

# Electric Lineworkers Committed To Job, To Safety, To IEC Members

National studies consistently rank power line installers and repairers among the most dangerous jobs in the country, and for good reason. Laboring high in the air wearing heavy equipment and working directly with high voltage creates the perfect storm of a dangerous and unforgiving profession. But electric lineworkers are up to the task. These brave men and women are committed to safety, as well as the challenges of the job.

Indian Electric's lineworkers are responsible for keeping power flowing day and night, regardless of national holidays, vacations, birthdays, weddings or other important family milestones. Beyond the years of specialized training and apprenticeships, it takes internal fortitude and a mission-oriented outlook to be a good lineworker. In fact, this service-oriented mentality is a hallmark characteristic of lineworkers. The job requires lineworkers to set aside their personal priorities to better serve their local community.

## Family Support System

To perform their jobs successfully, lineworkers depend on their years of training, experience and each other to get the job done safely.

Equally important is their reliance on a strong support system at home. A linework-

er's family understands and supports their loved one's commitment to the greater community during severe storms and power outages.

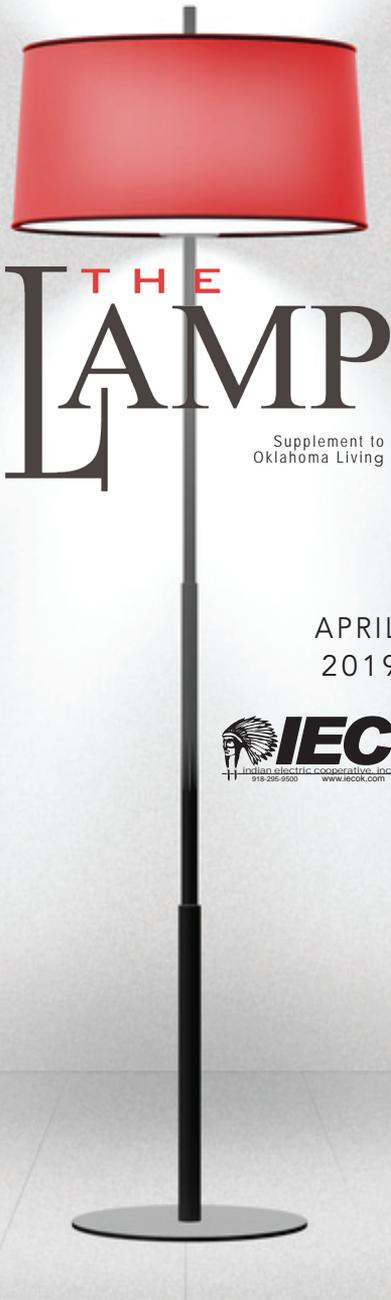
This means in times of prolonged outages, the family and their lineworker may have minimal communication and not see each other for several days. Without strong family support and understanding, this challenging job would be all the more difficult.

## Community Commitment

In IEC's coverage area and across the country, electric co-op lineworkers' mission-focused mentality of helping others often extends beyond their commitment to their work at the co-op. Lineworkers are often familiar figures in the community. They can be found coaching youth sports teams, volunteering for local charities and serving on local advisory boards.

## Thank You

Monday, April 8 is Lineworker Appreciation Day. Given the dedication of IEC's lineworkers, both on and off the job, we encourage you to take a moment and acknowledge the many contributions they make to our local community. And if you see their family members in the grocery store or out and about in the town, please offer them a thank you as well.



ENERGY EFFICIENCY

# TIPS

OF THE MONTH

Streaming content with electronic equipment that has earned the ENERGY STAR® rating will use 25 to 30 percent less energy than standard equipment.  
Source: energy.gov

When the lights go out, we've got your back.

#ThankALineworker



# Communities Work Together For Progress

Community leaders from Cleveland, Hominy, Pawnee, Bristow, Mannford, and other surrounding towns have been conducting forums to determine how they can “CREATE BRIDGES.”

CREATE BRIDGES stands for “Celebrating Retail, Accommodations, Tourism and Entertainment by Building Rural Innovations and Developing Growth Economics.” It is a pilot program through the OSU Extension office to help the economic growth of rural areas.

Counties represented at the most recent forum were Osage, Pawnee and Creek. These counties have identified themselves as the Sandstone Hills Region.

Steps needed to be taken in order to CREATE BRIDGES have been the topic of discussion. Such steps will include forming a regional steering committee, conducting an asset map of businesses and existing training programs, convening a retail academy to examine relevant regional data, and implementing new strategies and actions.

The group has talked about the percentage of retail businesses making up the rural communities, the lack of opportunities available to many in those businesses, and the programs currently available to change those opportunities.

