to our Web site at www.capitalelec.com. Members can click on this link and enter their e-mail address and password.

Capital Electric COOPERATIVE
Your Sustainable Energy Cooperative

Welcome to Capital Electric E-Bill.

Main Menu

Contact
FAQ
Capital Electric
Security Policy
Help

Mailing Address

Customer Number:

View/Pay My Bill
Service My Account
Review My Capital Credit Info
Contact Us

Please Note: If you are using a public computer it is important that you **Log Off** before leaving this site so that others may not access your account information.

NOTE: Capital Electric's E-Bill service gives members access to their electronic billing history, which contains the current billing statement, billing history details, kilowatt usage, monthly comparisons and other informative facts.

Capital Electric COOPERATIVE
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Welcome to Capital Electric E-Bill.

Account List

Mailing Address

Customer Number:

Account Information	Service	Balance	Pay?	Pay Amount	Click to View:			View Paper Bill Image	
	CEC	-8.00	<input type="checkbox"/>	0.00	Payment Due on 11/18/2011	Bill Detail	Payment History	Billing History	View Paper Bill Image
Service Address:					Description: NORTH LINCOLN 2ND				
Account Total:				\$8.00					
Pay Total:			0.00	<input type="button" value="Uncheck All Pay ?"/>		<input type="button" value="Check All Pay ?"/>			

Please Note: If you are using a public computer it is important that you **Log Off** before leaving this site so that others may not access your account information.

NOTE: E-Bill allows members who have signed up for the program to access their account online at any time, day or night. The program is fast, free and convenient. Sign up at www.capitalelec.com today.

ATTENTION, HIGH SCHOOL SENIORS!

Capital Electric offers student scholarship

Last year, Katie Carpenter applied for and received the annual \$1,000 scholarship from Capital Electric Cooperative, in partnership with Basin Electric Power Cooperative. She is currently attending Jamestown College and majoring in history and political science.

Very involved on campus, Katie's college experience has included making friends with international students and learning new cultures. She recently confided to her mother that she one day hopes to work as a foreign diplomat.

Vicki and David Carpenter, Katie's parents, agree that Katie is enjoying and appreciating her freshman year of college. Members, your support of this important scholarship program continues to help students in our service area excel. Now, your electric cooperative is ready to provide aid to another hardworking student.

Seniors, if your parents are members of Capital Electric, you are eligible to apply for this scholarship for the 2012-2013 school year and follow your career dreams, like Katie.

To qualify for the \$1,000 scholarship, you must be a student who is enrolled or planning to enroll in a full-time undergraduate or graduate course of study at an accredited two-year or four-year college, university or vocational/technical school.

Our co-op will assemble a panel of impartial judges to review all applications. The judges will select the winning application based on academic performance, potential to succeed, leadership and participation in school and community activities, honors, a statement of education and career goals, work experience and an outside referral.

The scholarship will be awarded without regard to other awards, loans or financial assistance the applicant may have obtained.

Application forms may be downloaded at www.capitalelec.com or picked up at co-op headquarters at 4111 State St. N. in Bismarck. Applications need to be completed and returned to Capital on or before Friday, Feb. 17, 2012.



Katie Carpenter earned last year's scholarship. She is the daughter of Capital members David and Vicki Carpenter, Moffit.



LIHEAP provides energy assistance to eligible low-income households



If you need assistance paying your utility bill this winter, you might qualify for energy assistance through the Low Income Home Energy Assistance Program (LIHEAP). Federally funded and administered by the N.D. Department of Human Services and county social services, LIHEAP provides the following services for eligible individuals and families:

- heating assistance
- making your home energy efficient
- furnace and chimney cleaning
- emergency assistance
- furnace replacements
- minor repairs, and
- energy cost reduction devices

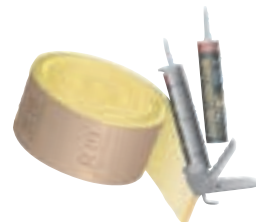
In 2010, more than 16,000 low-income households in North Dakota participated in the state program.

Applications are accepted from October through May of each heating season. For information related to application for benefits, program eligibility or an existing case, contact your local County Social Services office.

The LIHEAP application is available online at www.nd.gov/eforms/Doc/sfn00529.pdf

and should be returned to the county office. There is no cost to apply, but consumers will have to pay a percentage of some services based on their income.

For more information on LIHEAP, visit www.nd.gov/dhs/services/financialhelp/energyassist.html.



