



July 2014

RURAL MISSOURI

Sac Osage Electric Cooperative

News

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YOUTH TOUR



C.Y.C.L.E



For over fifty years Rural Electric Cooperatives have been sponsoring trips for the high school juniors to tour Washington, D.C., and learn what our American Flag truly stands for.

It is a wonderful opportunity for local youth to experience our nation's capital in a fun filled, action packed, and inspirational way.

Juniors throughout Sac Osage Electric Cooperative's nine county territory entered the cooperative's Youth Tour contest. The students wrote essays challenging them to think about "What is the most important lesson cooperatives should convey to young members?"

Six finalists were chosen from the many entries received. Hard work and creativity has paid off for two area high school juniors.

Congratulations to McKensi Marshall of El Dorado Springs R-II School who, was awarded an all-expense paid trip to Washington, D.C.. McKensi joined more than 90 Missouri students and over 1,500 students from across the U.S. on this week-long tour of D.C., visiting memorials, museums, cherished monuments, and getting a firsthand look at our government at work.

These fortunate high school students represent their local cooperative on a whirlwind tour of the nation's capital. All the while they are learning about

electric cooperatives and their role in the community.

The Electric Cooperative Youth Tour has brought high school students to Washington, D.C., every June since the late 1950s.

The first runner up delegate was John Barber of Thomas Jefferson Independent Day School. He was awarded an all expense paid trip to attend the Cooperative Youth Conference and Leadership Experience (C.Y.C.L.E) in Jefferson City, Missouri.

The C.Y.C.L.E Program's main focus is to show the student more about electric cooperatives, teach leadership skills, and experience the Missouri State Government.

This program includes nationally known speakers, a day at the state Capitol, and some of the brightest young leaders from across Missouri.

We hope all of the finalists enjoy these great opportunities and use them as tools to grow toward tomorrow's leaders. We also want to thank all of the students who participated in our contest this year and encourage everyone who knows an upcoming high school junior to check out our contest next January, 2015.



Youth Tour winner
McKensi Marshall



CYCLE winner
John Barber



Six final contestants, from left to right: John Barber, Ben Vickers, Megan Chism, Taylor Witt, Sondi Hunter and not pictured, McKensi Marshall

**Offices will be closed
on Friday, July 4th in
celebration of
Independence Day.**

Summer's wonder

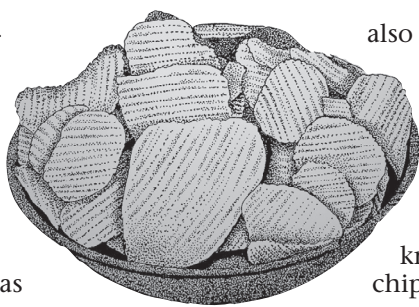
There are many superstitions about summer thunder. Some people believe that it frightens the beans into growing. Others say that thunder in the morning brings wind, while a noon thunder brings rain and an evening thunder



brings a tempest. Thunder in July is thought to injure wheat and barley. If there's lightning without thunder, fair weather is on the way. As for wind direction, "Thunder and lightning in the summer show, the point from which the freshening breeze will blow."

A new snack is born

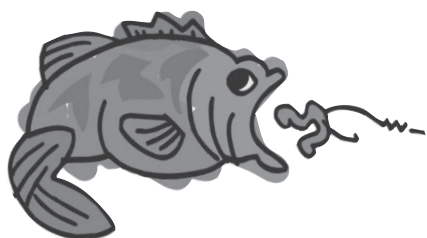
In the summer of 1853, french-fried potatoes were a popular menu item at Moon's Lake House in Saratoga Springs, N.Y. One evening, a diner at the restaurant found that the french fries were too thick for his taste. He sent the potatoes back, requesting thinner fries. When the second batch of fries was



also rejected, the chef lost his patience. He cut paper-thin slices of potatoes and fried them to a crisp. The finicky guest was ecstatic, and the browned chips became a house specialty called Saratoga chips. Today, we know them simply as potato chips.

