



# CO-OP CONNECTIONS CARD WILL BE MAILED IN APRIL

Cooperatives nationwide have joined the Co-op connections Card program through Touchstone Energy, to bring value to their members as well as participating businesses through the discount program. The program is a free service that allows more value for your dollar as an Indian Electric Cooperative (IEC) member.

When you present your card at participating businesses, you get a discount. There is no charge to our members that participate. You will receive your card around the last week of April or first of May as a direct mail piece to the address we have on file. Be sure and not mistake it for junk, your IEC Co-op Connections Card will be inside.

One of the most exciting benefits of the card is the savings on pharmacy prescriptions, dental, vision and chiropractic work. The IEC Co-op Connections Card program benefits members by offering savings on most prescriptions at over 48,000 independent pharmacies and national chains including: CVS, Walgreens, Wal-mart, Target and more. This is not insurance; it is a discount program.

The pharmacy discount isn't the only savings available with you Co-op Connections Card. Go to [www.connections.coop](http://www.connections.coop) today and see how you can start saving. The Co-op Connections Card program is just one more advantage to being an IEC member. Keep an eye on your mail for your IEC Co-op Connections Card. ♥

## Co-op Connections® Card



# ELECTRICAL SAFETY DURING AND AFTER STORMS

**S**evere storms and natural disasters can cause a variety of electrical safety hazards in and around our homes. Lightning, downed power lines, and floods are just a few of the serious safety concerns associated with storms. Unfortunately, many of these electrical safety hazards remain long after the storm itself has passed.

To help protect you from storm-related electrical hazards, the Electrical Safety Foundation International (ESFI) and Indian Electric Cooperative (IEC) are providing answers to common storm safety questions about:

- Lightning
- Power Lines



## Frequently Asked Questions

### **LIGHTNING**

*What should I do if I am caught outside during a lightning storm?*

- Move to a low point. Lightning hits the tallest available object, so get down low in a crouched position if you are in an exposed area.
- Stay away from trees.
- Avoid metal. Don't hold onto metal items like bats, golf clubs, fishing rods, tennis rackets, or tools. Stay away from metal sheds, clotheslines, poles, and fences.
- Stay away from water, including pools, lakes, puddles, and anything damp—like grass.

- Don't stand close to other people. Spread out.

*Is there any sort of warning before lightning strikes?*

Not necessarily, but sometimes. If you feel a tingling sensation or your hair stands on end, lightning may be about to strike. Do not lie down. Instead, crouch down, tuck your head, and cover your ears.

*What should I do if I encounter a lightning storm while driving in my car?*

Slow down and use extra caution. If possible, pull off the road into a safe area.

*Am I safer in or out of my car?*

Do not leave your vehicle during a thunderstorm. A vehicle is considered safe during a thunderstorm if it is fully enclosed with a metal top such as a hard-topped car,

minivan, bus, truck, etc. While inside a safe vehicle do not use electronic devices, such as radio communications.

*The storm is still raging outside. Are we safe from lightning if we stay inside the house?*

Follow these indoor lightning safety tips to help keep your family safe inside while it's storming outside:

- To avoid lightning strikes, stay away from windows and doors.
- If possible, unplug electronic equipment before the storm arrives. Avoid contact with electrical equipment and cords during storms.
- Avoid contact with water and plumbing, including sinks, baths and faucets.

*Can I talk on the telephone during an electrical storm?*

Use corded telephones only for emergencies. You can use cordless or cellular phones.

I have an outside dog. Is it okay to leave him out there during a lightning storm?

Doghouses are not lightning-safe, and chained animals can easily become victims of lightning strikes. You should bring your pets inside to protect them.



## POWER LINES

*What should I do if I encounter a downed power line?*

If you see a downed power line, move at least 10 feet away from the line and anything touching it. The human body is a ready conductor of electricity.

The proper way to move away from the line is to shuffle away with small steps, keeping your feet together and on the ground at all times. This will minimize the potential for a strong electric shock. Electricity wants to move from a high voltage zone to a low voltage zone—and it could do that through your body.

*What can I do to help someone who has come in contact with a downed power line?*

If you see someone who is in direct or indirect contact with the downed line, do not touch the person. You could become the next victim. **Call 911 instead.**

*Can I use something that is not metal to try to move a downed power line myself?*

Do not attempt to move a downed power line or anything in contact with the line by using another object such as a broom or stick. Even non-conductive materials like wood or cloth, if slightly wet, can conduct electricity and then electrocute you.

*What should I do if I see a downed power line in the street while I am driving my car?*

Do not drive over downed power lines.

*What if a power line comes down onto my car or I didn't see it until I've driven into it?*

If you are in your car and it is in contact with the downed line, stay in your car. Tell others to stay away from your vehicle.

If you must leave your car because it's on fire, jump out of the vehicle with both feet together and avoid contact with the live car and the ground at the same time. This way you avoid being the path of electricity from the car to the earth. Shuffle away from the car. ♦

## TRUSTEE ELECTION FILING NOTICE

Any member desiring to serve as an IEC Board Trustee for the following districts, who meets the qualifications of a Trustee and lives in the district may file a notice of candidacy at IEC's office in Cleveland, OK.

**District 4 filing period April 30 through May 10, 2012**

**District 5 filing period May 1 through May 11, 2012**

**District 7 filing period May 3 through May 13, 2012**

If unsure of your district it can be found on your IEC bill in the account summary box or you can call the IEC office at 918-295-9500.

### Recipe: Bell Pepper Egg Flowers (Serves 4)

- 1 Large Bell Pepper
- 4 Medium Eggs
- 1 Tbsp Parmesan Cheese or any other cheese
- 2 Tsp Olive Oil

Accompaniments: Toast

1. Take 1 large bell pepper, slice into four 1/2"-thick rounds (or "flowers") and remove the inner membranes (or white part).
2. Heat 2 tsp of olive oil in a skillet over medium heat and cook the flowers for 2 minutes on one side.

### Recipe: Bell Pepper Egg Flowers (con't)

3. Flip the flowers over and crack an egg into the middle of each flower.
4. Cover skillet and cook for 2-3 minutes for runny eggs or for 5 minutes for firm eggs.
5. Sprinkle each flower with Parmesan a few seconds before you are ready to remove it from the pan.
6. Serve.

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Office Hours  
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(Monday - Friday)

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