

July 2020

Horizons

A Golden West Customer Newsletter

Produce From the Prairie

Cedar Creek Gardens
Feeds Families Healthy Food

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 **Golden West**
We're everywhere people connect.

Produce From the Prairie

Cedar Creek Gardens Feeds Families Healthy Food

At Cedar Creek Gardens LLC and its sister company Cedar Creek Market Boxes LLC, the daily routine begins with the job of watering and weather-watching out on the rolling prairie. These round-the-clock activities, and many other tasks, keep owners Peggy Martin and Bud Manke working from dawn till dusk, seven days a week, especially during the summer growing season.



have weathered the challenges of working with South Dakota soils, as well as the whims of South Dakota winds, drought, hail and blizzards. Their determination has led to steady growth and 14 outdoor acres in irrigated production.

Martin says, “Once we saw there was an interest from the local communities we decided to expand, and since [Bud] had ample space to grow a variety

of crops and a great clean water supply, we just kept getting bigger and bigger.”

Cedar Creek Gardens operate year-round with the aid of eight greenhouses that maintain temperature-friendly environments, and a cold storage unit for preserving harvested produce. Eggs from 600 free-range chickens are sold all year at Rapid City locations. Cedar Creek Gardens also has a certified commercial kitchen for making salads, and canning items, such as jellies, pickles and salsa.

Market Demand

Cedar Creek Market Boxes sell out quickly and can only be purchased through their website. In-season produce straight from the garden is delivered weekly to customers along five different routes covering communities in west and south-central South Dakota. Each summer, Cedar Creek Gardens participates in a number of farmers markets, as well as farm stands in 16 towns from Pierre to Rapid City. Their growing plan is based upon the requests of customers and clientele. From A to Z, that market-driven base asks for everything from arugula to zucchini.

Growing Close to Home

Martin and Manke have known each other since childhood. They both gardened with their families, which they continue as adults.

“Originally, I started gardening to provide fresh produce for my family,” Martin says. “I wanted to know where my food came from and how it was grown.”

Then in 2013, the two officially incorporated their “locally grown, community focused” fresh produce farm located nine miles south of I-90 from 1880 Town near Midland.

Manke grew up two miles north of Cedar Creek Gardens. He and Martin, originally from down the road in Belvidere,

“We live in a 24/7 society now, and if you can be found online it makes it way easier for your customer to communicate with you when it is convenient for them.”

■ Peggy Martin, Cedar Creek Gardens



Online Conveniences

There’s no doubt that the need for hard work, imaginative planning, plentiful water and cooperative weather are some of the foremost factors in successfully operating a fresh produce farm. But in addition, Cedar Creek Garden’s marketing and outreach plan relies heavily on a reliable broadband connection that supports customer interaction through their website and social media site.



“We live in a 24/7 society now and if you can be found online it makes it way easier for your customer to communicate with you when it is convenient for them,” Martin says.

The availability of multiple, advanced technology platforms and apps help them stay organized and on-task. Using mobile devices, they keep lists for orders and supplies, communicate with customers and wholesalers, and track water samples, cooler temperatures, and the washing and sterilizing of harvest equipment.

Best Rewards

Both Manke and Martin work hard, have long workdays and

rely on the cooperation of Mother Nature for best success. However, they agree that their best rewards lie in meeting and serving customers they regard as their circle of friends.

“It’s great to be feeding so many families,” Manke says.

Where to Find Their Produce

(in Golden West Service Area):

- Summer farm stands in Winner and Martin.
- Farmers markets in Philip, Murdo, Kadoka and Wall.
- Area grocery stores including Murdo Family Food in Murdo.

Other Fun Facts

- Built their own vegetable washer. See a video of it in action on their website and Facebook.
- Can’t be found by GPS. Those who try will be lost.
- Markets their produce from Rapid City to Pierre.
- Once picked 3 tons of tomatoes in one day.
- Feeds their ugly vegetables to their bucket calves.

