

# country living

FOR MEMBERS OF EAST CENTRAL ELECTRIC COOPERATIVE



## National Tune-Up Day

September 25th



### 2 Notes from the Chair

### 3 Reliability Wins

### 4 Annual Meeting Winners

Your favorite heating and air guy will tell you, September is the best time to schedule a tune-up to ensure your HVAC, furnace, or heat pump is winter ready.

A qualified technician can clean filters, check for leaks, and ensure all system components are working efficiently to keep your home cozy and warm when the temperatures begin to drop.

If it's time to replace an old unit, take time to research the

size of unit needed to most efficiently heat your space and the rebate requirements for East Central Electric Cooperative's rebates ([ecoec.com/rebates](http://ecoec.com/rebates)).

You can search online at [energystar.gov](http://energystar.gov) to find the most energy efficient systems and details about available tax credits.

Upfront investments in your home's energy efficiency can make a serious impact on your winter electric bills.

## How to Put Out Electrical Fires

Stay safe. Act fast. Know what to do.



### Power down immediately.

If wires or appliances seem unsafe or smell odd, unplug them and switch off the circuit at the breaker box. If there's a fire, cut power if safe to do so.



### Do NOT use water.

Water conducts electricity—throwing it on an electrical fire could cause a shock or electrocution.



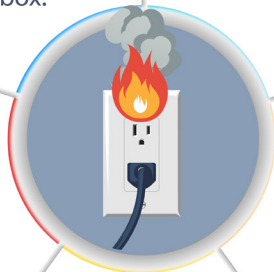
### Use a Class C fire extinguisher.

These are specifically designed for electrical fires and are the safest way to put out the fire.



### No extinguisher? Use baking soda.

Baking soda can smother small electrical fires by cutting off oxygen.



CALL 911

Call for help, even if you think the fire is out. Evacuate the area immediately if the fire is too large to extinguish safely.

## notes from the chair

**Standing Up to the Bullies**

From the Archive: This column originally ran in August 2021.

*By Lowell Hobbs, President, East Central Electric Cooperative Board of Trustees*

Our Board's responsibilities include constantly looking forward to keep our co-op healthy by understanding new technology and programs that will benefit our members.

This includes approving a budget adequate enough to clear the right-of-way for our lines to insure adequate and dependable delivery of electricity to our homes and businesses. We are always mindful of the need to keep the cost reasonable.

Part of our training includes gathering information that hones our skills as directors by attending classes and interacting with personnel from other co-ops.

I stated before that I made A's in my vo-ag class, and A's in English because my parents taught those classes. Actually, I made A's in all my classes because my parents expected me to. I also got up early enough to milk the cow, feed the pigs and chickens, get ready for school and catch the bus because it was expected by my parents.

That attitude carries over to my every day life, and I see that attitude in the other directors as well. We study, react, and strive to make our co-op strong, reliable, and reasonable as you expect.

We are good stewards of your money and other resources as expected.

I started first grade at Forrest Hill School near Heavener (my sister was 2 grades ahead of me) and we walked just less than a mile to and from school. At the start of my 2nd grade in Cleveland, we walked from the east side of Cleveland to West Side School which was eight tenths of a mile each way. Two years later we moved closer to West Side School (6 blocks).

A long wooden bridge lay between our house and school that we had to cross. (No kids in the street.)

The two Carter boys lived beyond our house, and they would meet me at the bridge after school and make me walk the railing. The bridge spanned a fairly deep ravine that was wild looking. The 3' high bannisters on the wooden bridge were topped with a flat 2 x 4. The bridge was about 120' long. It was scary for me. I feared I would fall into the ravine, or worse, they would push me off.

After several afternoons of their bullying, I left school on the run to my house, got my dog Cub and hurried back to the bridge by the time the Carter boys got there.

I felt a lot bigger with Cub there; I could sic him on anything or anyone. I told the Carter boys to get on the rail—it's a new day! They said no and started toward me.

