



# The Buzz

FOR MEMBERS OF OKENERGY ELECTRIC COOPERATIVE, INC



MARCH 2016

A SUPPLEMENT TO OKLAHOMA LIVING

## Take a break from technology

By Meghaan Evans, NRECA

I am not the first, and I certainly won't be the last to say this, but it is becoming more difficult to escape the pull of technology these days. As a society, we are becoming dependent on our devices for nearly everything we do.

In fact, device dependence has become so severe, even leaders in the technology industry have started taking measures to wean themselves from their devices.

Have you ever read a line of a book – or an email or a work document – and a minute later, you can't remember it? Well, device dependence could be to blame. Your brain is like a muscle; after it is used, it needs time to recover. Without that time, it may not be able to "soak-up" and process the information it is receiving. Many of us go from one task to another, only taking a break to respond to a text, check Facebook or send a Tweet. But research has shown that using the time in between tasks to rest your brain can increase your cognitive abilities.

Device dependence isn't only detrimental to our cognitive development; it can also strain our relationships.

*Here are a few tips you and your family can use to keep device dependence at bay:*

- The next time you finish a task, instead of getting online or checking your phone, take a walk in a quiet place, or simply sit back and let your mind wander (some call this day dreaming, and it is actu-

these tasks, disable all of your push notifications so that they don't distract you from the task at hand.

- You might be thinking there is no way you will be able to coax your kids to put down their devices. Here is a solution: start a contest in your family to see who can go the longest without checking their

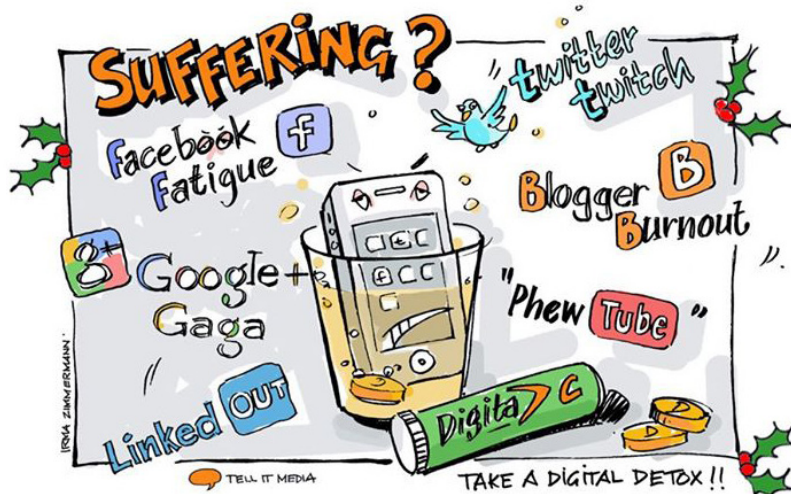
phone or playing a video game. Make the prize a fun treat to incentivize them to win!

- When you are spending time with friends and family, put your device in another room so you are not tempted to check it if there is a lull in conversation.

- On family vacations, make it a rule that devices can only be used

to check-in with those who need to know how things are going. Stare up at the stars, not at your screens.

We all need time to unplug and give our brains a break. By unplugging, you may even save on your electric bill. And don't worry; Facebook will still be there when you return.



ally a great way to rest your brain throughout the day).

- Set up gadget-free zones throughout your home. It goes without saying that the dinner table should be one, but try creating a gadget-free zone in the bedroom or living room as well.

- Many of us use our devices to listen to music, read books or even take notes during meetings. Try turning your device on airplane mode when using it for those purposes. If you need Wi-Fi or a mobile connection to perform



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# YOUTH POWER

# ENERGY CAMP

EXPERIENCE LEADERSHIP AND ENERGY IN A WHOLE NEW LIGHT!

*Youth Power Energy Camp on page 4*

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Keep up to date with the latest happenings with the co-op and community events. We will also post updates in the event of an outage.



CKenergy Electric Cooperative, Inc.



@CKenergyEC



Instagram

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### Energy Efficiency Tip of the Month



Consider purchasing rechargeable batteries – and an ENERGY STAR charger for them – which are more cost effective than disposable batteries. In the U.S. alone, more energy-efficient battery chargers could save families more than \$170 million annually.

