

# CEC inside your co-op

Published for members of Choctaw Electric Cooperative

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A supplement to Oklahoma Living.

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## Enroll Now In CEC's Home Energy Efficiency Partnership

We'll pay you to make your home more efficient!

If you're ready to reduce your home energy bill—and realize an immediate payback for your efforts—sign up now for Choctaw Electric's new Home Efficiency Partners Program. The program involves a team of energy professionals from Western Farmers Electric Cooperative, Choctaw Electric Cooperative (CEC) and Precise Building Performance working with co-op members to make their homes more efficient. Precise Building Performance is a private business focused on improving energy efficiency in homes.

### What Does the Home Energy Efficiency Partnership Offer?

CEC members who enroll receive a free whole-home energy audit conducted by a professional energy efficiency expert from Precise Building Performance. The audit tests your home's ability to seal in heat and air, checks for potential duct leakage, and assesses your attic insulation.

Participating co-op members receive a detailed report of their audit on-site, along with projected costs of suggested energy-saving upgrades and their estimated return-on-investment. Members may select to make one or more improvements based on their budget or do nothing.

The decision is up to you, but further participation nets big benefits: Qualifying members who choose to make upgrades receive a rebate of \$1 per watt of estimated savings, with a maximum rebate value of \$1,000. The rebate is applied to the cost of the project, with special financing options available from CEC to cover retrofit costs. Another bonus: You can rest easier knowing your home improvements are performed by a licensed professional contractor.

### Who is Eligible to Participate in the Program?

Any CEC homeowner living in a single-family, stick built home may participate. Members living



in mobile homes are welcome to contact our CEC Energy Specialist Brad Kendrick to receive helpful resources including specific ways to cut energy costs.

### When and How do I Enroll?

To enroll, visit [www.oknm.coop](http://www.oknm.coop). You'll be asked to specify your co-op (CEC), from a list of electric cooperatives and provide some basic information including your CEC account number. Once you've completed the online enrollment, a representative from Precise Building Performance will contact you to schedule your audit in May or June.

Members may also find useful do-it-yourself energy saving projects at [www.oknm.coop](http://www.oknm.coop), as well as a link to Precise Building Performance's list of resources.

For more information on CEC's Home Energy Partnership, please contact Brad Kendrick, energy efficiency specialist, at **580-326-6486**, or call **800-780-6486**, ext. 209.

## END HIGH BILL SURPRISE.

Log on to CEC's Smarthub and monitor your usage by the hour, day or week. Knowing when your household energy use tends to increase can help you adjust your usage behavior and lower your bill. Log on at [www.choctawelectric.coop](http://www.choctawelectric.coop).



A monthly newsletter of  
Choctaw Electric Cooperative.

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24 Hour Outage Hotline

**800-780-6486**

## MANAGEMENT PERSPECTIVE

# Why Safety Matters

*CEC maintains a culture of safety—for employees and the public*

I'd like to take a moment to talk about safety. May is Electrical Safety Month, and Choctaw Electric Cooperative (CEC) will be sharing safety tips throughout the month on Facebook to help raise awareness about the dangers of electricity. We depend on electricity to power our lives, but accidents happen all too often when electricity is taken for granted.



**BY KENNETH J. GATES**  
CHIEF EXECUTIVE OFFICER

### Our responsibility to you

CEC's concern for safety extends beyond our employees to include our members and the general public. It's not a mundane issue, especially when you consider that thousands of people in the U.S. are critically injured due to electrical fires, accidents and electrocution in their own homes.

To promote safety education throughout our area, CEC makes free safety programs available to virtually any group who is interested in scheduling a demonstration. We bring our safety message to classrooms, senior citizens, youth groups, fire departments and many others.

We also encourage the public to contact us if they see a downed power line or any other type of dangerous electrical situation. At CEC, we try our best to provide safe, reliable and affordable electricity.

### Our responsibility to employees

It's no accident that safety is a top priority at CEC. We are committed to a culture of safety that's evident throughout all of our daily operations. Your co-op is part of the Rural Electric Safety Achievement Program (RESAP). This means we follow specific guidelines and protocols for electrical safety that are considered leading practices. Our linemen are required to wear personal protective equipment at all times when on the job. This

includes special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are worn in tandem to protect from electrical shock. To keep safety at the forefront, our crews regularly discuss safety issues pertaining to work within the building as well as out in the field.

