

# Lawrence Petitt Ends 37 Year Career at IEC

*Veteran employee recalls his years of service to cooperative members.*

It was 1964. The Warren Commission released its report on the Kennedy Assassination. The Civil Rights Act was signed. American Troops first entered Vietnam. The Beatles invaded America. My Fair Lady and Zorba the Greek were showing in theatres across the country. And that fall, Lyndon Johnson won a landslide victory over Barry Goldwater to serve his first elected term as President of the United States, and 19 year old Lawrence Petitt began a career that spanned nearly four decades serving the membership of Indian Electric Cooperative.

For 37 years, every time tornadoes ripped across the Osage Prairie, ice storms felled power lines or crackling lightning downed power lines, Lawrence Petitt put on his uniform, climbed in a truck and headed out with a crew.

Petitt recently retired from IEC, but reflected upon the highlights of his career. "I guess the biggest ice storm we worked was back in 1986," Petitt said slowly as he recalled his long-standing career. "We worked out in that bitter cold for more than two weeks straight. We hardly ever went home during that time. What I remember most was how beautiful it looked – 8-inch icicles hanging off trees and powerlines. How beautiful – and how dangerous! I remember how hard we worked to get the power back on to the members – and how badly I missed my own kids back at home." About the members who were at home waiting for just the basics - heat and light, Petitt has nothing but praise. "Sure, you'd expect that the members would gripe and groan, but they didn't," he said. "They knew we were out there trying to get them back on. And when we did, they appreciated it. They really appreciated it," he said with pride.

Lawrence Petitt is a lot like the cowboy in the white hat in an old Western. He's slow talking, quick to smile, and intensely committed to his work – and those he worked for. "I never forgot who I worked for," Petitt said. "I saw them - the members – every day. I talked to them, turned their power on, and sometimes had to disconnect them ... it broke my heart to have to do that, but I never forgot that they were a member and very valuable."

Petitt came to Indian Electric just two years out of high school and never took another job. What's more impressive is that he never wanted to. "I had a great career here at Indian Electric," said Petitt. "I truly believe I had the greatest job in the world."

Petitt was also truly admired by his co-workers. In the last few years, Lawrence said he was "razzed" by the young guys on the crews. "Somewhere along the line he picked up the nickname "Big L" and it stuck, much to his amusement. "Big L" will certainly be missed by all of IEC.



## IEC Welcomes New Employee - Karen Davis

Indian Electric's new Manager of Office Services, Karen Davis, brings a broad range of electric industry business experience to the IEC staff and cooperative members.

Formerly an employee of KAMO Power, IEC's electric generation and transmission provider, Karen saw the position at IEC as an opportunity to expand her horizons. She spent 18 years at KAMO in a variety of accounting and computer operator positions, which prepared her well to supervise the range of office services at IEC.

"Karen brings a wealth of knowledge and experience of the electric industry to Indian Electric," General Manager Terry Jech said. "We are excited to have her as a part of our management team."

As the Manager of Office Services, Karen manages the consumer representatives, the billing services, the accounting department, purchasing and warehousing. Karen says the job is "challenging" but works well because all the functions are very closely related.

Karen joined IEC in August to prepare for her new position. She worked with Leroy

Wilkerson prior to his retirement to learn about the unique attributes of IEC – specifically about how IEC functions and about the membership base. Karen said she enjoys the employees at IEC and has found them to be very helpful, congenial and eager to please.

"IEC has such wonderful personnel," Karen said. "They are great at taking care of our members and have helped me learn a lot about that part of the cooperative business. I have been very pleased with the professionalism of the employees and with their concern for the members."

"As I have learned about the business side of IEC, I have found it to be very stable and competitive. The future of IEC looks very bright and that can be attributed to the management and employees because they do such a good job."

*"I have been very pleased with the professionalism of the employees and with their concern for the members."*

Karen and her husband, Paul, moved to Cleveland from Vinita and have found the Cleveland community to be very open and accepting. The couple has three grown sons who live in the Oklahoma City area and twin granddaughters.



### THE LAMP

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7:30 a.m. – 4:00 p.m.  
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The Lamp (USPS 942-940) is published monthly by Indian Electric Cooperative, Inc., P.O. Box 49, Highway 64 Southeast, Cleveland, Oklahoma 74020 for the interest of its membership. Subscription price was \$0.17 per month in 2000. Periodical postage paid at Cleveland, Oklahoma and additional mailing offices.

- Postmaster: Send address changes to The Lamp, P.O. Box 49, Cleveland, OK 74020.

## 8th Graders Have Opportunity to Win All Expense Paid Trip to "Co-op Camp" in Red Rock Canyon

Eighth grade students are invited to participate in IEC's annual essay contest. Two winners will be chosen to represent IEC at the Youth Power Energy Camp with students from across the state.

The Youth Power Energy Camp is a leadership camp put on by the Oklahoma Association of Electric Cooperatives. The camp will be held at Canyon Camp, near Red Rock Canyon at Hinton, from May 28 through May 31.

By forming their own cooperative, students will spend four days learning about leadership, community development, and safety demonstrations. Along with forming and operating a co-op, students will also enjoy volleyball, hiking, swimming, campfires and newfound friendships that will last a lifetime.

The Energy Camp contest is open to eighth grade students who are children of Indian Electric Cooperative members. Simply write a 125-word essay on:

**"How My Cooperative responded to September 11th"**



For more information on this topic, logon to our website at [www.iecok.com](http://www.iecok.com), call (918) 295-9564 or e-mail [Cyndiew@iecok.com](mailto:Cyndiew@iecok.com).