Best fishing days

Some say that the fishing is better when the moon is between new and full. Good fishing times are also believed to be at hand an hour before and after high and low tide. Other "best times" are when the barometer is steady or on the



rise, when the breeze is from the west, and when the water is still or rippled, rather than during a strong wind. However, the very best time to go fishing may be when we can find the time — regardless of the conditions.

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



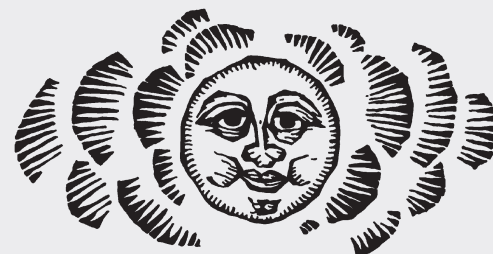
Recipe for Dog Days Iced Tea



6 bags black tea
2 tablespoons sugar
1/2 cup mint leaves, divided
1-1/2 cups chilled orange juice
1 orange, sliced
1 lemon, sliced
ice cubes

Brew a strong tea in about 6 cups of water. While it is still hot, add the sugar and about a dozen mint leaves. Let it cool and remove the tea bags and mint. Add orange juice, fruit slices and ice. Serve over more ice, garnished with fresh mint leaves; add a fruit slice or two to each glass. Makes 4 servings.

THE OLD FARMER'S



WEATHER PROVERBS

**If the first of July
it be rainy weather,
it will rain more or
less for four weeks
together.**

**Forked lightning at
night, the next day
clear and bright.**

**Rain is likely to com-
mence on the turn of
the tide.**

**Old moon mist ne'er
died of thirst.**

**When cattle remain
on hilltops, fine
weather to come.**

**A southerly wind
with showers of rain
will bring the wind
from west again.**

**If birds be silent,
expect thunder.**



H O M E C O M F O R T

Keeping your cool in the summertime

Choose the right AC contractor when the air conditioner goes kaput

Dear Jim: When my central air conditioner conks out, it always is on one of the hottest days. What is the best way to pick a good repair contractor? Is there any pre-season maintenance I can do myself? - Barb H.



by Jim Dulley

Dear Barb: An old central air conditioner or heat pump typically does conk out on the hottest days. This is because it is running almost non-stop to keep the house cool. Also, the efficiency and cooling output of the unit drops as it gets hotter outdoors, putting even more strain on the old compressor, especially the bearings and valves.