Award reflects love for land

by Carmen Devney

On Nov. 10, Capital Electric members Gaylen and Wanda Dewing received the 2011 Burleigh County Soil Conservation District Tree Care Award during the district's annual ceremony. Sponsored by your electric cooperative, this annual award is given to people who do an outstanding job of caring for and maintaining their wildlife and conservation tree plots.

Gaylen bought his father's farm southeast of Bismarck in 1972. "We've been planting trees on our farm for many, many years," he describes. In 2007 Gaylen and Wanda planted roughly 7,000 fruit trees, evergreens and green ash. Last year, they planted a couple miles of pine and spruce trees around the farm and home.

"My dad instilled a love for the land and wildlife, so we've been doing shelterbelts and wildlife plantings ever since," he shares.

Gaylen and Wanda are both active with the farm and cattle. Galen also works part-time in town.

The couple recently built a new home that utilizes a geothermal system for heating and cooling. Galen says they are very satisfied with the ground-source heat pump, and that "it's the only way to go."



PHOTO BY WES ENGBRECHT

Capital members Gaylen and Wanda Dewing were recently honored for their commitment to wildlife and the land. The couple has planted thousands of trees on their 1,000-plus acres southeast of Bismarck.

Members, do you have a story idea for your local North Dakota LIVING community pages?

Are you satisfied with an electric heat product or service? Do you want to share a power outage and restoration experience? Did you improve the energy efficiency of your home or place of business? Do you know a Capital consumer who deserves special recognition?

Capital Electric Cooperative wants to hear from you, and continue featuring member stories in future community pages. If you have a story idea to share, please e-mail Wes Engbrecht at wese@capitalelec.com or call him at (701) 223-1513. We look forward to hearing from you!



Capital thanks member Katy Kassian, Regan, for sharing her story this month.



NATIONAL RURAL ELECTRIC YOUTH TOUR

High School Juniors and Seniors...

WRITE A WINNING ESSAY AND WIN A TRIP OF A LIFETIME!

JUNE 16 to 22,
2012

And an all-expense-paid trip to Washington, D.C.

- ▶ To enter the essay-writing contest, you must be a junior or senior in high school in the fall of 2012.
- ▶ You and your parents or guardian must be served by Capital Electric Cooperative.
- ▶ Essay is not to exceed two standard 8½- by 11-inch typewritten, double-spaced pages on this topic: *What would your day be like without electricity?*
- ▶ Submit your essay in hard copy or electronic format to Capital Electric. Electronic submissions should conform to the two-page, double-spaced guideline described above. Include a cover page with your name, date of birth, school and grade in 2012, parent or guardian's name, address and telephone number.
- ▶ The deadline is **January 30, 2012**. E-mailed entries should be directed to Wes Engbrecht at wese@capitalelec.com, and hard-copy entries mailed to: Youth Tour Essay Contest, Capital Electric Cooperative, P.O. Box 730, Bismarck, ND 58502-0703.
- ▶ If you have a question, contact Wes Engbrecht, Capital Electric, at the address listed above, or call (701) 223-1513 during regular business hours.



TOP 3 REASONS TO ENTER THE ESSAY-WRITING CONTEST

1. All-expense-paid trip to Washington, D.C., compliments of Capital Electric Cooperative.
2. A whole week to visit unforgettable historic monuments, museums and the U.S. Capitol.
3. A learning experience you'll never forget.

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www.youthtour.coop



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CAPITAL ELECTRIC COOPERATIVE *board minutes report*

The regular meeting of the Board of Directors of Capital Electric Cooperative, Inc. was held Oct. 21 at co-op headquarters in Bismarck.

Financial review (September 2011): Prior to the board meeting, Directors Vilhauer and Hilken reviewed the September 2011 check register and expenditures. Hilken reported all checks were in order.

It was moved, seconded and carried to approve the September expenditures in the amount of \$2,636,810.89.

Business department report: The manager reviewed the September financial and statistical report with the Board. Total kilowatt-hour (KWH) sales reported for September were below budget by 6.5 percent. The actual monthly electric revenue is down 6.32 percent from budget. Year-to-date, actual KWH sales are over budget by 7 percent.

The margin for September is -\$32,270 versus the budgeted margin of -\$57,334, above budget by \$20,074. The year-to-date margin is \$757,277, above the budgeted margin of \$292,194 by \$465,083.

