



## Stop and Smell the Roses

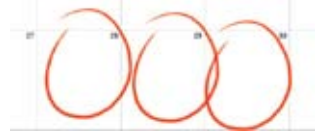


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Energy Camp  
is 'Best Ever!'

3



4

District  
Meetings  
in July

# Don't Try to be a Lineman

*Let Trained Professionals Work  
on Electric Lines and Equipment*

"If we'd have been 30 seconds later, we could have been too late," is how Roger Potts sums up what he and fellow IEC employee David Donalson discovered when responding to an outage.

The scene they found was a man standing on a piece of plywood atop a forklift, planning to throw in a fuse with a nail driven in the end of a four foot wooden paint stick.

"This could have been fatal for that man, and operator, if he would have made connection with

ment," explains IEC Safety Coordinator Bill Graham. He goes on to warn that connecting with IEC's

kill. "Most of our lines carry 7,200 volts, and some carry as much as 14,400 volts," says Graham. "But 110 volts can kill, if a person doesn't follow safety regulations."

Electric lines aren't insulated because the cost can be prohibitive and no one other than trained personnel should be near the lines or the equipment at the top of the utility poles, he adds.

"The tools and equipment used by line personnel is manufactured to work safely with high voltage and our personnel are trained in how to safely work around electricity. We have monthly meetings to constantly keep safety practices before them, and we test our equipment on a regular basis," he says.

Graham cautions people to be aware of the danger posed by all the rain our area has received recently.

"All the extra water and flooding poses new dangers that we don't normally have this time of year. Everyone needs to check to make sure equipment is dry and hasn't gotten wet, and that the area where they'll be working is dry.

"Electricity is unforgiving; rarely does someone get a second chance after they've come in contact with it. That's why it is so very important for our personnel to use their safety gear and follow established safety practices, and why it is so important for the public not to try to be linemen."

Graham encourages anyone who sees a safety hazard on the electric lines, or who is experiencing an outage, to call the co-op immediately at (918) 358-2514 or 1-800-482-2750.



possibly the forklift  
that make-shift equip-  
ham.  
power lines can injure or

The official  
publication  
of the members of  
Indian Electric  
Cooperative

# Don't Take Life for Granted; Stop and Smell the Roses

by Jack Clinkscale, General Manager

I was all set to write a column dealing with business-related items important to your cooperative. I could write several columns discussing global warming alone. However, sometimes things happen in life that really put things in perspective. A dear, dear friend and co-worker had a recent bout with cancer. She went through some difficult times but always kept such a positive attitude that you couldn't help but admire and respect her courage. I often wonder whether I would have that kind of courage and resourcefulness in the face of such a grave illness.

My friend appeared to be winning the fight and looked to make a full recovery. However, the illness returned with a vengeance and my friend is in for another long, hard fight. I hope God will grant her the courage to continue to fight this disease and once again triumph. I know IEC is not the same without this person and we all look forward to her full recovery.

I am like most everyone else and things come up in life that are annoyances and inconveniences and I sometimes get upset and wonder "why me?" Why are

these things happening to make my life difficult? Why must I be saddled with such burdens? My friend's illness has made me examine things in a whole different way. I now look at them for what they are; minor and petty problems. My burdens no longer seem to be heavy at all. My family has



been blessed with good health and I always took that for granted. Now I realize what a blessing that is. I have a job I enjoy, an absolutely great wife who spoils me rotten, and two fantastic kids who have been relatively trouble free and are embarking on the world with new careers and entering new phases in their lives. Once again, this is

something I always took for granted. Now I realize how blessed I am. It is unfortunate that it took something like a friend's illness to make me realize how truly blessed I have been.

I think life is always about learning. Whether it is our career, family, friends or relationships, we never stop learning. Sometimes the lessons we learn are not easy, but they can be beneficial if we stop and learn from them. Never take a minute of life for granted. Stop and smell the roses, stop and enjoy all that you have, don't worry about what you don't have. It can all be lost in a moment, never to return.

I did not write this to cry for my friend. I trust that God has a plan for us all. I wrote this so that someone may do as I did, learn a very, very valuable lesson. Stop and appreciate your spouse and your children. Celebrate your friends and your life. If only one person does this, then I will have accomplished a great thing. And please keep a great person and valued member of our IEC family in your prayers.

## THE LAMP

INDIAN ELECTRIC COOPERATIVE, INC.

