



RURAL
MISSOURI

Sac Osage Electric Cooperative

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September 2011

News

Visit us on the Web - www.sacosage.com



Kala Hopkins, El Dorado Springs R-II High School was one of 76 high school juniors who participated in the Association of Missouri Electric Cooperatives Cooperative Youth Conference and Leadership Experience program.

The annual CYCLE conference was held July 13-15, 2011, at the Double Tree Hotel in Jefferson City. Selected as an outstanding young leader by her local electric cooperative was Kala Hopkins of El Dorado Springs. Hopkins was sponsored by Sac Osage Electric Cooperative in El Dorado Springs.

Each year in July, an action-filled three days provides high school students opportunities to learn first-hand what it is like to be involved in politics, the cooperative form of business and being a leader. The program included nationally known speakers, a day at the Missouri State Capitol and education about electric cooperatives. The group was also divided up into smaller teams that competed in various events like the "build a cooperative" game. One highlight was hearing from the Rachel's Challenge group. This national program was founded by the father of Rachel Scott who was tragically killed in the Columbine High School shooting in 1999. Their challenge is to make a positive difference in your school and community.

The CYCLE program is in its eight year and recently received the National Community Youth Service award from the National Rural Electric Cooperative Association as the top youth program among all electric cooperatives in the country. For more information about this program, go to www.amec.org/youth.html#cycle.



Labor Day

The office of Sac Osage Electric Cooperative will be closed on Monday, Sept. 5 in observance of Labor Day.



Energy Efficiency

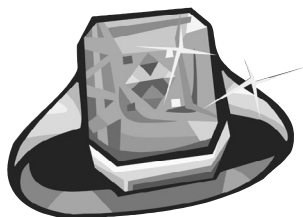
Tip of the Month

Dirty filters in your home's heating and cooling system cause it to work harder and break down faster. Neglect it, and dust collecting in the air filter could increase your energy bill hundreds of dollars every year and result in pricey repair or replacement costs. Instead, change filters at least every month.

September 2011

Peaceful sapphire

September's birthstone, the sapphire, was dedicated to the mythical god, Apollo, perhaps for its heavenly blue color or possibly for its extreme hardness. Among gems, only the diamond is harder. St. Jerome insisted that anyone wearing a sapphire would



be able to make peace with his enemies so, theoretically, Apollo wouldn't have needed to wear the gem into battle. For mere mortals, the sapphire was supposed to help us gain favor with the gods. Pope Innocent III had these stones set in all his bishops' rings.

Michaelmas

Originally celebrated as the feast day of St. Michael on Sept. 29, Michaelmas continues to serve as a seasonal signpost. In the British Isles, crops were harvested and sold by late September, and farmers paid their yearly rent on Michaelmas. Everyone ate goose at Michaelmas to bring prosperity,



so many included "a goose fit for the lord's dinner" with their payment. Market fairs occurred on the feast day, and large crowds made it convenient to hold elections then as well. The custom of fall elections has continued, but today they have shifted to November.

Autumnal equinox

This year's autumnal equinox occurs at 5:51 a.m. Eastern Daylight Time on Sept. 23. It is said that the wind and weather at the time of the equinox foretells the wind and weather during the following three months. If the autumn is warm, it is reputed that the

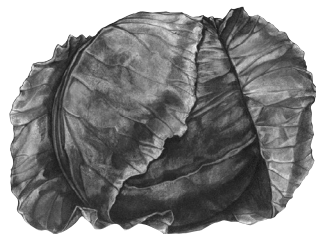


winter will be long. If there's much autumn fog, there will be much winter snow. If the autumn is clear, the winter will be windy. If the storms of September clear off warm, however, you can expect the winter storms to be relatively warm as well.

For recipes, gardening tips and weather forecasts, visit:
www.almanac.com



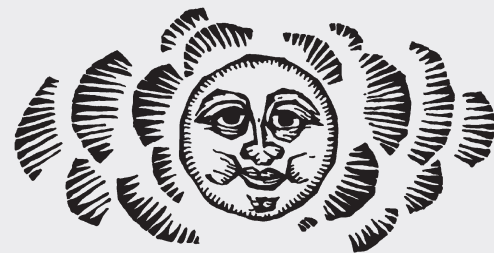
Recipe for Red cabbage with apples



1 onion, chopped
4 tablespoons bacon fat
1 head cabbage, shredded
1/2 cup dry red wine
2 tablespoons vinegar
2 tablespoons brown sugar
2 apples, peeled, cored and sliced
Salt and pepper, to taste

Sauté the onion in the bacon fat until tender. Add the cabbage and stir well to coat. Add wine, vinegar and brown sugar. Bring to a boil and add apples, salt and pepper. Reduce heat, cover tightly and simmer for about 45 minutes until tender, adding water as necessary.

