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"Watts" Inside

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Board of Directors

Nancy Lendyak
President

Robert Smith
Vice President

Althea Smith
Secretary/Treasurer

John Campbell
Kenneth Durrett
Kenneth Etzel
Jody Weaver
Richard Weaver



Photo from Unsplash

A Good Reminder

by Matthew Boshaw, CEO & General Manager

Way back in 2022, just before Christmas (the 23rd of December to be exact) winter storm Elliott made its way through our service territory. It was defined as a bomb cyclone and was absolutely devastating in some areas of the country. Locally, we experienced rain, snow, ice, high sustained winds with gusts over 50 mph, a rapid temperature drop called a flash freeze, and frigid temperatures. As bad as the conditions were here, other areas were much more significantly affected.

I wanted to take a moment to recognize the efforts of the employees here at Central Electric Cooperative (CEC) in mitigating the impacts on our members during what was a two-day sustained weather event. The nature of the storm had outages reported and restored throughout the two days so that none of our members

were out during the entire event. The highest number of members out of service at any one time was a little over 800. Even though members were not impacted for the entire two-day period, we had employees working around the clock in difficult conditions to make that so. To be clear, we have maximum consecutive working hour limits for safety reasons, but we had employees working through the entire period. Several of you reached out following the storm to recognize and thank those employees for their efforts, especially given the conditions and proximity to the Christmas holiday. I would also like to thank you. Your recognition of our employees' efforts is always appreciated.

The efforts of our field personnel deserve extra recognition because of the dangerous work and horrible conditions, and I would further like

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“I am proud to be a part of the team that works diligently to make that a reality and want to reiterate my thanks to them for their efforts during these events and all year long on your behalf. I would also like to again express my gratitude to you — our members — for the role you play in making our efforts possible. A belated Happy New Year to you all!”

Matt Boshaw, CEO &
General Manager

to recognize the efforts of our employee group for efforts that are perhaps less obvious. First, behind the field personnel is a team of support engineering and operations personnel who ensure the storm is managed and the field personnel have the necessary tools and equipment to do their work. In the days leading up to the storm, this group of employees was actively involved in preparing plans and making arrangements to ensure availability of workforce and outside assistance. These efforts led to immediate response to outages from the very beginning of the storm.

This particular storm has me looking beyond even that group. I mentioned some of the conditions we had and the fact that other areas had greater impacts than we did. Some of that is a function of how the storm passed through our area, but some of it is the effort our team puts into the upgrade and maintenance of our system. Perhaps the largest effort with the biggest impact on our mitigation of outages is the right-of-way clearing or tree trimming. The effectiveness of our increased efforts to “reclaim” our rights-of-way over the past several years is never more evident than in an event like winter storm Elliott. The work our employees do everyday mitigates future outage concerns and prepares for and supports those that do occur.

Events like this always serve as a good reminder that your CEC employees are committed to our mission to safely provide reliable

electric service to our members. I am proud to be a part of the team that works diligently to make that a reality and want to reiterate my thanks to them for their efforts during these events and all year long on your behalf. I would also like to again express my gratitude to you — our members — for the role you play in making our efforts possible. A belated Happy New Year to you all!

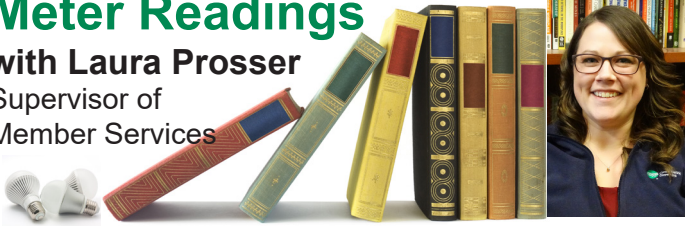
**Power Lines
is getting a
new look!**

**Watch for
the new and
improved
newsletter in
March!**

Meter Readings

with **Laura Prosser**

Supervisor of
Member Services



This will be my last Power Lines article. I struggled for a good topic to end on, so I decided to take this space to share some of the things I have learned in my role as the member energy specialist and thank you for the feedback and kind comments over the past four years.

Each short article has been the result of lots of research. As much as the articles have been for the membership, the investment in this research has been for me. It is always great when a member asks me a question and I can share with them something I have learned from my research, another co-op employee, or even another member.

