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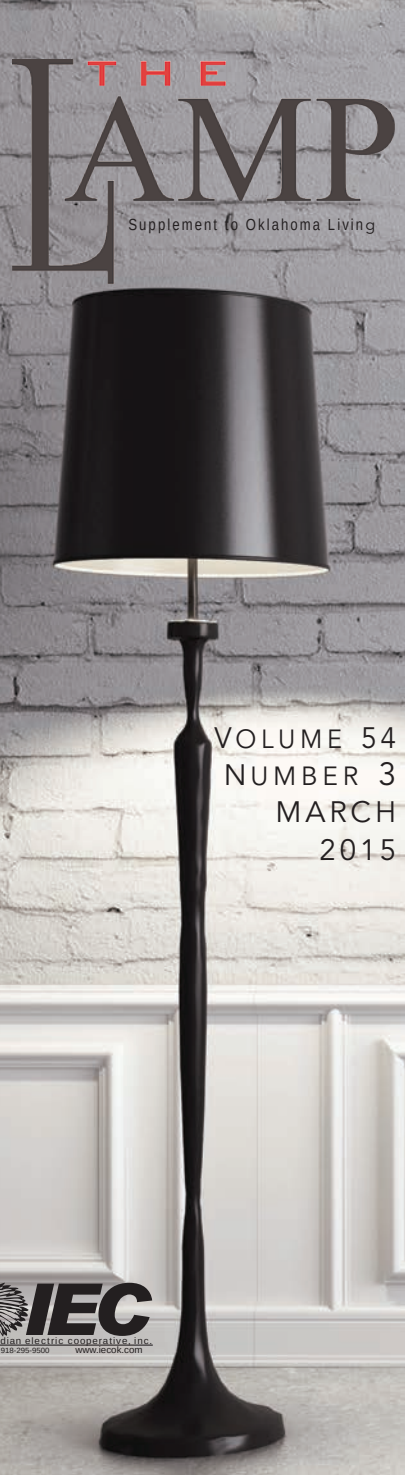


ENERGY EFFICIENCY
TIP
OF THE MONTH

Your home works hard for you. Consider giving it an energy checkup. Hire a professional energy auditor to diagnose where your house could be losing energy and where you can start saving money. Auditors check for air leaks, inspect insulation, survey heating and cooling equipment and more. After making efficiency upgrades, you could save 5-30 percent on your energy bills.
Source: U.S. Department of Energy

AT THE SUMMIT. *Kelly Barnes, Keely Roberts, Hannah Perrin and Rhett Laubach. Roberts and Perrin are Indian Electric $250 Scholarship winners. Barnes and Laubach are Leadership training professionals from YourNextSpeaker, LLC.*

IEC Awards Two Touchstone Energy Leadership Scholarships

Pawnee High School senior Keely Roberts and Mannford High School senior Hannah Perrin joined students from across the state as the Indian Electric Cooperative (IEC) representatives for this year's Touchstone Energy Leadership Summit. The January 17th summit in Oklahoma City, organized by Touchstone Energy Cooperatives, including IEC, taught the core components of leadership. The summit was lead by leadership training professional, Rhett Laubach of YourNextSpeaker, LLC.

Laubach's leadership experiences through unique circumstances, add a multitude of profound and powerful leadership lessons that few presenters have the opportunity to share. Participants worked in small groups throughout the fast paced day.

Keely Roberts recalled a teamwork "teaching experience" requiring their six-member group to recreate a photograph with their bodies. Roberts said, "Our group reproduced a live Mt. Rushmore. The four boys posed in order and focus as the faces of George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln." Roberts and the second girl teammate covered their heads with the hood of their grey leadership summit hoodies and faced the opposite direction, creating the grey top of Mt. Rushmore. Roberts said, "I'm quiet, and was surprised that I was chosen to be the leader of many of the small groups that day. The leadership skill of accepting input from the entire team was a new skill I learned that day. The learning atmosphere of the summit gave me confidence to try new leadership skills."

Hannah Perrin said, "Being a good leader by being a good role model is a principle I have taken to heart. Most importantly, be cautious of being prideful. A good leader realizes and acknowledges the team involved in accomplishing the goals. When making decisions, I have learned to make them as though I am a leader. That direction challenged and empowered me."

Both Roberts and Perrin agreed they left the summit with more confidence and new knowledge to positively affect their futures and their community.

Roberts, is the daughter of Hope and Travis Roberts of Pawnee. Perrin is the daughter of Kendra and Jason Welborn of Sand Springs. Both students were selected for this scholarship award and leadership summit following their participation in the annual Indian Electric Cooperative Youth Tour contest that took place during their high school junior year. Each summit participant received a $250 college scholarship. All summit participants were entered into a drawing for a chance to win an additional $1,000 scholarship during the OKC Barons Hockey game that evening.