I told Cub—sic em! He lunged his 120-lb burly body at them with a loud vicious bark. They immediately climbed on the rail. I (with Cub) made them walk back again just to prove it was no fun. This practice went on a few more days, and then one evening as I came home my Dad and Mrs. Carter were sitting on our back porch.

Mrs. Carter asked me for an explanation as to why her boys were late getting home and had to walk around several extra blocks. I meekly told my story. Mrs. Carter and my Dad agreed the Carter boys and I would stop this craziness and get along. They expected us to do as they said, and we did. The Carter boys never attended one of our class reunions. This may be a good thing because Cub died the first few months I was away to college.

*Lowell Hobbs represents ECE District 2. To reach him, please call his cellphone at 918-695-5289.*

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- LOWELL HOBBS

## THE IMPORTANCE OF RELIABILITY

Electric cooperatives are advocating for smart energy policies that prioritize reliability and affordability for all.

By Molly Christian, NRECA

Electric cooperatives are applauding a recent series of actions announced by the Environmental Protection Agency. These actions would alleviate challenges to reliability and cost for electric co-ops across the U.S.

The EPA said it will review and reconsider the power plant greenhouse gas rule, the mercury and air rule, the ozone transport rule and the power plant wastewater rule. The agency will also address a number of fundamental problems with the coal ash program and take other actions to unleash American energy while protecting the environment.

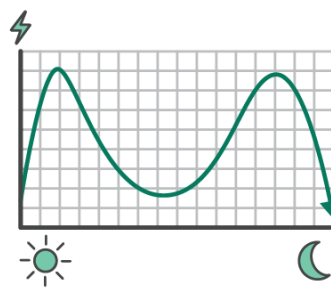
The National Rural Electric Cooperative Association, the trade association that represents electric cooperatives in D.C., flagged concerns with these rules in a letter to EPA Administrator Lee Zeldin in January. The letter served as a policy roadmap recommending ways the EPA could address harmful regulations for electric co-ops while ensuring reliable and affordable power and promoting a healthy environment.

Electric cooperatives appreciate the EPA's recent actions that could bolster American energy dominance with sound policies that protect our environment without leaving American families in the dark.

# Balancing Supply and Demand



Electricity is generated at a power plant, then sent across the grid to homes, schools and businesses.



As electricity demand varies throughout the day, grid operators and electric utilities work to forecast, plan and purchase enough electricity for everyone.



Factors that Impact Electricity Supply and Demand

- Demand Surges
- Extreme Temperatures
- Infrastructure Costs and Availability
- Supply Chain Challenges
- Fuel Costs
- Federal and State Regulations

Electricity is essential for nearly every aspect of daily life—so essential that we rarely think about how it's produced and delivered to our homes. You might be surprised to learn that behind the scenes, a network of experts is working daily (and even by the minute) to anticipate how much electricity you need before you even use it.

We're all connected to the electric grid, so ensuring the right amount of electricity for all involves a complex process of forecasting energy demand, planning for capacity and securing enough supply to meet Americans' needs.

### Powerful sources

First, electricity must be generated at a power plant using either traditional sources, such as coal, natural gas or nuclear energy, or from renewable sources, such as solar, wind or hydropower.

At East Central Electric Cooperative, we work closely with KAMO Power and Western Farmers Electric Cooperative, our local wholesale power partners, to secure enough electricity for our communities, using a diverse mix of energy sources to generate the power we deliver to your home or business. By maintaining a diverse energy mix—[coal, natural gas, wind and hydropower]—East Central Electric has options to ensure reliable power at a competitive cost.

On a larger scale, across the country, electricity supply and demand are managed through a market that includes long-term planning

agreements, where electricity is bought and sold just like other common goods and services. Because we work with our wholesale power partners, which are also cooperatives, we are able to pool resources and expertise to deliver affordable power to our local communities.

Electricity supply changes throughout the day because demand fluctuates based on consumers' needs. For example, we need to ensure more electricity in the mornings when you're starting your day, and in the evenings when you're cooking dinner, running appliances and watching TV. Demand also increases when weather patterns change, such as extremely warm or cold temperatures.