This month, I hope you'll all take a moment to consider safety issues around your home. Please visit Choctaw Electric's Facebook page or visit <http://www.esfi.org> for tips about how to keep you and your loved ones safe.

OFFICIAL

MINUTES



Scan this code with your smartphone or tablet to read the monthly minutes of your co-op board meeting. Minutes are also available at any CEC location.

To scan the code, install a Bar Code Scanner app, available at the App Store.



ATTENTION MEMBERS:

# Bylaw Changes, Candidate Filing Dates Coming Up

### Deadlines dictated by CEC bylaws

If you would like to submit changes to the Choctaw Electric Cooperative (CEC) bylaws, or run for a seat on your co-op board of trustees, please note the following deadlines.

CEC bylaws specify that proposed bylaw amendments be submitted no later than 90 days before the CEC Annual Meeting. This year, that's June 26, 2017. If proposed changes meet legal requirements, co-op members will vote on suggested bylaw amendments at the CEC Annual Meeting or by mail-in ballot. The Annual Meeting will be held on Saturday, September 23 at the McCurtain County Fairgrounds in Idabel.

Details on the process of submitting changes to the CEC bylaws are found in Article XV, Section 15:01 of your CEC bylaws.

Members who wish to run for the position of CEC trustee in District B, C or G must turn in a petition signed by at least 25 CEC members by July 25, 2017.

To serve as trustee, a member must meet certain qualifications. For example, you must live in the district you wish to represent and you must have a high school diploma or GED. CEC bylaws lists details on trustee qualifications, election procedures, tenure, and districts in Article IV, Section 4.01 - 4.05.

Interested members are urged to review trustee qualifications and election procedures before filing an intent to run.

View or download the CEC bylaws at [www.choctawelectric.coop](http://www.choctawelectric.coop), or pick up a copy of the bylaws at the CEC office in Hugo, Antlers, or Idabel.

## IMPORTANT CO-OP DATES



- **June 26**  
CEC bylaw revisions due at CEC Hugo.
- **July 25**  
CEC Attorney opinion due on proposed amendments to the CEC bylaws.
- **July 25**  
Candidates for Trustee in Districts B, C, and G must file their intent to run for office. Filing due by 5 pm at CEC in Hugo.
- **August 9**  
Second revision of proposed bylaw amendments due at CEC Hugo.
- **September 23**  
CEC Annual Meeting  
McCurtain Co. Fairgrounds

■ *Filing for Capital Credits.* Family members of deceased CEC members can request the refund of their loved one's capital credits by filing a certificate of entitlement and providing a death certificate to CEC. Forms and information are available at [www.choctawelectric.coop](http://www.choctawelectric.coop). Click on Forms and Information, and then Capital Credits.



FIND IT ONLINE

# Same Annual Meeting.

CEC 78<sup>th</sup> Annual Meeting • Saturday, September 23 • Hugo

# All New Venue.

McCurtain Co.  
Fairgrounds  
in Idabel





**LED FAST FACT:**

Good-quality LED bulbs can enjoy a useful life of 25,000 hours or more. According to the U.S. Department of Energy, that means they can last more than 25 times longer than traditional light bulbs. That's a life of more than three years of operation, 24 hours a day, seven days a week.

## SHOP TALK:

### Make your shop or barn more energy efficient

**H**omeowners tend to forget about the shop or barn out back when they think about lowering their home energy costs. When you consider how many old, energy-gobbling refrigerators get a second life in the shop or barn, perhaps it's time to it give outdoor energy efficiency more thought.

There are easy ways to make your outbuilding or barn more energy efficient and comfortable for its occupants, and a bit easier on your monthly electric bill.

- Replace indoor lighting with energy efficient LED bulbs.
- Make sure your building has adequate insulation levels. Your livestock will appreciate it.
- Choose outdoor lighting that is designed to be energy efficient. Install motion detectors on lights to reduce their energy consumption when not in use.
- Plant trees around your shed or barn. Trees act as a windbreak against winter winds. During summer, trees provide shade that can reduce temperatures in your building 3 to 6 degrees Fahrenheit.



- Consider adding a ceiling fan to circulate air. Typically, there is a 2 degree Fahrenheit temperature increase for every one-foot increase in ceiling height. A ceiling fan can help keep warm air close to the ground in the winter, and circulate fresher, cooler air in the summer. This will help keep the air in the building from becoming hot and stagnant and will help keep the bugs at bay.

For more suggestions on saving energy, or to schedule a free home energy audit, please contact Choctaw Electric at **800-780-6486**.



