

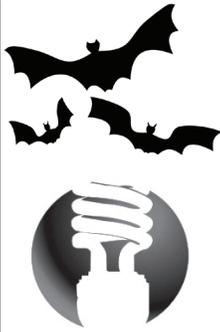
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Hot Watts

Published monthly by Cookson Hills Electric Cooperative, Inc.

Your Touchstone Energy® Cooperative 



Energy Efficiency

Tip of the Month

An average household dedicates about 5% of its energy budget to 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

Congratulations!

Vivian Briggs is our online survey winner.



Lineman Returns from Bolivia

CHEC is pleased to announce the completion of a volunteer electrification project that took place in August 2016 in the Amazonian area of Bolivia. The project, named "Energy Trails," is a joint partnership between the Oklahoma Association of Electric Cooperatives and the Association of Missouri Electric Cooperatives. One of CHEC's journeyman lineman, Jeremy Baker, served as one of the project volunteers. Bringing electric service for the first time to two remote villages, the electrification project was possible through the coordination of NRECA International Foundation, the philanthropic arm of the National Rural Electric Cooperative Association.

On August 1, 2016, eight co-op volunteers left Oklahoma City and headed to Riberalta, Bolivia—their final destination. Volunteers worked for the next 15 days alongside Missouri co-op linemen and local linemen from Cooperativa

Electrica Riberalta. The project was comprised of 280 poles in an area spanning 10 miles and brought electric service to the villages of Dos de Junio and El Torito in the outskirts of the city of Riberalta. As a result, 361 families now enjoy electricity for the first time.

"Cookson Hills Electric Cooperative is proud to be a part of this life-changing project. Rural electric cooperatives are known for bringing power to areas that would not otherwise enjoy electricity," Kendall Beck, general manager, said. "It's rewarding to know we made a difference in the lives of families who are striving for a better quality of life."



Continued on page 4.



Pictures Courtesy of OAEF

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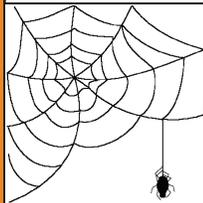
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If You Find Your Account Number Hidden in This Issue of the Hot Watts, You'll Receive a \$25 Credit on Your Electric Bill



Round Up Update



The Cookson Hills Electric Foundation, Inc. board recently met on September 6, 2016, to review applications for requests for charitable assistance grants. At the meeting, the board awarded grants to assist McKey Rural Firefighter's Association and Brent Rural Fire Department. The Foundation also approved grants for Hillside Pentecostal Church of God for their Meals for Kids program and Lee's Chapel Assembly of God for their backpack program .

The next meeting will be held on December 6, 2016, with applications due by November 18, 2016. For more information about Operation Round Up or to obtain and application, visit CHEC's website at www.cooksonhills.com or call 800-328-2368.



Photos by Donna Rhoades

Watt's Cooking?



Twice Baked Potato Casserole

- 6 medium potatoes, baked
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 lb bacon, cooked & crumbled
- 3 cups sour cream
- 2 cups shredded cheddar cheese
- 2 green onions, chopped



Cut baked potatoes into 1 inch cubes. Place half in a greased 13x9 baking dish. Sprinkle with half of the salt, pepper, and bacon. Top with half of the sour cream and cheese. Repeat layers. Bake, uncovered at 350 degrees for 20 minutes or until cheese is melted. Sprinkle with onions.

Don't Go Poking Around Electrical Substations



On nice days, people enjoy the outdoors in a variety of ways. While some participate in a sport or go on walks, in today's world, many others spend this time on handheld devices. Whether you are enjoying fun in the sun or playing the latest game on your phone or tablet, the Safe Electricity program advises everyone to be alert of their surroundings and to stay safely away from electrical equipment.

Buzzing with hundreds of thousands of volts of electricity, an electrical substation is not a place you want to end up. Never go into a substation for any reason. Never attempt to retrieve a ball or any toy from these areas. There is no game or piece of equipment important enough to enter a substation. No game is worth your life.

Many popular gaming apps on handheld devices make use of the GPS feature. Although these games may persuade you to go to places you have never been before, do not allow

these games to impair your judgement. Stay alert, and stay away from substations and other electrical equipment.

"We encourage parents to talk to their children about the importance of keeping a safe distance from electrical equipment and substations as well," says Molly Hall, executive director of the Energy Education Council and its Safe Electricity program.

If you see someone enter an electrical substation that should not be there, call the authorities and your utility company. The only people that should enter a substation are utility workers.

"Also never climb power poles or trees near power lines, and stay far away from downed power lines. They do not have to be arcing or sparking to be energized," adds Hall.

Get more safety tips at SafeElectricity.org.

Don't be fooled by common energy myths

By Abby Berry

Eating carrots will greatly improve your eyesight, cracking your knuckles leads to arthritis, watching too much TV will harm your vision. We've all heard the old wives' tales, but did you know there are also many misconceptions about home energy use? Don't be fooled by common energy myths.

