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July 2016

Hot Watts

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Your Touchstone Energy® Cooperative



Energy Efficiency

Tip of the Month

Use small electric pans, toaster ovens or convection ovens for small meals rather than your stove or oven.

A toaster or convection oven uses one-third to one-half as much energy as a full-sized oven.

Source: energy.gov

Congratulations!

Wilburn Callan is our online survey winner.



Offices Closed

CHEC offices will be closed on July 4th in observance of Independence Day.

Jeremy Baker to Volunteer in Bolivia

Jeremy Baker, a journeyman lineman at CHEC, has been selected as a volunteer who will serve on the Energy Trails Electrification Project that will take place in the country of Bolivia.

"I am excited to go," says Baker. "I'm grateful for the opportunity to help others."

The OAEC International Committee, comprised of trustees from the statewide association board, received 39 applications from linemen, electricians and engineers representing 17 out of 27 distribution systems in the state.

"We were very excited with the number of applications we received for this first project. Each candidate was excellent," Jimmy Taylor, International Committee chairman, said. "Due to the tremendous response, we will continue to seek opportunities to serve on international projects through the NRECA International Foundation."

The Energy Trails project marks the first electrification project sponsored by Oklahoma's electric cooperatives. Oklahoma Association of Electric Cooperatives (OAEC) is joining forces with the Association of Missouri Electric Cooperatives (AMEC) to electrify two remote villages in northern Bolivia. Seven volunteers plus one safety director will represent Oklahoma in the project that is slated for the period of August 1 to August 17, 2016.

"Rural electric cooperatives are known for bringing power to areas that would not otherwise enjoy electricity," Chris Meyers, OAEC General Manager, said. "It's rewarding to know we will play a part in making a difference in the lives of families who are striving to have a better quality of life."

The project is possible through the coordination and leadership of NRECA International Foundation, the philanthropic arm for the National Rural Electric Cooperative Association based in Arlington, Va.

Keep up with the project at energytrails.wordpress.com.

Oklahoma Energy Trails Team



Wade Hurst, Team Leader
Okla. Assn. of Electric Cooperatives



Jeremy Baker,
Cookson Hills Electric Cooperative



Stacy Bourne,
East Central Okla. Electric Cooperative



Jason Brown,
Rural Electric Cooperative



Larry Cisneros,
Northeast Okla. Electric Cooperative



Dorec Janaway
Oklahoma Electric Cooperative



Damon Lester,
Indian Electric Cooperative



Heath Martin
Northfork Electric Cooperative



David Sheets, First Alternate
TCEC



Andrew Pool, Second Alternate
Central Rural Electric Cooperative

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**If You Find Your Account Number
Hidden in This Issue of the Hot Watts,
You'll Receive a \$25 Credit on
Your Electric Bill**

Porum Substation Completed

CHEC is pleased to announce that the Porum Substation project has been completed in Muskogee County. The Porum Substation was placed into service June 8, 2016, and has replaced an older, antiquated substation located west of Webbers Falls. The Porum Substation will provide better reliability in the area and will allow for future growth and expansion.



Photo by Felicia Williams

Statement of Non-Discrimination

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Remedies and complaint filing deadlines vary by program or incident.

Person with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov

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Students Attend YouthPower Energy Camp

Four area eighth graders started their summer improving their leadership skills, making new friends, and having lots of fun. The students attended “YouthPower” Energy Camp May 31 through June 3 at Canyon Camp just south of Hinton, Oklahoma.

Those students are Saylor Kemp of Roland Junior High School, daughter of Reuben Kemp; Daelyn Tuck of Roland Junior High School, daughter of Candace Tuck; Sam McCawley of Sallisaw Middle School, son of Kris and Crystal McCawley; and Peyton Ruark of Sallisaw Middle School, son of Jesse and Denise Ruark.

CHEC, along with OAEC, sponsor eighth grade students for Energy Camp each year. Oklahoma’s rural electric cooperatives have been sending kids to the camp for nearly 27 years. Energy Camp was founded on three principles: cooperation, teamwork, and development of leadership skills.

The students experienced first-hand the exciting world of rural electricity. They learned about “life before electricity,” watched electrical safety demonstrations, climbed poles, and rode in a bucket truck. Students also formed their own “Coke and Candy Co-op,” and set up and ran their own cooperative business which included electing a board of directors and a general manager.

Students enjoyed volleyball, swimming, hiking, and many other games while at Canyon Camp. Each 1729300 student completed the Canyon Camp ropes course. Students realized the value of trust and dependability of others by participating in these events.

Since inception in 1989, more than 1,300 students across Oklahoma have experienced the camp. Many have gone on to participate in the Youth Tour program. Energy Campers walk away from camp with sharper leadership skills and new-found friends from every corner of the state.

For more information about “YouthPower” Energy Camp, visit our website at www.cooksonhills.com or contact Donna Rhodes, Youth Tour/Energy Camp Coordinator, at 800-328-2368.



Photo by OAEC



Saylor Kemp



Left to Right: Saylor Kemp, Daelyn Tuck, Sam McCawley, and Peyton Ruark.



Peyton Ruark



Sam McCawley



Daelyn Tuck



Photos by Donna Rhodes

Use Caution Near Co-op Equipment

By Abby Berry

As you find yourself spending more time outdoors this summer, CHEC reminds you to exercise caution near electrical equipment maintained by the co-op.

Substations and power lines carry extremely high voltages, and if contact is accidentally made, the results can be dangerous—or even deadly.

Never climb trees near power lines. If you make contact with a tree that is touching a power line, your body could become the path of electricity from the line to the ground. If you encounter an animal trapped in a tree near power lines or inside a substation, do not attempt to remove it—no matter how furry and cute! Call CHEC or 911 for assistance.

These days, we are seeing more remote-controlled toys, like drones and airplanes, which can be a great way to have fun outdoors. But these gadgets also bring new safety concerns. Remote-controlled toys should never be flown near power lines, substations or other electrical equipment.

Remember these safety tips when flying a remote-controlled toy:

- Keep a safe distance from electrical equipment when you fly. If contact is accidentally made with a power line or a transformer inside a substation, many members of your community could be left without electricity.
- Keep the remote-controlled toy in sight at all times.
- Avoid flying if weather conditions are unfavorable. High winds could cause you to lose control of the remote-controlled toy.

Here at CHEC, your safety is important to us. We hope you will share the message of electrical safety so that you and others can enjoy plenty of summer days filled with fun! Visit www.cooksonhills.com for more electrical safety tips.

Abby Berry 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.

Watt's Cooking?

Mixed Berry & Banana Fruit Salad

2 cups hulled, roughly chopped strawberries	2 bananas, peeled & thickly sliced
A handful of raspberries	½ teaspoon lemon zest
1 cup blueberries	2 teaspoons lemon juice
1 apple, peeled, cored, roughly chopped	1 teaspoon honey

Prep the berries before the bananas and apples, and add them to a large bowl. As soon as you add the bananas and apples, sprinkle lemon juice over them to keep them from getting brown. Add the zest and the honey and gently toss to combine. Serve immediately or cover and chill for up to 2 hours before serving.



www.simplyrecipes.com



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Thanks for the *high* marks!

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Received in our 2016 American Customer Satisfaction Index survey.

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