A Capital Electric Cooperative member has kids of all ages jumping with excitement.

IN THIS ISSUE

- CEC member profile: Sky Zone Trampoline Park
- Co-op leaders tackle strategic issues
- Serve as a director of Capital Electric
- Directors represent your interests
- Board minutes
People age one to 75 are jumping with excitement at Bismarck’s newest indoor recreation center. Since opening its doors in 2017, Sky Zone Trampoline Park has welcomed thousands of customers.

Sky Zone offers massive wall-to-wall trampolines for endless aerial action. In addition to freestyle bouncing, customers can compete in dodgeball games or slam dunk on the Sky Jam court.

“Everybody has fun. Our youngest participant jumpers are one-year-olds. The oldest jumper I encountered was 75! There is something for everyone,” says Owner Drazen Samardzic. “There are some customers who come here five times a week, if not more. They’ve become part of the family.”

Sky Zone is more than a trampoline park. The facility offers a variety of indoor activities. In the Foam Zone, customers can fly without fear or challenge their friends in a gladiator jousting battle. Those looking for a challenge can conquer the curved incline of the infamous warped wall. At Sky Zone, the sky’s the limit. And there’s more to come.

“In 2019, we’re planning to get five climbing walls. People will be able to climb a 25 to 30-foot climbing wall without a harness. When they reach the top, they can jump into a foam pit,” says Samardzic. “We’re also getting a five-lane warrior course. It will be almost the same as the American Ninja Warrior courses you see on TV. There will be many different obstacles to pass to reach the end. So, that will be a really cool asset for us.”

The facility also offers a 70-seat luxury coffee shop, Coffee Zone, where parents can relax while kids get their jump on. And if anyone gets hungry, Fuel Zone offers hot beverages and snacks.
refreshments including pizza, hot dogs, pretzels and popcorn.

“We are trying to build a good family atmosphere. We would be nothing without our customers. We do our best to please our customers to come again.”

Sky Zone is located at 5003 Ottawa Street. The trampoline park is open from 4 p.m. to 8 p.m. Monday through Friday, 10 a.m. to 10 p.m. on Saturday and 12 p.m. to 6 p.m. on Sunday. For more information, visit www.skyzone.com/bismarck.

Sky Fit participants are bouncing toward a healthier and happier future.

**Bounce off the pounds at Sky Fit**

If you’re interested in bouncing off a few pounds or adding some flair to a tedious exercise routine, look no further than Sky Zone. SkyFit, the trampoline park’s fitness program, has people bouncing toward a healthier and happier future.

Sky Zone offers six SkyFit classes per week, and each class is different. In addition to bouncing, classes incorporate yoga, strength training and high intensity interval training. Participants can burn up to 1,000 calories in each 45-minute class, and the workout is lower impact than other types of exercise, such as running.

“Jumping on a trampoline activates your entire body,” says Trainer Renita Brannan. “Four minutes on the trampoline is equivalent to running a mile outside. And it cleanses your entire lymphatic system in five minutes.”

Meghan Kleven attended her first SkyFit class almost a year ago, and she says the program far exceeded her expectations. Five days a week, she returns to the trampoline park to get her jump on.

“I love it. The community is amazing, and it’s the most fun workout I’ve done in my entire life. I sing. I act like a complete dork,” says Kleven.

SkyFit classes are suitable for all ages and are designed to meet any fitness level.

“You can do it as hard as you want. You can do it as easy as you want. As long as you’re moving, you’re already ahead,” says Kleven.

Bouncing on a trampoline does more than improve physical health. Studies show the brain releases more endorphins when a person is jumping on a trampoline than it would during other forms of exercise. When elevated levels of endorphins are present, moods are naturally lifted and the body experiences a decreased sensitivity to pain.

In the past, Kleven says she struggled with her mental health, but SkyFit has kept her on a healthier and happier path.

“I couldn’t be more thankful,” says Kleven. “It’s so worth it for my health and for my body and for my happiness. I’m a better mom. I’m a better wife. I’m a better friend. I’m a better me.”

To view a complete schedule of classes, visit www.skyzone.com/bismarck.
Co-op leaders tackle strategic issues

BY WES ENGBRECHT

Capital Electric Cooperative’s (CEC) mission statement reads, “Capital Electric Cooperative serves our community and member-owners as their trusted energy provider and partner.” CEC employees and board members developed this statement during the last strategic planning session in October 2016. It continues to be the focus of what the co-op is looking to accomplish today.

With a focus on our mission, CEC’s board of directors and management staff met at headquarters in February to discuss the future of the cooperative. Tracey and Cory Finneman, Integrity Partners, facilitated the strategic planning session.

