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PowerLines

2014 Photo Contest Entry
Photographed by Laura Moyer of Franklin

Working & Living Safely

by Matthew Boshaw, CEO & General Manager

The articles I write each month are intended to keep you informed about the happenings at your cooperative. There are a few topics I repeat as they are issues I want to keep forefront. Safety is one of those topics important enough to bear repeating. When it comes to electricity, the three most important things are safety, safety and safety. Regular reminders can keep the topic foremost in our thoughts and might make all of the difference.

In the business of providing electricity, safety is always the top priority. We strive to work safely and place no separation between work and safety. The benefits of this practice are significant and many, with the most important being we are able to go home and see our families at the end of the day. Another one of the benefits of this practice is the team building atmosphere that comes from coworkers looking out for one

another. This business is an inherently dangerous one and the hazards cannot be entirely eliminated. For these reasons we have safety programs, practices, procedures and rules that govern a lot of what we do. This year we are implementing a new safety program called “Speak Up, Listen Up” intended to take advantage of that team building environment I mentioned earlier. The program encourages every level of employee to “speak up” when they have a safety concern and “listen up” to every safety concern, regardless of who identifies it. This puts a great emphasis on personal responsibility and looking out for each other.

We work with, and around, electricity every day so electrical safety is in the front of our minds all the time. I have even taken pictures of electric facilities on vacation for goodness sake! A practice my wife frowns upon, but I know other

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utility professionals do it as well. The same usually can't be said for those of you who don't work in this business. It is for this reason Central Electric Cooperative (CEC), and other power companies, offer electrical safety programs to the public.

Have you ever noticed when you watch a movie and an electric wire is down there is always a lot of arcing, sparking and noise? It makes the scene more dramatic and exciting but not necessarily more realistic. While it is true downed wires can behave in that manner, it is just as likely the wire will just lie there silently. CEC offers an electrical safety program to fourth- and fifth-grade classes throughout our service territory. This program is very well received by students. Electric utilities all over the country provide similar presentations. I have had the good fortune to actually give the presentation many times in the past. Sometimes we busy adults get complacent and don't pay attention to the excellent lessons illustrated in the presentation. Every accident depicted in the presentation has, unfortunately, happened to someone someone. They are common activities that have led to accidents and injuries simply because the victim wasn't paying attention to the potential hazard of electrical contact. Whenever I give these presentations, I begin by reminding everyone of how great it is to have electricity available for everything we use it for, but also remind them it is only a positive when used correctly and safely.

“Safety should not be something separate from our lives. It should be ingrained as a natural part of our daily tasks. Electricity is already a large part of our daily lives. Please make using it safely a large part of everything you do.”

Matt Boshaw, CEO & general manager

Electricity is lazy and stupid. Not something you might expect to hear from someone who works where I do, so let me explain. First, electricity is lazy. In order to use electricity to power things we have to put electrons in motion (current) by taking them from magnetic fields and pushing them along conductors with force (voltage). Many of you wives out there will see the obvious comparison to getting your husband off the couch to perform work, only to find them returning to it at every possible opportunity (hopefully to catch the Steelers' next touchdown). Well, electrons are not happy about having to “work” either and are constantly wanting to return to a state of rest too. Electrons do this by constantly looking for the easiest, or least resistive, path to the ground — in the case of most accidents the path is you. It's there the comparison ends. While a man's quest to return to the couch often requires a great deal of thought, and perhaps cunning, electricity is stupid. Despite all of the amazing things we are able to do with it, electricity is unable to tell the difference between a wire conductor and you. As a good rule of thumb, always assume a wire is energized.

Safety should not be something separate from our lives. It should be ingrained as a natural part of our daily tasks. Electricity is already a large part of our daily lives. Please make using it safely a large part of everything you do.

SAFE Y MATTERS

Fire Safety and Prevention



Did you know if a fire starts in your home you may have just minutes to escape? Did you also know 60 percent of house fire deaths occur in homes without working smoke alarms? The most effective way to protect yourself and your home from fire is to identify and remove hazards. The following tips will help you keep your household safe.

