



# news & views

from Lincoln Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative 

LINCOLN ELECTRIC COOPERATIVE, INC.

## Natural healing of organic cosmetics

Story and photo by  
Marita Tolentino-Combs

Trying to envision what a “cosmetic” greenhouse and garden might look like while driving toward it through a wet, cold and very windy May storm, I’m reminded of the second line of the popular English nursery rhyme Mary, Mary, Quite Contrary, “How does your garden grow?” North of Whitefish, the garden lies in Zone 3 of plant hardiness. North America is divided into 11 zones with Zone 1 the coldest.

As soon as I reach my destination, I meet up with Lynn Wallingford, the brain behind the garden that provides herbs for her line of drug-free natural and organic body care products sold under the label Kettle Care.

Assessing the motherly smiling face—framed by long, beautiful salt-and-peppered hair swirled up atop her head—I took note of Lynn’s smooth skin. Must be her product, I rightly guessed. She had suffered from eczema, a sometimes painful dry-skin condition, for 23 years starting at age 11. “I found absolutely no relief from countless dermatologists, medications, prescriptions, steam baths and moisturizing creams until I mixed together a beeswax oil salve.” Her herbal formula

eventually cured the eczema and has become her best seller.

It was instinctive for Lynn to eventually experiment with natural remedies. Her background is in horticulture with a degree from Edmonds Community College in Edmonds, Washington. But success in healing herself and creating nearly 100 other products comes from studying—while in college—the magazine *Organic Gardening*, along with the standard textbooks.

“Propagating plant cuttings,” Lynn exemplifies. “Textbooks called for root hormone while the magazine cultivated the use of natural powder yeast.” The magazine’s founder, J.I. Rodale, is widely recognized as the father of the organic movement in America. “The magazine taught me natural techniques and, still today, I read every issue voraciously.”

While the storm continues outside, Lynn bottles huckleberry lip balm into small glass jars in the unpretentious lab with but two mechanisms: a blender and a water distiller. Slow-heating over a stove is beeswax, a basic ingredient for many of her products including EMUgency skin healing cream, made exclusively for Montana Emu Ranch. Striking a smile, Lynn says, “We like to have it ready for



Founder and President Lynn Wallingford of Kettle Care was awarded the 2009 EcoStar Award by Montana Governor Schweitzer for taking environmentally responsible steps to reduce solid and hazardous waste, maximize efficiencies, conserve energy and water, improve air quality and create a more sustainable business model.

‘emu-gencies.’ ”

It is one thing to know the healing properties of natural foods. It is quite another to know how to combine them so they work effectively. The heavy protective Firefighter Crème, inspired by the 2003 fires in Northwest Montana, lists as its first ingredient the

Almond. The King of Nuts along with Calendula, Comfrey, Oregon Grape and essential oils of Lavender, Cajeput and Sweet Orange works. Lynn donated over 2,000 pocket-sized jars during the firefighters’ valiant efforts. Good for extreme

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# Lincoln Electric participates in Smart Grid Investment Grant with DOE

In late May we were notified that we will participate in a U.S. Department of Energy (DOE) smart grid investment grant award through PNGC Power, headquartered in Portland, Oregon. PNGC and 10 of its electric utility cooperative members have agreed to implement a smart grid system and Lincoln Electric's share of the

project is valued at \$316,000. The project includes the installation of 1,000 smart meters and other equipment and is expected to enhance operations and reduce costs.

The federal grant will reimburse us 50 percent of the cost of the improvements. We saw this as a unique opportunity for investment in our infrastructure and we anticipate the project to result in more efficient and integrated operations and to position us for future success. This project will upgrade data collection capabilities at our substations and will allow us to begin the process of upgrading all of our meters while integrating with our existing meters so we can complete the upgrade over a period of years instead of all at once. We expect to begin work in the substations late this year with installation of the meters scheduled beginning early next year.

The total project value for all ten cooperatives is \$39.1 million, reflecting a partnership between PNGC Power, the member cooperatives and the U.S. DOE. The project will span five years, the first phase characterized by equip-

ment installation and the second phase focused on data collection and reporting.