For more information, visit their website at cedarcreekgarden.com or find them on Facebook.



“It’s great to be feeding so many families.”

■ Bud Manke, Cedar Creek Gardens



The Future Looks Bright

Students Earn Scholarships

Another group of outstanding graduating high school seniors have each been awarded a \$1,000 scholarship towards their first year of college from Golden West.

The cooperative offers scholarships to more than 40 students across our service territory each year. The recipients exemplify the qualities of academic achievement, leadership, civic and extracurricular involvement, and motivation to serve and succeed.

Almost 900 students have received scholarships from Golden West since the program began 22 years ago.

“We’re proud to help these students further their education to become a leader of tomorrow,” says Golden West General Manager Denny Law. “Awarding scholarships is one way in which Golden West invests in the communities we serve.”

Golden West 2020 Scholarship Recipients

Armour High School	Emma Bertram	Lyman High School	Brenden Estes
Avon High School	Cassandra Voigt	Marion High School	Tyler Orcutt
Bennett County High School	Gage Jager	Menno High School	Aidan Friesen
Bon Homme High School	Johanna Jelsma	Montrose High School	Abigail VanRuler
Bridgewater/Emery High School	Jonah Hofer	New Underwood High School	Radley Reichert
Burke High School	Jackson Liewer	Oelrichs High School	Baylie Her Many Horses
Canistota Public High School	Skylar Bultje	Philip High School	Autumn Parsons
Colome High School	Jordyn Seegers	Pine Ridge High School	Shelby Steele-Tymes
Corsica-Stickney High School	Ashlin DeBoer	Plankinton High School	Rebecca Gerlach
Crazy Horse High School	Emil Last Horse	St. Mary Catholic School (Dell Rapids)	Paige Bunkers
Custer High School	Ember Fluck	Scotland High School	Derek Pravecek
Dell Rapids High School	Sydney Stelzer	Stanley County High School	Ella Hand
Edgemont High School	Jenna Ostenson	Sturgis-Brown High School	Kylie Shaw
Faith High School	Harland Groves	Todd County High School	Arvish Bhinder
Freeman Academy	Areli Cortes	Tri-Valley High School	Haley Dahl
Freeman High School	Sydney Jensen	Wall High School	Ash Grenstiner
Gregory High School	Jaslee Kerner	West Central High School	Jessie Kuiken
Hot Springs High School	Lyanne Pineda	White River High School	Nicholas Sayler
Jones County High School	Dylan Iwan	Winner High School	Jacob Clay
Kadoka Area High School	Greyson DeVries	At Large Recipient	Joseph Tisher
Lower Brule High School	Elijah Battese		

Learn more about the Golden West Scholarship recipients at GoldenWest.com/Scholarships.

The following schools did not provide Golden West with information on scholarship recipients for 2020: Little Wound High School, Red Cloud High School and St. Francis High School.



South Dakota Showcase

Share your photos of people, places and things that make South Dakota great.

Where do you connect with your family, friends and neighbors? Whether it's online, on the phone or face-to-face, show us your favorite place to connect in a photo.



Submit your picture to the Golden West Facebook Photo Contest!

Selected photos will be posted to the Golden West Facebook page (facebook.com/goldenwesttelecom), where members will have the opportunity to vote for their favorites.

Photos are due by September 7 to be eligible for the Facebook contest. Voting will occur September 14–18.

The top 12 photos will be featured in our 2021 calendar.

We accept hard copy photos (in good condition) as well as high-resolution digital images (low-resolution images are ineligible). Only one photo per individual can make the calendar. If multiple photos are submitted, the Marketing Department will select one for the Facebook contest. By entering, you also give Golden West permission to use your photo(s) in social media and in other mediums to promote the organization.