Source: [energy.gov](http://energy.gov)

### March Winning Account #'s

**Congratulations!**

**Patricia Turley  
 Roger Watson  
 Kent Switzer**

**Call 405-656-2322, with your account #, to receive a \$15 credit on your account!**

# Geared up for SAFETY



on the line

## Fire resistant (FR) clothing.

Can you imagine working a job that requires you to lift heavy equipment and perform detailed tasks near deadly high voltage? Now imagine doing this 40 feet in the air, and sometimes, in extreme weather. This is the life of a lineman.

These brave men answer when called – and they do so to ensure that you are provided with safe, reliable electric service. But how do they stay safe when working in these conditions? CKenergy linemen are required to wear personal protective equipment (PPE) at all times when on the job to keep them safe. Let's take a look at a lineman's PPE.

While our linemen do everything possible to prevent them, unexpected fires can happen. Fires typically occur with an arc flash – an explosion that results from a low-impedance connection to a ground phase in an electrical system. FR clothing will self-extinguish, thus limiting injury due to burn.

## Insulated gloves.

Linemen must wear insulated rubber gloves when working on any type of electrical line. These gloves provide protection against electrical shock and burn, and are tested at 30,000 volts. Protective gloves, usually made of leather, are worn over the insulated gloves to protect the rubber from punctures and cuts.

## Hard hat.

No matter how tough or “hardheaded” our linemen are, they still need protection. Insulated hard hats are worn at all times to protect them from blows and falling objects.

## Steel toe boots.

These heavy-duty boots are typically 16 inches tall and designed with extra support in mind. The height of the boot shields linemen from gouges, and serrated heels provide a better grip when climbing poles. The steel toe provides sturdier support and protects from objects that could potentially pierce the feet.

## Safety goggles.

Linemen must wear protective goggles or glasses, whether working on electrical lines or clearing rights-of-way. This protects them from loose debris and other hazards.

These items make up a lineman's basic PPE. While working on electrical lines, they also may be required to wear equipment belts, tool pouches, safety straps and other types of equipment. A lineman's gear usually weighs about 50 pounds – that's a lot of extra weight when working in hazardous conditions.

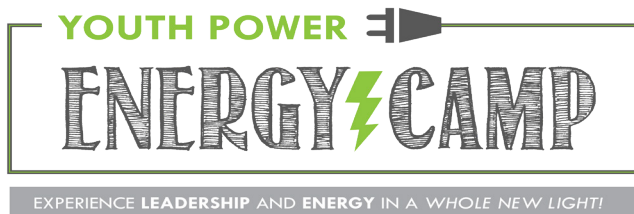
So, the next time you see a lineman – be sure to thank him for keeping the lights on. But more importantly, thank them for the hard – and often times dangerous – work they do, day in and day out.

## A LINEMAN'S SAFETY EQUIPMENT



# Attention 8th Graders!

You could win a trip to Youth Power Energy Camp this summer!



YouthPower Energy Camp is designed to help cooperative youth develop leadership skills, have summertime fun and learn about one of rural America's most important industries - **rural electrification.**



**2016 CAMP: MAY 31 - JUNE 3**

Learn about electricity  
Experience being a lineman  
Play interactive games  
Develop leadership skills  
Make new friends

Each year, CKenergy Electric Cooperative joins Oklahoma Association of Electric Cooperatives and electric cooperatives from across the state in sponsoring the Youth Power Energy Camp at Camp Canyon near Hinton, OK.

The camp, slated for **May 31 – June 3, 2016**, is designed to help students develop leadership skills while having lots of fun. By forming their own cooperative business, students learn about leadership and business while interacting with other eighth graders from across the state. Campers also have the opportunity to learn about generating and distributing electricity by touring the electric generation facilities at Western Farmers Electric Cooperative in Anadarko and the offices of CKenergy Electric Cooperative in Binger.

Safety demonstrations are put on by linemen and students even get a chance to try their hand at riding bucket trucks and climbing poles. And that's not all – campers start the summer out right by making new friends and taking part in a variety of activities including volleyball, swimming, ping pong, hiking, and a special “Surprise” outing.