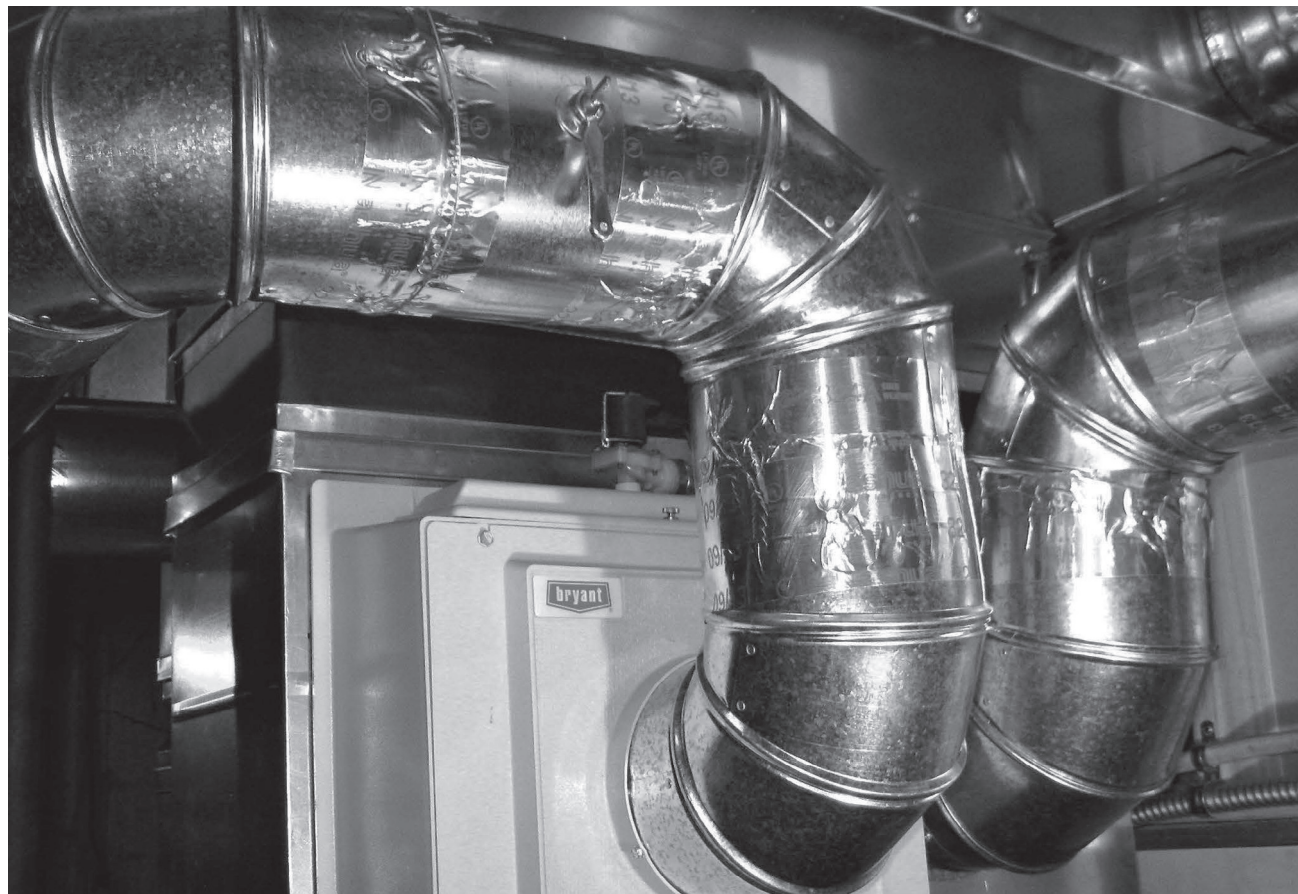
Finding a good contractor to repair or replace an old air conditioner is important because you expect your system to keep running for a long time after the repairs. The refrigeration system in an air conditioner is a complicated piece of equipment. You have no way to determine if things are set properly, so you have to trust that the contractor did it correctly.

When selecting a contractor, first check with your relatives and friends about who they have used and their satisfaction. Also, when a contractor gives you a list of references, you should call each one.

People often are afraid to offend a "nice guy" contractor, so they don't tell them of problems. They will, however, share negative experiences with you, which will help you make your hiring decision.

If you do not have a source for contractor names, check with the Air Conditioning Contractors of America (ACCA) and the Sheet Metal and Air Conditioning Contractors' National Association (SMACNA). Reputable contractors will belong to one or both of these organizations, which can give you a list of members in your area.

When installing a new system, the contractor should do a thorough analysis of your house and calculate its cooling needs. This should involve more than just measuring the outside dimensions and then recommending the same size unit (one ton is 12,000 Btu/hour) of



Make sure to seal joints with duct tape and close off the humidifier duct damper to help the AC run efficiently.

cooling as you have now. Improper sizing will result in higher utility bills and poor comfort level.

A knowledgeable contractor should ask if you currently have any heating and cooling problems, particularly with various rooms. There may have to be additional return air registers and ducts installed. This can increase the overall cost significantly, so the lowest estimate is not always the one you should select.

If your system has just broken down and you have at least three contractors give you quotes, be wary of ones who immediately want to replace the system with a new one. They should take the time to determine the current problem and provide a quote for repair. Take your time to evaluate the quotes and recommendations.

Although your family might be uncomfortably warm for several days, don't rush your decision. It is not as dire as having your furnace go out during winter when your water pipes may freeze if not fixed immediately.

There are several maintenance tasks you can do each spring to keep your air conditioner running

efficiently, but don't eliminate regular professional service. Heating and cooling systems are no longer simple devices. They are packed with electronic circuit boards and controls, meaning you would have no way to test them without specialized readouts and training.

