



Lisa Shea's Italian frittata recipe came from her grandfather.

"My mom's dad made it mostly around the holidays." said Lisa, Accountant Assistant at NorthWestern Energy. "Growing up, I knew that when we were making frittata, it was a sign of a family gathering! It wasn't a weekly dish; but reserved for a holiday or special occasion."

Lisa was born in Butte, Montana, and raised in Anaconda, Montana. Her mom is 100% Italian and her dad is 100% Croatian, and food has always played an important role in her family.

"I really love to cook," Lisa said. "I grew up with lots of pasta, and wine making in the fall."

Lisa has fond memories of her grandfather's vegetable garden, with lettuce, fava beans, peas, carrots and more.

"It was amazing what he had in his backyard," Lisa said.

Lisa's husband is Irish, and she's enjoyed sharing her family recipes with his family and learning some of their recipes.

Lisa started her career with NorthWestern as a meter reader in Anaconda almost 39 years ago. A few months later, a teller position opened in the Butte Division office where Lisa helped customers who came in to sign up for power or pay their bills. After about three years working in the Division office, Lisa moved to the Butte General Office and has worked in the finance area of the company ever since.

"It's been an awesome ride," Lisa said.

Part of Lisa's job is reconciling real time-energy trading transactions, when NorthWestern buys or sells power on the market. That requires Lisa to work with about 30 different energy companies across the U.S.

"I've made some long-term connections," she said.

She also enjoys working with her coworkers at NorthWestern, and frequently participates in volunteer events.

"I've always been really fortunate to have a good team of people to work with in my department," she said.



Lisa's Italian Frittata

INGREDIENTS

- 16 eggs
- 1 clove minced garlic
- ½ cup grated parmesan cheese
- ½ cup Italian bread crumbs
- Basil, parsley or cilantro
- ¾ cup asparagus, diced (about ½ pound)
- 1 ½ cups lean ham, diced (about 10 ounces)
- 1 cup Mozzarella cheese (about 4 ounces)
- ½ cup Ricotta cheese
- 2 ½ cups Swiss, Jack or Cheddar cheese (or combination) (about 12 ounces)

INSTRUCTIONS

- 1 Break eggs into a large bowl and beat well. To the eggs, add garlic; parmesan cheese; bread crumbs; basil, parsley or cilantro; and pepper to taste. Set aside.
- 2 Dice the asparagus. To remove moisture, place diced asparagus on a plate with a paper towel and microwave for about 3 minutes on low power.
- 3 Dice the ham. To remove moisture, place diced ham on a plate with a paper towel and microwave for about 3 minutes on low power.
- 4 Cut the cheese into small cubes.
- 5 Add the ham, asparagus and cheese to the egg mixture. Mix well. Pour into a 9x13 glass baking dish, and bake at 350 degrees for 50 minutes or until done. (Light brown on the bottom and a toothpick comes out clean.)

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We are proud of the diversity in the communities we serve. To better serve the needs of some of our customers, we translate important customer information into two languages: Spanish and Karenic.

Estamos orgullosos de la diversidad en las comunidades que servimos. Para satisfacer mejor las necesidades de algunos de nuestros clientes, traducimos información importante del cliente a dos idiomas: español y karenic.

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Energy Connections Editor
11 E Park St, Butte, MT 59701
news2@northwestern.com

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In this issue: Tree planting tips and safety | Italian Frittata recipe

