



RURAL
MISSOURI

Sac Osage Electric Cooperative

News

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Visit us on the Web - www.sacosage.com

CELEBRATE CO-OP MONTH WITH US

Sac Osage is inviting everyone to celebrate cooperatives in Missouri — and across America — during National Cooperative Month.

Every October, cooperatives are recognized for the qualities that make our business model unique. Seven cooperative principles set us apart from other businesses: voluntary and open membership; democratic member control; member's economic participation; autonomy and independence; education, training and information; cooperation among cooperatives; and concern for community.

This Co-op Month, we're focusing on "The Electric Co-op Connection: Discover the meaning of membership." Co-ops exist to serve their members, but they also play a major role in their local communities.

"Cooperative membership is unique," says Jim Davis, General Manager. "Electric cooperatives are committed to providing members with safe, reliable and affordable electricity, but there's more to it than that. We're local, and that means we care about our community. Sac Osage Electric helps members, supports local schools and enhances communities through programs like Operation RoundUp®, Youth Tour, CYCLE, and Safety Demonstrations."

Electric co-ops provide power for many Show-Me State residents, with 40 electric co-ops serving more than 600,000 members. Other co-op businesses thrive in our state, too, with Missouri's co-op economy employing more than 60,000 residents.

Sac Osage Electric is one of more than 900 electric cooperatives, public utility districts and public power districts serving 42 million people in 47 states.

"In the 1930s, rural America needed electricity just as much as anyone else," Jim Davis, General Manager said. "It was a major challenge that big utilities weren't interested in tackling. So, the men and women of rural America banded together and made it happen. And that's why we celebrate in October. We celebrate the power of working together for the common good and bettering the quality of life for our friends and neighbors."



CO-OP MONTH 2016



Energy Efficiency

Tip of the Month

It may sound simple, but many families ignore the most effective and inexpensive way to save energy: turn it off! When you leave a room, turn off the lights and ceiling fan. Use the timer feature on your TV and plug all of your electronics into a power strip that can be turned off. Even when they are off, many devices still use electricity.

**You can get a hold of us toll-free at
1-800-876-2701**

A pitcher of relief

Molly Pitcher was pensioned by Pennsylvania in 1822, and if you can say that three times fast, you're quick-tongued indeed! Mary Ludwig Hays was nicknamed Molly Pitcher after she carried water to soldiers in the 1778 Battle of Monmouth during the American Revolution.



She was born on Oct. 13, 1754, near Trenton, N.J., and died in 1832. A rumor that she manned her husband's gun is probably untrue, most likely stemming from confusion with Margaret Corbin (1751–1800), another American Revolution heroine and the first woman pensioned by the government.

Where the proof is

In England, October was the start of pudding season, as the beef and suet Christmas puddings were begun. One London establishment, Ye Olde Cheshire Cheese Inn, gave new dimensions and an old interpretation to this culinary stew, making a 50-



to 80-pound pudding filled with steak, gravy, wild larks, mushrooms and spices. It was cooked for 16 hours. If it sounds more like a pastry gone wild, you can only blame the inclusion of ye olde ale in the kitchen and other alcohol used for soaking the pudding.

Linking up

October 26 marks the anniversary of the opening of the Erie Canal in 1825. The 363-mile-long canal created an important water route from Lake Erie to the Atlantic Ocean, but convincing Congress to authorize funding for the project was a long and difficult

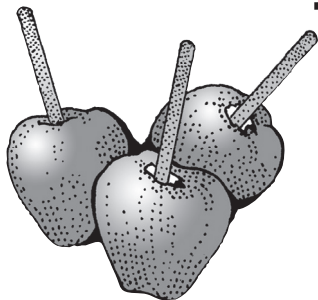


process. The canal's champion, DeWitt Clinton of New York, originally approached Congress in 1810. His plan was rejected, but in 1815, this time as mayor of New York City, he tried again, and funding was finally approved in 1816. Construction began on July 4, 1817.