The PNGC Power – U.S. DOE grant is a part of \$3.4 billion in grant awards that were made available by the federal American Reinvestment and Recovery Act, or “Stimulus Package,” that became law in 2009. Federal funding will be matched by industry funding. Our selection through our membership in PNGC Power puts us among the top private companies, utilities, manufacturers, cities and other partners nation-wide who have been selected by the U.S. DOE to receive similar smart grid investment grants.

If you have questions on this or any other issues concerning your cooperative, please stop in or give me a call.



Manager's Notes  
by Mike Henry



**Lincoln Electric Cooperative, Inc.**

## News & Views

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Eureka, Montana

Lincoln Electric's board of trustees meets monthly at the Eureka office. The regular meetings are scheduled for the third Monday of each month at 7 p.m. Members with items of interest are encouraged to contact the general manager in advance of the meeting.

### Board of Trustees

- Tina Taurman** – President, Dist. 2,  
Trego – Stryker
  - Marianne Roose** – Vice President, Dist. 3,  
Fortine – Glen Lake
  - Ethel White** – Secretary, Dist. 4,  
Eureka – Tobacco Plains
  - George Elam** – Dist. 1, Flathead
  - G.I. Burk** – Dist. 1, Flathead
  - Courtney Pluid** – Dist. 3,  
Fortine – Glen Lake
  - John Hossack** – Dist. 4,  
Eureka – Tobacco Plains
  - Kathern Munteer** – Dist. 5,  
Koochanusa Shores – Pinkham
  - Jim Reynolds** – Dist. 4, Eureka -  
Tobacco Plains
  - Mike Workman** – Dist. 5,  
Koochanusa Shores – Pinkham
- General Manager Michael T. Henry

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Anytime day or night  
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[www.lincolnelectric.coop](http://www.lincolnelectric.coop)  
e-mail: [info@lincolnelectric.coop](mailto:info@lincolnelectric.coop)

## Business and Boardroom Briefs

The regular meeting of the board of trustees was conducted May, 17, 2010. A quorum of trustees was present and the board took the following action:

- Approved the low bid from Track Utilities for the Star Meadows cable replacement project.
- Approved the Rural Utilities Service (RUS) loan audit.
- Approved hiring Langley & Associates to conduct the general manager search.

	Year to Date 4/30/2010	Year to Date 4/30/2009
YTD Kwh Sales	43,234,868	50,972,313
YTD Revenue	\$2,868,603	\$3,292,668
YTD Cost of Power	\$1,248,156	\$1,489,673
YTD Operating Exp	\$1,395,164	\$1,398,313
YTD Margins	\$247,781	\$418,526
# of Members	3,931	3,863
# of Meters	5,195	5,138
Miles of Line	918	899
Total Utility Plant	\$27,174,850	\$25,782,789
Member Equity	\$6,863,749	\$6,753,653
Avg Residential Usage (kWh)	1,377	1,414
Avg Residential Billing	\$93.91	\$95.89

# Cosmetics

Continued from page 3

weather conditions, Lynn has sold thousands of the crèmes.

When she excuses herself to tend to a production question from one of three full-time employees, I peruse the product shelves. Soldier's Foot Crème with Peppermint—named to commemorate her donation of 1,000 jars to our troops in Iraq and Afghanistan. Myrrh and Tea Tree Oil are added to this soothing, cooling cream to act as an antimicrobial cleanser. Shampoo for Oily Hair. Natural ingredients and, in big letters, "NO SODIUM LAURYL SULFATE." SLS is a common chemical found in many cleaning products, hygiene products and toi-

letries. It's also a strong and harsh detergent used in industry as a powerful degreaser. Vascular Ease Crème. Progesterone Crème. Joint Ease Lotion. FDA regulations prohibit Kettle Care from describing on their products the medicinal properties of the organic herbs and cosmetic oils. Call their toll-free number to receive answers to your questions about ingredients.

In a small room beside her lab, Lynn keeps her herbs, collected and dried from last year's harvest, in nearly two dozen 5-gallon tins. She pries open the lids of four buckets, repeating "Oh, I'm running low!"

