



Powerline Press

NEWSLETTER

A Supplement of Oklahoma Living Published by Lake Region Electric Cooperative for its members.

September 2012

Vol. 3

No. 9



Energy Efficiency *Tip of the Month*

Using compact fluorescent lamps (CFLs) in outdoor lights can save money and energy because these lights stay on the longest. ENERGY STAR-qualified CFLs use 75 percent less energy than traditional incandescent bulbs. To save even more, look for fixtures designed for outdoor use that have automatic daylight shutoff and motion sensors. Learn more at energysavers.gov.

Source: U.S. Department of Energy



Please Recycle

Heat Wave Can Cause Electric Bill Shock

The scorching heat we had this summer, may cause jaws to drop when electric bills arrive. But not everyone will be in shock. Those who use prepaid metering will be better equipped to weather the high and low temperatures.

“Even for the really efficient, the bill is going to be higher than normal, because they have used the air conditioning a lot. Those with prepaid metering are able to put in \$10 or \$15 a week, and the members are not shocked with a big bill at the end of the month,” said Carla Landaverde, Member Services Supervisor.

Lake Region Electric Cooperative began prepaid metering as a way to decrease the number of delinquencies, by helping members become more aware of how much power they are consuming. Members who use prepaid generally use less electricity than members do on traditional billing. Prepaid metering can help members plan more accurate monthly budgets and make smaller payments throughout the month.



Courtesy Photo

Prepaid Metering Can Ease Electric Bill Shock

“In surveys conducted, prepaid billing members have higher customer satisfaction scores. They are just happier,” said Stanley Young, Director of Marketing.

Young said that co-ops stress that prepaid is not a synonym for punishment. However, the fact is that prepaid helps put many members at ease and puts the responsibility of monitoring usage in the members’ hands.

“I’ve talked to consumers, or members who have been delinquent, and they always lived in fear of the lights going off, and they always lived in fear of the

bucket truck coming down the street,” Landaverde said.

“And now with prepaid they do not have to live in fear because they know how much money they have left on their account. They can log onto our website, call the co-op, receive a text message, and know exactly how much money they have left,” Landaverde added.

For more information on prepaid metering call 918-772-2526 or toll-free at 800-364-LREC.

WATCH AND LEARN

Looking for even more ways to save money on your energy bill? Well today’s your lucky

day. A ton of helpful energy-saving tips and instructional videos are just a click away on:

TOGETHERWESAVE.COM

Keep Your Baby Safe From Electricity

Photo by: NRECA



Preparing for a baby; whether you are a new parent or an extended family member, is no small task. Along with a little bundle of joy comes a big responsibility for feeding, cleaning, and providing a 2341101 secure environment.

Bumps and bruises will be part of a child's life. But make the effort to keep a baby safe from critical dangers like electricity.

► Splish, splash safety

A baby's first bathtub may be on a countertop or in the kitchen sink. Be mindful of outlets in the area. Be sure they are special ground fault circuit interrupter (GFCI) outlets

that will minimize a shock if exposed to water during bath time. Also, set your water heater to 120 degrees or below to help prevent scalding and save energy.

► While you were sleeping

Sleep may be lost with a new baby, but there are precautions. Install smoke alarms and carbon monoxide alarms outside all bedrooms and near fuel-burning heaters. Follow current guidelines on crib and mattress safety and sleep positions.

► Technology Baby

New and improved electronics come out every day to make parenting easier, especially for monitoring a baby in another room. Follow manufacturer-recommended safety measures, keeping cords contained and properly mounting gear. Take care not to overload outlets with new electronics.

► Don't Blink

Your baby will not be little for long. Before you know it, he or she will be mobile and new responsibilities arise. You may think a room looks safe, but peer down to a baby's level to see what else catches your eye. The new perspective may alert you to outlets, cords, and other hazards within a child's reach.

