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ENERGY EFFICIENCY
TIP
OF THE MONTH

If you only want to heat or supplement inadequate heating in one room, small space heaters can be less expensive to use than your central heating system.

Source: energy.gov



Washington, D.C.

Trip To Nation's Capital Essay Contest's Top Prize

It's a new year, which means it's time to stir up some excitement about the **2016 Washington, D.C. Youth Tour Essay Contest!** It won't be long before two juniors attending a high school in IEC's service area will be awarded an all-expense paid week-long trip to our nation's capital city, Washington, D.C.

In addition to being classified as a junior in high school, contestants are required to write and present an essay of 500-1000 words in length, or create a three to five minute DVD video promoting this year's topic: **"Cooperative Solar: Electric Cooperatives and Photovoltaic Solar Panel Projects."**

Contestants are asked to support their opinion regarding photovoltaic solar panel projects, distributed generation and how electric cooperatives can participate in these renewable solar energy projects. Essays must also include an explanation of the electric cooperative business model.

IEC supplies complete contest details and rules, entry forms and reference materials, including the IEC History, on our website: www.iecok.com (click on Washington, D.C. Youth Tour). Students are also encouraged to seek additional sources of information from libraries, relatives, magazines, the Internet, etc.

Entries will be judged on the basis of: (1.) knowledge of the subject - 40%; (2.) originality - 30%; (3.) composition - 15%; (4.) grammar, spelling and punctuation - 15%.

Please note: deadline for all entries is at noon on Monday, February 8, 2016.

Four finalists will be selected to give oral presentations of their entries during the Youth Tour Banquet in the spring. Judges will award the Washington, D.C. trip to the two highest scoring finalists following the oral presentations.

Runners-Up win a trip to **Cooperative Youth Leadership Camp** near Steamboat Springs, Colorado.

Washington, D.C. Youth Tour winners are eligible to win three additional trips by competing in the Youth Leadership Council (YLC) interviews.

Children of IEC employees and IEC Trustees are not eligible to participate in the Youth Tour competition.

The Youth Tour trip to Washington, D.C. will be June 10-16, 2016. The Cooperative Youth Leadership Camp will be July 16-23, 2016.

For more information or clarification contact IEC Youth Tour Coordinator Clara Eulert at 918-295-9558 during her office hours, Monday - Thursday, 6:30 a.m. until 5 p.m.



Energy Camp Contest For Eighth Graders

The new year also brings with it plans for the 2016 Youth Power Energy Camp contest.

A team of two students, who must be classified as eighth graders attending a school in the IEC service area, are required to work together to write an essay of at least 100-300 words in length

on the topic: **"Experiencing Electricity: The Interview."** Essay contestants will compose an essay after interviewing their oldest family member, teacher, family friend or community member about their first experience with electricity or an electrical appliance. PLEASE TURN TO PAGE 4

BABY BOOT CAMP

Helps new moms
prepare for big event!



Often associated with a new year is the excitement that comes with the news that a baby is on its way.

There is a Pawnee area organization that knows a thing or two about the importance of welcoming babies into the world in responsible fashion — and members of that group are working hard to help new moms prepare for what should be one of the most joyous days of their lives.

They call their effort “Baby Boot Camp” and the program aims to help new parents to become more comfortable with pregnancy, birth, and parenting. Topics at the one-day boot camps include: infant care, pregnancy and childbirth, male parenting, toy safety, a purpose driven life, reading to your child, encouraging language development, shaken baby syndrome, and whole person wellness.

The Baby Boot Camps are held in the Pawnee area

twice a year — one Saturday in the spring and one Saturday in the fall. The seminar lasts from 9 a.m. until 3 p.m. Attendees will enjoy a brunch, lunch and even a baby shower where each mom receives a basketful of items to use with her infant.

The boot camp allows each mother to bring one support person. Moms who have already delivered may bring their newborns.

Each Baby Boot Camp allows the first 26 first-time mothers who qualify to participate. Qualifying mothers need to be pregnant from 12 weeks gestation up to 6 weeks post delivery on the



Baby Boot Camp participants go home with all kinds of items to help welcome their new babies.

date of the program. If a mother has had a miscarriage, stillbirth, or lost cus-



In this Baby Boot Camp file photo, Kayla Pratt offers a demonstration on newborn care.

tody of a previous infant (up to age one) and this will be her first parenting experience she is welcome to attend. There is no income limitation. Baby Boot Camp is open to women within Pawnee County or the surrounding areas who choose to come.