- Develop a fire escape plan and practice it with all members of the family at least twice a year. First, identify regular and secondary evacuation routes. The backup route could be out a window that leads onto an adjacent roof or down a collapsible ladder.
- Test smoke alarms once a month to make sure they're working. Replace the smoke alarm every

10 years, or as the manufacturer recommends.

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- If a fire occurs in your home, get out, stay out and call for help. Leave firefighting to professionals. A home fire can become deadly in as little as three minutes.
- In the event of a fire, immediately leave your home and do not waste time saving property.
- Have children practice exiting for a fire. Teach them not to hide when they are scared but to exit as planned.

CHOOSE THE RIGHT BULB FOR THE RIGHT JOB

There are three primary types of lighting: ambient (general lighting), task lighting and accent lighting. As lighting technologies continue to advance, consumers should be open to trying new shapes and types of bulbs. The check marks below indicate appropriate locations for different types of bulbs on the market. Happy shopping!

BEST BETS FOR HOME LIGHTING

Common Bulb Types	Ambient Lighting			Accent Lighting			Task Lighting
	Pendant Fixture	Ceiling Fixture	Recessed Cans	Ceiling Fan	Wall Sconce	Spot Light	Table or Floor Lamp
Spiral	✓	✓		✓	✓		✓
Globe	✓				✓		
A-Shape	✓	✓		✓	✓		✓
Candle	✓	✓		✓	✓		
Reflector	✓		✓			✓	

Lighting Tip:

An average household uses about 5 percent of its energy budget for lighting. Switching to energy-efficient lighting is one of the fastest ways to cut your energy bills. By replacing your home's five most frequently used light fixtures or bulbs with models that have earned the Energy Star rating, you can save \$75 each year.

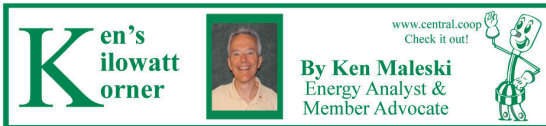
Source: energy.gov

To Celebrate the Holidays CEC will be Closed:

- Nov. 24 for Thanksgiving (normal hours resume Nov. 25).
- Dec. 23 at noon in observance of Christmas Eve.
- Dec. 26 in observance of Christmas Day (normal hours resume Dec. 27).
- Dec. 30 at noon in observance of New Year's Eve.
- Jan. 2 in observance of New Year's Day (normal hours resume Jan. 3).

Check out our Photo Contest!

You can vote online until Oct. 17 and the winners will be posted online Oct. 21 at www.central.coop and in the December issue of this newsletter.



We've all heard the old wives' tales such as sitting too close to the TV will hurt your eyes, feed a fever and starve a cold, and foods with mayonnaise spoil faster. But did you know there are also many myths about home energy use? Don't be fooled by common energy tall tales.

Myth: The higher the thermostat setting, the faster the home will heat (or cool). Conventional thinking is turning up the thermostat in a chilly room will heat it faster. That's a big misconception. Drastically adjusting the thermostat setting will not make a difference in how quickly you feel warmer. The same is true for cooling. (The Department of Energy recommends setting your thermostat to 78 degrees during summer months, and 68 degrees during winter months.)

Myth: Opening the oven door to check on a dish doesn't waste energy. Oven temperature can be reduced by as much as 25 degrees each time the

Energy Myths

door is opened. Use the oven light instead to check cooking progress.

Myth: Ceiling fans keep your home cool while you're away. Ceiling fans cool people, not rooms. A running ceiling fan in an empty room is only adding to your electric bill. Turn fans off when leaving a room for more than 10 minutes.

Myth: Reducing energy use is expensive. Many members believe saving on energy takes large money outlays for new appliances or costly home improvements. But the truth is, consumers who make small changes to their energy-efficiency habits — such as turning off lights when not in use, sealing air leaks and using a programmable thermostat — can see a reduction in energy consumption.

Remember, energy efficiency doesn't have to be difficult. Focus on small changes to save big. Learn more ways to save energy by visiting www.central.coop or signing up for my weekly E-Tip by emailing kmaleski@central.coop.

Make a Difference: Join ACRE®!

