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country living

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PUBLISHED FOR MEMBERS OF EAST CENTRAL ELECTRIC COOPERATIVE

Get Active To Protect Your Electric Rates

Help your co-op reach out to legislators by joining ACRE

Co-op leaders from around the nation recently gathered for the National Rural Electric Cooperative Association Annual Meeting. At the meeting, Jim Matheson, NRECA CEO, reminded members that rural voters changed the outcome of the 2016 presidential election. That impact did not go unnoticed by elected officials, who now, more than ever, hear the voice of rural America.

ACRE supports political candidates that support rural electric cooperatives. 99% of ACRE donations go to campaigns for state and federal offices.

For East Central Electric Cooperative and its members, Matheson's message is good news. Grassroots actions gets results. For electric co-ops who face unique challenges in delivering electricity to rural areas, having the ear of federal and state officials can go a long way in ensuring that rates remain affordable for their members. Keeping that attention, however, requires the collective voice of co-op members.



The Action Committee for Rural Electrification (ACRE) offers a way for co-op members to raise their voices on issues that impact their co-op—and their electric rates. Members who join

ACRE pool their resources to make political contributions to elected officials of any political party who support electric co-ops and their mission. ACRE raised \$4.1 million for election campaigns in 2016. Ninety nine percent of funds came from individual donors.

Members who participate in ACRE contribute by making monthly payments of \$2.08 via their electric bill for an annual donation of \$25. ECE members can sign up for ACRE online via the co-op website. Members who join will receive periodic bulletins about ACRE that explain hot button issues and how they could affect your rates.

Helping elect folks who will listen to co-op concerns, and who understand your co-op's not-for-profit, member-owned business model, is the best way to protect your service.

To sign up for ACRE, please visit www.ecoec.com and click on the ACRE link, or call us 918-756-0833.

East Central Electric Cooperative
PO Box 1178 • 2001 S. Wood Drive
Okmulgee, Oklahoma 74447-1178
(918) 756-0833
www.ecoec.com

OFFICE HOURS:
Monday-Friday, 8 am - 4:30 pm.

POWER OUTAGE HOT LINE
(918) 756-0833

BOARD OF TRUSTEES

Lowell Hobbs, *President*

Larry Harvey, *Vice President*

Dwight Luther, *Secretary Treasurer*

Jim Hall, *Asst. Sec. Treasurer*

Ed Kloeckler

Michael Vernnon

Max Shoemake

Tim Smith, *General Manager*

PAYMENT OPTIONS

- Pay online at www.ecoec.com using SmartHub, or download the app.
- Pay by phone using VISA, Mastercard or Discover at **866-999-4584**. Available 24 hours a day. Convenience fee associated with payments.
- Pay with cash or credit/debit card at participating Moneygram or Pay Site locations. Convenience fee associated with payments.
- Pay using our drive-through window or lobby, Monday - Friday, 8 am to 4:30 pm.
- Pay via automatic draft of your checking or savings account. Sign up online or download the ebill form for easy automatic payments at www.ecoec.com.

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operation roundup update

Operation Roundup funds support local charitable organizations, civic groups, youth programs, community services, and needy families and individuals. For more information on this voluntary bill roundup program, please visit www.ecoec.com.

Figures to date:

Applications reviewed.....	865
Applications granted.....	596
Applications denied.....	244
Applications tabled.....	16
Scholarships awarded.....	\$169,000
Total Disbursements.....	\$1,432,317.33
Average member contribution.....	44¢





Hollywood Honors Linemen



If you've ever been stranded at home without electricity for days, you already know your electric utility linemen are heroes. Now, the rest of the

world knows, thanks to a Hollywood movie starring John Travolta.

"Life on the Line" pits Travolta, as Texas line foreman Beau Ginner, against a powerful mega-storm that threatens to shut down a city while placing Beau's beloved niece in imminent danger. Travolta researched his role by attending lineman training and visiting at length with real world line workers.

Hardly a surprise, it falls to Beau and crew to save the day by heading into the storm, complete with exploding transformers, downed wires and electric poles snapping in pieces. The human drama is underscored with flashbacks to Beau's younger days when his own carelessness caused the death of his brother and fellow lineman.

The movie is available for download on Netflix and Amazon. Watch it — and remember to thank a lineman on National Lineman Appreciation Day on April 10.



Connect with East Central Electric on Facebook for updates on power outages and information on member benefits and services, energy saving tips and more. If you like what you see, we'd appreciate your "thumbs up."



Want to Run For Your Co-op Board?

Please read the qualifications before making a decision

Serving your electric cooperative as an elected trustee is an important rural leadership position that serves an equally important purpose—preserving and protecting the affordability of electric service in rural areas. Any co-op member can run for trustee of their district as long as that candidate meets certain qualifications and is willing to devote the time and training required to become an effective leader.

This year, co-op members will nominate trustees for Districts 1, 3 and 6. Trustee qualifications are found in Section 3 of the ECE bylaws and policies.