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



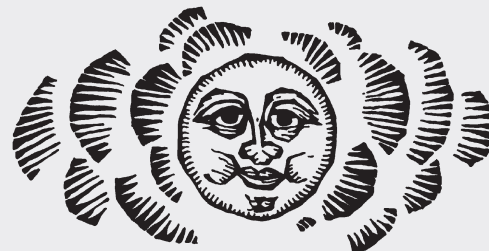
Recipe for Candy Apples



9 red apples
9 wooden skewers
3 cups sugar
1/4 teaspoon cream of tartar
1/4 teaspoon salt
1 cup water
Red food coloring

Wash and dry apples. Remove the stems and insert skewers; set aside. Combine the sugar, cream of tartar, salt and water in a deep saucepan. Add food coloring to get desired color. Place over heat and stir until sugar is dissolved. Cook rapidly without stirring to medium crack-stage (290 degrees on a candy thermometer). Remove from heat and immediately dip apples. Twirl to cover and place on greased waxed paper until hardened. Serves 9.

THE OLD FARMER'S



WEATHER PROVERBS

If the chickens are snug in their coop during a rainstorm, the rain will soon be over.

If October brings heavy frosts and winds, then will January and February be mild.

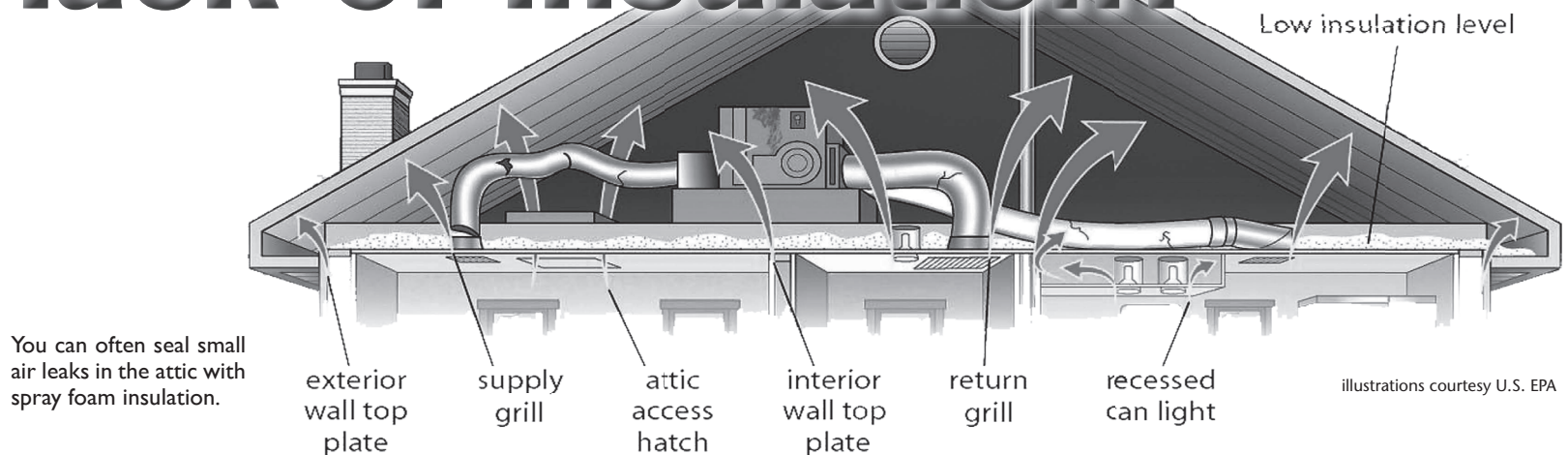
When squirrels bury nuts early, it will be a hard winter.

If the hare wears a thick coat in October, lay in a good store of fuel.

As the weather in October, so it will be the next March.

When snow falls in the mud, it remains all winter.

Is your attic haunted by a lack of insulation?