CEC directors and employees discussed many topics during the two-day brainstorming session, including solar power, electric vehicles, self generation, capital credits and co-op annual meetings. Most of the conversation centered on how CEC can continue to provide excellent service to its members while dealing with rapid changes in technology in the energy industry.

Perennial topics, such as capital credit administration and rate structure, are important to review regularly, because they significantly impact the entire membership. Discussions focused on the impact to the member at the end of the line. Cooperative leaders agreed that ensuring fairness prevails is of paramount importance.

Other topics focused more on the future. Board members and employees explored the membership’s changing needs and emerging expectations. Creating a trusted relationship with each member emerged as a necessary component of future success.

Board President Dwight Wrangham saw the meetings as a success. “The strategic planning session went well with all board members participating in lively conversation about the future challenges at the cooperative. New innovations in the generation and distribution of electricity may come sooner than a lot of us think. I am confident Capital Electric is ready to meet all future challenges.”

If you have an interest in learning more about your cooperative, consider attending CEC’s “Know Your Co-op” educational sessions. These sessions intend to inform and elicit feedback on important topics. For more information, contact Wes Engbrecht, director of communications and public relations, at (701) 712-7923 or wese@capitalelec.com.

“The exponential speed at which our industry is changing has made it necessary to perform strategic planning more frequently, using much shorter projections,” says CEC General Manager Paul Fitterer. “Strategic planning has traditionally focused ten or more years into the future. By necessity, much of this time frame has shifted to five years or an even shorter period. It is a very exciting, but challenging time as our industry begins shifting from traditional electric programs to new, consumer-driven programs such as electric vehicles, renewable generation and other new technologies. I felt this year’s strategic planning session was our best yet, providing direction on such areas as member engagement and governance, proper rate/cost pricing signals, off-peak electric vehicle and commercial ice-chillers, and solar and battery storage. As your trusted energy partner, regular strategic planning at CEC is an important component to providing you, our members, the current and future service and programs you need.”
Capital Electric Cooperative (CEC) launched its Peak Time Rebate program on Oct. 1. Since then, the co-op has scheduled multiple peak time events. During those times, members have been helping to reduce the co-op’s peak demand while earning a rebate.

April 30 will mark the end of the heating season, which means CEC will be calculating the first rebates for the program. If you are one of the nearly 5,000 member-owners participating in the program, CEC will analyze your usage during peak events and complete a rebate calculation. The co-op will calculate all rebates in May, and savings will be reflected on electric bills received in early June. Look for a bill credit and see what you have earned since the program began!

The Peak Time Rebate program’s purpose is to help CEC save money on its wholesale power bill. Much of the bill is dependent on the co-op’s monthly peak demand. By reducing that demand, CEC can save a considerable amount on power, and thereby pass the savings along to you, our member-owners.

CEC is more than pleased by the member engagement in this program. It proves our members care about saving money and being more efficient for the benefit of the co-op. CEC is also gratified by the patience its members have shown in waiting for several months while the co-op finds out what rebates are being earned.

As CEC moves forward with the program, we encourage you to share your stories about how your household responded to peak time events. If you feel you did well, please share that with us, and we’ll pass that information along to others who would like to improve.

Remember, there is no risk to signing up for the program, as there is no way to lose money. If you reduce your electric usage, you earn a rebate. It’s as simple as that.

If you would like to sign up for the program, it’s not too late. Visit our website at www.capitalelec.com and click on the home page link to Peak Time Rebate Program. If you’d like to discuss how the program works, call Wes Engbrecht at (701) 712-7923 or email wese@capitalelec.com.
Are you interested in serving as a director for Capital Electric?

Place YOUR name on the ballot today!

Capital Electric Cooperative’s (CEC) 72nd annual meeting will be held June 12 at the Ramkota Hotel in Bismarck. This year, three seats on the co-op’s board of directors will need to be filled. Directors whose three-year terms will expire in June include:

- District I: Dwight Wrangham
- District 2: Deon Vilhauer
- District 3: Rex Hollenbeck

The nine members who make up the CEC board of directors set policies and make decisions that guide the cooperative into the future. With the annual meeting just a few short months away, now is the time for members to start thinking about whether they have the time and desire to serve their electric cooperative.

In accordance with Article 4, Section 3 of the co-op bylaws, current members of Capital Electric can have their names placed on the ballot to be voted upon for the open board positions in one of three ways: accepting a nomination by the CEC Nominating Committee; submitting a petition signed by at least 15 current members of the cooperative, not less than 30 days prior to the annual meeting; and having your name placed in nomination from the floor at the annual meeting prior to the board of director election.

