



THE LAMP

Supplement to
Oklahoma Living

JANUARY
2021



ENERGY EFFICIENCY TIPS OF THE MONTH

Replace standard power strips with advanced power strips to save energy. Advanced power strips look like ordinary power strips, but they have built-in features that are designed to reduce the amount of energy used by standby electronics that consume energy even when they're not in use (also known as phantom load).



Happy New Year!

Cozy Suggestions For Winter Warmth

Baby, it's cold outside! When you're feeling chilly at home, there are several budget-friendly ways you can keep comfortable without turning up the thermostat.

Here are five easy ways to stay cozy this winter.

❄ 1. Whether you're experiencing extremely cold winter temps or you simply "run cold," an electric blanket can deliver quick warmth like a regular throw or blanket cannot. Electric blankets can include a variety of features, like timers and dual temperature settings (if your cuddle buddy prefers less heat). This winter, consider an electric blanket instead of turning up the heat, and your energy bill will thank you. By the way, National Cuddle Up Day is January 6!

❄ 2. One of the easiest ways to stay cozy at home is to keep your feet warm. Our feet play a critical role in regulating body temperature, so when your feet are warm, your body automatically feels warmer. Try a pair of comfortable wool socks or house slippers to stay toasty.

❄ 3. On winter days when the sun is shining, take advantage and harness natural warmth from sunlight. Open all curtains, drapes and blinds in your home to let the sunshine in—you'll be able to feel the difference.

❄ 4. Another way to make your home cozier is to use a humidifier. Cold air doesn't hold water vapor like warm air, so by adding humidity inside your home, you can feel

a little warmer. A favorable level of humidity inside your home can also help clear sinuses, soften skin and improve sleep.

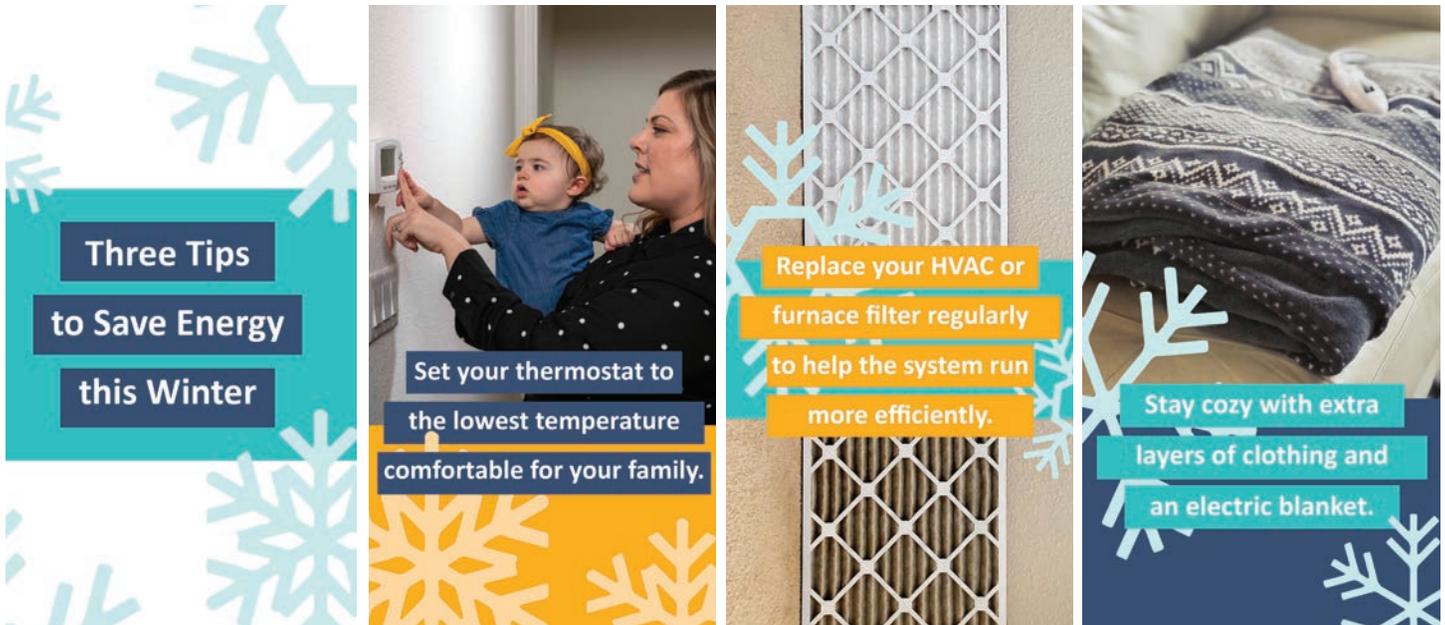
❄ 5. Beyond adding visual appeal to your home, area rugs can also provide extra insulation and a warm surface for your feet on cold winter days. Use large area rugs in rooms where you spend the most time. You'll enjoy the new colors and textures of the rug, and the additional warmth will help keep your home comfortable.