When it comes to energy efficiency and high usage conversations, which is the focus of this position, I find there is often the same theme. We all think about the things we can see — we turn the lights off when we leave the room, we shut down the TV when no one is around, and our house is smaller than the neighbor's house. But what almost always matters the most is the equipment in our

Thank You!

basements or tucked away in a utility closet. The biggest impact on your energy bill is the furnace, the air conditioning unit, the water heater, and sometimes even a well pump that isn't working properly. Understanding and taking care of the equipment in your home is worth the investment. So, do have the HVAC equipment serviced, do keep an eye on that fifteen-year-old electric water heater, and do call us when you think something doesn't seem right.

Additionally, I must share what an interesting time it is to work at the cooperative. I have talked to members who recall having electricity for the first time as kids and those who worry it's an inconvenience to contact us about an outage. All the while, most of us certainly know just how big an inconvenience it can be to have an outage. It seems everything in our lives depends on electricity and it is a pleasure to work for the cooperative providing that essential service.

It has been a great privilege serving you all in this role, and while I will still be here at the cooperative, I will miss writing these articles. I am so happy to share that Connie Long will be your new Member Energy Specialist and you can watch for her articles starting in March.



Congratulations to the 2022 Christmas Lights Contest Winners!

Thank you to all who participated in our 2022 Christmas Lights Contest! With the help of over 4,000 votes, the three winners were chosen. First place (or the Griswold Award) received a \$500 bill credit and a \$500 donation to a charity of their choice. Second place received a \$250 bill credit and third place received a \$100 bill credit!

The videos of each display can be found on our website, www.central.coop.

First Place:

**Frederick Wood of Parker,
Wood Sensational Light Show**

Second Place:

**Valerie Snyder of Parker,
Griswolds of West Freedom**

Third Place:

**Herbert & Dianne Oschman of
Seneca, Oschman Christmasland**



The Safety Linke



Don't be a stranger, to electrical danger.

Winter Health and Safety (Cold and Flu)



Manager of Safety & Loss Control

Dylan Linke

Winter can evoke images of snowflakes and hot chocolate, but winter can also be a time of illness if people fail to take adequate precautions.

More than 100 viruses can cause colds, the world's most common illness. In the United States, most people average about three colds every year. Once it enters the body through the nose or throat, the cold virus multiplies, causing several symptoms: sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion, and coughing. Research shows the best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much rest as possible, and drink plenty of fluids. Over-the-counter cough and cold remedies may relieve some of the symptoms, but they will not prevent, cure, or shorten the course of the illness.

While there is no vaccine to protect you from catching a cold, there are ways to lessen your chances of catching one. Keep up your natural resistance through good nutrition and getting enough sleep and exercise. Turn your thermostat down and keep the humidity up in your home. Dry air dries out the mucous membranes in your nose

and throat and causes them to crack, creating a place where cold viruses can enter your body. Avoid contact with those who have colds and wash your hands frequently.

Influenza is a contagious respiratory infection. Occasionally, it can result in serious complications, such as pneumonia. Symptoms of the flu usually develop suddenly, and are like those of a cold. Although similar, flu symptoms tend to be more severe and last longer. Abdominal cramps, vomiting or diarrhea symptoms, do not accompany influenza.

The flu can be highly contagious. Bed rest, a mild pain reliever and lots of fluids are the best treatment. Flu vaccines, while not always effective in preventing the illness, can reduce the severity of the symptoms. Because vaccines are only effective for one year and viruses vary from year to year, it is recommended to get a flu shot every year, before the beginning of "Flu Season" (October to April).

The information shared in this article is based on best practices and recommendations from the medical industry. Please consult a primary care physician or other medical professional with any questions or concerns.

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REASONS TO CHANGE YOUR FURNACE OR A/C FILTER REGULARLY

1

IMPROVES INDOOR AIR QUALITY

2

REDUCES HEATING AND COOLING COSTS

3

IMPROVES HEATING AND COOLING SYSTEM PERFORMANCE

VISIT OUR WEBSITE TO DISCOVER MORE TIPS FOR IMPROVING YOUR ENERGY EFFICIENCY.

Are You Interested in a CEC Director's Seat?

