



Sac Osage Electric Cooperative

News

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A Touchstone Energy® Cooperative 

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Never Want To Use It, But We Practice It.....

It is no secret the electric industry has more than its share of danger. Safety is our #1 priority at Sac Osage Electric Cooperative. Employees apply their safety training throughout each day in everything that is done.

There are times when we practice responses to "what if situations". Pole top rescue is one of those responses focusing on what to do in case of an emergency at the top of a pole. How we get an injured worker from the top of the pole to the ground safely can save a life and can keep the rescuer from needing to be rescued.

We are committed to keeping our members, employees, and those we work with safe, whether it is around the power lines, on the roads or in our communities.

Cooperatives Commit..... Along with the commitment to providing members with safe, reliable and affordable electricity, it is our commitment to work safely.



*Cooperatives
Commit*



Students are challenged to become greater leaders

For three days in July, Jefferson City was home to some of the best and brightest students Missouri has to offer. The event was the Cooperative Youth Conference and Leadership Experience sponsored by the Association of Missouri Electric Cooperatives, and it was attended by high school juniors from across the state chosen to represent their local cooperatives.



learn about their personalities and character through a fun questionnaire.

Delegates also spend an afternoon at the Capitol Building where they have the opportunity to sit at the desks on the floor of the House of Representatives and debate a bill they've written with their CYCLE peers. Motivational sessions with guest speakers include

"We want to be a leadership development stepping stone for the youth," said Barry Hart, CEO of AMEC. "By us getting involved in helping develop their leadership potential, we hope these delegates go back to their communities, continue to learn from local leaders, educators and co-op staff so when they get into positions of leadership later in life, they won't forget the cooperatives' way of thinking."

the Rachel's Challenge group, which shows students how they can start a chain reaction of compassion in their own communities. In the Rachel's Challenge presentation, they hear about Rachel Scott, the first person killed in the Columbine High School shooting in 1999, and how she stood up and made a difference in the lives of others in just a few short years. This year's delegates were privileged to hear from Rachel's uncle, Larry Scott.

Delegates participate in leadership activities, cooperative education and hands-on government. Delegates secure a spot at this award-winning youth conference through their participation in the Rural Electric Youth Tour and CYCLE essay contest.

For more information about Youth Tour and CYCLE contest, contact Aaron Ash or Janna Dody at 417-876-2721 or jdody@sacosage.com.

From the introductory "Can You Find Me?" game, students are energized and off and running from daybreak until lights out, forging friendships and discovering more about themselves.

While the conference is short, CYCLE is jam-packed with activity from the team-building exercise "Build a Cooperative" game, to a boisterous game of Missouri Jeopardy, a segment when the teams perform a TV public service announcement based on something they've read in that day's newspaper and a session where the youth

SOEC CYCLE delegates (L-R) Kiah Daulton of Stockton High School and Hunter Jacobs of El Dorado Springs R-II High School, visit the Missouri State Capitol Building.



Restoration efforts for area affected by Hurricane Florence

As Hurricane Florence made its way toward the Atlantic coast, Missouri's electric cooperatives mobilized to answer the call for help. At the request of Santee Electric Cooperative in Kingstree, S.C., 162 Missouri cooperative linemen, including Randy Fletcher, Ronnie Simmons, Kelly Eck and Josh Heiserman from Sac Osage Electric, traveled to South Carolina to assist in the cleanup after the storm passed. Missouri sent both construction and service crews to help with the power restoration efforts.

the Gulf Coast was hit by Hurricane Ivan and have been doing so since. The most recent deployment was in 2017 when crews traveled to Florida and Georgia following Hurricane Irma.

Missouri's electric cooperatives have a long history of lending a helping hand to its cooperative peers in trying times. Missouri crews first helped with hurricane relief efforts in 2004 when

In the past, Missouri co-ops received assistance from cooperatives in other states when restoring power following ice storms in 2007 and 2009.

Missouri's restoration efforts are being spearheaded by the Association of Missouri Electric Cooperatives. The Jefferson City-based association represents all 47 of Missouri's electric cooperatives.



Stay Safe
Look up and look out
for overhead power lines



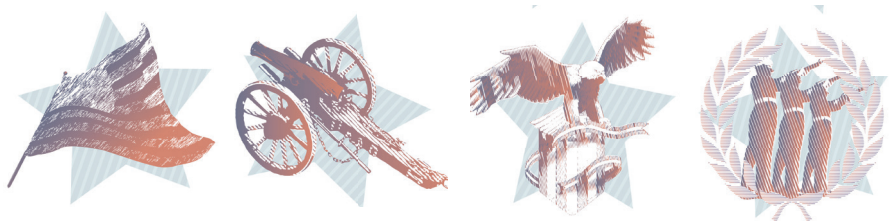
Energy Efficiency

Tip of the Month

Do you use a window air conditioner to stay cool? If so, now is the time to remove it for the coming winter months. If your units must stay in place, seal around them with caulking and cover with an insulated jacket to keep cold air from sneaking in.

