

Heartbeat

The Pulse of Heartland Co-op May, 2008

A Message From Larry Petersen... CEO/General Manager

Heartland Co-op provides the employee base with many benefits beyond the regular biweekly paycheck. Many times the true value of provided benefits is not

well understood. This article is intended to give you a broad overview of one of these benefits.

Here at Heartland Co-op we provide two pension plans to our employees. While the 401(k) Plan may be more familiar to you because you receive quarterly statements reviewing your mutual fund investments, it is also important you understand your Heartland Co-op Noncon-

tributory Pension Plan benefits.

Our Noncontributory Pension Plan is designed to provide you, the most valuable asset of Heartland, with lifetime benefits when you retire from Heartland. While you can receive benefits for a shorter time frame at retirement, most Heartland retirees choose to receive a benefit from our Plan that will pay them every month for the rest of their lives. You can even select options that will pay your spouse a lifetime monthly benefit after you die.

Please remember that since Heartland pays 100% of the cost of the plan, which is why it is named the Noncontributory Plan. Special provisions of our plan allow employees to retire as early as age 55 with reduced benefits, or at age 62 with unreduced benefits. Our special "Rule of 85" allows a long term cooperative employee to retire earlier than age 62 with unreduced benefits.

Associated Benefits Corporation (ABC) administers both our Noncontributory Pension Plan and our 401(k) Plan. Please call ABC at 226-0303 or 800-747-4421 if you would like an estimate of what your current or future benefits will be. We will be receiving our updated annual Noncontributory Pension Plan statements this summer.

Welcome to Zachary Preston, Heartland's Summer Intern....



Craig Schmidt (CENTRAL REGION MANAGER) met with Zachary Preston, Heartland's 2007 \$3,200 Scholarship winner, to kick-off Zach's summer internship with Heartland. Zach will be working with employees in each of the different departments of Heartland and hitting probably about 10-12 of our locations this summer during this internship. We want to welcome Zach and know he will receive a wealth of information and experience during this internship.

2008 Year Dedication to Quality Award Winner



The feed mill at the Reinbeck location of Heartland Co-op has earned the LOL Purina Feed "Dedication to Quality" award for the 17th consecutive year. Shown in this picture are Reinbeck employees, Russell Thede and Eric

Sieh. As stated in last month's Heartbeat, LOL Purina Feed has established guidelines and a point system to measure quality practices. Feed mill performance is measured by laboratory testing, FDA and state inspections and on-site review by LOL Purina Feed Quality Assurance Specialists. Winning feed mills receive a certificate and feed team members are awarded a gift commemorating the winning of the "Dedication to Quality" designation. Congratulations to the Feed Mill team at Reinbeck!

A correction to last month's Heartbeat.....I was so concerned about getting in all the article regarding the LOL Award presented to our Prairie City Feed Mill that I completely forgot to mention **Marty Shepley** receiving the award from the LOL representative. I apologize, Marty, and congratulations to the Prairie City Feed Mill team as well!

2008 Graduates of Heartland Co-op employees......



Tiffany Bevins...... daughter of Pat & Sheila Bevins (MARENGO)

Tiffany graduates from Belle Plaine High School on Sunday, May 18th, at 2:00 p.m. Tiffany participated in cross country, basketball and softball during her high school years, lettering nearly every year in each sport and also held the position of captain in each sport during her junior/senior years. She also received

awards in each sport and played on All-Conference teams for both basketball and softball. She was also track manager during her sophomore and junior years. Tiffany maintained the high honor roll status throughout high school and in addition to her involvement in sports she was a member of SADD, Win With Wellness, E2T2 Water Quality Testing, School Newspaper staff (9th-12th grades and editor during her senior year), Yearbook staff during her 11th and 12th year (editor-12th) and St. Jude's Mathetheon. She concludes that this fall she will attend Mount Mercy College in Cedar Rapids where she will study to receive her Bachelor Of Science and Nursing (BSN) and then work in a hospital setting, hopefully in the labor and delivery department or in the operating room. Congratulations and best wishes to you, Tiffany, from Heartland Co-op!!