Essay and entry form must be sent to Cyndie Wood at IEC by April 10, 2002. Independent judges will select two winners, judging on content, style and accuracy.

Please complete the entry form below and return with essay to **Cyndie Wood at IEC, P.O. Box 49, Cleveland, OK 74020.**

## IEC Members Donate More Than \$10,000 for Disaster Relief

Indian Electric members joined together to contribute \$10,594.51 to aid in the September 11 disaster relief efforts as a result of the cooperative's relief fund collection program. Many IEC members donated their capital credit checks while others made separate donations.

During the September IEC monthly board meeting, trustees voted to provide members with the opportunity to donate their capital credit checks to aid disaster victims in New York and Washington, D.C. Board members recalled the cooperative's founding principle of "people helping people" and determined to provide an avenue for members to collectively assist in the disaster relief effort.

"We're extremely proud of our members for joining us in this effort," General Manager Terry Jech said. "Thank you to all of our members who donated their capital credit checks."

### OFFICIAL YOUTH POWER ENERGY CAMP ENTRY FORM

My Sponsoring Electric Cooperative is: **Indian Electric Cooperative, Inc.**

I would like to qualify for this year's Energy Camp, sponsored by my local electric cooperative. I certify that I am an eighth-grade student and understand that the material I submit in any contest to qualify for this trip becomes the property of the Oklahoma Association of Electric Cooperatives for use at its discretion. I agree to abide by all rules of the contest and by the decisions rendered by judges at all levels of the competition. **Please return this entry form along with essay by April 10, 2002.**

- PLEASE PRINT PLAINLY OR TYPE -

Name: \_\_\_\_\_ Parent's/Guardian's Name: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Age: \_\_\_\_\_ Name of School: \_\_\_\_\_ Social Security #: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student: \_\_\_\_\_ Signature of Parent: \_\_\_\_\_

# Heart Smart Cooking - Cut the Fat, Not the Taste

## Mandarin Chicken

### Serves 4

9 oz. Frozen broccoli spears	3 T margarine
2 whole chicken breasts, boned, halved and skinned	$\frac{3}{4}$ c orange juice
$\frac{1}{4}$ c flour	2 T white wine
$\frac{1}{2}$ t garlic powder	1 t cornstarch
$\frac{1}{4}$ t paprika	$\frac{1}{4}$ t grated orange peel
	2 T sliced almonds, toasted
2 T chopped fresh tarragon or 1 t dried tarragon	
11 oz. Can mandarin orange segments, drained	

In bowl of warm water, thaw broccoli 30 minutes; drain. Heat oven to 350°. Flatten chicken breasts by pounding lightly between sheets of waxed paper. In small bowl, combine flour, garlic powder and paprika. Coat chicken with flour mixture.

In medium skillet, brown chicken breasts in margarine. Place in 8-inch (2-quart) square baking dish. In same skillet, combine orange juice, wine, tarragon, cornstarch and orange peel. Cook until mixture boils and thickens, stirring constantly. Pour sauce over chicken.

Bake chicken at 350° for 15 minutes. Divide broccoli into 4 equal portions; arrange on top of chicken breasts. Top each serving with  $\frac{1}{4}$  of the mandarin oranges and almonds. Cover and bake an additional 15 minutes.

*Try this chicken recipe for a low calorie, high fiber dinner that not only looks great but tastes great too!*

## Orange Cream Fruit Salad

Choose sugar free pudding, skim milk, fat free sour cream and fruit in its own juice to make this a lighter, low calorie, low fat, great tasting fruit salad. The American Heart Association recommends 5 or more servings of fruits and vegetables a day.

1 (3.5 ounce) package instant vanilla pudding mix  
1  $\frac{1}{2}$  c milk  
 $\frac{1}{3}$  c frozen orange juice concentrate, thawed  
 $\frac{3}{4}$  c sour cream  
1 (20 ounce) can pineapple tidbits, drained  
1 (15 ounce) can sliced peaches, drained  
1 (11 ounce) can mandarin orange segments  
1 apple – peeled, cored and sliced  
1 c grapes

In a medium mixing bowl, combine pudding mix, milk, and orange juice concentrate. Beat with an electric mixer on medium speed for 2 minutes. Mix in sour cream. Drain fruits well. In a large salad bowl, combine fruits. Gently mix in orange dressing. Cover and refrigerate for 2 hours.

## Healthy Cooking Methods

How you cook is just as important as what you cook, says the American Heart Association, which has designated February as American Heart Month.

It's easier to stay away from unwanted fat, calories and oil when you cook in the following ways:

- **Stir-fry.** Use an electric wok to cook vegetables, poultry and seafood in vegetable stock, wine or a tiny bit of oil. Avoid high-sodium seasonings like teriyaki and soy sauce. Most non-electric woks fit over the burners on electric stoves.
- **Microwave.** This is a good alternative because it's fast and doesn't add any fat or calories.
- **Roast.** Put a rack in the pan so the meat or poultry doesn't sit in its own fat drippings. Instead of basting the meat with pan drippings, use fat-free liquids like tomato juice or lemon juice.
- **Grill or broil:** Always use a rack so that any fat drips away from the food.
- **Bake.** Bake foods in covered cookware with a little extra liquid.
- **Poach.** Cook chicken or fish by immersing it in simmering liquid.
- **Saute.** A pan made with a non-stick surface is a good investment because it lets you use little or no oil without having food stick. You can also use a fat-free vegetable spray or a small amount of broth.

*For more information on heart-healthy cooking, check out these online sites:*

[www.americanheart.org](http://www.americanheart.org)  
[www.myheartwatch.com](http://www.myheartwatch.com)  
[www.deliciousdecisions.org](http://www.deliciousdecisions.org)