IEC congratulates Keely and Hannah, wishing each every success in their leadership roles.

High school juniors motivated to earn IEC college scholarship consideration must qualify in the IEC Youth Tour essay and speech contest during their junior year. Information regarding Youth Tour is available online at www.iecok.com or by contacting Clara Eulert, Youth Tour program coordinator.

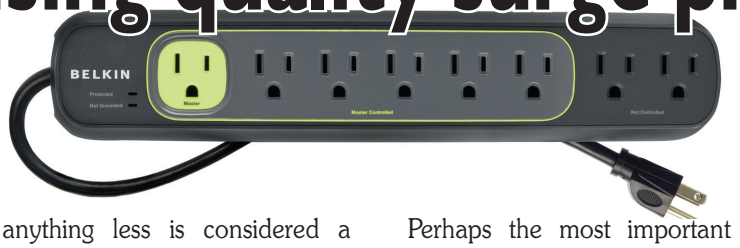
RIGHT OF WAY CLEARING IS CRITICAL TO MAINTAIN POWER. SEE PAGE 3.

WKP SENIORS HAVE NEW WINDOW BLINDS THANKS TO IEC FOUNDATION

The WKP Seniors (Westport-Keystone Peninsula) received a $500 grant from the IEC Foundation's Operation Round-Up® program last fall to outfit the Westport Community Center with new vertical blinds. WKP Seniors meet at the center daily. Hearing about the project at a Keystone Peninsula Property Owners Association (KPPOA) meeting, newcomer to the area Bill Weatherford (who owns a remodeling business) volunteerd to remove the old and put in the new blinds. Pictured with Weatherford (center) above are WKP officers Garry Bennett, Norma-Jean Bennett, Edwin Peterman and Norma Garrison. Weatherford is shown at right hanging the new blinds.

Photos by Natasja Kemp/Cleveland American

Are you using quality surge protection?



By Tom Tate

There is little, if anything, you can buy today that does not have some electronic component. Even clothing as wearable electronics are starting to take hold. Not to mention a device (http://www.makeymakey.com) that allows you to make a keyboard from bananas. So, it's time to take a look at making sure your electronics last as long as possible. I'm not talking about replacement plans or extended warranties. Today we're talking about protecting your products from electrical surges.

The first order of business is to define a surge. Here's one from Computer Hope (http://www.computerhope.com/jargon/s/surge.htm) on the 'Net. "Alternatively known as a line surge, a surge is an unexpected increase in voltage in an electrical current that causes damage to electrical equipment. For example, the standard United States voltage is 120V. If an electrical current above this rating was to come through a power outlet for more than three nanoseconds, this would be considered a surge, anything less is considered a spike. A surge is usually created by lightning and can damage unprotected computers and even protected computers."

Many people think a blink from Indian Electric Cooperative's system is a surge, but these are generally caused by something like a tree contacting a line. In such cases, the system's protective devices work, causing an interruption to protect the wires and other components. These are not surges, but more like turning a light on and off.

True surges will enter a home through any number of avenues. The most obvious is through the power lines. Less obvious is through the telephone lines, cable/satellite connections, water lines and any other metallic system that connects to your home. So, to protect against surges, you need to take a three-pronged approach.

Perhaps the most important thing to do is to be sure all the grounds in your home are good and that they are bonded together. Over the years, grounds can deteriorate, new services can be added with inadequate grounding and so forth. A faulty ground will allow surges into the home rather than bleeding them off into the earth. Get a qualified electrician to test and correct your grounding system.

Next, protect your electrical service entrance with a surge device. The easiest to install are those mounted behind the meter. They can also be mounted at the main electric panel. When a surge travels down the electric lines, these devices will act to "clamp" the surge and reduce its power. These are sacrificial devices that allow themselves to be destroyed rather than allowing the surge to pass through. Noble devices indeed!

The third prong is to protect expensive devices at their point of use. Computers and entertainment equipment are prime examples. Remember that surges can enter the home via avenues other than the power lines. Computers and entertainment equipment are frequently connected to cable and phone lines. Those devices need to have protection at the point of use that covers all possible avenues. These are generally in the form of a power strip or wall device most of us are familiar with. Use a quality product from a manufacturer such as Monster, Belkin, Tripp Lite, or APC, to name a few. Look for one with a joule rating of at least 1,000, a connected equipment warranty and compatibility with digital signals from cable and satellite. While you are at it, look for a "smart" strip that turns off all but one connected device when not in use.

Save money on your electric bill while protecting your equipment. It's a definite win-win.

— Tom Tate writes on cooperative issues for the National Rural Electric Cooperative Association in Arlington, Va.