THE OLD FARMER'S ALMANAC

FOUNDED IN 1792



A pitcher of relief

Molly Pitcher was pensioned by Pennsylvania in 1822, and if you can say that three times fast, you're quicktongued 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.

Sage, rosemary and basil



These are among the herbs you can successfully bring indoors, if your herb garden still prospers and the first autumn frost hasn't hit yet. All transplant easily, but they will need a spot indoors that is not too dry and has good light. Southern window exposure helps to keep the herbs from getting leggy. Pinching off the leaves for your winter stews and casseroles will help to keep the plants bushy. If you place them on a windowsill above the kitchen sink, they'll soak up a little extra humidity from all of that moisture.



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.

Recipe for

Pumpkin Cheesecake Pie



1 package (8 ounces) cream cheese, softened
2 tablespoons plus 1 cup milk, divided
2 tablespoons sugar
1 container (8 ounces) whipped dessert topping, thawed
2 graham cracker piecrusts (6 ounces each)

1 can (15 ounces) pumpkin purée
2 packages (3.4 ounces each) vanilla instant pudding mix
1 teaspoon cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves

Beat cream cheese, 2 tablespoons milk, and sugar until creamy. Whisk in whipped dessert topping. Divide cream cheese mixture between two piecrusts. Separately, combine pumpkin, 1 cup milk, pudding mix, cinnamon, ginger, and cloves. Spread half of pumpkin mixture onto each piecrust. Cover and refrigerate for 4 hours, or freeze. If you freeze pies, thaw whole pie in refrigerator for 1 hour before serving.

Testers' notes: Mix the bottom layer of this pie just enough to blend; do not overmix. Also, you might try refrigerating or freezing the pie for 30 minutes after you add the first layer, but before you add the second. Lastly, do not make the top layer until you are ready to spread it, because the pudding mix will thicken as it sits.

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



photo courtesy of fixabay.com

Is Your Home Ready for Winter?

How to prepare your home for the cold days ahead

Dear Pat: Last year, we spent our first winter in our new place, which is actually an older home. Even with the heat turned up, it always felt chilly. This year, we added insulation, but we're wondering if there are additional steps we can take to make the house more comfortable this winter. Can you offer any advice? — Emily

Dear Emily: When we talk about comfort in our homes, we usually think about where the thermostat is set. But, as you're finding, there's more to the picture than just the indoor temperature.

An important piece of the comfort puzzle is radiant heat, which transfers heat from a warm surface to a colder one. A person sitting in a room that's 70 degrees can still feel chilly if there's a cold surface nearby, like a single-pane window, a hardwood floor or an exterior wall. Covering these cold surfaces can help. Try using area rugs, wall quilts or tapestries, bookcases and heavy curtains to help prevent heat loss and make your home feel more comfortable. Keep in mind, radiant heat can really work in your favor. A dark-colored tile floor that receives several hours of direct sun can retain heat during the day and radiate it into the room during the evening.

Another possible cause of discomfort during the winter is air movement. We recognize this when weather forecasts report chill factor, which is a calculation of air temperature and wind speed.

Moving air makes us feel colder, which is why we use fans in the summer. But during the winter months, cold, outdoor air can sneak into the house.

On average, a typical home loses about half its air every hour, and that amount can increase when outdoor temperatures are extremely cold and the wind is blowing. In this case, the best way to keep your home toasty is to minimize air leaks. You can easily find air leaks in your home with a blower door test, which is usually conducted by an energy auditor.

These are some of the most common spots air leaks occur:

- Penetrations and cracks around windows and doors
- Exterior cracks in brickwork and siding
- Plumbing and wiring outlets from the exterior to the interior
- Mail slots or pet doors

A variety of products like caulk, weatherstripping, outlet cover gaskets and dryer vent covers can be used to seal these leaks.

A fireplace also can be a major source of air leakage. If you don't use the fireplace, you can seal the opening or install an inflatable chimney balloon. Unless you have a high-efficiency insert, your fireplace will suck heated air from the room out through the chimney. Always close the fireplace flue when it's not in use.

Your pursuit of comfort should also include a careful look at your home's heating system. Is it distributing heat evenly and efficiently? Forced-air systems distribute air through supply ducts and registers. Small rooms may only have one register, but large rooms could have several. You may find some supply registers are blowing copious amounts of warm air and others little at all.

Ideally, every room should have return air registers. If you see possible shortcomings with your forced-air system, enlist the help of a certified contractor that really knows how to improve ductwork.

Ensure your furnace is running at peak efficiency by scheduling an annual inspection. Check your filter monthly and replace or clean it as necessary. If you heat your home with radiators, bleed them at the beginning of the season so they flow more efficiently.

Beyond that, you can always warm yourself by wearing heavier clothing, doing some light exercise throughout the day and snuggling with a pet or under a blanket.

By taking some of these small steps, I hope you will enjoy a more comfortable winter in your new (older) home!

This column was co-written by Pat Keegan and Brad Thiessen of Collaborative Efficiency. For more information about keeping your home cozy this winter, please visit: www.collaborativeefficiency.com/energytips.

Have more questions about energy efficiency for your home? Contact your local electric cooperative and ask how we can help.