As a member, you have a voice in who serves on CEC's eight-member Board of Directors. Every year, members elect two directors for a four-year term. Director seats are divided among the counties the cooperative serves. This year, resident members from Forest and Venango counties are invited to run for these two seats. To be eligible for nomination, you must be a CEC member in good standing, have a permanent residence in that county and meet other qualifications required by CEC's bylaws.

If you are interested in running for the board, you must return the below coupon or complete the online form by April 1. You will then receive a qualifications list, nominating petition (that must be signed by 20 CEC members), prospective director questionnaire and authorization form for a criminal background check. You must complete all of these items and return them to CEC's nominating committee by April 15 to be eligible to run for CEC's Board of Directors.

After the cooperative confirms your eligibility, you will attend an orientation meeting and meet with

the nominating committee for an interview. The committee then submits a list of the eligible candidates for placement on the ballot.

Nominee names, along with a photo and background information, are presented in the July issue of Power Lines. Cooperative members will vote by mail or internet prior to the annual meeting, or vote by paper ballot on the day of the meeting, Aug. 10, 2023, prior to the meeting's commencement. Election results will be announced prior to adjournment.

More information about running for the board is available by visiting www.central.coop.

Your board of directors has appointed a nominating committee to review prospective candidates interested in running for CEC director.

Committee members are:

Armstrong County

Harvey W. Loose
East Brady

Forest County

Dennis Lamb
Tionesta

Butler County

Joe Gibson
Parker

Venango County

Carl E. Gadsby
Grove City

Angela Bernardo
Butler

Ron Paranick
Cranberry

Clarion County

James M. Reed
Fryburg

Randy Tharan
Knox



If you are interested in being considered as a director nominee, please complete this coupon and return it by April 1, 2023 to: Central Electric Cooperative, Nominating Committee, P.O. Box 329, 716 Route 368, Parker, PA 16049.

Please send me a qualification list and petition requirements for being a director nominee to Central Electric Cooperative's Board of Directors.

Name: _____

Address: _____

Telephone: _____

County: _____ Account #: _____

Recipe of the Month

Raisin Filled Cookies

Cookie Ingredients:

- 3 cups brown sugar
- 2 eggs
- 1 cup milk
- 1 cup butter, softened
- Flour, enough to roll
- 2 teaspoons baking soda
- 2 teaspoons cream of tartar
- 1 teaspoon vanilla

Directions:

Cream sugar, eggs and butter. Add milk and vanilla, then the dry ingredients. Add flour a little at a time, just so the dough can be rolled out easily. Cut with round cookie cutter.

Filling Ingredients:

- 2 tablespoons cornstarch
- 2 teaspoons lemon extract
- 1 cup nuts, chopped
- 3/4 cup sugar
- 2 cups water
- 1-1/2 cup of raisins

Directions:

Cook all ingredients on low heat until mixture is thickened. Let cool. Spoon one tablespoon on half of the cut out circles. Top with the other half of circles. Pinch edges together and make a small hole on the top. Bake at 350 degrees for 10 minutes.

Thank you to Cathy Gold for submitting this recipe!

CEC Management Team

Matthew P. Boshaw
CEO & General Manager

Chester Conti
Director of Finance and
Accounting/CFO

Christopher W. Kossman
Director of Information Technology

Lisa A. Hoover
Director of Member Services

Fred E. Terwilliger
Assistant General Manager/COO

Read Power Lines and Win!

Last Issue's Winner:

Nita Baumgarten of Tionesta

Last Issue's E-Winner:

Thomas Katavitch of Harrisville

Read Power Lines for a chance to win a \$25 credit on your monthly electric bill by completing and returning the quiz below. You can also have a chance at another \$25 bill credit by submitting a quiz online at www.central.coop.

If you don't have access to the internet, indicate that on the quiz and we'll also enter you in the online drawing. Just complete and enclose the quiz and personal information below and return it with your monthly payment.

1. True or False: The biggest impact on your energy bill is your furnace, air conditioning unit, water heater, and sometimes even a well pump.

Answer: _____

2. True or False: Influenza and the flu are the same illness.

Answer: _____

3. True or False: The work CEC employees do everyday mitigates future outage concerns.

Answer: _____

How are we doing? (no wrong answer)

Name: _____

Phone: _____

Acct. #: _____



Central Electric Cooperative

A Touchstone Energy® Cooperative

716 Route 368, P.O. Box 329, Parker, PA 16049

Newsletter Editor: Kessa Moore