Reliability is reason for clearing

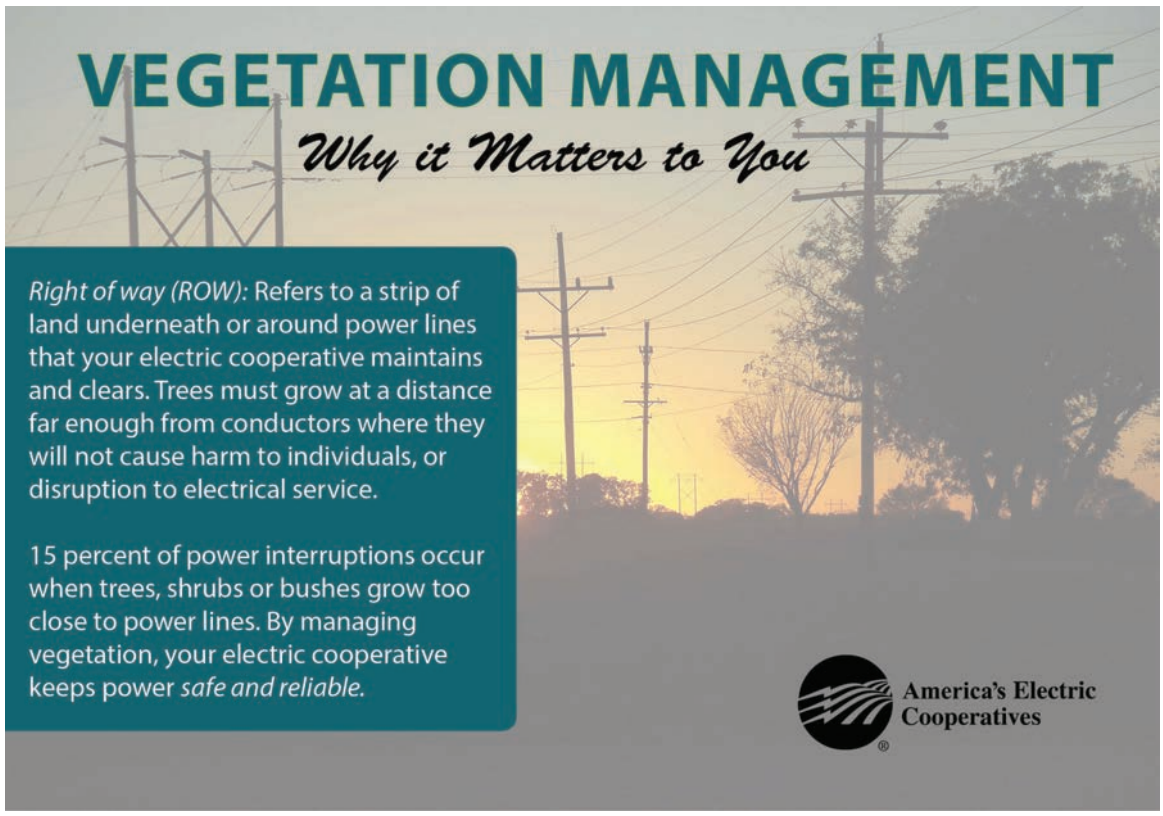
By Meghaan Evans

There are many ways that Indian Electric Cooperative provides you with safe, reliable electric service. One of the most common – and crucial – ways is referred to as right-of-way clearing (or vegetation management).

A right of way (ROW) refers to a strip of land underneath or around power lines that your electric cooperative has the right and responsibility to maintain and clear. Trees must grow at a distance far enough from conductors where they will not cause harm to individuals or disruption to electrical service. Specifications can vary, but a general guideline of maintaining a safe ROW is 25 feet of clearance on either side of the primary conductors.

Clearing the ROW is critical to keeping our members' lights on. An average of 15 percent of power interruptions occur when trees, shrubs or bushes grow too close to power lines.

If a tree encroaches on this safe distance, our vegetation management team will trim back branches and brush using chainsaws, bucket trucks, tree climbers, and mowers. Chemical control methods can also be used as a way to support the growth of low growing plant species that will outcompete the tall trees growing beneath power lines.



ROW clearing also keeps your family safe by ensuring that tree branches do not become energized due to close contact with a power line. Power lines can carry up to 14,400 volts, and an energized tree branch is incredibly dangerous – even deadly. Be mindful when around trees close to power lines, and make sure your children know that climbing trees near power lines is extremely dangerous.

ROW clearing is also critical to ensuring that we provide members with affordable electricity. Staying ahead of the game keeps us from having to come out after a storm to restore power due to fallen trees. Remember to contact Indian Electric Cooperative if you decide to trim or remove trees near any power service or line. And never trim a tree in the right-of-way zone on your own.

— Meghaan Evans writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Seasonal Fun Facts...

You know you need to wear green on March 17, but what don't you know about Saint Patrick and his big day?