THE OLD FARMER'S



WEATHER PROVERBS

Fair on Sept. 1, fair for the month.

If St. Michael (Sept. 29) brings many acorns, Christmas will cover the fields with snow.

Dew is produced in serene weather and in calm places.

A rainbow in the morn, put your hook in the corn; a rainbow in the eve, put your hook in the sheave.

When a cat sneezes, it is a sign of rain.

When pigs carry straw to their sties, bad weather may come.

When the bubbles of coffee collect in the center of the cup, expect fair weather.



H O M E C O M F O R T

How low can your thermostat go?

Save energy and money by setting your thermostat

Dear Jim: I hear how important it is to lower my thermostat setting during winter. It seems it would just take more energy to reheat the house each morning. What is the best thermostat setting for the most savings? — Don G.



by Jim Dullely

Dear Don: Selecting the proper temperatures throughout the day and night can be a bit confusing. You want to balance comfort with energy — and dollar — savings. It is surprising how comfortable you can be at a lower indoor temperature once you become accustomed to it. Thereafter, you find yourself uncomfortable at higher indoor temperatures that used to seem normal.

It actually does save energy overall if you lower the temperature setting on your central furnace or heat pump thermostat. The actual amount of dollar savings depends primarily upon how low you set the thermostat, how long you have it set back and, to a lesser degree, your climate.

There also are other advantages to lowering the thermostat setting during winter. If your house temperature is lower, it requires less moisture indoors to keep the indoor air at a given relative humidity level. The fact that your furnace or heat pump runs less at a lower indoor temperature means the equipment will last longer and need fewer repairs.

If you look at setback savings charts, don't be confused by the fact that the percentage savings are actually higher in milder climates than in colder climates. This is because the total amount of energy used to keep a house comfortably warm in a cold climate is much greater than in a warm climate. This makes the base number larger in cold climates, so the percentage savings are less even though the dollar savings are greater.

It is a common myth that

it takes as much energy to reheat a house, in the morning for example, as was saved during the temperature setback period overnight. The amount of heat a house loses through its walls, ceilings and floors is directly proportional to the difference between the indoor and the outdoor temperatures. Air leakage into and out of your house also increases with larger temperature differences.

When the indoor temperature is set lower, the indoor-to-outdoor temperature difference is smaller, so less heat is lost from your house.

During the summer, the same is true in reverse. If less heat is lost from your house,

your furnace has to use less gas, oil or electricity to create the heat to replace it. The amount of heat used to reheat the house, therefore, is less than the amount saved over the temperature setback period.

The only time a temperature setback may not be wise is if you have a heat pump with backup electric resistance heat and an old thermostat. When it is time to reheat the house and you set the thermostat higher again, the expensive backup electric resistance heater may come on. For a long eight-hour setback, you likely will save overall, but not for just a short setback of only a few hours.

If you have a heat pump, install a special setback thermostat designed for heat pumps. These heat pump thermostats have electronic circuitry to keep the backup resistance heating elements off after the setback period. My own heat pump thermostat works this way, and it also allows me to block out the resistance heating when the outdoor temperature is above a certain temperature. I have mine set at 20 degrees.

There is not a "best" thermostat setting for all homes and climates. The lower you set it, the greater the overall savings will be. The amount of savings per degree for each nighttime eight-hour setback period ranges from 1 percent to 3 percent. Because many people also are gone during the day, the temperature can be set lower for about 16 hours per day. Unless there are some health problems in your family, 62 degrees is comfortable if you are wearing long sleeves or a sweater.

In moderate climates, let your comfort dictate how low you initially set the furnace or heat pump thermostat. As you get used to the lower temperatures and wear a sweater, you will be able to gradually lower it more. In colder climates, excessive window condensation often limits how low the indoor temperature can be set. In order to set the temperature lower, you will have to reduce the indoor humidity level.