## A Great Way To Strut Your Stuff

*Sign up for free booth space at the CEC Annual Meeting and reach over 1,500+ co-op members*

Visitors at the CEC Annual Meeting love to stroll through the vendor booths prior to the meeting. The displays provide a way for local businesses and groups to reach co-op members with their message and show off artwork, handmade crafts, tools, and other products.

The CEC Annual Meeting will be held on September 23 at the McCurtain County Fairgrounds in Idabel. Vendors will enjoy their own covered area adjacent to the meeting. Booth spaces are free. To reserve a spot, please fill out the form below and return it to CEC by the September 15 deadline.

### 2017 CEC Annual Meeting VENDOR BOOTH RESERVATION FORM

Organization \_\_\_\_\_

Contact person \_\_\_\_\_

Daytime Telephone \_\_\_\_\_

Mailing Address \_\_\_\_\_

Products to be displayed/sold \_\_\_\_\_

Do you require electricity? \_\_\_Yes \_\_\_No

Number of booth spaces required \_\_\_\_\_

NOTE: Vendors must bring their own tables, chairs and electrical cords, if needed.

*Deadline to reserve booth:*

**September 15, 2017**

*Please mail booth reservation form to:*

Jia Johnson, Choctaw Electric Cooperative  
PO Box 758, Hugo, OK 74743



## CEC Lineman Chosen To Electrify Guatamalan Village

Choctaw Electric Lineman Darren Frazier will serve on a special cooperative mission to electrify a remote village in northwestern Guatemala. Frazier will work with a team of electric co-op linemen selected by the Oklahoma Association of Electric Cooperatives (OAEC) to bring lights to the village.

"It's an honor for Choctaw Electric to have a lineman participate in this mission, said Ken Gates, Choctaw Electric CEO. "Darren will be an excellent ambassador and we're proud of him."

Last year, a similar electrification project took place in the country of Bolivia, when volunteers from Oklahoma and Missouri's electric cooperatives brought electricity to two Amazonian villages.

"Bringing electricity to remote areas in developing countries takes electric cooperatives back to their roots," says OAEC General Manager Chris Meyers. "It reinforces our commitment to improve the quality of life for local communities in our home and abroad."

The OAEC International Committee, comprised of trustees from the statewide association, selected the team of 13 volunteers and three alternates for the upcoming trip.

"We are grateful for the overwhelming response of Oklahoma co-op linemen who are willing to leave their homes to

empower far-away communities," says International Committee Chairman Jimmy Taylor. "Access to electricity will bring economic empowerment, better access to health care, and enhanced safety for these villagers. It's a life-changing gift."



Darren Frazier

The electrification project is coordinated through the National Rural Electric Cooperative Association's (NRECA) philanthropic arm, NRECA International Foundation. The name of the isolated village is Chiis, which is located in the Guatemalan state of Alta Verapaz. The linemen will provide electricity to nearly 45 homes over three miles of line. The isolated village mainly produces beans and corn for self-consumption.

Oklahoma's electric cooperatives established a 501(c)3 not-for-profit, The Oklahoma Energy Trails Foundation, to support this cause. All contributions are tax-deductible.

To learn more about Oklahoma Energy Trails, please visit <http://tinyurl.com/energytrails>.

## Community Events

Help us promote your event by sending event details in advance. Please send event information to Jennifer Boling/Inside Your Co-op/ PO Box 758, Hugo, OK 74743; or e-mail info to [jboling@choctawelectric.coop](mailto:jboling@choctawelectric.coop). Events and dates are subject to change.

### MAY

- 5-6 Valliant Citywide Sales
- 6 - 9 Red Slough Birding Convention, Idabel OK
- 12-14 Kiamichi Independent Bikers Rally, Idabel
- 20-21 Beavers Bend Rod Run Beavers Bend State Park Broken Bow
- 27-28 Medicine Springs Trail Ride, Cloudy

### JUNE

- 2-3 PRCA Rodeo, Hugo
- 11-17 Oklahoma Freewheel, Idabel
- 16-17 Kiamichi Owa-Chito Festival Beavers Bend State Park Broken Bow
- 17 Antlers Homecoming Fish Fry

### JULY

- 1 Soper Homecoming
- 3 Boom in Valley Fireworks Choctaw Nation Capitol Tuskahoma
- 4 Clayton Homecoming Parade

**💰 Lucky Account #23016902** (\$25 Bill Credit). If the account number above belongs to you, contact your co-op by the 10th of the month to claim your \$25 bill credit. Call Jennifer Boling at **800-780-6486**, ext. 207, or contact CEC via email or in person.