Capital Electric began billing 57 new services in September, bringing active services to 15,980 versus 15,559 at this time last year, or a net increase of 421 accounts over the last 12 months.

Federated insurance: There was a meeting with our Federated representative on Oct. 18 and we reviewed the North Dakota and Capital Electric loss analysis report. Premiums for 2012 are expected to have minimal to no change over 2011.

Accounting system upgrade: On Nov. 7-10, National Information Solutions cooperative (NISC) will be converting the accounting and work order modules to the Accounting & Business (ABS) 2.0 product.

Parallel Generation "PG" policy: Basin Electric Power Cooperative has updated its policy for small renewal energy purchase rate, which is attached to our parallel generation policy. Following review and recommendation from management, it was moved, seconded and carried to adopt the Parallel Generation "PG" policy.

Miscellaneous: The manager reviewed the comparison of actual budget expenses for the month of September. Accounts receivable balances for Oct. 20 were reviewed.

Capital credits: Following review of the financial condition of the cooperative and recommendation by management, it was moved, seconded and carried to authorize payment of capital credits to the following deceased members' estate:

Reinhold Hertz	\$346.81
Helen Sabot	\$2,613.82
James Vietz	\$1,098.23
Ted Seidel	\$993.29
Richard Hanson	\$1,184.11
Wayne Dewing	\$72.40
Malen Dewing	\$342.53
TOTAL	\$6,651.19

Write-offs: It was moved, seconded and carried to accept the account write-offs for the quarter ending Sept. 30.

Engineering and operations report: The manager reviewed the written report from the engineering and operations department. Seventy-four work orders were completed this month, adding 56 new consumers to the system.

Flood-related transformers are still being changed out and sectionalizing enclosures are still being cleaned when there is time.

The building that was at the Wing Substation is now at the Riverview Substation.

JB Construction Company continues on the rural distribution line rebuild. DLT and Fisher Contractors continue to trench in new services.

The U.S. Environmental Protection Agency (EPA) was at the shop on Oct. 6. To date, we have not received anything back from the EPA.

Member services department: The manager reviewed the written report from the member services department. Insulation-N-Coatings, Inc. will begin the insulation project for the warehouse.

Century Avenue transmission and distribution project approaching completion: The distribution portion of the Century Avenue/Centennial road project is now almost complete. The transmission portion has been complete and energized for some time.

Communication and public relations department: The manager reviewed the written report from the communications and public relations department.

The Burleigh County Soil Conservation Mixer will be Nov. 10. Capital Electric will be sponsoring the tree care award.

Safety report: There were no lost-time accidents this month. The fire department was at the building conducting an inspection on Oct. 6.

On Sept. 28, Larry Sailer, safety instructor with the North Dakota Association of Rural Electric Cooperatives (NDAREC), was at the shop doing a field observation with the crews. He watched the crews on MV light repair, changing out a transformer, and connecting a residential service. Without objection, the safety report

was approved.

2012 budget: The budget, by department, was previewed. The cost for installing TWACS injection and metering to Goodrich and McClusky to complete the system was discussed. No action was taken.

Mid-West board meeting: The manager reviewed discussing various MISO membership options which could be adopted at Mid-West.

Central Power Electric Cooperative and Basin Electric reports: Mund reported on Central Power matters. He stated the net operating margin was \$21,700 for September. The year-to-date margin is \$53,000. A \$22 million construction budget was approved for 2012. The Churches Ferry substation will be moved due to flooding problems.

There is a meeting scheduled with Wall Street in an attempt to improve Basin's bond rating.

Basin's consolidated margin is \$49,600,000. Dakota Gasification Company is still selling gas and anhydrous, which is helping margins.

Mund reviewed his tour of the Minot flood and growth area.

NDAREC report: Liuska reported on the NDAREC meeting held Oct. 6. He noted \$48,035 year-to-date margins. The 2012 budget was reviewed, noting requirement for a new safety instructor to handle training of employees for the Minot Air Force Base. Verendrye Electric Cooperative, Inc. will be purchasing the electric distribution system at the base.

Adjournment: There being no further business to come before the meeting, without objection, the meeting was adjourned.

CAPITAL ELECTRIC COOPERATIVE

4111 State St. N.

Bismarck, N.D. 58502-0730

Web site: www.capitalelec.com

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Monday-Friday : 8 a.m.-5 p.m.

Office phone: (701) 223-1513

Toll-free: (888) 223-1513

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