Having adequate air flow through the outdoor condenser coils is imperative for good efficiency and a long life. This is where the hot refrigerant expels its heat to the outdoor air. If the air flow is impeded and reduced so the refrigerant does not cool as designed, it can throw off the entire functioning of the system.

Make sure there is a foot or two of clearance around the housing where the coils are exposed to the outdoor air. This may require trimming back a few shrubs or not stacking things like junk and garden tools against the outdoor unit.

If you notice some of the heat transfer fins on the coils are bent over and touching so air cannot flow between them, separate them with the tip of a scraper. Don't flex them too much or they may break off. They don't have to look uniform to be effective. Make sure all

the screws on the housing are tight. This ensures the air is being drawn through the coils and fins.

Change the indoor filter regularly. Switch off the electricity to the unit and remove the cover over the indoor blower unit. Clean dust off the blower and any evaporator coils you can reach with the vacuum brush attachment. Adequate indoor air flow is also important for good efficiency. Seal any leaking duct joints with aluminum or duct tape and close the bypass damper for the humidifier.

Reputable contractor resources:

- Air Conditioning Contractors of America, www.acca.org
- Sheet Metal and Air Conditioning Contractors' National Association, www.smacna.org

Have an energy-efficiency question for Jim? E-mail him at contact@dulley.com or write to: James Dulley, Rural Missouri, 6906 Royalgreen Drive, Cincinnati, OH 45244. Visit www.dulley.com to read past articles.



Cooperative Hopscotch

Co-ops hit the mark with consumers everywhere

Playgrounds flood with games during school recess. A great example is hopscotch. The game can be played by one child or a large group, and the rules are simple. A course is laid out, typically drawn in chalk on pavement. Blocks are numbered in the order they must be hopped in, with a home, or safe, spot at the end. Then players toss a marker into designated squares and hop through the course.

In some ways, the game reflects how cooperatives were formed. Co-ops — not-for-profit, member-owned businesses — may serve a few people or large groups. But all co-ops use the same “course,” following seven key principles. By “hopping” on each principle, co-ops provide an efficient consumer resource focused on service, not profit.

What are co-ops?

Cooperatives are owned by their members — the people who receive services from them — and are found in many industries. For example, more than 900 electric co-ops serve 42 million Americans. According to the National Cooperative Grocers Association, 30 percent of farmers’ products are marketed through more than 3,000 farmer-owned cooperatives in America. Familiar brands like SunKist, Land O’Lakes, Cabot Creamery, Ocean Spray, and Sun-Maid are all co-ops formed to help farmers distribute products.

In banking, 10,000 credit unions provide financial services to 84 million members across the nation. Co-ops have also been formed to provide child care, insurance, and housing. Nearly 30,000 cooperatives operate at 73,000 locations nationally.

Guiding Principles

The cooperative movement traces its roots to a store started by weavers in the town of Rochdale, England in 1844. The Rochdale model revolved around a set of guidelines drawn up by one of its members, Charles Howarth. When introduced into the U.S. by the National Grange in 1874, these “Rochdale Principles” fueled a cooperative explosion.

Although stated in many ways, the Rochdale Principles hold that a cooperative must provide:

1. Voluntary And Open Membership: Membership in a cooperative is available to all who can reasonably use its services, regardless of race, religion, sex, or economic circumstances.

2. Democratic Member Control: Co-ops are democratically controlled, with each member having one vote. As a result, control remains in the hands of all customers. Directors are elected from the membership.

3. Members’ Economic Participation: Cooperatives provide services “at cost” and remain not-for-profit regardless of the value of benefits delivered. Any money left over after all expenses are paid—margins—belongs to the members. Each member’s share in the margin is determined by the amount of his or her use of the co-op’s services.