DC BOUND

# Local Teens Win Youth Tour

Choctaw Electric Cooperative will send three students to Washington DC to participate in the Electric Cooperative Youth Tour.

Bailey Woods, Antlers High School; McKinley Payne, Antlers High School; and Laney Smith, Broken Bow High School will travel to Washington DC on June 10 for the one week tour. The high school juniors won the trip by submitting multimedia presentations in CEC's Youth Tour contest.

Youth Tour is a program that introduces rural teens to our country's most historic sites, government buildings, and monuments. The trip includes stops at more than 50 historic sites and museums, plus cultural attractions in



McKinley Payne



Laney Smith



Bailey Woods

and around DC. Past participants often remember the week as one of the most inspiring experiences of their lives.

Youth Tour is sponsored by participating electric co-ops from across the country. CEC Youth Tour winners will travel with other teen winners from around the state. While in DC, students will enjoy

an evening cruise on the Potomac River, a breakfast with congressional staff members, and the opportunity to meet students from across the country.

Find more details on the Electric Cooperative Youth Tour at [www.oaec.coop](http://www.oaec.coop). For more information on CEC's Youth Tour contest, please visit [www.choctawelectric.coop](http://www.choctawelectric.coop).

**Choctaw Electric Cooperative**

**PAY Site**

**PAYING IN PERSON**  
Has Never Been Easier

- Immediate payment posting
- Easy-to-use payment system
- Convenient location
- FREE cash/check/card
- Leave with a receipt
- Available after office hours

**FREE**  
cash/check/card

**CHOCTAW**  
TRAVEL PLAZA  
**SAVE-A-LOT**

Paysite kiosks are available at the following locations, or use the online paysite kiosk locator at <http://paysitekiosklocator.com/>.

**ATOKA**  
Choctaw Nation Travel Plaza  
OPEN 24 HOURS

**ANTLERS**  
Choctaw Nation Travel Plaza  
OPEN 24 HOURS

**BROKEN BOW**  
Choctaw Nation Travel Plaza  
OPEN 24 HOURS

**IDABEL**  
Choctaw Nation Travel Plaza  
OPEN 24 HOURS

**HUGO**  
Save A Lot Grocery  
HOURS: SUNDAY, 9 AM- 8 PM  
MONDAY-SAT., 7:30 AM -9 PM

# When It Comes To Surge Protection, You Get What You Pay For

Computers, TVs, and other expensive electronics should be protected from unexpected power surges. Before you buy one, however, remember that a cheap device can be worse than none at all. One, they use cheap, small surge fighting components. Two, these components can fail and the strip will continue to provide power without any indication that its protective side is gone.

Key factors to consider when buying a surge protector:

- Go for a significant joule (jewel) rating. This is a measure of how much energy it can withstand.
- Cable and Internet connection protection. You may want to consider this for your entertainment and computing needs as surges can enter via any wired connection. Be sure the protector is designed to handle a digital television. Otherwise, it can cause pixilation if it's only designed for analog signals.
- Indicator light that shows if protection has burned out.



**QUICK TIP:** Avoid plugging surge-sensitive electronic devices into the same power strip with laser printers, air conditioners, or other appliances with large motor loads. These produce their own low-level power surges that will affect all the devices sharing the strip.

- Power conditioning feature (for PCs, this is a nice-to-have feature but not a necessity).
- Get a smart strip. With smart strips, one outlet serves as a master, receiving power all the time. The other outlets do not receive power until the master device is turned on. This is ideal for home entertainment setups.

Surge protectors are worth the investment when you follow these simple suggestions. Paying a bit more for a quality device is a smart decision.

For information about electrical safety, or to report an unsafe electrical situation, please contact CEC at **800-780-6486**.

## Get ready for CEC's Kilowatt Kid's Camp!



*Where learning about electricity is a lot of fun!*

*Camp is free for ages 7-10.*

### **Tuesday, June 20**

9:00 am - 11:30 am  
CEC Hugo

### **Thursday, June 22**

9:00 am - 11:30 am  
CEC Idabel

**ELECTRIC CO-OPS  
are committed to  
keeping members  
and employees SAFE.**

**May is National  
Electrical Safety Month**



plug into safety



AMERICA'S ELECTRIC  
COOPERATIVES

### CAMP ENROLLMENT FORM

Student's Name \_\_\_\_\_

Age \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Please clip and mail to:**

Choctaw Electric Cooperative  
Attn: Member Services Department  
PO Box 758 • Hugo, OK • 74743

Questions? Please call **800-780-6486**, ext. 209.