The following members have been appointed by the board of directors to serve on the nominating committee:

- Brian Bitner
  751 80th St. S.E.
  Bismarck, ND 58501
  (701) 226-3456

- Gary Hansen
  1423 Eagle Crest Lp.
  Bismarck, ND 58503
  (701) 471-3558

- Ann Reich
  4401 Lookout Trail
  Bismarck, ND 58504
  (701) 255-4406

- Kristi Schlosser Carlson
  2810 Powder Ridge Dr.
  Bismarck, ND 58503
  (701) 251-8027

- Kayla Pulvermacher
  6980 Majestic Loop
  Lincoln, ND 58504
  (701) 595-6765

- Jill Gunderson
  19201 197th N.E.
  Baldwin, ND 58521
  (701) 391-0345

- Warren Larson
  4618 Feldspar Dr.
  Bismarck, ND 58503
  (701) 751-2329

- Julie Roswick
  4315 England St.
  Bismarck, ND 58504
  (701) 255-3626

- Lois Sundquist
  10450 318th Ave. N.E.
  Wilton, ND 58579
  (701) 734-6375

If you are interested in becoming a candidate for the CEC board of directors or wish to have a member considered for nomination, please contact a member of the nominating committee listed above prior to April 24. Committee members will have information on the requirements a member must meet in order to serve on the co-op’s board of directors. Pursuant to the bylaws, the nominating committee must post a list of nominations at least 35 days prior to the annual meeting.

Official notice of CEC’s 72nd annual meeting will be mailed to members in May.
Directors represent your interests

Capital Electric Cooperative (CEC) is overseen by a board of directors elected by the member-owners of our co-op. Each director represents the members on the board and each director is a co-op member.

Directors represent the members’ interests. They learn and internalize concerns, expectations and ideas, and take the information into the board room. During board meetings, directors exchange information and strategize for the co-op’s progressive growth.

Directors have a fiduciary responsibility to the cooperative. They exercise care, time and responsibility in reviewing co-op matters. Because they are also owners of the cooperative, they treat the business like their own.

Directors devote a certain amount of time to the cooperative. At a minimum, directors attend a monthly board meeting. To learn about the industry and understand critical issues, directors research issues important to cooperatives and attend state and national meetings.

To help directors with their responsibilities, training is offered through the North Dakota Association of Rural Electric Cooperatives (NDAREC). If directors choose to pursue certification, they must take and complete five courses that cover director duties and liabilities, understanding the electric business board roles and relationships, strategic planning and financial decision-making.

Serving CEC and your community can be a rewarding experience! For more information, contact a member of the nominating committee (see C6) or call the co-op at (701) 223-1513 and ask for Wes Engbrecht, director of communications and public relations.

What does it take to be a good board member?

We often get questions in the office from Capital Electric Cooperative (CEC) members who are interested in running for a board position. The most common questions are 1) what does it take to be a good board member? and, 2) what is the time commitment required to do the job well?

A good board member is someone who takes the time to learn about the cooperative business model and understand what it means to our member-owners. A director will put time into training classes and individual study of issues the cooperative is dealing with on a regular basis. They will attend board meetings and other related meetings regularly to collaborate with fellow board members on those issues.

The following list of meetings and time requirements will give you an indication of what is generally expected of a director:

- Attend monthly board meetings, almost all in Bismarck
- Attend the CEC Annual Meeting held in June in Bismarck
- Attend NDAREC and G&T annual meetings, Bismarck and Minot
- Attend regional and national meetings
- Some CEC directors serve on other related boards at Central Power and NDAREC, which meet on a monthly basis.
- Other unscheduled meetings and training classes can add additional days
- On average, a CEC director can spend between 25 and 30 days on co-op business each year.

A commitment to the cooperative and the cooperative business model is vital to a director’s success on the board. Focusing on the needs of our member-owners is the common thread that keeps our board operating effectively.
The regular meeting of the Board of Directors of Capital Electric Cooperative, Inc., was held on Friday, Feb. 23, 2018, at co-op headquarters in Bismarck, North Dakota, pursuant to due notice to all directors. All directors were present at that time.

Also present were General Manager Paul Fitterer and Attorney Carol K. Larson of Pringle & Herigstad, P.C., who acted as recording secretary. Business Manager Luke Steen, Director of Communications Wes Engbrecht and Energy Services Supervisor Josh Schaffner were also present.

Financial Review:
Prior to the board meeting, Directors Rex Hollenbeck and Kyle Hilken reviewed the January 2018 check register and expenditures. They reported all checks were in order. It was moved, seconded and carried to approve January expenditures in the amount of $3,334,435.62.

