

HIGHLINES

NEWS FOR THE MEMBERS OF PELLA COOPERATIVE ELECTRIC

NOVEMBER 2026

Congratulations to Journeyman Lineman Spencer Nagel!

Four years, more than 8,000 hours of training, and countless hours of hard work and dedication have paid off for Pella Cooperative Electric's Spencer Nagel!



Line Superintendent Rob Burton presenting Spencer's certificate.

Spencer recently completed the rigorous Iowa Association of Electric Cooperatives (IAEC) apprenticeship program, officially earning his Journeyman Lineman certification!

This milestone represents years of hands-on experience, technical training, and a commitment to developing the skills necessary to safely and reliably serve our members.

The eight-step apprenticeship program, developed by IAEC in partnership with the Iowa Association of Municipal Utilities and Northwest Iowa Community College, is sanctioned by the U.S. Department of Labor. The program includes 8,000 hours of on-the-job training, classroom instruction, testing, evaluations, and skill certifications. It prepares lineworkers with the knowledge, experience, and safety skills needed to excel in their profession.

"Completing this apprenticeship is a tremendous accomplishment and a reflection of Spencer's dedication to his work," said Line Superintendent Rob Burton. "The journey to becoming a journeyman lineman takes years of commitment, determination, and a willingness to keep learning. We're proud of Spencer and excited to see him continue growing in his career here at the cooperative."

Please join us in congratulating Spencer on this well-earned achievement! We're proud to have him as part of the Pella Cooperative Electric team!

Pella Cooperative Electric

Your Touchstone Energy® Cooperative

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Open weekdays: 7:30 am - 4:30 pm;
excluding holidays

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Pella Cooperative Electric is a not-for-profit, member-owned electric cooperative, governed by an elected Board of Directors. This institution is an equal opportunity provider and employer. See pella-cea.org > Non-discrimination Statement for more information.

HAPPY VETERANS DAY

November 11th

Wednesday, November 11 is Veterans Day. A day to recognize, honor, and thank our military veterans who have served our great country. We are proud to recognize two of our own employees who wore the uniform and served our country.



Matt Ainsworth, Lead Lineman, served in the U.S. Marine Corps Forces Reserves from 2001-2007. Lance Freml, Journeyman Lineman, served in the U.S. Marine Corps from 2003-2007.

Thank you Matt and Lance for serving our country and to all our veterans protecting our freedoms, we honor and thank you this Veterans Day.

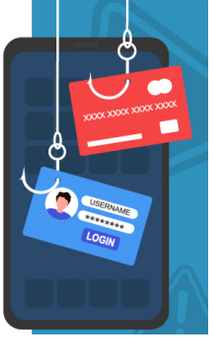


MATT AINSWORTH **LANCE FREML**

TIPS TO AVOID ENERGY SCAMS

Stay alert for fraudulent utility calls. Scammers can spoof caller ID to make a phone call appear to come from your electric utility—even when it doesn't. They may threaten disconnection, demand immediate payment or ask for personal information. Don't rely on caller ID alone to verify a caller's identity. If you receive a suspicious call, hang up and contact your utility using the phone number printed on your bill or listed on the official website.

Source: FTC



THANKSGIVING HOLIDAY OFFICE CLOSED

Our phones are answered 24/7 at 1-800-619-1040 in case of outages.

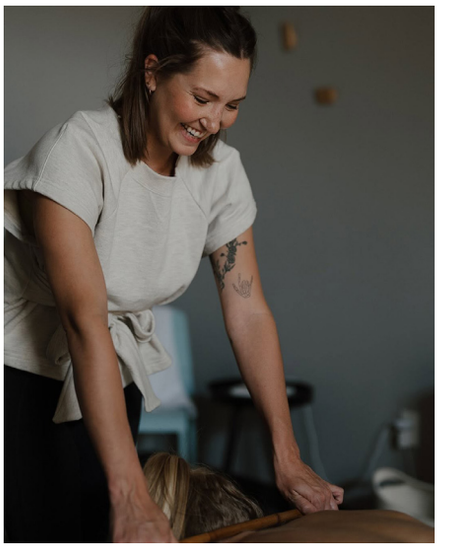
NOVEMBER 26-27

We'll reopen and be ready to assist you on Monday, November 30.

