



POWER CIRCUIT

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AUGUST 2014

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A Supplement to Oklahoma Living.

Summer Energy Efficiency Practices *p. 3*

The Co-op Connections® Card puts Value in your Wallet

Your cooperative is always looking for ways to provide value to our members and our community. VVEC's Co-op Connections® Card is a money-saving tool we're proud to offer our membership. The card connects you with discounts on everything from hotel stays to prescription drugs.

We sent cards to all members when we began the program, or you might have gotten yours when you became a VVEC member.

A wide variety of merchants throughout our service territory accept the card, including restaurants, speciality shops, service providers, etc. Be sure to present the card at the register to receive your discount or to take advantage of the business' special offer.

We hope local businesses participating in the Co-op Connections program benefit from increased traffic from VVEC members. Businesses can sign up for the program at no cost. For a complete list of all participating businesses in our area, simply log on to our website - www.vvec.com - and follow the Co-op Connections Card link.

The card also gives you access to online savings at more than 95 national retailers like Barnes&Noble.com, Hertz Rental Cars, Best Western hotels and

ProFlowers.com. You can check out these great national discounts at www.connections.coop.

If you are planning to take your vacation in the next few weeks before

school starts, you'll want to check out special offers from hotels, amusement parks, and numerous vacation destinations. Or find retailers to help with your back to school purchases for your kindergarten up to your college student!

One of the most valuable features of the Co-op Connections Card is the pharmacy discount. While it is not insurance, the discount can mean savings of up to 85 percent off prescription drugs. The logo and information on the back of your card is recognized at more than 60,000 national, regional and local pharmacies.

The pharmacy discount has been widely used by members of Touchstone Energy co-ops across the country, resulting in combined savings of nearly \$20 million on prescriptions.

Want to find out more? Log on to www.locateproviders.com to search for pharmacies in our area honoring the card. Use the information on the back of your card to access the site.

If you need a Co-op Connections Card or if you are a business wanting to participate in the program, please contact Kay Rabbitt-Brower at 918-371-2584, ext. 6214.

As a Touchstone Energy co-op, VVEC strives to serve our members according to four core values: integrity, accountability, innovation and commitment to community. Our Co-op Connections Card is one of the ways we live up to those values.



Since January 1, VVEC members have filled 896 prescriptions for a total savings of \$20,410.30 using their Co-op Connections Cards.

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Editor - Kay Rabbitt-Brower

Summer Residential Rates

April through September usage,
May through October billing

Customer Charge \$25.00

Energy Charge

1st 2,000 kWh \$0.0809/kWh

Over 2,000 kWh \$0.0860/kWh

A power cost adjustment (PCA) will be applied to all bills when the actual cost of power purchased exceeds or is less than 55.993 mills per kWh.

In addition, a gross receipts tax of 2% of revenue will be included, plus additional taxes if applicable.

This institution is an equal opportunity provider and employer.

Annual Meeting Plans Underway

Saturday, October 18 in Claremore

Although October is still a few months away, we're busy planning a fun and informative morning for you at your annual meeting.

The meeting is scheduled for Saturday, Oct. 18 at the Robson Performing Arts Center on the campus of Claremore High School.

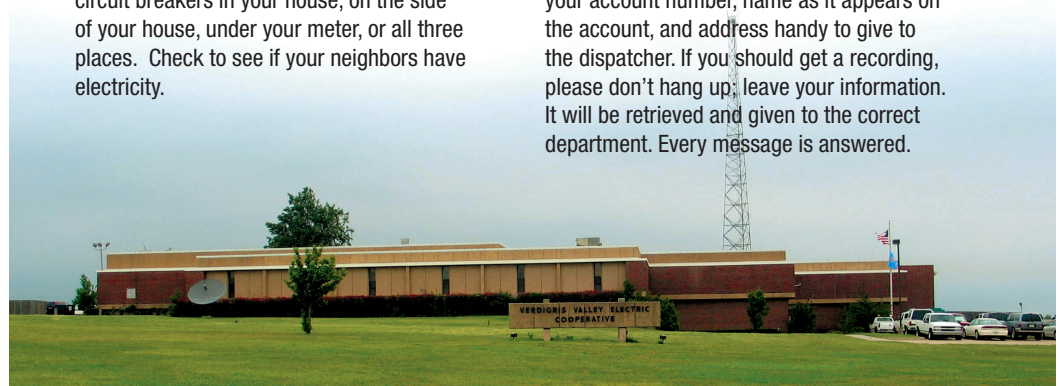
Registration will again be streamlined by using electronic registration. Then you can enjoy free refreshments, registration gifts, popular entertainment, and maybe be lucky enough to win one of the many prizes at the conclusion of the business meeting.

So mark your calendars now and watch future issues of *VVEC Power Circuit* for more information.



What to do if Your Power Goes Off

1. Check your fuses or circuit breakers. Every service is different. You may have fuses or circuit breakers in your house, on the side of your house, under your meter, or all three places. Check to see if your neighbors have electricity.
2. Call the Co-op at 371-2584, or 1-800-870-5948 if the call is long distance for you. Have your account number, name as it appears on the account, and address handy to give to the dispatcher. If you should get a recording, please don't hang up; leave your information. It will be retrieved and given to the correct department. Every message is answered.