This year the essay topic, “What I would miss without electricity and why?” must be submitted by an eighth grade student currently attending school within CKEC's service territory. The essay must be at least 100 words in length. Essays will be judged on content, style and accuracy. Three students will be selected from the submitted essays to represent the cooperative at Energy Camp. CKEC covers all expenses related to the camp including transportation to and from Camp Canyon.

Submit the completed essay and cover sheet to Lisa Willard at CKenergy, PO Box 100, Cordell, OK 73632 or Devin Whittington at CKenergy, PO 70, Binger, OK 73009. *The students must currently be classified as eighth grade students attending a school in CKEC's service territory.*

## Contest Rules

1. The student will be required to write an essay of at least 100 words in length on the topic, “*What I would miss without electricity and why?*” Essays are to be written legibly or typed, double spaced on only one side of the paper.
2. Attach a cover page which includes, name, parent's name, address, phone number, school, and shirt size.
3. Essays will be judged on the basis of knowledge of subject, 40%; originality, 30%; composition, 15%; grammar, spelling and punctuation, 15%.
4. Deadline for essays is **April 1, 2016.**

# CKenergy Electric Foundation Update



## Approved grants:

Organization Grants.....	\$12,000
Area School Grants.....	\$6,402.96
Individual Grants.....	\$5,500

**Total Grants.....\$23,902.96**

## CKEC Foundation, Inc. Board of Directors

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*Small Change, Big Difference!*

On Tuesday, February 9th, 2016, the CKenergy Electric Foundation Board held its first official meeting. Board members old and new gathered to usher in a new era for the foundation. The board made the motion to change the name from Caddo Electric Foundation, Inc. to CKenergy Electric Foundation, Inc. After that business item was taken care of, they were able to review applications and help those in our communities who are in need.

Our foundation approved a total of **\$23,902.96** for grants this quarter. Those funds will be used to improve the lively hood of individuals, fund school programs, they will help local law enforcement better protect citizens, and so much more!

Giving to those in need is a great way to tap into the Oklahoma spirit and thousands of Oklahoma's Electric Co-op members do just that by donating funds year-round through Operation RoundUp.

As a member of CKenergy Electric Cooperative, you have the opportunity to participate in the Operation Roundup program. The program works by allowing co-op members to round up their monthly electric bills to the nearest dollar amount. The spare change is transferred to CKenergy's Operation RoundUp fund and dispersed to local charitable causes.

For example, let's say you have a monthly electric bill of \$84.62. The bill is rounded up to a flat \$85, with the additional 38 cents going into the Operation RoundUp Fund. On average, a co-op member donates roughly \$6 each year. Seems like a small amount, right? It is, but when multiplied by thousands of other CKenergy members, Operation RoundUp raises thousands of dollars for local causes.

Operation RoundUp funds are used to address important local needs. Local charities, youth groups, schools, fire departments, senior citizen's centers and food banks are just a few of the beneficiaries of RoundUp funds. Funds are also used to help needy individuals and families pay for medical equipment and other needs.

CKenergy Electric Cooperative is passionate about the communities we serve. Together, electric co-ops with Operation RoundUp programs in place have raised more than \$100 million since 1989.

Grants are decided by a twelve-member board of cooperative members who volunteer their time to oversee the program. CKenergy Electric co-coordinators are Boyd Lee and Devin Whittington. Requests for assistance are reviewed and evaluated quarterly throughout the year.

We hope you will continue to participate in CKenergy's Operation RoundUp. Your small change will change lives, and together we will make a big difference right here in Oklahoma.

*Next quarter grant applications must be submitted by **April 12th, 2016.***

# Storm Safety: When Thunderstorms, Tornadoes Strike



**B**eware. Spring can usher in more than April showers. Now through the summer months, thunderstorms can quickly roll in and tornadoes can touch down, often during the afternoon and evening hours, according to researchers at the National Oceanic and Atmospheric Administration's (NOAA) National Severe Storms Laboratory.

Follow these tips from NOAA and the American Red Cross to keep you and your home safe when tornadoes and severe thunderstorms come your way.

- Prepare for high winds by removing diseased and damaged tree limbs.
- Listen to local news or National Weather Service broadcasts to stay informed about tornado watches and warnings.