Each mother will receive a copy of the Ameri-

page for upcoming dates and location.

The idea for a Baby Boot Camp was initially developed by members of the Kentucky Baptist Nursing Fellowship in response to the needs of young first time mothers in their area. The name came from the title of a new mother's devotional, Baby Boot Camp, written



Applications to attend the Pawnee area Baby Boot Camps are available at the Pawnee and Cleveland offices of the Pawnee County Health Department.

can Academy of Pediatrics' Your Child: Birth to Five, Life Unto Life, New Mom and Baby Care, The Gift of Motherhood, and a devotional book.

This event is provided by a dedicated group of local leaders. It is supported by members of the Cimarron Baptist Association, area businesses, churches, groups, and individuals.

For more information, check the Pawnee Area Baby Boot Camp Facebook

by Rebecca Ingram Powell (this book is often given to participants). The program was later brought to Oklahoma by Patsy Sanders, RN and other members of the Oklahoma Baptist Nursing Fellowship.

“We want to reach as many people as possible,” said Jobeth Spears, one of the volunteer leaders. “We are grateful for all who contribute. Their prayers, participation and generosity make this program possible.”

Jack Clinkscale

An Explanation: Rate Increase Is On The Horizon

By Jack Clinkscale,
IEC General Manger

It has been quite some time since your cooperative raised its rate for electricity. May 1, 2009 to be exact. This was the last time we received a major increase in the cost of power we provide for you, our member. Since 2007 IEC has provided an end of year "Cooperative Advantage" rebate which has appeared as a credit on your December bill. Also, your cooperative has returned capital credits to members that appear on your November bill as a credit. You're probably wondering why, if we have so much money to return to our members in the form of a rebate or capital credits, why don't we just lower your rates. That's a good question and one that is the basis for what and how a cooperative works.

Cooperatives are not for profit businesses. Any money left over after all the bills are paid is returned to members in the form of capital credits which are based on how much electricity you purchased in the year the capital credits are allocated. As the financial condition of cooperative allows, these credits are paid back to the member in the form of cash or bill credits.

Okay you are probably saying, that explains the capital credits but what about this "Cooperative Advantage" rebate? Your cooperative borrows money from several lenders including the U.S. Government. IEC must borrow money to keep your poles and wire in good condition and replace old

and build new lines. These lenders require that IEC meet certain financial goals to keep the cooperative strong and repay the money that we have borrowed. When those goals are met, true to the cooperative business model, IEC returns any excess money to the members. As any prudent business, we must plan for the worst and expect better. IEC tries to plan conservatively and, if no terrible storms or other natural disasters occur and prices on goods purchased do not rise unexpectedly, we usually exceed our goals. A lack of major storms and growth in sales to the oil industry have allowed IEC to realize strong margins (or profits) in recent years and true to the cooperative form of business, your elected Board of Trustees has chosen to return the money to the members as conditions allow.

At the beginning of this article I mentioned that IEC had not increased rates since May of 2009. Beginning in April of 2016, IEC will experience a 5% increase in the cost of wholesale power which we purchase from KAMO Power. IEC purchases approximately \$32 million worth of power each year, so you can see that this will be a major cost increase for your Cooperative. At this time your Board of Trustees is looking into exactly how much of this rate increase we can safely absorb without adversely affecting your cooperative. This could greatly impact or eliminate the "Cooperative Advantage" rebate that you receive at year end. As always, IEC will deliver power efficiently, reliably and at the lowest possible price.

Be prepared for winter storms

By Abby Berry

When winter temperatures drop and storms hit, it can be challenging to stay safe and warm. Winter storm severity varies depending on where you live, but nearly all Americans are affected by extreme winter storms at some point. Indian Electric Cooperative cares about your safety, and we want you to be prepared.

Heavy snow and ice can lead to downed power lines, leaving co-op members without power. During extremely low temperatures, this can be dangerous. During a power outage, our crews will continue to work as quickly and safely as possible to restore

power, but there are a few things you can do to prepare yourself.