SECTION 3. QUALIFICATIONS. No person shall be eligible to become or remain a Trustee of the Cooperative who:

- (a) is not a member of the Cooperative or has not been a member **continuously** for at least one (1) year prior to nomination; or
- (b) who ceases to be a member of the Cooperative after election as a Trustee; or
- (c) who does not receive electric service from the Cooperative at his/her primary permanent residential abode in the Trustee District from which he/she was elected as Trustee; or
- (d) is in any way employed by or financially interested in a competing enterprise or a business selling electric

energy, services or supplies to the Cooperative or its subsidiary businesses; or

(e) is the incumbent of or candidate for an elected public office in connection with which a salary or compensation in excess of \$1,000.00 per annum is paid; or

(f) has been convicted, pled guilty or pled nolo contendere to a felony; or

(g) is, becomes, or was an employee of the Cooperative, a subsidiary of the Cooperative or a labor union which represents, or has represented, or has endeavored to represent any employee of the Cooperative during the preceding five (5) years prior to time of filing or being nominated; or

(h) is, and if elected and seated as a trustee will continue to be, a close relative of an incumbent trustee or of an employee of the Cooperative. A "close relative" means a person who is related to the principal person. By consanguinity or affinity. To the third degree or less - that is a person who is either a spouse, child, grandchild, great grandchild, parent, grandparent, great-grandparent, brother, sister, aunt, uncle, nephew, or niece, by blood or by law of the principal.

For a copy of the East Central Electric Cooperative bylaws, please call your co-op at **918-756-0833**, or pick up a copy at ECE headquarters at 2001 S. Wood Drive in Okmulgee.



■ Thursday, June 22 • 6:30 pm

ECE District 1, 3 and 6 Meetings
ECE Headquarters
2001 S. Wood Drive, Okmulgee

■ Friday, July 27 • Registration at 5:00 pm

East Central Electric Annual Meeting
Covelle Hall, OSU Institute of Technology
1st Street & Willham Drive, Okmulgee

Josh McKinney

Job: Journeyman-lineman, East Central Electric Cooperative.

Age: 34

Pre-gear Weight: 190 lbs.

Full-gear Weight: 253 lbs.

Deconstructing a Lineman

Line workers carry a heavy load when they climb a pole.

INSULATED GLOVES:

Insulated rubber gloves, tested at 30,000 volts, provide protection against electric shock and burns. They are worn inside leather gloves, or gauntlets, that protect the rubber against cuts, tears or punctures.

TOOL POUCH:

This bag also hangs from the back of the equipment belt and carries a variety of tools such as pliers and wrenches.

RUBBER GLOVE BAG:

This bag holds the lineman's insulated rubber gloves.

HAND LINE: Complete with steel clips and a pulley block, this rope, which hangs from a pole's crossarm, is strong enough for any job, from routine hoisting to lifesaving missions. The pulley block is used to raise and lower heavy equipment.

GAFFS: Razor sharp steel points that are strapped to boots for climbing poles. The tips dig into the pole, helping a lineman climb more safely and efficiently.

HARD HAT: Linemen and women are hard headed, and that's a safety requirement. Hard hats provide insulated protection from electrical hazards and protects the head from falling objects or blows to the head.

SAFETY STRAP: When a lineman reaches the top of a pole, he or she unhooks one end of the safety strap from the equipment belt, loops the straps around the pole, and re-hooks the strap to the belt. Having "buckled off" the lineman can now safely work with both hands free.

EQUIPMENT BELT:

With clips, loops and D rings, the belt allows a lineman to carry virtually every tool they might need—on the ground, up the pole or in a bucket truck.

DITTY BAG: This canvas bag holds the nuts, bolts, connectors, wires etc, that a lineman needs for any number of jobs.

CLIMBERS: Contoured leg shanks made of aluminum hold gaffs in place on lineman's boots. Climbers are strapped on just below the knee, with Velcro pads to provide comfort and support.

BOOTS: Typically 16 inches tall, these boots help prevent linemen from gaffing, or gouging themselves in the leg as they climb. Serrated heels provide for a better grip when climbing, and steel shanks built into the soles provide extra support on the pole.

National Lineman Appreciation Day is April 10. Please thank a lineman using #ThankALineman.

Storm Brewing?

Heed these tips to stay safe.

When thunderstorms are rolling your way, stay safe with these helpful tips from the American Red Cross:

- Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.
- Postpone outdoor activities if thunderstorms are likely to occur. Many people struck by lightning are not in the area where rain is occurring.
- If a severe thunderstorm warning is issued, take shelter in a substantial building or in a vehicle with the windows closed. Get out of mobile homes that can blow over in high winds.

Shock PROOF YOUR HOME!

Protect your electronics and appliances from power surges with a compact meter arrestor from East Central Electric. Our model withstands multiple surges with an expected life span of 20 years. Call **918-756-0833** for details, or visit www.ecoec.com.

- If you can hear thunder, you are close enough to be in danger from lightning. If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.
- Avoid electrical equipment and telephones. Use battery-powered TVs and radios instead.
- Shutter windows and close outside doors securely. Keep away from windows.
- Do not take a bath, shower or use plumbing.

- If you are driving, try to safely exit the roadway and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.
- If you are outside and cannot reach a safe building, avoid high ground; water; tall, isolated trees; and metal objects such as fences or bleachers. Picnic shelters, dugouts and sheds are NOT safe.

For questions about electrical safety or to schedule a free safety program, please call **918-756-0833** or visit www.ecoec.com.

Recipes

Great tastes for members of East Central Electric Cooperative

Lemon Ice Box Pie



INGREDIENTS

- 1 (9 inch) graham cracker crust
- 2 (8 oz) pkgs cream cheese, softened
- 1 (14 oz) can sweetened condensed milk
- 2 lemons, juiced
- 1 teaspoon lemon zest

DIRECTIONS

In a medium mixing bowl, beat cream cheese until fluffy. Add condensed milk, lemon juice, and lemon rind. Mix until smooth. Pour mixture into crust. Refrigerate at least 2 hours before serving. Garnish with whipped cream and mint leaves if desired.

SOURCE: ALLRECIPES.COM

THANK YOU FOR POWERING OUR LIVES!



NATIONAL LINEMAN APPRECIATION DAY

APRIL 10, 2017

#ThankALineman