Dear Pat: Winter will be here before we know it, and I'm wondering if more insulation could help keep my heating bills low. Where in my home should I look to add insulation — Loreen

Dear Loreen: When you venture outdoors in the winter without a hat and coat, you obviously will feel much colder, much faster. Similarly, when your home is not properly sealed and insulated, cold air sneaks in and heat escapes, making your heating system work harder and your home less comfortable. Sealing and insulating your home to efficient levels can cut your heating and cooling costs by an average of 15 percent, and sometimes much more — all while making you more comfortable in your home.

Your attic is one of the first places you should consider insulating since it is usually accessible and easy to inspect for air leaks and insulation levels. Additionally, most homes do not have enough attic insulation. Insulation standards for new homes increased in 2012, and many homes built before then do not have the current recommended amount of attic insulation.

Insulation is graded by its "R-value" — the higher the R-value, the greater the insulating power. If you live in a mild climate, your attic should have a minimum grade of R-38, or about 13-14 inches of insulation. If you live in a colder climate, R-49 is the minimum recommendation, or about 16-18 inches of insulation. More may be needed depending on your home and exact climate.

How can you tell if your attic is lacking in insulation? As a general rule, if you go into your attic and can see the ceiling joists on the attic floor, there isn't enough insulation. Hiring a qualified energy auditor is the best way to diagnose shortcomings with insulation or other energy-related issues. Check with your local electric co-op to see if they offer energy audits. They also may offer a rebate for adding attic insulation.

Once you have determined you need more insulation, there are a few things you can do before laying down additional insulation:

- If you currently store items like holiday decorations in your attic, consider another suitable storage location in your home. If you must use your attic for storage, build a platform high enough to allow installation of the recommended level of insulation.

- If you live in an older home, you should check your attic's electric wiring. Is the insulation around the wires degrading? Do you have knob and tube wiring? In either case, you will likely need to replace the wiring before moving forward.

You will then need to decide who will do the insulation work. If a "DIY" project interests you, you'll need to do some homework. Installing insulation is messy, potentially dangerous and requires special equipment. Fortunately,

there are many experienced insulation contractors. You should discuss a few things with the contractor before you agree to hire them:

- Be sure that you or your contractor seals any air leaks, such as around furnace flues and around any exposed air ducts in the attic. Air leaks can bring warm, moist air from your home into the attic, which can reduce the insulation value and create mold.

- Pay particular attention to your attic door or hatch. This entry point is a significant contributor to heat loss and heat gain in the home.

- If you have existing attic insulation, it is usually not necessary to remove it unless it is wet, moldy or contains animal waste.