From Passion to Purpose: Nourish Massage Finds a Place to Call Home | Membership Spotlight

By Emma Henning, PCEA Communications Coordinator

What started as an interest in massage therapy years ago has grown into a thriving local business for Pella native India Van Kooten, owner of Nourish Massage Therapy.



India performing a bamboo massage on a client.

India's interest in massage therapy dates back to high school, when she explored the profession for a career paper. After earning an administrative assistant degree from Dordt and spending time working in an office, she realized her passion was elsewhere.

Drawn to a more natural, holistic approach to wellness, India enrolled at Body Wisdom Massage Therapy School in Urbandale, Iowa, where she completed her professional massage therapy education. The process involved specialized hands-on training, earning her certification, and passing a licensing examination to become a licensed massage therapist in Iowa. Licensed therapists must also complete continuing education to maintain their credentials and stay current in their profession.

India earned her massage therapy license in August 2017 and has spent nearly nine years building her experience and helping clients through therapeutic massage. She has taken nuermous courses inlcuding anatomy, physiology, pathology, and kinesiology.



The Van Kooten family.

Her career began in a chiropractic office, where she worked for four years before branching out on her own. She operated from several rented spaces in Pella, gradually growing her business and building a loyal clientele. After years of dreaming about a permanent location, India and her family decided it was time to take the next step.

That opportunity came in the form of a familiar local building: the former bait shop and trading post on the corner of Highway G28 and Highway T15. With a vision for what the space could become, India and her family got to work transforming it into Nourish's new home that opened in October.

The move came during an especially busy season of life. India and her husband, Corey, welcomed their fourth child in July while juggling renovations and a temporary business location. With help from family and the support of her staff, the new space came together.

Today, Nourish offers more than massage therapy. India is joined by massage therapist Alli Pleima, who recently graduated from Body Wisdom Massage Therapy School, and esthetician Emma Pleima, who brings experience in skin care and esthetic service as well as front desk staff.

Nourish Massage Therapy also features a carefully selected collection of wellness products, supplements, and clothing, with an emphasis on natural and low-tox options. India has focused on making the experience as comfortable and welcoming as possible, incorporating thoughtful touches like natural cotton linens, cozy duvets, and additional cushioning on massage tables.

As Nourish settles into its new location, India looks forward to welcoming both familiar faces and new clients.

Whether someone visits for relaxation, stress management, or physical discomfort, India believes massage therapy can meet a variety of needs.

“Every time someone comes in, their needs are a little different. Whether they're dealing with something physical, mental, or emotional, we approach each visit based on what their body needs at that moment,” India explained.

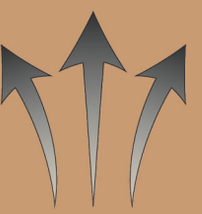
Pella Cooperative Electric is proud to serve local businesses like Nourish Massage Therapy and the people behind them who continue to invest in our community.

Maximize System Performance. **Minimize** Energy Waste.

Whether your heating and cooling system is brand new or 10 years old, regular maintenance can help your system run efficiently, keep energy costs in check and extend its life.

Filter Care
Every 2-3 months

- Check your air filter and replace it as recommended. A dirty filter can re-strict airflow and make your system work harder.
- Keep return and supply vents clear of furniture, rugs and other obstructions. Dust them regularly.



Outdoor Unit Care
Once or twice a year

- Keep leaves, grass and other debris at least 2 feet away from the outdoor unit.
- Gently rinse dirty condenser coils with a garden hose, following your manufacturer's recommendations.



Proactive Service
Twice a year

- Schedule professional tune-ups in spring for cooling and fall for heating.
- Have ductwork checked for leaks or disconnected sections, and seal leaks with mastic or foil-backed tape.



Thermostat Smarts
Year-round

- Adjust your thermostat when you're asleep or away. In summer, set it a little higher; in winter, a little lower.
- Consider a programmable or smart thermostat to automatically manage temperatures and save energy.





A little maintenance can go a long way.
Contact your electric co-op if you have questions about home energy use.

Photo Credit: Lennox