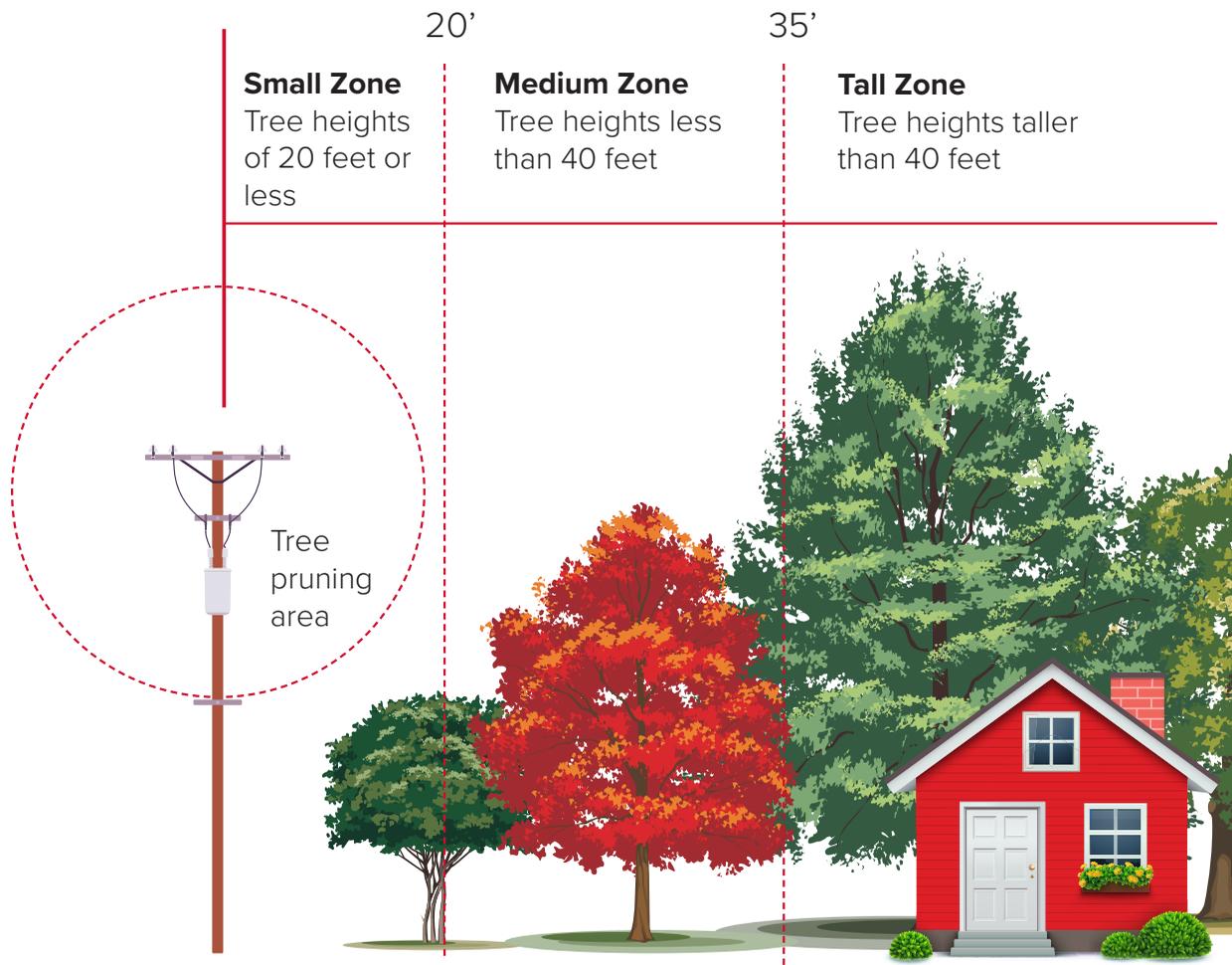


Bright ideas to save

Open windows

Opening windows creates a cross breeze, allowing you to naturally cool your home without turning on your air conditioner. This is an ideal tactic in spring when temperatures are mild.

Planning, planting and protecting trees and energy infrastructure



Planting a tree takes some initial planning, educating and important safety measures to ensure the tree is all that it can be. Use the following tips to ensure your tree lives a long and healthy life.

Planning Your Plant

Scan this QR code with your phone's camera to watch a video on picking the right tree for the right place.



Where you plant a tree is just as important as the tree you select. Planting a tall tree too close to a power line could result in the tree being regularly trimmed shorter than you would ever want or worse, being removed.

Pick the right tree and the right place to avoid collisions with power lines, sidewalks, buildings and other trees.

1. **Get measurements.** When selecting a new tree or shrub, ask the tree nursery what the height and width will be once it's fully grown.
2. **Call 811.** Before digging, call 811 or visit Call811.com to have underground utility lines marked for free. Do this at least two business days before you are planning to plant.
3. **Look up.** If power lines are over the area where you want to plant, plan to plant roughly 20 feet away based on the mature size of your tree.

4. **Look down.** To be safe, plan to plant at least 25 feet away from the flags that indicate underground natural gas lines.
5. **Look around.** If there are any ground-level transformers nearby, plan to plant at least 10 feet away from the front to ensure the transformer is accessible.

TREE TIP: If your tree's mature height is 20 feet – plant it at least 20 feet away from any nearby power lines.



Planting Your Tree

Scan this QR code with your phone's camera to watch a video with tree planting tips.

Trees typically come in containers or pots, in burlap or are bare root. Depending on the packaging, the roots of the tree will need to be loosened and untangled in case they have been growing in a circle. But you'll want to wait to do this until you have dug the hole and placed the tree in its spot, careful to carry the tree by the root ball.

1. **Dig the hole.** Dig a saucer-shaped hole with sloping sides that is two times the width of your tree's container and only as deep as the height of the root ball.
2. **Free your tree.** Carefully remove the container or cut the wire basket and remove the rope, twine and burlap.
3. **Set it straight.** Place the tree straight so the trunk flare, located at the base of the tree where the roots spread, is slightly visible above the ground.
4. **Add some soil.** Fill in the hole with previously removed soil, but only until the soil is just below the root collar.
5. **Water the tree.** Give the soil around the tree a good soaking to ensure it settles and there are no air pockets.
6. **Add mulch.** Keeping a 4-inch distance from the base of the tree, add about 2-4 inches of mulch on top of the backfilled soil.

TREE TIP: Don't forget to remove any tags or labels from your tree and trim any broken or dead branches.

Protecting Your Tree

Scan this QR code with your phone's camera to watch a video on tree maintenance.



Properly maintaining your tree, especially as it relates to pruning, will help keep your tree healthy and structurally sound. Our Vegetation Management Team works year-round trimming trees away from power lines and transformers. Trees that grow into power lines are a major cause of electrical outages and fires. Here are some ways to protect yourself and your tree.

1. Plant the right tree in the right place, which means away from overhead and underground utility lines.
2. Never remove a fallen tree or branch from a power line. You could be seriously injured or killed.
3. If a tree or branch touches a power line, keep yourself and others away from the tree and call 911.

To learn more, visit NorthWesternEnergy.com/trees.