Please email or mail photos to:

haileykessenich@goldenwest.com

Golden West Marketing Department

2511 North Plaza Drive, Rapid City, SD 57702





Expanding Telemedicine

Pandemic Pushes Health System to Accelerate Plans

Earlier this year, Monument Health started a two-year plan to rollout an outpatient telemedicine program for its clinics. But instead of following their original timeline, the health system went from zero to 600 telemedicine visits in just three days in response to COVID-19.

“It has been a radical and swift change,” explained Stephanie Lahr, M.D., Chief Information Officer and Chief Medical Information Officer at Monument Health.

“I think most people that have been in the health care technology segment for many years would say this has catapulted us to fully adopt telemedicine.”

Regulation Changes

The sudden adjustment was necessary for the safety of both patients and their providers. The mid-March easing of federal Medicare and state Medicaid regulations for all health care providers helped make it possible.

Prior regulations only supported telemedicine visits from one clinic or hospital to another. The changes allowed for direct-to-consumer health care in patients’ homes. The changes also allowed providers to conduct telemedicine visits across state lines and within the same community as the patients receiving care.

Lahr explained how the changes increased access. She gave the example of a provider who may live and work at either the Monument Health Wall Clinic or a clinic in Rapid City and a patient that lives in Wall. Previously, the patient would have had to travel to the clinic in Wall or to Rapid City when the clinic wasn’t open. The regulation changes can save them a trip.

“We can now deliver any form of primary or specialty care right into the patient’s home,” she said.



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■ **Dr. Stephanie Lahr**
Chief Information Officer
Monument Health

Remotely Monitoring COVID-19

Another example involved Wyoming- or Nebraska-based patients who receive care at Monument Health’s location in Hot Springs. Now those patients can remain at home and have a live appointment with their provider via phone or video. Additionally, COVID-19 patients have had the opportunity to participate in a two-week home-monitoring program that connects them daily with the nurse triage team that tracks their symptoms and elevates care when necessary.

Regulation changes are considered temporary at this point, said Lahr. Any moves toward making the policy changes permanent are currently unknown.

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■ **Dr. Stephanie Lahr**
Chief Information Officer
Monument Health

Beyond the regulation changes, reliable broadband or high-speed internet also makes these in-home telehealth or telemedicine visits possible via video.

Teamwork

Lahr said Monument Health caregivers have demonstrated incredible commitment during trying times. “Everyone made the best of it, ran with it, and is now making it work in an integrated way. They have shown amazing resilience and problem-solving.”

Patient Visits Provider From Home

In early April, Golden West Engineering Manager Marty Huether visited his primary care provider in Wall for a persistent skin condition. He experienced his first telemedicine visit for a follow-up appointment from his home in Wall. His provider works in Rapid City on Fridays, so telemedicine was a great option.

“It was very easy. They just sent me a text, and I replied to the text when I was ready. I didn’t have to download anything, and the picture and sound were good,” Huether said. “Best of all, the telemedicine visit allowed me to see the same person. If I had just gone to urgent care, I would have seen someone else.”

Huether encouraged others to give it a try. “I think they’ll find their experience will be better than what they expect.”



Marty Huether
Golden West
Engineering
Manager

Bundled Phone Customers Get 300 Monthly Minutes Of Long Distance Calling

Customers who bundle phone with another service can call distant family and friends outside the area more frequently at no additional cost.

SmartPAK bundles with phone service now include 300 long distance minutes every month at the same bundle price. The increase started in April and will continue as a permanent part of the bundles.



SAVE THE DATE

All members are invited to the
**68th Golden West
Telecommunications Cooperative’s**

ANNUAL MEETING

**Saturday, September 26
in Wall, SD**



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Online payment methods are available for all customers at no charge. eStatement promotion runs through July 31, 2020. Savings will be applied as a one-time bill credit. Limit one bill credit per account. You must maintain "web only" statements for six months. If you resume mailed paper statements sooner than 6 months, Golden West will bill the promotional offer back to your account.



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