- If in a mobile home, immediately head to a sturdy shelter or vehicle. Mobile homes, especially hallways and bathrooms, are not safe places to take shelter during tornadoes or other severe winds.

- Designate a family meeting place for shelter during and after a storm. If possible, go to your home's basement, a small interior room, or under stairs on the lowest level. Also, have a battery-operated weather radio handy along with emergency supplies.

- Unplug your electronics. Avoid using electrical equipment and corded telephones.

- Remember that there is no safe place outside during a severe storm. If you are caught in a storm while on the road, the American Red Cross urges drivers to turn their

headlights on, try to safely exit the roadway, and park. Stay in the vehicle with your seat belt on and turn on the emergency flashers until the heavy rain ends. If thunder and lightning is occurring, avoid touching metal or other surfaces that conduct electricity in and outside the vehicle.

- Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.

- Stay safe after a storm. Remain indoors at least 30 minutes after the last clap of thunder. Also, stay away from downed power lines and avoid flooded areas, power lines could be submerged and still live with electricity. Report them to CKenergy at 1-800-868-8243 or 1-888-832-3362 immediately.

## Tornado Safety Tips

### Practice and Prepare

Know where you'll meet your family during the tornado (and after). Practice a tornado drill annually. Keep a weather radio in your storm shelter, along with safety supplies.

### Seek Shelter

Go to your basement, a small interior room, or under stairs on the lowest floor of the house. If you live in a mobile home, get out and look for a stable building. If outside, find low ground—away from trees and cars—and lie face down with your arms protecting your head.

### After the Storm

Stay away from downed power lines, and avoid flooded areas—power lines could be submerged and still live with electricity. Don't enter seriously damaged buildings and avoid using matches and lighters in case of gas leaks.



Source: National Oceanic and Atmospheric Administration and Funnel, Inc.

### Know the Signs

- Look for swirling clouds.
- Watch for quick wind shifts or stark calm after heavy rain.
- Listen for a loud roar or rumble that doesn't fade.

## What's Cookin'

- 10 Tbsp mayonnaise
- 1 lime juice, juiced
- 1 Tbsp taco seasoning
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- dash crushed red pepper flakes
- 2 (12 oz) cups cooked chicken
- 1 (11 oz) can whole kernel corn, drained
- 1/2 green pepper, finely diced
- 1/2 cup finely diced celery
- 2 plum tomatoes, seeded and diced
- 2 Tbsp finely chopped fresh cilantro (2 tsp dried)
- 1 1/4 cup sour cream



**Southwestern**  
CHICKEN SALAD  
PLANACHICKEN.COM

In medium bowl whisk together mayonnaise, lime juice, taco seasoning, garlic powder, onion powder and red pepper flakes. Stir in remaining ingredients. Coat evenly. Cover and refrigerate 25-30 minutes before serving.

# Swap 'N Shop

For sale or trade

Note: CKEC does not endorse or guarantee any of the products or services in these ads.

Swap 'N Shop is a classified advertisement service that we provide to our members at no cost.

- Members are able to submit **written ads** through the mail, fax, drop off, or by email.
- **Ads are NOT taken over the phone.**
- Ads need to be received by the **10th of each month** to appear in the next month's issue.
- Ad space is limited to a 25 word maximum.
- Contact the editor at 405-656-2322 for information about availability of ad space.
- CKEC reserves the right to reject any ad deemed inappropriate.
- Ads will automatically run for 2 months, additional run time must be requested before the 10th of the month.

Circle category: Autos-Farm/Equip-Furn/Appl-Hay/Wood-Livestock/Pets-Misc-MH/RV/Boat-Real Estate-Wanted-Notices-Business

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone # \_\_\_\_\_

CKEC Acct # \_\_\_\_\_

You may submit classified ads, businesses, or services to Swap 'N Shop, P.O. Box 70, Binger, OK 73009, ads@ckenergy.coop, or fax to 405-656-2327.