Michael Paglia..... son of Gary & Luann Paglia (WAUKEE)

Michael is graduating from Adel DeSoto Minburn High School on Sunday, May 25 at 2:30 p.m. Michael was in concert band, jazz band and marching band all four years of high school. As a Junior he also participated in debate and during his Senior year he was part of the news-

paper staff. Congratulations and best wishes to you, Michael, from Heartland Co-op!!



Kaitlyn Strawn...... daughter of Mike & Nedra Strawn (PICKERING/GILMAN)

Kaitlyn will graduate from East Marshall High School on May 18th. She has been a member of the National Honor Society and for three years she participated in chorus, including the school musical. Kaitlyn sports in high school included volleyball and track, both for four years. She plans

to attend ISU and major in Elementary Education and minor in Special Education. Congratulations and best wishes to you, Kaitlyn, from Heartland Co-op!!

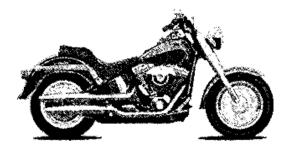
Adrianna McMains..... daughter of Layton & Barb Miller (PRAIRIE CITY) and the late Donald Tuttle

Adrianna graduates from PCM High School in Monroe on Sunday, May 18th. She attends Howard Street Christian Church in Colfax and is involved with their youth group. She participated in swimming for four years at SE Polk High School and lettered her senior year. She also participated in wrestling at PCM for 3 years and in her senior year she became



a wrestling cheerleader. Adrianna has been an active member of the Diamond Trail FFA for the last four years and has been a member for the last nine years in the PC Champs 4-H group, of which she was vice president for two years and during her senior year has been their reporter. Adrianna has also been an active member of the Jasper 4-H County Council for three years. This fall Adrianna will attend DMACC in Ankeny to get her Vet Tech Designation and then will attend either ISU or Colorado State to get her Veterinary Degree. Congratulations and best wishes to you, Adrianna, from Heartland Co-op!!

Join us for a MOTORCYCLE TOUR of Heartland's East Region July 19, 2008



Meet in Prairie City at 10 a.m. or join us on the route. Call (515) 971-9229 for more route info or to RSVP!



Tomato Tart

from Michele Taylor (WDM)

A favorite recipe of mine is a quick and easy recipe and will be great for the summer tomato season. Start with a piece of pie dough (homemade or quick store bought pre-made) and lay it out flat on a pizza pan. Pile it high with your favorite cheeses (mozzarella, cheddar, pepper jack, etc), shredded. Top with tomato slices (roma tomatoes are the perfect size, but any tomatoes will work, of course). Season with your favorite seasonings (such as rosemary, garlic, salt, pepper, Italian seasoning, etc.). Roll up the outside edge to hold all the good stuff on the pie. Bake in a 400 degree oven for 10-12 minutes (or split in half and cook in your toaster oven, can also be put on foil and put right on the grill).

CONGRATULATIONS!!

Sarah Kucera (TRAER) & Paul Beeck

Wedding date — June 14, 2008

Everyone is welcome to celebrate with them at their reception dance beginning at 8:00 p.m. at the Preston Town Hall in Preston, IA.

Let cool for a few minutes and cut with a pizza cutter. Great as a meal or as a snack. Very good and very light!