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Keep your Fridge Humming

The refrigerator is one of the home's biggest energy hogs. But you can help it run more efficiently by:

- Keeping it level. A fridge on an uneven floor can lean forward just enough to prevent the door gasket from sealing tightly when the door is closed.

- Checking gaskets. Even on a level floor, a refrigerator's door gasket can wear out over time. If your door isn't closing tightly, replace the gasket.

- Filling it up. A full refrigerator and freezer work more efficiently than a half-empty one. If you don't have enough food and beverages in the refrigerator, fill it with jugs of water until about two-thirds of the empty space is taken. Same goes for the freezer: Pack bags full of ice and scatter them around in the freezer so it's at least three-quarters full.

- Cooling food before refrigerating it. Putting hot food into a refrigerator or freezer forces the unit to adjust its temperature to compensate for the heat.

- Covering food before storing it in the fridge. Uncovered food and liquids release moisture and can force the compressor to work harder.

- Moving the unit out of the sunlight and away from the oven. It has to work harder to keep everything cool when the outside of it is exposed to heat.

- Leaving it some breathing room. So it can properly ventilate, a refrigerator needs some clearance between its top and the

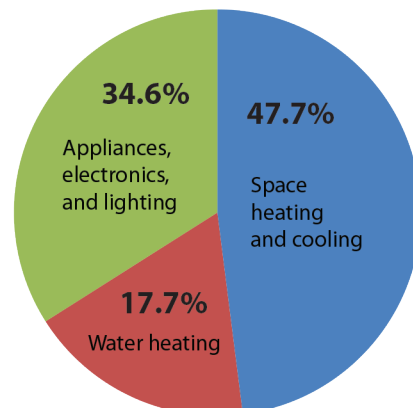
cabinets above it and between its sides and the walls. Likewise, don't use the top of a refrigerator for storage. Cartons and other items can restrict airflow.

- Cleaning it. Regularly wipe dust, dirt and cobwebs from the top of the fridge and from the coils behind it.



How Americans Use Energy

New data from the U.S. Energy Information Administration shows that heating and cooling still accounts for the largest amount of electricity consumption in American homes. But as we use more and more electronic gadgets, that segment is closing the gap.



Source: U.S. Energy Information Administration

Cook Less, Quicker When Weather is Hot

Cooking during the summer can heat up your house, compete with the air conditioning and make everyone uncomfortable. Cooking less, then, can save you energy and keep you cooler.

Some tips for the quick cook:

- Prepare your main course outdoors on the barbecue grill. Even if it's hot outdoors, you won't add heat to the inside of your home.

- When a cooler day or evening rolls in, take the opportunity to cook. Prepare two or three meals at once and freeze them, so all you'll have to do is thaw and heat them in the microwave next time it's too hot to cook.

- Enjoy cold meals and snacks that need no cooking, like vegetable salads; fruit, cheese and bread; hummus or guacamole and chips or celery; sandwiches; cold soups; and smoothies.

- If you must cook, use the microwave oven or a covered pan on the stovetop. Either one pushes less heat into the kitchen than a hot oven.

- Choose foods that cook quickly, like fish and vegetables. Chopping veggies into small, evenly sized pieces speeds cooking time.

- Don't use the microwave or oven to defrost frozen food. Instead, place the frozen item in the refrigerator and let it thaw out overnight before cooking it the next day.

- Preparing food in an electric skillet, wok or crock pot adds less heat to the air than cooking on the stove.



Madison Abbott, (pictured left to right) Jacob Boyce and McKenzie Loffer recently returned from an eventful, fun-filled week in Washington, D. C. The three were winners of the 2014 Rural Electric Cooperative Youth Tour contest sponsored by VVEC.

The 51st annual Youth Tour began June 13 with a 'Get Acquainted' banquet in Oklahoma City. VVEC's winners joined 69 other Youth Tour winners, representing 25 of Oklahoma's electric co-ops, and departed for the nation's Capital the next morning.

Madi and McKenzie agreed some of the most exciting parts of the trip were meeting new people and making new friends from across Oklahoma and the nation. Jacob felt touring the Marine Corp museum, and meeting some Buddhist monks at the Holocaust Museum was most exciting for him.

They cited other highlights such as visiting Arlington National Cemetery and witnessing the changing of the guard at the Tombs of the Unknown, the museums in the Smithsonian Institution, visiting the many monuments, and the personal tour of the Capitol building from Congressman MarkWayne Mullin.

"It was an amazing week," says Abbott. Loffer agrees adding, "I have a bigger appreciation for our country and freedoms. I'm extremely thankful I was given this 'once in a lifetime' experience."

The group also took photos at the White House, visited the Pentagon, Mount Vernon, Ford's Theatre, took a riverboat cruise down the Potomac River, and hosted a Congressional Summit for Oklahoma's delegation.

RECIPE

Maple Pecan Brussels Sprouts



- 1 lb. fresh Brussels sprouts, halved
- 2 Tbsp. butter
- 1 & ½ tsp. apple cider vinegar
- 1 & ½ tsp. maple syrup
- ½ tsp. salt
- ¼ tsp. pepper
- ⅓ cup chopped pecans, toasted

Saute Brussels sprouts in butter in a large skillet for 8 to 10 minutes, until tender. Add vinegar, syrup, salt and pepper; cook and stir for 1 minute longer. Sprinkle with pecans.

YIELD: 4 servings.