Management Reports (Business Department, Operations and Engineering, Member Services, and Public Relations/Communications):
Business Department Report: The business manager presented the financial and statistical report to the board. The total kWh sales for January exceeded budget by .44 percent. The actual monthly electric revenue is under budget by .17 percent.

CEC’s load factor was above budget, resulting in a power cost savings of $37,882. The total margin for January was $301,614 compared to the budgeted amount of $297,612, above budget by $4,002.

CEC began billing 27 new services in January, bringing active services to 20,236 compared to the amount of 19,778 at this time last year, or a net increase of 458 over the last 12 months.

The business manager reviewed the comparison of actual to budgeted expenses, cash flow statement and monthly power cost for the month of January 2018. Accounts receivable balances as of Feb. 22, 2018, were also reviewed.

Revise Bill Print: CEC continues to refine the bill print with NISC.

Part Time Billing Representative: CEC hired NaTesa Messerschmidt as a part-time billing representative.

Estate Retirements: 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’ estates:

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joe Knowlen</td>
<td>$1,006.66</td>
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<tr>
<td>Robert Thuen</td>
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<tr>
<td>Jon C Heinrich</td>
<td>$1,746.75</td>
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<tr>
<td>Mary Mousel</td>
<td>$763.85</td>
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<tr>
<td>Delores &amp; Gordon Olson</td>
<td>$123.56</td>
</tr>
</tbody>
</table>

Richard K Kelly $ 828.15
$4,623.80

Engineering and Operations Report:
Fitterer reviewed the written report from the engineering and operations department. CEC completed four work orders this month, adding 15 new consumers to the system.

CEC crews are working on annual line inspection.

The February outage report was reviewed.

Fitterer provided an update on the services CEC uses on the Basin Electric Radio Tower.

CEC needs to update the lighting system on the Keever Butte tower at an estimated cost of $14,000.00. It was moved, seconded and carried to proceed with the update.

REAP Grant: CEC’s Rural Energy for America program grant was received by USDA. The co-op will be notified if the application is funded.

Construction Work Plan: RUS approved the 2018-2021 construction work plan contingent upon RUS approval of the environmental review.

CEC Property: It was the consensus of the board to continue negotiations concerning the sale of CEC’s vacant lot, with review of the Letter of Intent by attorney.

Energy Services Department: Schaffner reviewed the Energy Services Report.

Thirty-three service orders were completed in January.

CEC held a contractor luncheon on Feb. 1.

The 30 percent tax credit for geothermal heat pumps was renewed on Feb. 9, consequently CEC is seeing an increase in quotes on new geothermal equipment.

Communications, Public Relations and IT Department:
Engbrecht reviewed topics of interest.

Scholarship Youth Tour: The 2018 Youth Tour Essay Contest winner is Casey Barnett of Bismarck. Her parents are Johnny and Katrina Barnett.

Safety Report: There were no lost time accidents in January.

On Feb. 13, Steve Homes, Safety Instructor from the N.D. Association of Rural Electric Cooperatives, was at the CEC shop conducting a safety meeting with both office personnel and linemen. He also went over cold weather gear for the outside personnel.

Without objection, the Safety Report was approved.

Policies: Following discussion policies were reviewed:
Policy No. IV-10 – Service Charge for NSF Checks. It was moved, seconded and carried to approve and accept the changes to Policy No. IV-10 as revised.

Policy No. III-6A – Multiple Use Line Extensions. It was moved, seconded and carried to approve Policy No. III-6A as proposed.

Basin: Fitterer reviewed Basin matters.

Central Power Electric Cooperative (CPEC):
Director Sheri Haugen-Hoffart reported on CPEC matters for January and February. Haugen-Hoffart was elected director to CPEC for a one-year term with Hilken elected as alternate. If needed, the controversial vote at the annual meeting will be cast by Director Arlene Olson.

Statewide Report: Director Deon Vilhauer discussed the highlights of the recent board meeting.

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

CAPITAL ELECTRIC
COOPERATIVE
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Website: www.capitalelec.com

BOARD OF DIRECTORS:
Dwight Wrangham, Pres. .................Bismarck
Arlene Olson, V. Pres. ......................Wing
Sheri Haugen-Hoffart, Sec.-Treas........Bismarck
Richard Koski , Asst. Sec.-Treas. ........Wing
Kyle Hilken.......................................................Wilton
Rex Hollenbeck.........................................McClusky
William Patrie............................................Bismarck
Deon Vilhauer............................................Bismarck
Dave Charles............................................Bismarck
Paul Fitterer, Mgr. .................................Bismarck

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Capital Electric Cooperative is an equal opportunity provider and employer.