You cannot plan for everything, and it may not be possible to test all products and baby items before a baby comes home. Look for the Underwriters Laboratories (UL) mark on home electronics. UL tests items for product safety to give you a degree of comfort in new purchases.

Source: Underwriters Laboratories

LREC Linemen Assist in Rebuilding Damag

"As many as four electric cooperatives sustained fairly heavy damage to their distribution systems caused by wildfires," said Sid Sperry, Director of Public Relations, Communications, and Research for the Oklahoma Association of Electric Cooperatives (OAEC). The fires began August 3rd in different parts of the state.

Oklahoma Electric Cooperative, based in Norman, lost about 100 poles.

"Just west of Tulsa, wildfires consumed infrastructure belonging to Indian Electric Cooperative in Cleveland," said Sperry, adding that about 1,200 of the

co-op's members were without service early August 6th.

Central Rural Electric Cooperative, based in Stillwater, reported 23 wildfire related outages early August 6th.

East Central Oklahoma Electric Cooperative, based in Okmulgee, also reported some outages, primarily due to loss of transmission lines after KAMO Power lost about 10 high-voltage transmission structures August 4th.

The Oklahoma Electric Cooperatives have a mutual aid agreement when a sister cooperative needs help rebuilding their system. Other cooperatives help by

sending crews to aid in rebuilding the damaged portions of their system.

Lake Region Electric Cooperative had a crew step up and volunteer their services. Dean Buford, Jason Steeley, Frank Teague, and Danny Darrow along with a digger and bucket truck traveled to Cleveland to assist Indian Electric Cooperative rebuild after the wildfires. LREC's Linemen helped by setting over 40 poles during their time at Indian Electric Cooperative. These men spent 6 days away from home helping rebuild.

One of the seven principles of cooperatives is cooperation among other co-

Operation Round-Up Update



Through the Operation Round-Up program, members voluntarily “round-up” their electric bills to the nearest dollar each month. Each participant donates an average of \$6 a year, all of which goes directly toward meeting local needs.

Lake Region Electric Cooperative members who participate in the Operation Round-Up program help make these grants possible. This program is making a significant impact on our local communities.

The Operation Round-Up Foundation met during their regular business meeting, held on July 25, 2012, to approve eight grants. During the meeting, grants were awarded to:

- ☐ An individual was awarded \$1,578 to help with medical expenses.
- ☐ Cherokee County Helping Hands for the Elderly and Handicapped Society was awarded \$5,000 for mowing equipment.
- ☐ Cherokee County Riders 4-H Club was awarded \$1,000 to help with the expenses associated with a meat judging contest.
- ☐ Wagoner Area Neighbors was awarded \$5,000 for back to school supplies.
- ☐ An individual was awarded \$2,500 for medical expenses.
- ☐ Wagoner County Blue Star Mothers of America, Inc. was awarded \$3,000 for supplies for care packages sent to the troops.
- ☐ Cherokee County Zoe institute, Inc. was awarded \$10,000 for a back to school backpack program.
- ☐ Prevent Blindness Oklahoma was awarded \$1,340 for the purchase of a laptop and occluders.

Electric cooperatives were founded on the principle of concern for community, and LREC cannot see a better way for members to help those in need and, in turn, make our local communities better places.

ed Power Lines After Wildfires

operatives. Sending a crew to help sister cooperatives is our way of doing business and we know the next time LREC members are in need, help will be on its way.



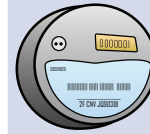
Left to right: Jason Steeley, Dean Buford, Frank Teague and Danny Darrow



Photo by: Dean Buford

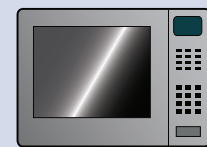
Comparing Radio Frequencies

How strong is the radio frequency (RF) exposure from a smart meter one yard away outside of your home? Just **0.000015 milliwatts per square centimeter** (mW/cm), much lower than other common sources!*



A cell phone next to your head emits an RF that's

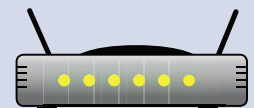
12,667 times greater (0.19 mW/cm).