• WE SHOULD WEAR BLUE

Saint Patrick himself would have to deal with pinching on his feast day. His color was "Saint Patrick's blue," a light shade. Green only became associated with the big day after it was linked to the Irish independence movement in the late 18th century.

• ST. PATRICK WAS BRITISH

Although he made his mark by introducing Christianity to Ireland in the year 432, Patrick wasn't Irish himself. He was born to Roman parents in Scotland or Wales in the late fourth century.

• IRISH TAKE DAY SERIOUSLY

As you might expect, Saint Patrick's Day is a huge deal in his old stomping grounds. It's a national holiday in both Ireland and Northern Ireland.

• SO DO NEW YORKERS

New York City's Saint Patrick's Day Parade is one of the world's largest parades. Since 1762, 250,000 marchers have traipsed up Fifth Avenue on foot – the parade still doesn't allow floats, cars, or other modern trappings.

• CHICAGO LUCKY, TOO

New York may have more manpower, but Chicago has a spectacle all its own. The city has been celebrating Saint Patrick by dumping green dye into the Chicago River since 1962. It takes 40 tons of dye to get the river to a suitably festive shade!

• REASON FOR SHAMROCKS

How did the shamrock become associated with Saint Patrick? According to Irish legend, the saint used the three-leafed plant as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.

• COLD HELPED LEGEND

In Irish lore, Saint Patrick gets credit for driving all the snakes out of Ireland. Scientists suggest the job might not have been too hard – according to the fossil record, Ireland has never been home to any snakes. Through the Ice Age, Ireland was too cold to host any reptiles, and the surrounding seas have staved off serpentine invaders since. Scholars think the "snakes" were likely metaphorical.

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Start Your Morning Right with Irish Soda Bread

"I'm always asked to share this recipe!"

Rose Mary Mogan
Sauk Village, IL
(Pop. 10,506)

Rose Mary Mogan's Irish Soda Bread is so tasty you're not going to just want to make this on St. Patrick's Day! Perfect with a big smear of butter and a steaming cup of coffee, you're friends will feel really lucky when you serve them this wonderful soda bread.

See step-by-step photos of Rose Mary's recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/sodabread

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

- Janet

Irish Soda Bread

What You Need

2 c whole wheat flour
3 c all-purpose flour
2/3 c sugar
1 tsp baking powder
1 tsp each baking soda, & salt
1/2 c cold butter, cut into pieces
2 large eggs, beaten, room temp
1 1/2 c buttermik
15 oz box raisins
1 large egg beaten with 1 tbsp milk
3 tbsp caraway seeds (opt)
1 1/2 c extra flour, for dusting
4 oz extra butter, for serving

Directions

- Preheat oven to 350F.
- Pour raisins into bowl, cover with water and microwave for 5 min. Set aside to cool, drain.
- Spray baking sheet with cooking spray.
- Sift flours, sugar, salt, baking powder and baking soda in a large bowl. Pour into food processor with a metal blade.
- Add the butter and pulse until mixture resembles course crumbs.
- Add beaten eggs and buttermilk. Process until dough comes together.
- Dust work surface with 1 1/2 cups of flour; turn out dough onto work surface.
- Add raisins and caraway seeds. Knead until raisins are incorporated. Divide dough into two equal portions. Shape into two round breads.
- Transfer to baking pan. Brush loaves with egg wash. Cut an X in top of each loaf.
- Bake for 45-50 min. or until top is golden brown.
- Remove from oven and let cool on wire rack for 15 min.
- Slice and serve warm with additional butter.

Submitted by: Rose Mary Mogan, Sauk Village, IL (Pop. 10,506)

www.justapinch.com/sodabread

Brought to you by American Hometown Media

The Power of Membership

In these days of economic turmoil, folks who receive electricity from co-ops are

As locally owned and operated businesses, electric co-ops understand the people they serve and are locally run to serve your needs. Trustees and employees at IEC share the same values and have the same pride of place as you do because it is our community, too. We act like neighbors because we are neighbors.

While many electricity consumers pay power bills to companies that answer to far-away stockholders who demand a healthy profit every quarter, local members call the shots at electric co-ops like ours. Co-ops aren't under pressure to keep rates high enough to generate big profits. Instead, co-ops try to keep your bill as low as possible while providing high-quality service. Co-ops invest money in excess of operating costs back into the business locally or return the excess (known as margins) to you in the form of capital credits.

Our goal is keeping lights on safely, reliably, and keeping costs affordable.

You may know the history of the electric cooperative movement, how seven decades ago rural residents banded together to bring the conveniences of electricity to their communities when investor-owned utilities would not extend service. The associations they formed, on the same democratic principles as this great nation, are as strong and relevant today as they were back then. But co-ops are not just products of a proud past. These days, Americans from all walks of life have come to recognize the co-op approach—members working together to achieve price and service benefits—can work for other needs just as effectively as it delivered affordable power to rural Americans.

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