A number of topics were discussed among those who attended a recent CREATE BRIDGES forum. First was the strength that is evident in communities. Communities have cultural events, historical places, and agricultural activities

such as boating, hunting, and fishing. Also identified were the communities’ passionate people. Plus, infrastructure of roads, a multi-tribal historical presence, culture, and employment.

The challenges communities face at building rural innovations and developing growth economics were also talked about. Basically, identifying what is keeping these communities from growing in retail, tourism, accommodations, and entertainment. The general consensus was lack of community involvement with volunteering at many of the events, lack of customers at these events and local retail, lack of vision among the city planners for the communities, and lack of funding.

Finally, the opportunities these communities have to combat these challenges were discussed. Of the many ideas shared, the most common idea was regional advertising to promote the many positive aspects of the Sandstone Hill Region. This included cooperative business practices not only among the businesses in each community, but among the businesses of the area. This could be done through social media groups, branding different towns in the region, and refreshing existing initiatives such as Fourth of July celebrations, town anniversaries, and the many different events each community has every year.

More town forums are on the horizon. Those who would like to participate can find out more at [CREATEBRIDGES.okstate.edu](http://CREATEBRIDGES.okstate.edu) or on Facebook at [CreateBridgesOklahoma](https://www.facebook.com/CreateBridgesOklahoma).



On March 25 the Sandstone Hills Region conducted a Retail Academy workshop at Central Tech in Drumright.

A second workshop is planned for April 5 in Pawhuska.

The Retail Academy will explore regional data relevant to the “CREATE” sectors of retail, accommodations, tourism and entertainment businesses, how CREATE businesses strengthen and build the local economy, and how investment in CREATE workforce benefits your business and region.

The target audience for these workshops are business owners, chamber/economic development organization staff, and community leaders.

## OSU To Host Vietnam Veterans Memorial Replica Wall



The Wall That Heals, a 375-foot-long replica of the Vietnam Veterans Memorial in Washington D.C., will be on display April 18-21 at Oklahoma State University.

Visitors can honor the more than 58,000 Americans who died in the Vietnam War and visit a mobile education center to learn about social, cultural and political aspects of the Vietnam era in the United States.

“We are deeply honored to be hosting The Wall That Heals,” said Rick Hansen, a retired Marine Corps captain and coordinator of OSU’s Student Veteran Academic Services.

“We invite everyone to come out and pay their respects to the men and women who made the ultimate sacrifice.”

The Wall That Heals will be available for viewing 24 hours a day from 12 a.m. April 18 through 3 p.m. April 21 on the intramural athletic fields west of the Colvin Center near West Hall of Fame Avenue and North Walnut Street in Stillwater. Parking will be available nearby.

An opening ceremony is planned for 10-11:30 a.m. April 18 and will include an address from OSU President Burns Hargis.

# Annual Meeting Is On Calendar

We're excited to announce it's already time to begin planning your part in the IEC Annual Meeting! Mark your calendars and save the date — July 25!

IEC is now taking vendor applications. Registering right away is encouraged as limited space is available.

IEC members arriving to register early for this year's Annual Meeting will again be able to purchase food and drinks in the "Food Court" area and shop or browse "The Business and Arts Spotlight" which will be located outside the Cleveland High School Event Center on Thursday, July 25.

The Spotlight consists of artisans, retail and professional



businesses and organizations, most of whom are fellow IEC members.

Vendors interested in participating and reserving a display space free of charge should complete the appropriate forms below (green for food vendor and yellow for Spotlight - artisan, retail, professional or organization).

Vendor registration forms should be mailed or delivered before July 1 to: Clara Eulert, IEC, P.O. Box 49, Cleveland, OK 74020.

Mrs. Eulert will notify vendors to confirm their display space. If you have any questions, please call IEC Member Services at 918-295-9500.

## 2019 Annual Meeting FOOD VENDOR RESERVATION FORM

Food Business Name: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Cell/Home Phones: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Food or Drink to be sold (*all drinks must be sold in screw top plastic bottles*): \_\_\_\_\_

PLEASE RETURN THIS COMPLETED FORM by July 1 to:  
Indian Electric Cooperative, Attn: Clara Eulert; P.O. Box 49, Cleveland, OK 74020  
or email: [clarae@iecok.com](mailto:clarae@iecok.com)  
*Space is reserved on a first come, first served basis.*

## 2019 Annual Meeting BUSINESS SPOTLIGHT RESERVATION FORM

Business Name: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Cell/Home Phones: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Product(s) to be sold or displayed: \_\_\_\_\_

PLEASE RETURN THIS COMPLETED FORM by July 1 to:  
Indian Electric Cooperative, Attn: Clara Eulert; P.O. Box 49, Cleveland, OK 74020  
or email: [clarae@iecok.com](mailto:clarae@iecok.com)  
*Space is reserved on a first come, first served basis.*



# Holiday Hams

## and ideas for an easy Easter menu

### By Family Features

Whether you're new to hosting or simply looking for ideas to make Easter entertaining easier than ever, there are plenty of ways to save time and stress in the kitchen.

