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Give Life, Give Blood

Benton REA will host two community and employee blood drives with the American Red Cross in 2019. The first is August 8 from 11 a.m. to 4 p.m. at the Benton REA West Richland office. The second is October 24 at the Benton REA Prosser office.

“Hosting a blood drive coincides with the cooperative principle of Concern for Community,” says Benton REA General Manger Mike Bradshaw. “With a simple blood donation, we have the ability to help save the life of someone who could be a co-worker, loved one or neighbor.”

Blood is routinely transfused to patients with cancer and other diseases, premature babies, organ transplant recipients and trauma victims, according to the Red Cross.

“The short amount of time it takes to donate can mean a lifetime to a patient with a serious medical condition,” Mike says. “We urge Benton REA members to join us in the selfless act of giving blood.”

Donors of all blood types are needed, especially those with Types O negative, B negative and A negative. According to the Red Cross, Type O negative is the universal blood type, which can be safely transfused to anyone and is often used to treat trauma patients.

For more information or to

donate at the August 8 and/or October 24 blood drives, call 509-781-6753 or sign up online at redcrossblood.org with sponsor code BREA. ■



American Red Cross

Schedule a Blood Donation

Call 509-781-6753 or use sponsor code BREA at redcrossblood.org.

Thursday, August 8

11 a.m. to 4 p.m.

6095 W. Van Giesen St., West Richland

Thursday, October 24

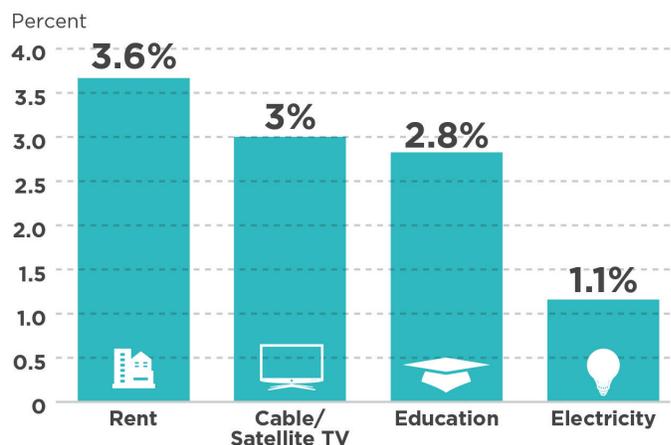
11 a.m. to 4 p.m.

402 7th St., Prosser

ELECTRICITY REMAINS A GOOD VALUE

The cost of powering your home rises slowly when compared to other common expenses. Looking at price increases over the last five years, it's easy to see electricity remains a good value!

Average Annual Price Increase 2013-2018



Sources: U.S. Bureau of Labor Statistics
Consumer Price Index

Local Utilities Support 100% Clean Energy and the Snake River Dams

Local leaders banded together to support the four hydroelectric dams on Eastern Washington's lower Snake River and the role they play in maintaining reliable and affordable power to the state and region.

The boards of Benton PUD, Franklin PUD, Benton REA and the Richland City Council unanimously approved resolutions firmly stating the removal of the lower Snake River dams would negatively impact our region's ability to provide reliable, clean and affordable power to their consumers.

"Removing the lower Snake River dams is bad for the state of Washington, our local economy and the region's overall quality of life," says Roger Wright, Franklin PUD Commission president. "These dams mean carbon-free energy at an affordable cost and greater reliability for all utility customers. To Eastern Washington and the Columbia River Gorge, the impacts are even greater. They impact the lives of thousands of families through irrigation, navigable waterways and outdoor recreation."

The Bonneville Power Administration identified the Lower Snake River dams as a low-cost resource, critical to supporting reliable power by maintaining a constant balance of generation and load. According to BPA, Ice Harbor Dam is critical to the local area because it provides support during high-demand periods. If Ice Harbor Dam was breached, either costly new generation or significant transmission reinforcements would be needed to

meet Tri-Cities power loads, especially during the high-demand summer.

Some anti-dam groups use emotional scare tactics to connect cyclic decreases in salmon populations to operation of the dams. Studies carried out by several groups, including the National Oceanic Atmospheric Administration Fisheries and the Environmental Protection Agency, show that predation, ocean conditions, pollution and other factors have greater, far-reaching effects on salmon during their lifespan than the relatively brief period they spend around hydroelectric dams.

The U.S. Army Corps of Engineers operates the dams according to federal requirements developed over decades of extensive scientific research, and fish runs have significantly improved. More than 96% of young salmon make it past each of the Snake River dams on their downriver passage.

"Since 1978, electric ratepayers have spent \$17 billion on infrastructure and other fish restoration projects," says Benton PUD Commission President Jeff Hall. "Those projects have made a real difference, and are evidence that dams and salmon can coexist."

"The city of Richland supports the Federal Columbia River Power System, recognizing its role in environmental stewardship and economic vitality," adds Richland Mayor Bob Thompson. "We oppose removal of the lower Snake River dams."

Some resolutions highlighted the irony that comes from the Washington State Legislature passing a bill calling for a 100% emission-free power system,

while at the same time, the governor appropriated \$750,000 to study breaching parts of the hydrosystem that make wind and solar possible. The region has made huge strides toward 100% clean energy, with hydropower the backbone of the system. Hydropower helps our economy and provides firm backup for intermittent renewable energy generation.

"Benton REA members can write their congressmen and women, tell their neighbors and attend RiverFest to help educate themselves," states Benton REA Board President Mike Freepons. ■

IS YOUR POWER OUT?

If your electricity is out for more than a few minutes:

- Check your breaker box to see if a circuit breaker has tripped.
- Check to see if your neighbors have power.
- Report Benton REA outages by calling 800-221-6987 or use the SmartHub app.