# may

Best days according to Moon phases.



## Best planting days

Above ground crops . . .	1, 6-9, 27-28
Root crops . . . . .	10, 14-15, 18-20, 23-24
Seed beds . . . . .	1, 9-10, 27-28
Kill plant pests . . . . .	2-5, 11-13, 16-17, 21-22, 25-26, 29-31

## Best fishing days

☝ Best . . . . .	1, 9-10, 18-20, 28
😊 Good . . . . .	16-17, 27
☺ Fair . . . . .	4-5, 7-8, 11-15, 31
☹ Poor . . . . .	2-3, 6, 21-26, 29-30

## Best days to do other stuff

Quit smoking . . . . .	20, 24
Begin diet to lose weight . . . . .	20, 24
Begin diet to gain weight . . . . .	5
Cut hair to encourage growth . . . . .	7-8
Cut hair to discourage growth . . . . .	19-20
Go to the dentist . . . . .	4-6
Start projects . . . . .	26
End projects . . . . .	24
Go camping . . . . .	11-13
Plant above ground vegetables . . . . .	1, 27
Plant below ground vegetables . . . . .	19, 20
Destroy pests and weeds . . . . .	21, 22
Graft or pollinate . . . . .	27, 28
Prune to encourage growth . . . . .	2-3, 29-30
Prune to discourage growth . . . . .	12-13, 21-22
Harvest above ground vegetables . . . . .	4-6
Harvest below ground vegetables . . . . .	23-24
Make sauerkraut, can, or pickle . . . . .	18-20
Cut Hay . . . . .	21-22
Begin Logging . . . . .	14-15
Set Posts or Pour Concrete . . . . .	14-15
Breed Animals . . . . .	9-10
Wean animals or children . . . . .	20, 24

—from the *Old Farmer's Almanac*

# Good Eats

IN SOUTHEAST OKLAHOMA

## Seasoned Asparagus

### INGREDIENTS

- 2 tablespoons butter, or more as needed
- 1 bunch asparagus, trimmed
- 1 teaspoon honey
- Honey
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper



### DIRECTIONS

Melt 2 tablespoons butter in a skillet over medium-low heat. Cook asparagus in melted butter, stirring a few times, until tender, 6 to 8 minutes.

Drizzle honey over the asparagus and stir to coat; season with garlic powder and cayenne pepper. Note: If the asparagus sticks to the pan, add up to 1 tablespoon butter while cooking or use 2 tablespoons of extra-virgin olive oil for a healthier alternative.

SOURCE: ALLRECIPES.COM

## ■ swap shop

### FREE CLASSIFIED ADS FOR CEC MEMBERS

#### ■ LIVESTOCK & PETS

Show and meat rabbits for sale. Breeding age on down to 5 weeks old. 580-982-8267.

Miniature donkey business for sale. 580-326-7672 or 580-326-1438.

Ark of McCurtain County offers discount spay/neuter services +mobile spay/neuter services. We also have dogs and cats ready for adoption. 580-236-2275.

HAVN low cost spay and neuter clinic in Fort Towson. To make an appt., please call 580-873-2771. Your call will be returned.

#### ■ MISCELLANEOUS

950 John Deere with 5 ft. King Kutter Brush Hog and trailer \$5,500. 580-236-6624.

YPG535 Yamaha full size keyboard with keyboard stand, pristine condition \$190.00 OBO. 580-298-2671.

Volunteer Your Time to Change a Child's Life. Court Appointed Special Advocates (CASA) for Children, a volunteer-powered network of committed people from all walks of life who believe society has an obligation to these children. We believe every child has the right to be treated with dignity, to be safe, and to thrive in the embrace of a loving family. For more information, call 580-298-2921. Address: LDCAA, 603SW B Street, Antlers, OK, 74523.

SWAP SHOP ads are free for CEC members. Submit ads online at [www.choctawelectric.coop](http://www.choctawelectric.coop), email to [jboling@choctawelectric.coop](mailto:jboling@choctawelectric.coop), or mail ads to CEC *Inside Your Co-op*, PO Box 758, Hugo, OK 74743. Ads must include a telephone number or email address. Please provide your name, mailing address and CEC account number when submitting an ad.