Join the Action Committee for Rural Electrification (ACRE®) Co-op Owners for Political Action® and have your voice joined with rural electric members across the country. This program is a nonpartisan political action committee established to support political candidates who share common public policy goals with rural electric cooperatives.

In the face of a myriad of special political interests promoting agendas potentially detrimental to CEC's mission (to provide safe, affordable and reliable electricity to rural consumers) ACRE® stands on the front lines defending our heritage of cooperative service and ensures our continued ability to carry out our mission. ACRE® is a grassroots organization of electric cooperative employees, directors and member-owners that is a growing force in Washington, D.C. and state capitals nationwide. Many small voices joined together have a mighty impact. As the threats to electric cooperatives have increased, so has the strength of the program. ACRE® has enjoyed unprecedented growth over the past few years at the national, state and local levels. Please consider adding your voice to this worthy and worthwhile cause.

Join Co-op Owners for Political Action® by completing the adjacent form and sending it in with your bill. You can also visit our website at www.central.coop or contact your ACRE® coordinator, Chris O'Donnell, at 800-521-0570 x2150.

Contributions to the National Rural Electric Cooperative Association (NRECA) Action Committee for Rural Electrification (ACRE) are not tax deductible. Contributions to ACRE are voluntary and will be used for political purposes. You have the right to refuse to contribute without reprisal. Any contribution guidelines presented are merely suggestions. You are free to contribute more or less than the suggested amounts, or not at all. NRECA will not favor or disadvantage anyone by reason of the amount contributed or a decision not to contribute.

Membership Form

Yes I Want to Join!

There are two easy ways to contribute:

1. Have the amount added to your next electric bill.
2. Submit a check made payable to PREA ACRE.

Add a one-time contribution to your electric bill:

- Regular: \$25
- Century Club: \$100
- President's Club: \$500
- Other
- Please renew my amount at this level annually

Amount enclosed \$ _____

Membership Information

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Account: _____

**Federal Election Law requires
the following information for contributions
equal to, or exceeding, \$200.**

Employer: _____

Occupation: _____

Signature: _____

Date: _____

**Return this form to
Central Electric Cooperative,
Attn: ACRE,
P.O. Box 329, Parker, PA 16049.**

Recipe of the Month



Pumpkin Mousse

Ingredients:

- 1 small package vanilla instant pudding
- 1-1/2 cups milk
- 1 cup Cool Whip®
- 1 cup pumpkin
- 1/2 teaspoon cinnamon

Directions:

Mix all ingredients together. Enjoy! Great as a dip for gingersnap cookies!

Thank you to Marge Terwilliger for submitting this recipe!

Send in your recipes to be shared today!

Send Recipes to:

Renee Tritten at rtritten@central.coop or mail to CEC, 716 Route 368, PO Box 329, Parker, PA 16049

CEC Management Team

Matthew P. Boshaw
CEO, General Manager

Dennis W. Beggs
CFO, Director of Finance and Accounting

Christopher W. Kossman
Director of Information Technology

Stephanie Deal
Director of Human Resources

Christina J. O'Donnell
Director of Communication and Public Relations

Lisa A. Hoover
Director of Member Services

Fred E. Terwilliger
Director of Engineering and Operations

Read Power Lines and Win!

Last Issue's Winner:

Stephen Rial of Polk

Last Issue's E-Winner:

Melanie McCall of Kittanning

Read Power Lines and win! It's simple — you can win a \$25 credit on your monthly electric bill by completing and returning the quiz below. And you have a second chance at another \$25 bill credit by submitting a quiz online at www.central.coop.

If you do not have access to the Internet, indicate that on the quiz and we will also enter you in the online drawing. Just complete, clip and enclose the quiz and personal information below and return it with your monthly payment. For quiz rules visit www.central.coop.

1. True or False: Drastically adjusting the thermostat setting will make a difference in how quickly you feel warmer in a room.

Answer: _____

2. True or False: A home fire can become deadly in as little as three minutes.

Answer: _____

3. True or False: CEC offers electrical safety programs to fourth- and fifth-grade classes.

Answer: _____

How are we doing? (no wrong answer)

Name: _____

Address: _____

Phone: _____

Acct. #: _____



Central Electric Cooperative

A Touchstone Energy® Cooperative

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