These are just a few ways you can stay cozy this winter without turning up the thermostat.

Don't forget the hot chocolate!



January 10 is National Cut Your Energy Costs Day! Sealing uncontrolled air leaks can save you 10%-20% on heating and cooling bills.



IEC LOBBY STILL 'CLOSED'

Payment Options Reviewed

IEC's current lobby policy has been reviewed and everything remains the same, due to the ongoing coronavirus pandemic, according to IEC General Manager Rick Davis.

IEC lobbies are still closed to the public. If you are having problems paying your bill, please call the office at 918-295-9500 and talk to one of our Member Service Representatives.

Davis said IEC will re-evaluate this policy on a weekly basis.

As always, if at any time a member is experiencing difficulty paying their bill, we encourage them to contact our office during normal business hours so that we may work with them.

IEC Member Services department offers the following as a reminder of the many options available to pay your bill aside from coming into the office.

- Drive thru at both Cleveland and Fairfax offices
- Night Drop at both Cleveland and Fairfax offices
- Via the web using SmartHub, <https://iecok.smarthub.coop/PayNow.htm>
- Use the SmartHub app
- Visit the kiosks in both Cleveland and Fairfax offices
- Pay your bill over the phone 24 hours a day by calling: 1-888-472-1535
- Call 918-295-9500 to speak with a Member Service Representative

Keep in mind that due to the holidays members who mail in their payments need to give ample time for the payment to arrive by the due date.

"Your safety and health are of most importance to us here at IEC," said Davis.

2021: Be A Volunteer

Happy New Year! As 2021 gets underway, we can't help but reflect on the gratitude we feel for our community. Most will agree 2020 was a year like no other, certainly in recent history. And while we've seen our share of challenges, we are heartened by the ways in which we have all pulled together to make our community stronger.

Our concern for community is a year-round endeavor. We look at volunteerism as the gift that keeps on giving. While it's difficult to quantify the impact that volunteers have, we know they make a tremendous difference in our community and make our corner of the world a better place. Many organizations depend on volunteers to fulfill their mission. Volunteers fill in gaps and spread joy and compassion through their efforts. Even assisting with the smallest tasks can make a big impact in the lives of people, animals or an organization in need. Often a big commitment or special skills are not needed, just someone who cares.

In this new year, we hope you'll consider volunteering. Give an organization or cause that you care about the gift of your compassion, time and talent. In addition to the organization and the community benefitting from your efforts, you will receive a gift as well. Not only will you enjoy the satisfaction of knowing you are helping a good cause, you will likely make new friends, expand your social network, strengthen existing skills or learn a new one.

Volunteering may provide additional dimension and purpose to your life. In the process, you will be a role model for your family because your commitment will offer a powerful lesson to your children. It will show them first-hand how one person can make a big difference and strengthen the community in which they live.

At the end of the day, the gift of volunteerism is a gift that will continue giving all year long.

Continued Education Helps Trustees Offer Safe, Affordable, Reliable Energy

Two members of the Indian Electric Cooperative Board of Trustees, Mike Spradling and Rick Van Deventer, recently completed certification programs. Certification is required to serve as a trustee of the cooperative.