*Go with what you know.* Trying out new recipes is fun, but it can also add stress when they don't turn out like you expected. Stick to tried and true dishes you can prepare and serve with confidence and save the experimenting for another time.

*Take shortcuts.* At the center of many Easter feasts is a ham that has been expertly cured and cooked to perfection. Even so, starting with a full-cooked ham is a shortcut that no one is likely to notice, especially if you heat it properly. For exceptional quality and a variety of flavor profile options to choose from, turn to America's Original Butcher, Omaha Steaks. The meats are fully cooked then frozen before being delivered to your door for maximum convenience.

*Work ahead.* Plan your menu to incorporate items you can make ahead of time so you're under less pressure the day of your dinner. Even handling the prep work like slicing veggies the night before can buy back precious minutes, that way when guests begin arriving, you can step out of the kitchen and enjoy the day right along with them.

Find more ideas to make hosting this year's Easter meal easy at [OmahaSteaks.com/buy/meals/easter](http://OmahaSteaks.com/buy/meals/easter).

### How to Heat a Frozen Ham

Many frozen hams are fully cooked and can be served as soon as they're properly thawed, which is an ideal solution for a casual brunch with mini sandwiches on the menu. However, if you're serving an elegant holiday dinner, you're more likely to prefer a warm centerpiece dish. A fully cooked ham is still a time-saving option; you'll just need to allot time to heat it in the oven once it's thawed.

Start by thawing a fully cooked ham in the refrigerator for 24-48 hours.

To keep your ham extra moist, always put the cut-side down. You might also consider placing a baking rack in the pan and adding a quarter-inch of water before placing the ham on the rack.

For a spiral-cut, bone-in ham, heat the oven to 325 F. Remove ham from film and foil. Place ham cut-side down on a raised edge baking pan lined with foil. Heat uncovered 60-75 minutes for the entire ham or 10 minutes per pound for smaller portions.

For a boneless ham, heat the oven to 350 F. Place the ham, cut-side down, on a raised edge baking pan lined with foil. Cover the ham tightly with foil and heat 35-40 minutes.

Another option for adding extra juicy flavor is a glaze, which can be as simple as dissolving three parts brown sugar into one part honey in a small saucepan. Or for a more elegant affair, consider a fruit-infused glaze to complement the savory pork.

### Easy Fruit-Infused Glazes

#### Apricot Glaze

- 1/2 cup brown sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground ginger
- 1 cup apricot nectar, canned

In saucepan, mix brown sugar, cornstarch and ginger. Stir in apricot nectar. Cook over medium heat, stirring constantly, until mixture thickens and boils.

#### Cranberry Orange Glaze

- 1 can (16 ounces) cranberry sauce
- 1 cup brown sugar
- 1/2 cup orange juice
- 1/2 teaspoon cloves, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon allspice

In small saucepan over low heat, combine cranberry sauce, brown sugar, orange juice, cloves, cinnamon and allspice; simmer 5 minutes, before serving.

### CLEVELAND OFFICE

P.O. Box 49  
Cleveland, OK 74020  
(918) 295-9500

or

(800) 482-2750

### FAIRFAX OFFICE

P.O. Box 545  
Fairfax, OK 74637  
(918) 642-3314

### ACCOUNT INFORMATION

(888) 472-1535

### AUTOMATED OUTAGE REPORTING

(918) 295-9598

On the Web @

[WWW.IECOK.COM](http://WWW.IECOK.COM)

Office Hours

7:00 a.m. - 5:00 p.m.

(Monday - Friday)

### President

Robert Burk District 5

### Vice-President

Bill Boone District 7

### Secretary

Jim Hadlock District 2

### Assistant Secretary

Berry Keeler District 1

### Vacant

District 3

### Greg Fielding

District 4

### Mike Spradling

District 6

Rick Davis - General Manager

*The Lamp* is published monthly by Indian Electric Cooperative, Inc., P.O. Box 49, Highway 64 Southeast, Cleveland, Oklahoma 74020 for the interest of its membership. Members may send address changes to: "The Lamp," P.O. Box 49, Cleveland, OK 74020

VOLUME 56

NUMBER 4

## OFFICIAL NOTICE

Indian Electric Cooperative is an equal opportunity provider and employer.

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).