Stay warm – Plan to use a safe alternate heating source, such as a fireplace or wood-burning stove during a power outage. These are great options to keep you and your loved ones warm, but exercise caution when using, and never leave the heating source unattended. If you are using gasoline, propane or natural gas-burning devices to stay warm, never use them indoors. Remember that fuel and wood-burning sources of heat should always be properly ventilated. Always read the manufacturer's directions

before using.

Stay fed – The CDC recommends having several days' supply of food that does not need to be cooked handy. Crackers, cereal, canned goods and bread are good options. Five gallons of water per person should also be available in the event of an extended power outage.

Stay safe – When an outage occurs, it usually means power lines are down. It is best not to travel during winter storms, but if you must, bring a survival kit along, and do not travel alone. If you encounter downed lines, always assume they are live. Stay as far away from the downed

lines as possible, and report the situation to our dispatchers by calling 918-295-9500 if possible.

Winter weather can be unpredictable and dangerous, and planning ahead can often be the difference between life and death. IEC is ready for what Mother Nature has in store, and we want you to be ready, too. For more winter safety tips, visit www.ready.gov/winter-weather.

Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons



By Janet Tharpe

Your New Weeknight Go-to Dinner—Skillet Lasagna

“One of my most requested meals!”



Looking to make something easy for dinner? Try Tammy Todd’s Skillet Lasagna. So easy and quick to prepare, it’s perfect for a fast meal after a long work day! Even the pickiest of eaters will love this recipe. And don’t worry about leftovers... this tastes even better the next day.

See step-by-step photos of Tammy’s recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/lasagna

You’ll also find a meal planner, coupons and chances to win! Enjoy and remember, use “just a pinch”...

- Janet



Tammy Todd
Mesa, AZ
(pop. 439,041)

Skillet Lasagna

What You Need

- 1 lb ground beef
- 1/2 lb mild Italian sausage
- 1 jar tomato & basil pasta sauce, 26 oz
- 1 c water
- 6 lasagna noodles, uncooked (broken into 2 inch pieces)
- 12 oz cottage cheese
- 1/2 c grated Parmesan cheese
- 1 tbsp dried parsley
- 1 egg
- 2 c shredded Italian blend cheese
- 1 small green pepper (about half a cup)
- 1/4 c onion

Directions

- In a large skillet cook together ground beef and sausage. Halfway through add the green peppers and onion.
- Cook until meat is cooked through and onions are clear. Drain.
- Stir in pasta sauce, water and uncooked broken lasagna noodles.
- Reduce heat to medium low and cover with a lid. Cook for 20 - 25 min. Stir occasionally until pasta is almost tender.
- Meanwhile, in a small bowl, mix cottage cheese, Parmesan, parsley and egg. Spread over partially cooked meat mixture. Sprinkle with the shredded cheese.
- Cover again and cook 10 - 15 min. longer or until cottage cheese mix is set and pasta is tender.

Submitted by: Tammy Todd, Mesa, AZ (pop. 439,041)

www.justapinch.com/lasagna

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Eighth Grade Power Energy Camp Contest

CONT. FROM FRONT PAGE

The essay must also include a brief explanation of an electric cooperative.

IEC rules state that if a teammate is not available for the two-student project, individual essays are acceptable.

Complete details and rules for the 2016 Youth Power Energy camp are available on our website: iecok.com (click on Energy Camp). In addition to the rules, contestants will find reference materials, including the IEC History. However, students are encouraged to seek other sources of information.

Essays will be judged on the basis of: (1.) knowledge of the subject - 40%; (2.) originality - 30%; (3.) composition - 15%; (4.) grammar, spelling and punctuation - 15%.

Deadline for all essays will be at noon on Monday, February 8, 2016.

Children of IEC employees and IEC Trustees are not eligible to participate in the Youth Power Energy Camp competition.

Travel dates for the Youth Power Energy Camp are May 31 - June 3, 2016.

For more information or to have questions answered, contact Clara Eulert at the IEC Cleveland office, 918-295-9558 during her office hours, Monday through Thursday, 6:30 a.m. - 5 p.m.

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

Office Hours

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

(Monday - Friday)

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