Myth: The higher the thermostat setting, the faster the home will heat (or cool).

Many people think that walking into a chilly room and raising the thermostat to 85 degrees will heat the room more quickly. This is not true.

Thermostats direct a home's HVAC system to heat or cool to a certain temperature. 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 really waste energy.

While it can be tempting to check the progress of that dish you're cooking in the oven, opening the oven door does waste energy. Every time the oven door is opened, the temperature inside is reduced by as much as 25 degrees, delaying the progress of your dish and, more importantly,

costing you additional money. If you need to check the progress of a dish, try using the oven light instead.

Myth: Ceiling fans keep your home cool while you're away.

Believe it or not, many people think this is true. Ceiling fans cool people, not rooms. Ceiling fans circulate room air but do not change the temperature. A running ceiling fan in an empty room is only adding to your electricity use. Remember to turn fans off when you're away and reduce your energy use.

Myth: Reducing my energy use is too expensive.

Many consumers believe that reducing energy use requires expensive up-front costs, like purchasing new, more efficient appliances or construction upgrades to an older home. 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 about ways to save energy by visiting www.cooksonhills.com or calling 800-328-2368.

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

Protect Your Home and Wallet from Energy Vampires

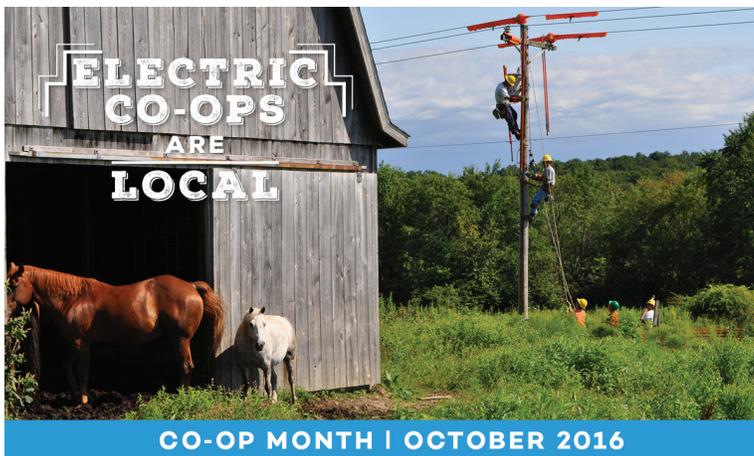
Vampires are lurking around your house in unexpected places: the television, the computer, and the microwave. Many electronic devices that are plugged in continuously use energy even when you are not using them. These vampires are using up energy and sucking money from your wallet.

There are many other household appliances that are constantly using energy in addition to televisions, computers, and microwaves. These include: DVD players, cable boxes with DVR, cell phone chargers, printers, and game consoles. Here are a few money-saving tips from Safe Electricity to help put a stop to energy vampires in your home:

- Unplug all electronics that are not in use.
- Avoid electronics with extra features that you do not need as these might use more energy.
- Make sure to check the label of a product before purchasing. Most Energy Star endorsed products draw smaller than average amounts of electricity when turned off.

A power strip can be used to plug in multiple electronic devices, and the power can be cut off from these devices with a simple flip of a switch. Power strips can be efficiently put to use in a spare room where electronics are not used very often or in an area where there are a large concentration of electronics like in an office.

For more information on energy efficiency, visit SafeElectricity.org.



CO-OP MONTH | OCTOBER 2016



UTILITY POLES ARE NOT BULLETIN BOARDS

Think before you post that sign! Staples, nails and tacks used to hang signs and fliers create dangerous obstacles for electric lineworkers. *Their jobs are dangerous enough – help us keep them safe!*



Bolivia Continued...

Other volunteers serving on the project were: Stacy Bourne (East Central Oklahoma Electric Cooperative, Okmulgee-Okla.), Jason Brown (Rural Electric Cooperative, Lindsay-Okla.), Larry Cisneros (Northeast Oklahoma Electric Cooperative, Vinita-Okla.), Derec Janaway (Oklahoma Electric Cooperative, Norman-Okla.), Damon Lester (Indian Electric Cooperative, Cleveland-Okla.), Heath Martin (Northfork Electric Cooperative, Sayre-Okla.) and team leader Wade Hurst (Oklahoma Association of Electric Cooperatives, Oklahoma City-Okla.).

“It was quite the experience,” Jeremy Baker said. “We were glad to go over there and help, and we would love to do it again.”

The OAEC International Committee, comprised of trustees from the statewide association board, received an overwhelming response from volunteer linemen interested in this project. The Committee is considering future international electrification projects. To learn more about the Energy Trails Electrification Project, please visit energytrails.wordpress.com.



Pictures Courtesy of OAEC