A microwave oven RF is **313** times greater (0.0047 mW/cm).

A Wi-Fi signal emits an RF that's

67 times greater (0.0010 mW/cm).



The natural RF from the human body is **20** times greater (0.0003 mW/cm).



Source: Dr. Yakov P. Shkolnikov, Ph.D., Central Maine Power

*Based on the FCC average exposure standard (47CFR1.1310), which averages exposure over 30 minutes of use.

Get Smart About Smart Grid

Courtesy Photo



As an energy consumer, you have probably heard the term “smart grid.” But do you understand why smart meters, better substation communications, fiber optic lines, and other digital technologies could allow your cooperative to operate more efficiently and, ultimately, help keep electric bills affordable?

There are three key words to remember: affordability, efficiency, and reliability. To keep electric bills affordable, a smart grid will provide tools to help you and other energy consumers manage your electric use, while automation devices and tools will help reduce operational costs for Lake Region Electric Cooperative.

Technology focused on boosting efficiency could shrink your utility’s

carbon footprint by letting you reduce your electric use during demand peaks and lowering line losses. Finally, a smart grid will be more secure and can help Lake Region Electric Cooperative restore service following an outage much faster and safer than before. While it will still take the same

amount of time to remove a tree that’s fallen onto lines, the smart grid will be able to pinpoint the location remotely rather than having to walk a line to find the problem.

We have all been through a change like this before. The move from paper to electronic banking provides an easy way to explain the impact a smart grid could have on our lives.

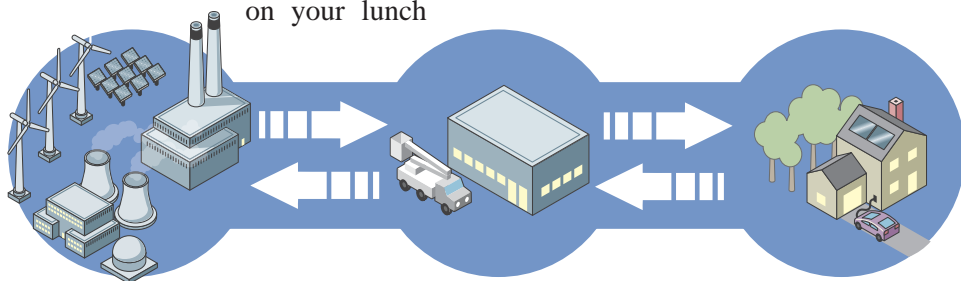
Banking used to be a hands-on matter. You would run by the branch office on your lunch

break to make a deposit or cash a check. When buying groceries you would use a check. If you wanted your balance, you would go by the branch office or wait for your monthly statement.

Times have changed, plastic cards and online banking are now becoming the norm. Through a series of innovations, banking has been transformed from a largely mechanical and paper-based financial system into a digital dynamo. The conversion, in many ways, closely mirrors how our electric grid may change with fiber optics and digital smart grid technologies.

Just as banking became more convenient with the creation of debit cards, ATMs and online banking, the way we distribute electricity will improve.

Lake Region Electric Cooperative is working to make our grid smarter by investing in new technologies that will help improve reliability, lower costs, provide more services, and increase efficiency.



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Hidden Account Number

Look for your account number hidden in this issue of the *Powerline Press*. If you find your number, Lake Region Electric will credit your next bill.

To claim your credit, notify LREC’s Hulbert office by phone or mail during the month of publication.

The amount increases by \$10 with each issue your prize goes unclaimed to a maximum of \$50.

For more information, call 800-364-LREC or 918-772-2526

Cooperative bylaws are available upon request at Lake Region Electric Cooperative’s office in Hulbert.