Offered by the National Rural Electric Cooperative Association (NRECA) the director certificate programs are specifically designed to help electric cooperative directors, at every stage of their service, understand their roles and responsibilities, stay up-to-date on the key issues and trends in the industry and prepare them to meet the challenges facing electric cooperatives now and in the future.

"It's important that no matter who we represent, we do so to the best of our ability," said Spradling, a past president of the IEC Board of Trustees who has served on the board for 27 years, currently holding the office of secretary. "The better understanding we have of our industry, the better job we can do to provide safe, reliable and affordable energy to our members."

NRECA offers director education courses throughout the year in conjunction with a variety of educational conferences and events across the country.

"It would be difficult to provide safe, reliable and affordable energy if we were ignorant of the operation -- not just our co-op, but the industry as a whole," Spradling said, noting that the trustees make decisions based on



Mike Spradling obtained his Director Gold Credentials.

tomorrow, not yesterday. "Sometimes decisions are made with good information, but sometimes not -- the last thing we want is to make a costly mistake for our members. That's why these certification programs are essential."

The NRECA Director Certificate Programs are offered in three parts, taken in progression from fundamental to advanced. During the most recent training session, Spradling was able to complete his Director Gold Credentials, giving him all three. Van Deventer, who has served as an IEC trustee since 2019, finished the first certification.



Rick Van Deventer

The first part of the Credentialed Cooperative Director (CCD) training is a set of five courses that focus on basic governance knowledge and the essential skills required of cooperative directors. The

CCD prepares directors to fulfill their fiduciary duty as elected officials serving on behalf of their membership. Upon completion of all five CCD courses, directors are awarded the Credentialed Cooperative Director Certificate by NRECA.

The second part of the director education program, the BLC program, consists of a series of courses focusing in greater depth on specific industry and governance issues. These include issues such as risk management, power supply, parliamentary procedure, technology and policy development. A director can earn the BLC if they have 1) completed the CCD 2) Earned 10 credits from a choice of over 20 BLC courses. Directors may attend BLC courses at any time but the BLC will not be awarded until the CCD program requirements are completed.

The final phase, the Director Gold credential, has been created to recognize directors committed to continuing their education beyond the CCD and BLC and who desire a tangible credential that demonstrates their ongoing commitment to advancing their knowledge and performing their fiduciary duty to the best of their ability.

"IEC is not a small business, but a large operation. A lot of people count on it. It's member-driven and people put their trust in the trustees to operate the co-op in the most efficient and cost-saving way we can," Spradling said.

START THE YEAR WITH A *Classic, Slow-Cooked Meal*

Whether you're looking for a family meal or a dish to feed a different type of crowd, taking advantage of kitchen tools like your slow cooker can help take the effort out of preparation. Flavored using cranberries and oranges, this Cranberry-Orange Pork Loin is a classic dish that's perfect for entertaining any type of group.

Find more recipes at Culinary.net.



CRANBERRY-ORANGE PORK LOIN

- 1 tablespoon oil
- 1 pork loin (4 pounds), tied at 1-inch intervals
- 14 ounces cranberry sauce
- 1 cup dried cranberries
- 3/4 cup orange juice
- 1/8 teaspoon cinnamon
- 3 strips orange zest salt, to taste
- pepper, to taste

In skillet over medium heat, heat oil. Sear pork loin on all sides.

In slow cooker, stir cranberry sauce, dried cranberries, orange juice, cinnamon and orange zest until combined. Set pork loin in middle of sauce mixture and drizzle sauce over meat.

Cover and cook on low 4 hours, or until meat reaches 140-145 F.

Transfer pork to cutting board. Remove twine.

Strain cranberries from slow cooker; set aside. Pour strained liquid into skillet. Add salt and pepper, to taste. Simmer 7-8 minutes.

Spoon cranberries and sauce over pork loin.



January is National #SlowCookingMonth! Did you know using smaller countertop appliances like slow cookers and toaster ovens instead of the stove can help you #saveenergy? Check out these recipes from culinary.net and get to (slow!) cooking.

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