FOR SALE

APR Registered Miniature Schnauzer Puppies

Sherman Ubben (319) 415-2879

June Employee Birthdays

| Jay Foster | 06/01 | Panora |
|--------------------------------|-------|----------------|
| Austin Kaplan | 06/01 | Belle Plaine |
| John Oberhart | 06/02 | Mingo |
| Joseph Ruddy | 06/02 | Slater |
| Jason Jameson | 06/03 | Mingo |
| Joe Barnes | 06/04 | Grundy Center |
| Mark Kingery | 06/04 | Pickering |
| Jerry Miller | 06/04 | Mingo |
| Douglas Thompson | 06/04 | Randall |
| Michael Thronson | 06/04 | WDM |
| Steven Walter | 06/05 | Blairstown |
| Michael Coughenour | 06/05 | Alleman |
| Betty Dewitt | 06/06 | Waukee |
| Sheryl Kokesh | 06/06 | Conroy |
| Norman Schutte | 06/06 | Prairie City |
| Melvin Wicker | 06/09 | Prairie City |
| Thomas Eckhart | 06/07 | Melbourne |
| Myron Trimpe | 06/10 | Conroy |
| Douglas Henle | 06/10 | Belle Plaine |
| Charles Nielsen | 06/11 | Enterprise |
| Brenda Evans | 06/11 | Colo |
| David Lundstrom | 06/12 | Indianola |
| Kenneth Arjes | 06/12 | Grundy Center |
| · · | 06/13 | Chelsea |
| Matt Elsbury Daniel Noland | 06/14 | Avon |
| | 06/14 | E. 18th St. |
| Jeffery Essy | | _ |
| Kelly Kendall Keith Steimel | 06/16 | Luzerne |
| | 06/17 | Lincoln WDM |
| Brenda Van Otegham | 06/19 | |
| Brian Minser | 06/20 | Melbourne |
| Randy Robinson | 06/20 | Pickering |
| Dennis Smith | 06/20 | Panora |
| Kevin Hanson | 06/21 | Alleman |
| Ronald Vespestad | 06/21 | Alleman |
| Lonnie Kent | 06/22 | Belle Paine |
| Wayne Tapper | 06/22 | Randall |
| Wayne Patterson | 06/24 | Randall |
| Daniel Smothers | 06/24 | Montezuma |
| Gary Paglia | 06/25 | Waukee |
| Steven Streeper | 06/25 | Conroy |
| Guy Doud | 06/26 | Kellogg |
| Charles Goodrich | 06/27 | Malcom |
| John Devries | 06/28 | Prairie City |
| Vance Van Houweling | 06/28 | Prairie City |
| Joseph Miles | 06/29 | Minburn |
| James Brown | 06/30 | Slater |

FOR SALE

3 jack donkeys for sale that have been used to halter brake 4-H calves

Mike Sibert (AVON) (515) 240-0345

June

Anniversary Hire Dates

| Stanley Havel | 1974 | Malcom |
|------------------|------|-------------|
| Bradford Moses | 1974 | Alleman |
| Joseph Schnepf | 1976 | Stanhope |
| Kevin Funk | 1984 | Minburn |
| Gary Paglia | 1989 | Waukee |
| Lowell Finley | 1991 | Conroy |
| Steven Schlampp | 1993 | Reinbeck |
| Ty Ward | 1993 | Conroy |
| Cindy Williamson | 1993 | WDM |
| Michael Higgs | 1997 | Slater |
| Jeffery Needs | 1997 | Pickering |
| Debra Turner | 1997 | Rippey |
| Darren Douglas | 1999 | Malcom |
| Jerry Little | 1999 | Minburn |
| Michael Conrad | 2001 | Conroy |
| Jeffrey Hansen | 2001 | Winterset |
| Ryan Lemke | 2001 | WDM |
| Terry Tjernagel | 2001 | Jewell |
| David Elrod | 2002 | Indianola |
| Jeffery Essy | 2002 | E. 18th St. |
| John Sziber | 2002 | E. 18th St. |
| Gary Mohr | 2004 | WDM |
| Thomas Fawcett | 2005 | WDM |
| Samuel Bro | 2007 | Pickering |
| | | |

FOR SALE

18 HP B&S, Hydro, Power craft mower, 42" deck. Runs & mows good. Good tires, new battery \$500 OBO

12 HP 38" deck 7 speed tran rider, good condition \$300 OBO

Other riders for sale also

Diana Mick (KELLOGG) (641) 227-3515 or (641) 521-6610

FOR SALE

2 — 7' W x 6.1'-6.5' H roll-up utility shed doors — excellent condition \$100 each OBO

Dick McClure (WDM) (515) 974-4339