When sunrays break through after the storm, we head outside to her greenhouse, surprisingly small for

providing ingredients to 100+ products. Yet the 8-by-16 hothouse is already bursting with Calendula, Comfrey, Thyme, Echinacea and Chamomile. In her 100-by-150 foot deer-fenced garden, a layer of composted horse manure and leaves have been turned into the soil. Soon she'll add a truckload of sand to her beds, organically certified rock phosphate, Yellowstone brand sulfur granules and gypsum. Two hens and three chicks will weed and pick on bugs. How does Lynn's cosmetic garden grow? Natural and certified organic, just fine!

You can visit [kettlecare.com](http://kettlecare.com) or call 888-556-2316. Kettle Care products are also carried at Eureka's health food store Heaven's Peak.

*(If you have a local topic of interest to Lincoln Electric Cooperative members, contact Tim Engleson 296-2511. Author is co-owner of the multimedia company Applied Visions Media LLC in Eureka.)*

## Coming this fall!



**The Touchstone Energy Co-op Connections discount card**

# Less water means less power

*BPA trying to manage hydro shortfall after winter's diminished snowpack*

The power marketing administration that delivers hydroelectricity to utilities in the Northwest, including Lincoln Electric, is cautioning that a shortage of water could lead to higher rates for its customers.

For now, though, the Bonneville Power Administration plans to handle a \$450 million shortfall by dipping into its reserves.

But dipping into those funds could impair the agency's ability to cope with another below-average water year without making up the lost revenue, BPA officials said.

"This is a bad situation that has just gotten worse," BPA Administrator Steve Wright said in a statement.

"We had hoped a wet spring would help snowpack across the Columbia River Basin, but that didn't happen. We are now looking at the fifth lowest runoff since the hydro system has been in

existence."

The agency said reduced stream flows have resulted in \$450 million less revenue than it anticipated at the beginning of fiscal 2010. Overall, BPA believes it will finish the fiscal year about \$230 million short of projected revenues.

Most of the red ink comes from a lack of snowpack that BPA uses to generate surplus power beyond what it needs to meet the demands of its customers, which include 57 co-ops in the Northwest.

Surplus power accounts for about 20 percent of BPA's annual revenues, and continued revenue shortfalls could lead to higher power rates, BPA officials said.

According to the U.S. Natural Resources Conservation Service, the snowpack in the Columbia River Basin is running about 73 percent of average, which is 20 percent lower than last year's total.

Snake River snowpack

above Ice Harbor Dam in Washington is a particular concern; it stands at just 63 percent of average, compared with 99 percent in 2009.

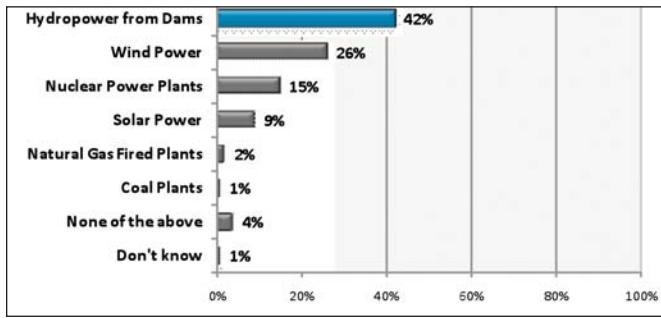
The National Weather Service attributed the lower snowpack runoffs to an El Niño warming weather pattern. The El Niño also brought much milder temper-

atures to NW Montana impacting Lincoln Electric power sales the first four months of 2010. Total revenue is down 13 percent from last year, while kWh sales were a whopping 15 percent lower. The milder winter was the driving factor in the reduced power sales.



*A lack of snowpack runoff means less production from hydro projects like the Libby Dam near Eureka.*

# Northwest consumers value clean, renewable and climate-friendly hydroelectric power, but are concerned about reliability, rising costs



Recently Northwest RiverPartners measured regional attitudes about the Pacific Northwest hydro system, energy and fish in a poll of 700 registered voters in the region. Pollster Tim Hibbitts of Davis, Hibbitts & Midghall Inc conducted the survey in March 2010.

Northwest RiverPartners is an alliance of river interests and businesses that promote salmon restoration efforts on the Columbia and Snake Rivers based on sound science, cost effectiveness and collaboration with regional stakeholders. Lincoln Electric is a member of Northwest River Partners.

