



BIG FLAT NEWS



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Achievable resolutions

A few tips to make those New Year resolutions a success

By **ALLISON GOLDBERG**
For Big Flat Electric

Do most New Years speed past as resolutions are forgotten? You are not alone. Setting large, difficult goals and making strong initial progress that fades as the weeks go by happens to everyone. Don't worry; small changes can have big impacts, and be easier to maintain. Here are some reasonable resolutions to help you make healthy, positive changes.

If you want to eat better but find you cannot adhere to a strict, restrictive diet, try making more nutritious choices one at a time.

- Add an extra serving of nutritiously prepared vegetables every day, such as steamed or roasted veggies as a side, using salsa instead of butter on your baked potato or adding mushrooms to ground beef.
- Cut both sugary and artificially sweetened soft drinks to only one each week. Don't deny yourself. Make it a special treat!
- Replace sugary or refined snacks and breakfast foods with fruits, nuts and whole grains. Fresh fruit and nuts or nut butter, avocado and cheese on whole grain toast, lightly sweetened granola in plain yogurt, steel-cut oats with berries are good examples. Delicious *and* nutritious.

If you resolved to use the gym but you're not going, find a way to make it engaging and hold yourself accountable.

- Find a gym buddy, go together and hold each other accountable.
- Try a resolution accountability app, such as Pact, which attaches monetary value to your dedication.
- Make working out more social with fitness social media apps or support groups on social networks.
- Make it more social in real life by joining fitness classes or searching *Meetup.com* for groups that get together for fitness activities, both in the gym and outdoors.

• If the gym truly isn't for you, quit. Take a dance or self-defense class, riding lessons or outdoor survival course. Do what moves you, literally and figuratively.

If you resolved to get organized but find yourself still living in clutter, running late or not getting enough sleep, tackle organization with small tasks.

- Section by section, put things away, dust or disinfect and do not allow yourself to re-clutter a cleaned area. Invest in attractive storage solutions and clean one section each evening until you finish every section.
- Decide if you pick up an object, you must put it down in its rightful place.
- Use your phone's calendar to track every appointment and block off time. Set reminders to provide enough time to get out the door and on the road. You can also use it to remind yourself to go to bed early, give the dog its medication, bake cookies for a bake sale or spend a few minutes tidying at the end of each day.
- Say no to unnecessary or unimportant requests that stretch your time and patience, to which you cannot give your full attention or that sound just plain terrible. Prioritize the people and activities you care about most, including yourself.





The Mud Wagon

Historic Malta-Zortman stagecoach restored and on display in Malta

STORY BY **SHAWNA MYERS** | BIG FLAT ELECTRIC COOPERATIVE

THE Malta-Zortman stagecoach was built by the August Weisenhorn Manufacturing Company of Helena in 1890, and is an essential part of Phillips County history. The stagecoach was referred to as the “Mud Wagon.” It was used often since it was lighter in weight, allowing it to travel easier in rainy weather. Also, it could navigate the mountain trails more successfully because of its lower center of gravity, allowing for fewer tip-overs.

Not only was it used for passenger travel, there were other purposes for the Mud Wagon. It was used to deliver the U.S. mail, transport gold from the Ruby Gulch Mine at Zortman to the railway depot in Malta, and to deliver cash to Zortman for the mine payroll.

The Malta-Zortman stagecoach ran from 1904 - 1914. Despite it being the era of Kid Curry and the Wild Bunch, it successfully ran six days a week for more than a decade and was never robbed.

High Country Horse Drawn, owned by Harlan Olson of Bozeman, began the complete restoration of the Mud Wagon in 2014. It took a tremendous amount of work, including stripping nine layers of paint to get to its original colors. The stagecoach was a different color than most stagecoaches, as it had a yellow box and red wheels and running gear. Harlan completed the renovation in October.

The Malta-Zortman stagecoach is now on permanent loan from the city of Malta and is displayed in the Antique Modes of Transportation Museum, enabling it to live on as an important part of Phillips County History. RM



The unstable stagecoach in 2014, before restoration started. | PHOTO COURTESY OF HARLAN & JOAL OLSON



The refurbished Malta-Zortman stagecoach offered rides after the Return of the Stagecoach presentation. Driving is Kyle Salvesson. The complete restoration by High Country Horse Drawn, started in 2014 and was finished in October 2021. | PHOTO COURTESY OF KAY HOULD



ABOVE: Work begins on the main body of the stagecoach. | PHOTO COURTESY OF HARLAN & JOAL OLSON



LEFT: The undercarriage showed signs of extreme wear, including cracked, worn, and deformed wood, broken rivets and bent irons from extreme use. | PHOTO COURTESY OF HARLAN & JOAL OLSON



RIGHT: Cracks and deformity in the main truss brace. | PHOTO COURTESY OF HARLAN & JOAL OLSON



ABOVE: The rear and front boots were well worn, and had cracked and broken wood with areas of dry rot. | PHOTO COURTESY OF HARLAN & JOAL OLSON



The Big Flat Electric Cooperative Board of Directors listen as National Rural Utilities Cooperative Finance Corporation (CFC) Regional Vice President Eric Anderson gives a valuable director education course on equity management and financial reports. CFC provides credit and industry-leading financial products to Big Flat Electric and electric cooperatives nationwide. | **BIG FLAT ELECTRIC PHOTO**

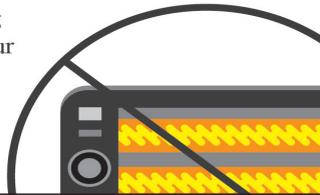


Congratulations are in order for Director Alan Van Voast, who received first place at the 2021 Montana Electric Cooperatives' Association's annual meeting for his feature story, "Looking Back When the Line Went In". The story was published in a previous edition of the *Big Flat News*. Great job, Alan!

TIPS TO DITCH THE SPACE HEATER

Space heaters are energy hogs, and older models can be extremely dangerous. This winter, ditch the space heater and try these alternative solutions to stay cozy.

- Use an electric blanket to keep warm during the night.
- Caulk and weatherstrip around all windows and doors to prevent heat loss.
- Consider adding insulation to your attic and around duct work.



Energy Efficiency Tip of the Month

Maximize your heating system's performance by inspecting, cleaning or replacing air filters once a month or as needed to reduce energy costs and prevent potential damage to your system.

Make sure radiators, baseboard heaters and warm-air registers aren't blocked so air can flow freely.

Source: Dept. of Energy



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