Have a question for Jim? Write to: James Dullely, Rural Missouri, 6906 Royalgreen Drive, Cincinnati, OH 45244 or visit www.dullely.com.



Setting back your thermostat can save energy and money, but finding the temperature that's comfortable for your entire family is the key. The lower you set the thermostat, the greater your savings.



Manager's Column —

WHAT A SUMMER! WHAT A YEAR!

The topic of most conversations these days have to do with the weather we have been experiencing this summer. Here at Sac Osage Electric Cooperative, the topic is more than conversational. Weather extremes of any nature including heat, cold, ice or wind can cause serious challenges to our system's reliability and stability. We have faced such situations throughout 2011. But, we didn't just start talking about these weather related challenges in the last few weeks. We have planned years ago to design our electrical system to address the demands of such extremes.

Generally, every four years we develop the Cooperative's Work Plan that is submitted to the Rural Utilities Services for their approval. Each Work Plan demonstrates the many hours of discussion and planning as the engineering process evolves into a viable plan. The Four Year Work Plan is

actually a detailed version of a broader plan that the Cooperative develops every twenty years. One of the major tenants driving each Work Plan is centered upon one theme: to improve the system's reliability and stability for the near and long term future.

When you see our men and equipment building three phase power lines in rural, remote areas, we are executing a very deliberate, well planned system improvement that has been in the planning stages likely for a very long time. We continue to upgrade the system to handle increasing loads that occur during extreme weather conditions.

Some of you see our right of way crews methodically cutting, trimming, and mowing trees and underbrush along our power lines every day. The period of wet weather we experienced earlier in the year and this summer's heat has caused extensive growth of trees and vegetation. This,

in turn, has placed tremendous pressure on our rights of way clearing program. This program is essential for us as we plan for the approaching winter and icy conditions that often come with those weather extremes.

Our seasonal period of extreme weather conditions continue to affect our demand for power that you require. The fact that you don't have to be concerned about adequate power availability during these extreme seasonal periods, is a testament to the cooperative's planning and engineering achievements over the years.

With the knowledge that using energy wiser not only helps you by lowering your energy bill, we also encourage you to re-schedule some of your household jobs by waiting until after our 4 p.m. to 9 p.m. peak period. If more of our members "shift" their greatest power consumption into other time periods then



Tom Killebrew
Manager

the Cooperative will avoid escalating wholesale demand energy charges that we incur during our peak period. Any savings that we achieve will be reflected in your bills.

Whether we are trying to manage our households, our farms, our businesses, or an electric utility, every one of us must pay more attention to the way we consume and use the power we need. Managing our resources will benefit us all in the long run. Thanks for your continued patronage and support.

Linemen Receive Safety Training

While they hope and pray it is a skill they never have to use, Sac Osage Electric Cooperative's linemen participated in Pole Top Rescue Training on August 9th at Sac Osage Electric Cooperative headquarters.

Pole Top Rescue Training is designed to provide instructions for linemen who may need to rescue a fellow lineman who may be injured and is still on the pole or in a bucket. The speed and care involved in this process may make the difference between the life and death of a co-worker who is unconscious. This unconsciousness could be caused from contact with an energized line or even because of some sudden illness such as a heart attack. The Pole Top Rescue Training simulates emergency rescues. How quickly and accurately a lineman can perform the necessary procedures is critical during this practice program.

The rescue training requires a lineman to call in the "May Day" emergency on the radio so that dispatchers know where to send emergency help. The lineman must then get climbing gear from their truck, survey the scene for potential hazards, put on their climbing gear and climb a 40-foot pole to lower a 200- pound mannequin down to the ground with the help of a rope, known as the life-line.

After the mannequin is down, the lineman must climb down the pole, remove his high-voltage safety gloves and climbing gear and begin administering CPR, if necessary, or use an automated defibrillator if the victim's heart has stopped. To complete the exercise successfully, the entire procedure has to be completed in less than five minutes to prevent brain damage to a victim due to lack of oxygen. Pole top rescues are not common, but they do happen.

Darrell Cuppy, Training Instructor with the Association of Missouri Electric Cooperatives in Jefferson City, MO. instructed the Pole Top Rescue Training.