## AUTOMOTIVE

**I buy junk cars & farm machinery,** call 405-641-3344 for more information.

**Hilltop Small Engine Repair,** 3 mi north of Gracemont, 1/2 mi west on CR 1230. 405-638-0325.

**'99 Ford Explorer,** 4WD, V8, leather interior, rear H & A, 177,000 miles. \$2500 OBO. 405-643-9211.

**Heavy Built Car Rotisserie** on wheels \$1250 Cash 405-818-9011.

**Lots of 55/57 Chevy car parts & misc.** \$1950, caash. 405-818-9011.

**55 Chevy 2 door posts, front & back seats.** Complete, will not separate. \$1400, cash. 405-818-9011.

**55 Chevy, 2 door front seat springs w/ tracks.** \$550, cash. 405-818-9011.

**'47 Pontiac Body**-\$700 OBO. 405-641-3344.

**'01 Pontiac Sunfire-** motor needs work. \$800, 405-439-4730.

**1996 Chevy, 26 passenger bus** w/ handicap lift. Make offer. 405-453-7953.

## Farm/Equip

**Marrow's Tractor Tire Repair, Sales, & Service** 405-668-0248

**Jacobsen AR3 mower.** Has 1318 hrs. New battery. Asking \$10,000 OBO. Located in Binger. 405-656-2304 or 405-545-0792.

**Case Backhoe 580B.** 3 buckets. \$9500 cash. 405-818-9011.

**03 TC18 New Holland,** garage kept, w/ 5' Land Pride Finish mower. Looks & runs like new. \$7100. 405-788-2334 or 405-373-4328.

**Barrel Saddle, 14",** beautiful leather w/ silver. \$500. 405-788-2334 or 405-373-4328.

**Large Square Bail Feeders,** 1 double, 1 single. \$450 for both OBO. Call 580-483-5180.

**Hereford & Angus bulls.** Breeding age & semen tested. 580-280-2855.

## Hay/Wood

**Cedar Posts & Stays & Oak fire wood.** Call 405-437-7612

**Net Crop Native Grass Hay-** Lg Bales, net wrapped. 405-638-0620 or 405-206-8126.

**Clean Bermuda Grass Hay** 4x5 bales \$45/bale. Please call King Sod Farms 405-797-3323.

**Cowpea Hay-** 150 5x6 bales, 10% protein, \$50/bale. 405-668-2679.

**Good Bermuda Grass Hay,** Large Round Bales. 6X6. \$60. 405-306-1538.

**Walnut Firewood,** Split \$80/rick for

pickup. \$100/rick for delivered. 405-352-5242.

**Alfalfa Hay**- Round & Square bales. Will load. 405-933-0132.

**21 Bale Bundles** of small bales of Tiffany Grass & Alfalfa Hay. Cordell Area. 580-660-1622.

## Livestock/Pets

**Beefmaster Bulls for sale.** 18mos to 2yrs. Some polled. Call 405-352-4451.

**Registered Angus Bulls.** 13-18mos, semen tested, docile, & ready to work. 405-352-5025.

**39 Big Stout Limousin Bulls.** 19 coming 2yr olds. 20 yearlings. All gentle, growthy, low birth weights. Kusel Limousins. 580-759-6038 or 405-643-2884.

**Hereford & Angus Bulls**- Breeding age & semen tested. 580-280-2855.

**1 Pure Bred Angus Bull,** 20 months old, has calves on ground. \$3000. 405-284-6984.

## Business

**Alterations & T- Shirt Quilts.** 405-831-0593

**Cooks Septic Service & Repair** 580-550-0545, toll free 877-369-7305.

**McCormack's Affordable Quilting,** T-Shirt quilts, custom quilts, & quilt repair. 405-229-4933.

**\$100 Agreed Divorces,** JNK Paralegal Service. (405) 376-2206

**Will Haul Rocks/Gravel-** Terry Buie 580-330-2062

**Interior Painting/Glazing-** Twila Buie 580-302-3514

**Health & Wellness Classes & Products.** Donna J. Richey, Arbonna Indep. Area Manager. 405-933-2528.

**Pampered Chef** quality products for your kitchen! Host a party or pamper a favorite Bride to Be. Need a fundraiser for a worthy organization? Call Elaine's Indep. Pampered Chef business. 405-668-0754.