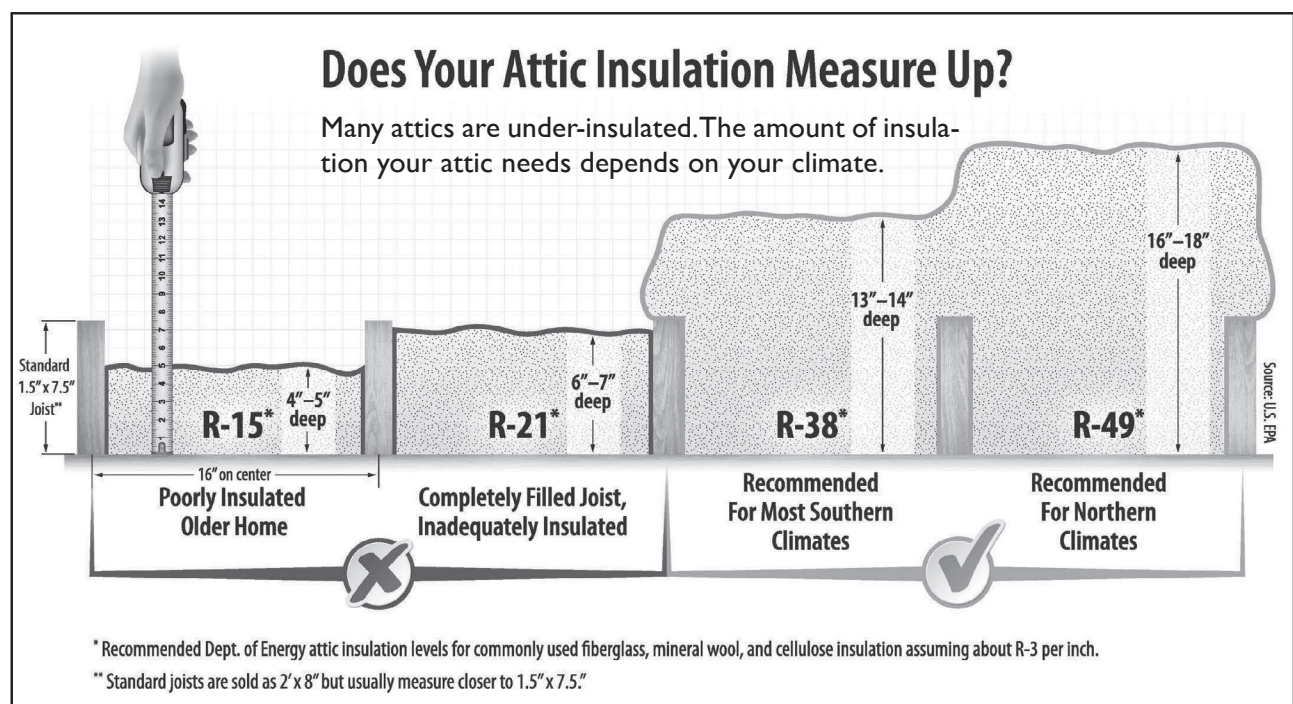
- Make sure there is sufficient ventilation in the attic. Warmth and moisture can build up in an improperly ventilated attic, which can lead to roof problems, such as roof rot or ice dams.

There are two types of insulation that you could place on your attic floor: batt/roll or blown-in/loose fill. Blown-in insulation requires special equipment to install, but it fills the space better than batt insulation, which can leave gaps and voids without careful cutting and placement around ceiling joists, vents and other attic impediments.

Insulation is most commonly made from fiberglass, cellulose or mineral wool. Many energy advisors recommend blown-in cellulose insulation due to its superior coverage, high R-value and air sealing abilities; blown-in cellulose insulation is treated with boric acid, which acts as a fire retardant and insect repellent.

Before you start, consult with your local energy auditor or contractor. They can help determine what type and material of insulation will work best in your home.

This column was co-written by Pat Keegan and Amy Wheelless of Collaborative Efficiency. For more information on sealing and insulating your attic, please visit: www.collaborativeefficiency.com/energytips.



* Recommended Dept. of Energy attic insulation levels for commonly used fiberglass, mineral wool, and cellulose insulation assuming about R-3 per inch.

** Standard joists are sold as 2' x 8" but usually measure closer to 1.5" x 7.5"



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 September 7th 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 skillfully 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.

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



Sign up for Operation Round-Up and get entered in a drawing for an Apple iPad Mini.



In the Cooperative spirit, Sac Osage Electric Cooperative members have the opportunity to show their community concern by signing up for Operation Round-Up. The program provides funds for worthy projects in the Cooperative's service area. The fund is administered by the Cooperative's Board of Directors.

As members of Sac Osage Electric Cooperative, you can voluntarily choose to have your monthly electric bill "rounded up" to the next whole dollar. The most money individual members could possibly contribute is \$11.88 over a 12 month period. These excess payments are collected in a special account that is used for such special purposes.

The Board of Directors authorize the Sac Osage Electric "Operation Round-Up" Committee to distribute funds collected throughout the year to several local and regional projects. The Operation Round-Up program uses the generosity of cooperative members who participate to provide these funds.

Please contact a customer representative at 417-876-2721 to get started putting your pennies to work. Together your little change may make a big change for someone else. We will draw one lucky winner on November 30th for an Apple iPad Mini.