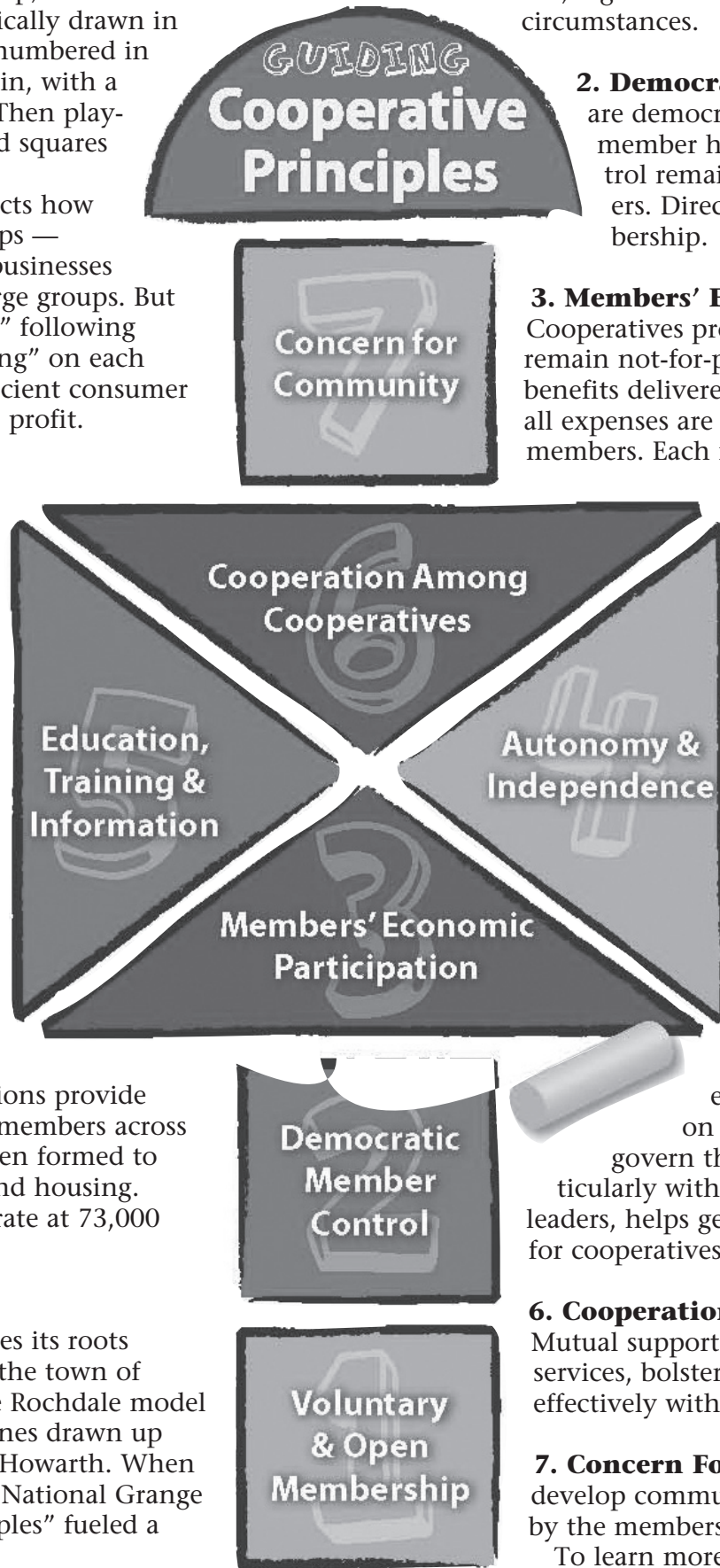
4. Autonomy And Independence: Cooperatives are self-sustaining, self-help organizations controlled by their members. If cooperatives enter into agreements with others or raise money from outside sources, they do so on terms that maintain democratic control as well as their unique identity.

5. Education, Training, and Information: Keeping members, directors, managers, and employees up to date on issues so they can effectively govern the co-op. Communication, particularly with young members and opinion leaders, helps generate necessary public support for cooperatives.

6. Cooperation Among Cooperatives: Mutual support helps cooperatives improve services, bolster local economies and deal more effectively with social and community needs.

7. Concern For Community: Cooperatives develop communities with programs supported by the membership.

To learn more about electric cooperatives, visit www.nreca.coop.



GUIDING
Cooperative
Principles

Concern for
Community

Cooperation Among
Cooperatives

Education,
Training &
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Autonomy &
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Members' Economic
Participation

Democratic
Member
Control

Voluntary
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