### Office Hours

7:30 a.m. - 4:00 p.m. (Monday - Friday)  
(918) 358-2514  
www.iecok.com

### To Report an Outage

(918) 358-2514 or 1-800-482-2750

### To Report Meter Readings

(918) 295-9520

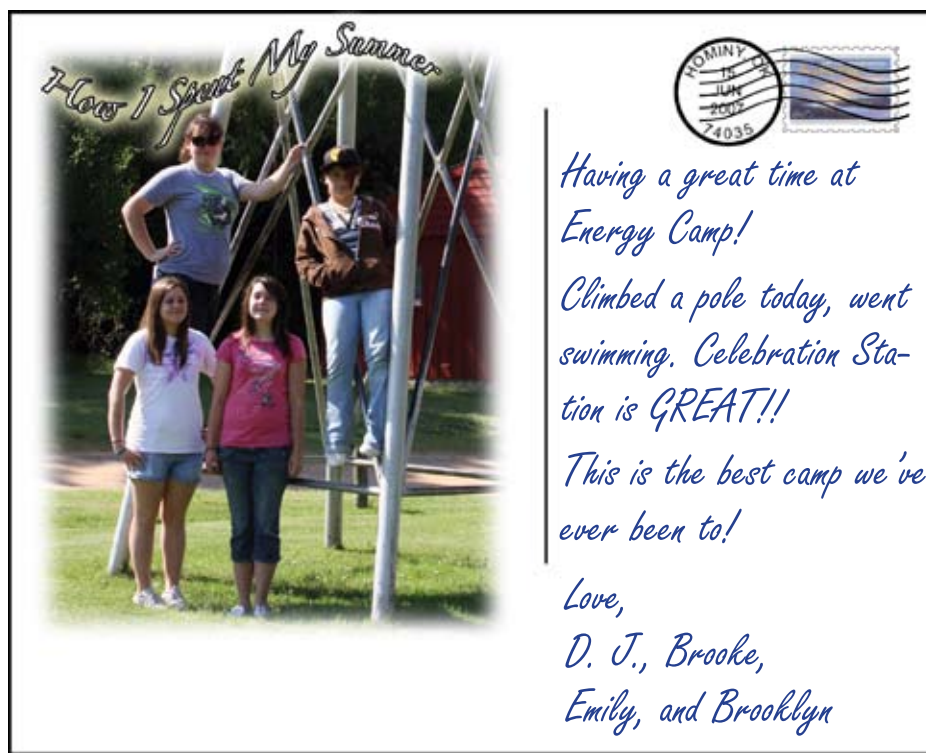
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Hominy 8th graders D. J. Trower, Brooke Saunders, Emily Harman and Brooklyn Ervin are excited about the fun times they enjoyed and new friends they made at YouthPower Energy Camp.

During the four-day camp they attended sessions on energy, electrical safety and rural electric careers. The campers formed a Coke and Candy co-op, elected a board of directors and hired a manager. They enjoyed hands-on activities such as climbing an electric pole, riding in the bucket of a utility truck, and an energy battle tournament.

They also toured a generation and transmission co-op, and a distribution co-op like IEC. In their free time they went swimming and traveled to Celebration Station in Oklahoma City.

Energy Camp is held at Canyon Camp near Hinton, OK.

## Smiles, Hugs and High-Fives at Special Olympics



It's often cold, windy and raining, but that never stops IEC employees from joining other co-op employees in volunteering at the Oklahoma Special Olympics games.

Held each May on the OSU campus in Stillwater, co-op employees, family members and friends help with staging the events, operating the games, or timing the events.

The most popular part of volunteering at the games is getting to be huggers at the conclusion of each event.

It can be hard to tell who is having the most fun: the athletes or the co-op volunteers who hug or High-Five the athletes as they cross the finish line in a foot race, or pick themselves up from the sand at the end of the broad jump. Both the volunteers and the athletes are wearing big, broad smiles.

IEC sent 38 volunteers this year. They were a part of the 118 volunteers from other Oklahoma electric co-ops. This group traditionally is the largest group of volunteers at the state games.



### Energy Efficiency

### Tip of the Month

Install occupancy sensors in bathrooms, utility closets, and other less-used spaces to control lighting in response to movement. Occupancy sensors may also be suitable for spaces such as offices that are not regularly staffed.

# RECIPE



## Tropical Hamburger

*The pineapple and cheese are inside this Tropical Hamburger.*

- 1 lb. ground beef
- 2 pineapple rings drained and crushed
- 1/2 handful grated cheese (equivalent to 4 slices)
- A dash of Teriyaki or Soy Sauce (about 2 Tbsp.)
- A little pepper, fresh ground is better
- 1 hand fresh bread crumbs
- 1 egg lightly beaten
- 1 quarter beef stock block dissolved in a quarter cup water

Mix all the patty ingredients thoroughly.

Make sure the mixture is cool. Divide mixture into 4 equal balls and mold into patties.

Cook on medium heat on the grill until the patty is cooked to your preferred degree of doneness or the internal temperature reaches 160°.

## Three Districts Meet in July

*Is your district meeting to nominate a trustee this year? Here's the schedule....*



### Energy Efficiency:



Roofs are perhaps the important component of an energy-efficient building. Unfortunately, compared to items like doors, windows, and lighting, roofs are generally much less durable and much less energy efficient.

Over the lifetime of a building, a roof needs to be replaced an average of four times. More than 75 percent of the roofing work in the United States involves reroofing, and roofing materials are the second-largest contributor to solid waste in the United States.

Energy-efficient roof technologies are fairly straightforward. Manufacturers have developed lighter-colored shingles and tiles, usually containing a coating of titanium dioxide, since they absorb less heat than a typical asphalt shingle and can last twice as long. Since lighter surfaces are easily discolored by fungus, a fungicide coating normally gets added. Many of the new roof coatings are even self-cleaning to retain reflectivity properties and reduce air conditioning requirements.

Lighter-colored roofs are slightly more expensive. However, the small cost difference—\$25 for a 1,000-square-foot roof—will easily pay for itself in one summer.

Roof overhangs are another way to trim summer cooling bills. For many homes and businesses in warmer climates, overhangs reduce solar heat gain and interior temperatures. They can also be designed to let direct sunlight into a living space during winter, but keep things shaded in summer.