COOPERATIVE INFORMATION

BENTON RURAL ELECTRIC ASSOCIATION

Prosser Office
402 7th St. | P.O. Box 1150
Prosser, WA 99350
509-786-2913

Office Hours: Mon. - Fri., 7 a.m. - 5 p.m.

West Richland Office
6095 West Van Giesen St.
West Richland, WA 99353
509-967-2921

Office Hours: Mon. - Fri., 8 a.m. - 5 p.m.

Toll Free: 800-221-6987
www.BentonREA.org
Follow us on Facebook and Twitter

MEMBER SERVICES

This newsletter is produced by the Benton REA Member Services and Economic Development Department.

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Co-op Youth in D.C.

Nearly 2,000 children of electric cooperative members from across the nation traveled to Washington, D.C., June 13-20 for the National Rural Electric Cooperative Youth Tour.



Washington delegates at the World War II Memorial.

Nathan Shibley and Michelle Bolling, both of West Richland, represented Benton REA.

This year, four Washington delegates toured the National Mall, Smithsonian Museums, war memorials and met with their state representatives.

“Meeting our senators and representatives was a great experience that I will never forget,” says Michelle. “It is so incredible that NRECA gave us this opportunity to let our opinions be heard about problems that matter to us.”

Nathan was selected to represent Washington on the Youth Leadership Council—an honor given to one student from each state each year. On the YLC, Nathan traveled to Washington, D.C., again in July and will carry the state flag at the 2020 NRECA annual meeting.

Youth Tour teaches students the value of cooperative membership as they experience their nation’s government firsthand.



Katheran Gingrich, Alexis Simmons, Rep. Dan Newhouse, Nathan Shibley and Michelle Bolling in Washington, D.C.

2020 Youth Tour

Applications for the 2020 Youth Tour will be available this fall at Benton REA.org/Youth. Current high school sophomores and juniors whose parent(s) or guardian(s) are members of Benton REA, and whose main residence is in Benton, Yakima or Lewis counties, are eligible to apply. ■

RiverFest
2019 Our Rivers, Our Way of Life
#RiverFest2019TC
#DamProud

Aerial vineyard photo by Kim Fetrow /
All other photos courtesy of Visit Tri-Cities

Saturday, Sept 7, 2019

Columbia Park, Lampson Pits
Kennewick, WA | 10am-4pm

- CELEBRATE OUR RIVERS
- LEARN WHY DAMS ARE IMPORTANT
- EDUCATIONAL EXHIBITS
- HANDS ON LEARNING EXPERIENCES
- MUSIC & ENTERTAINMENT
- LOCAL RETAIL & FOOD VENDORS

**FUN & FREE
FOR THE WHOLE FAMILY**



Scan this QR code to visit the Facebook event and see all the updates and info about RiverFest event activities!

For info about how to get involved contact:
Pasco Chamber of Commerce
509.547.9755 | info@pascochamber.org | pascochamber.org

Be Efficient in the Kitchen With No-Bake Recipes

Cooking in the summer can be unbearable. The last thing you want to do on the hottest days is turn on the oven to make dinner.

Your air conditioner works hard during summer months to keep your home cool, so why not give it a break with easy, efficient, no-bake recipes. This recipe is meant to help you make a delicious meal for your family, without breaking a sweat.

Tzatziki

This refreshing dip can be eaten with pita chips or veggies. You also can add it to grilled chicken or veggies as a sauce, or use it as a creamy salad dressing.

Ingredients:

2 cups plus one tablespoon 2% Greek yogurt
1 cup cucumber, grated
1½ tablespoons lemon juice
1 tablespoon olive oil
3 cloves minced garlic
3 tablespoons dill leaves (plus extra for garnish)
Salt and pepper to taste

Directions:

Combine all ingredients in a bowl. Stir gently to mix and enjoy.



Pita With Spiced Chickpea Salad and Whipped Feta

Spread whipped feta into your pita, add chickpea salad, and you have a delicious sandwich. Add grilled chicken or slices of smoked turkey or chicken breast for a heartier meal.

Ingredients for the chickpea salad:

2 tablespoons olive oil
3 tablespoons lemon juice
2 teaspoons cumin
2 teaspoons dill
2 teaspoons sumac
½ teaspoon salt
½ teaspoon pepper
½ teaspoon red chili flakes
3 cloves garlic
4 ounces cherry tomatoes
½ cup chopped cucumber
1 small red onion, finely diced
1 tablespoon fresh dill
1 tablespoon chopped fresh cilantro

Directions:

Add chickpeas, olive oil, lemon juice and spices to a bowl. Stir to combine. Allow the mixture to sit for 15 minutes to one hour to let the flavors meld together.

Add the tomatoes, cucumber and onion. Add the fresh dill and cilantro. Stir to combine.

Ingredients for the whipped feta:

6 ounces feta cheese
2 ounces cream cheese
¼ cup olive oil

Directions:

Add feta and cream cheese to a blender. Slowly drizzle the olive oil into the blender top until the mixture is creamy and smooth. ■

2019 Electrical Safety Poster Contest Winners

Seven students entered the annual Benton REA Safety Poster Contest. This year's winners were announced and awarded their prizes at the 82nd Annual Meeting on July 13. The prizes were \$50 for first place, \$25 for

second place and \$15 for third place. Congratulations to the 2019 winners. ■

Kindergarten and First Grade

1st Place: Dex Vought
2nd Place: Logan Lucas
3rd Place: Clayton Hatfield

Second and Third Grade

1st Place: Eden Hatfield

Fourth and Fifth Grade

1st Place: Samantha Delgado
2nd Place: Lilly Lucas
3rd Place: Priya Golovich