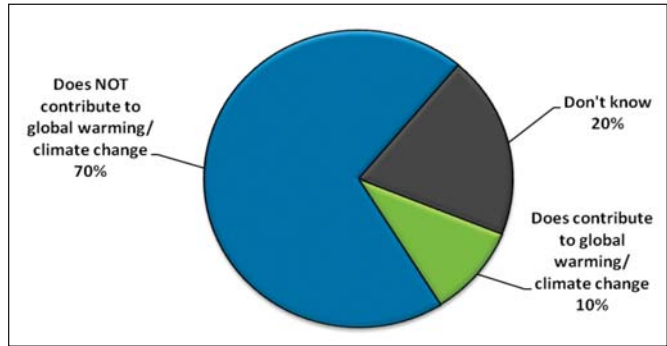
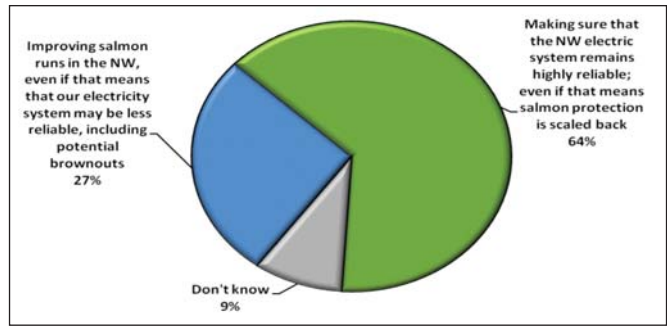
Key findings include:

**Hydropower is viewed as the most sensible electric energy source for the Northwest and doesn't contribute to climate change.**

- Forty-two percent identified hydro as the most practical energy resource with wind power a distant second at 26 percent.
- More than two-thirds recognize that hydro does not contribute to climate change.
- Northwest citizens are concerned about reliability of the electric system and rising costs.
- Sixty-four percent of poll respondents say maintaining the reliability of the electric system is a higher priority than improving salmon runs.
- Sixty-eight percent said

they would be concerned if electric rates were increased by five percent every couple of years just for improving salmon runs and more than half would be concerned if rates were increased 2½ percent every couple of years.

To learn more about the value of the Pacific Northwest's hydro system, go to [www.nwriverpartners.org](http://www.nwriverpartners.org).



## Uninterruptible power supply — the basics

*Critical computer loads should be protected from power drops, surges*

Your computer can be adversely affected by the problems that its power supply encounters from the wall outlet or power source. One problem the power supply might encounter is a blackout, which is a loss of power that can occur because of a blown fuse or damaged power line. A power surge is a significant increase in power that can last for a fraction of a second. It can be caused by turning off your appliances. Another problem that the power supply can encounter is a power sag. This is a drop in power that can last anywhere between a fraction of a second to several hours. This can happen if heavy equipment or large motor loads are being used.

There is a device that can protect your computer from these problems. It is called an uninterruptible power supply (UPS). The use of this power supply will ensure

that there is no direct connection between the wall outlet and the power supply of the computer. Instead, both the wall outlet and the power supply of the computer are connected to the UPS. The UPS has the ability to eliminate noisy power sources and power surges. With this configuration, if there is a blackout or power sag, the non-interruptible power supply can provide the power supply of the computer with power from its own internal batteries. An UPS can usually provide power for about five to 20 minutes. But this is usually enough time to fix the problems with the power from the utility company. If you want a power supply to provide power for a longer time, you can expect to pay more money for it. In case the problems with the utility company cannot be fixed before the power supply runs out of power, you will still



have enough time to save your work and safely power down your machine.

The most common type of uninterruptible power supply is the standby UPS. A computer that is using a standby power supply will use the power from the wall outlet as long as there are no problems with the power from the utility. But if the standby power supply detects a problem with the power, it will power the computer with its own internal batteries instead of the power from the utility company. The transition from using the power from the utility company to using the power from the internal batteries will occur in less than five milliseconds. The relatively low cost of a UPS makes it a must have for any home or small business running critical applications on a PC. Invest in one today.