**Piano Tuning & Repair.** 50+ years experience. 580-254-0817

**Allene Hebensperger, Mary Kay Independent Sr. Sales Director.** 580-726-5514.

**Housekeeping.** Weekly, Bi-Weekly, Monthly.

Honest and trustworthy. Call for free estimate. 405-933-0504.

**Welding.** Gates, pipe fencing, & anything that needs welded, No job too small. Call Tony at 405-834-1128.

**Cimarron Fields Wedding/Event Barn & Catering.** Booking year round. Www.cimarronfields.com, like us on Facebook. 405-802-8135.

## Misc

**Set of Reverware-** Dutch Oven, 3 sauce pans, 2 skillets, all with lids. Call for price. 580-347-2437.

**3- 20ft X 6in Channel Steel Beams,** 2-9.5ftX6in steel beams. All for \$25. Most have some rust on them. 405-376-3337.

**Pride Quantum Q6** edge power wheelchair w/ charger. Manual wheelchair, transport chair, walker w/ seat. 405-376-3049

**Storm Door** 36"x81", full glass, white trim w/ frame and hardware. Good condition. \$150 .405-256-0012.

**Cessna 172 airplane.** Will trade for late model double wide home. Shown by appointment only. 405-631-1505.

## Furn./Appl.

**Slate Antique Pool Table.** Bought in '50's at Dave Rolison's Pool Hall in Clinton. Very good condition! 580-323-5594.

**Kitchen chairs,** 4 ash wood, hardly used. \$40 each cash only. 580-347-2437.

**Riverside oversize recliner.** Motorized, 2 tablet holders. 1 year old. \$280. 405-656-2888

**Beautiful coffee table,** \$40. 405-656-2888.

**Counter-top vending machine** w/ stand. Vends 5 candy bars & 3 chips. \$250. Email-waytoomanymessages@yahoo.com

**Whirlpool Cooktop,** black smooth surface. \$150. 940-395-1370

## Real Estate

**4 bed, 1 1/2 ba Brick Home** 12 miles SE of Hinton. Sits on 1 acre, all electric, tall privacy fence, above ground pool, with 2 storage sheds. Call 405-284-6955.

**2 Lots at Swan Lake in Ft. Cobb,** Electric, 21ft Tahoe Trailer, needs repair. 2 metal storage bldgs. Well & pump. @ Division & Norma St. Make offer. 405-681-6991.

**2 bd, 1 ba house S of Gotebo,** fenced, 4.91 acres, detached 2 bd, 1 ba building, large barn, metal grainery. Call 580-538-5511 for info.

**385 acres in Kiowa County- Cooper-ton Valley.** 580-654-1413.

**Crow's Roost Area-** 217 Maryland St, Ft. Cobb. 3 d, 1 ba, new septic lines, pressure tank pump, central H&A. \$79,900. 405-668-0109.

**3 Bed, 2 1/2, 2 story townhouse,** Hobart, OK. Totally remodeled. Near hospital & quiet neighborhood. \$120,000. 580-515-1361.

**16X80 3 bed 2 bath,** Crow's Roost area. New a/c, laminate flooring, curtains, & well pump. Partially furnished. Covered porch. 313 Marilyn St, Ft. Cobb. 14X30 pole barn, \$40,000. 405-601-0382.

**All sizes of manufactured Homes.** Single-Wide or Double-Wide. Low overhead for me = best price for you. Exit 108 I-40. 405-884-2620

**Ft Cobb Lake House Crows Roost Area** 2 bed furnished, 2 lots, new metal roof, Garage, carport, also Waverunner and Seadoo on double trailer. \$62,500 Call 405-623-4231.

**Lemons Point Ft. Cobb-** 3bd 2ba, brick house w/ stainless steel appliances, new roof, finished basement, new windows on 2 lots. Large trees, covered parking & storage building. \$89,900. 405-409-7658.

**1 Acre Commercial Zoned,** 4 3/4 mile East of Tuttle on Highway 37. 405-794-4612.

**2 Bed, 1 Bath, Brick home-** South of Anadarko. 5 acres with pipe fence. 2 car garage, barn, shed, new storm shelter. Call 405-756-6708.

**Cedar lake-** 2 lots, 1 bed, 1 bath house that needs work. Well and Septic. \$5000. Call Jim at 405-409-7658.