### Looking ahead

As the energy sector undergoes rapid change, it's important for all consumers to understand the basics of electricity supply and demand.

Electricity use in the U.S. is expected to rise to record highs this year and next, with the demand for electricity expected to at least double by 2050. At the same time, energy policies are pushing the early retirement of always-available generation sources, which will undoubtedly compromise reliable electricity.

East Central Electric Cooperative remains committed to providing affordable, reliable energy to the members we serve. That's why we are preparing now for increased demand and other challenges that could compromise our local electric supply.

# Annual Meeting Prize Winners



Thank you for participating in your 2025 Annual Meeting. Congratulations to our prize winners!

## Grand Prize \$1,000:

Melissa Exum, Eufaula

## One Year of 1GB ecoLINK:

Fredda Tabor, Henryetta

Florence Booth, Bristow

Douglas McDonald, Checotah

## \$500:

Thomas Greuel, Muskogee

Wanda Baldrige, Okmulgee

## Three Months of 1GB ecoLINK:

David Shanahan, Bixby

Prescott Davis, Okmulgee

Ronald Green, Beggs

Dan Goble, Porum

## One Month of 1GB ecoLINK:

Pamela Hunt, Eufaula

Darla McCall, Bristow

Randy Mathews, Morris

Joyce Haddox, Okemah

Leroy Wilson, Okmulgee

Walt Cotner, Okmulgee

Ron Lheureux, Morris

Arvil Baldrige, Okemah

Josh Taylor, Checotah

Kara Thornton, Bristow

## \$100:

Ona McNew, Bristow

HK Pharaoh, Henryetta

Ricky Workman, Morris

Morse Baptist Church, Castle

Rob Hudson, Glenpool

Mack Thompson, Okemah

Robert Howe, Okmulgee

Dennis Krawetzke, Sapulpa

Connie Bailey, Henryetta

Rick Pippin, Weleetka

Willie Blundell, Muskogee

Sunrise Fire Dept., Okemah

Mike Brannon, Morris

Tina Cruce, Bristow

Ronald Hardage, Bixby

Dwayne Smith, Depew

Michele Mortensen, Muskogee

Deep Fork Community Action

Gerald Duncan, Okemah

Charles Battenfield, Bristow

James Humble, Okemah

Ocone Oil & Gas

Nuyaka Baptist Church

Jerry D. Wagner, Eufaula

Leonard Simpson, Boynton

Betty Lindsey, Bristow

Lee W. Johnson, Bixby

Amanda McLemore, Morris

Mary Lee, Okemah

Sherri Martin, Henryetta

April Martin, Muskogee

Bob Farmer, Checotah

Robert Fields, Checotah

City of Rentiesville

Dustin Hallum, Haskell

Morgan Baker, Mounds

Larry Limpus, Bixby

Allan Murray, Morris

Timothy Rudiger, Haskell

Donald Jenkins, Warner

Ronnie Wilson, Okemah

Jerry Gaskins, Bristow

Theodore Newell, Oktaha

Gary M. Story, Beggs

Earl Whittington, Checotah

Edna Shrum, Muskogee

Tina Burgess, Okmulgee

Steven Tillery, Okemah

Clark Story, Okmulgee

Shandy Dunn, Bristow

Chester Metcalf, Beggs

Rex Franklin, Porum

Joe B. Duvall, Hitchita

Terry Wilson, Okemah

Robert Williams, Okemah

Elizabeth A. Harned, Haskell

Sunrise Baptist Church

Bobby Moody, Mounds

Glenda Reynolds, Checotah

Debra Marshall, Okmulgee

## \$100 Stay to Win Bill Credit:

Donna Propst, Bristow

Jane Pihl, Checotah

## Recipe Contest \$25 Bill Credit:

Hannah Tuttle, Glenpool

Recipe: Mocha Frappe

Get it in the 2028 Member Cookbook

## Cool Car Contest \$50 Bill Credit:

David Casey, Morris

