

The Circuit!

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www.se-coop.com

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In this Issue:

- **Considering Insulation**
- **Co-op Connections Card Features: Personal Touch Floral & Gifts**
- **List of Participating Merchants**

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Getting ready to lower down the "injured lineman."

SEC Holds Annual Pole Top Rescue Training

Safety is always on the mind of every Southeastern Electric employee. We know working with electricity can be a hazardous profession if it is not treated with respect and care. Ten times a year, the Oklahoma Association of Electric Cooperatives (OAEC) representative, Wade Hurst, holds a safety meeting to train and refresh the linemen. When our crews go out to make repairs, their primary goal is to get power restored to the members as quickly as possible while following and adhering to all safety guidelines.

During the month of September, the Pole Top Rescue and Bucket Rescue training take place. These are physical sessions that prep the linemen in case of an emergency out in the field. The training is a reenactment of a lineman (substituted with a 165 lb. dummy) who becomes unresponsive atop a pole. A fellow lineman calls out to see if he gets a response. After no response is heard, a mayday call then goes out over

the radio and that crew member gets suited up to go rescue the lifeless victim. The rescuer has four minutes to get equipped, climb the pole and lower down the injured lineman. Once the victim has reached the ground, CPR is then administered by the crew waiting below.

Other than the physical training that takes place, there are a variety of topics that are covered at the safety meetings. How to be a leader, working with the public, active line safety, driving, dog bite prevention, heat management, fire safety, chain saw safety, how to perform a successful mayday call, hazard recognition, and personal wellness and health are just a few of the subjects that are discussed.

Every Monday morning at the co-op a start-up safety meeting is conducted by Safety Consultant, Mike Impson. The crew will be refreshed with safety policies and procedures as well as equipment and tool inspection. In addition, daily tailgate meetings are held in which the foreman will go over the agenda and equipment use for the day.

Safety is a subject that is not taken lightly at your co-op. Billy Joe Hutchinson, Director of Operations, said "Safety is very important. The meetings keep them aware and alert of things going on around them while in the field. The morning meeting reminds them of this and keeps them from getting too relaxed which is when most accidents will occur." ***



Double checking equipment.

The Circuit!

Composed by:
Kevin Ashley

Published by:
Southeastern Electric
Cooperative, Inc.
P.O. Box 1370
Durant, OK 74702

General Manager:
Larry Speaks

Contact us at:
(580) 924-2170
After hours at:
(580) 924-1315
Toll Free at:
(866) 924-1315

Office Hours
Monday-Friday
8:00 a.m.-5:00 p.m.

Website
www.se-coop.com

Tip of the Month

Home electronics, like computers and televisions, can leak energy even when turned off. Don't forget to turn off all electronics when you go away for the weekend or vacation!

www.stopenergyleaks.com

Considering Insulation?

Insulation is a very important factor when considering your homes energy efficiency. You can be doing everything right to make your home energy smart but if you leave out the one important necessity for efficiency, insulation, it can make all that time and effort spent a potential waste.

Heating and cooling account for 50 – 70% of the energy used in the average home. Inadequate insulation and air leakage are leading causes of energy waste in many homes.

Insulation works by keeping the cooler air in during the hotter times of the year and the warm air in while it is cold out. Heat flows naturally from a warmer to a cooler space. That is why in winter, the heat moves to places like attics, garages, and basements. During the summer the outside heat moves to the cooler interior of your house.

Your heating and cooling system must replace the heat lost in the winter and pull the heat out during the summer. By insulating ceilings, floors, and walls you decrease the heating and cooling need by providing an effective resistance to the temperature difference.

When looking for the “best” type of insulation for your home, you need to determine: How much insulation is needed? How accessible is the area to be insulated? What is the available space for the insulation? What insulation products are readily available in your area?

When comparing insulating products, R-value consideration is a must. R-value is the insulations thermal resistance to heat flow therefore, the higher the R-value, the greater the insulating effectiveness. The R-value depends on the type of material, thickness, and density of the insulation.

Be sure to read the label no matter what kind of insulation you buy to make sure that the product is suitable for the intended application. While some types of insulation require professional installation, others can be applied yourself. The different types are determined by the nature of the space that you are planning to insulate. Some examples of common types are: blanket or rolls, blown-in (cellulose or fiberglass), foam, and rigid insulation.

If you are interested in insulating your home, call your local home improvement center, lumber yard, or an insulation contractor for more information or you can visit: www.insulation.com. ***



Co-op Connections Card Business of the Month

Personal Touch Floral & Gifts



Flora Coats, owner of Personal Touch Floral and Kevin Ashley, SEC Public Relations Assistant

Each month, *The Circuit* will feature a business that is participating in the new Co-op Connections Card program. This month, we are proud to present *Personal Touch Floral & Gifts* from Atoka.

Personal Touch Floral & Gifts is co-owned by Flora Coats and her daughter, Cari Sutton.

Their business was started in Atoka and has been there for nine years. Coats has always been a business manager. Before her flower shop, Coats managed Harper's Outlet Center in Stringtown, OK.

Owning a flower shop was never a set dream for Coats. After suffering the loss of her husband in July of 2002, Coats and her daughter were inspired to continue to provide for the family. The idea of *Personal Touch Floral & Gifts* was born. "I am happy we started it! I know a lot of my customers from my time managing at Harper's Outlet Center", said Coats.

Personal Touch Floral & Gifts specializes in floral arrangements for weddings, funerals, birthdays, anniversaries or for any other important occasion or event. They have

a wide range of novelty gift items as well as their popular goody baskets for the kids.

When asked what her expectations were for *Personal Touch Floral & Gifts* after being listed as a Connections Card participating business, Coats said, "I am expecting people to recognize the name since I have lived in the community of Lane."

She is glad that there is a program like the Connections Card to get her business better known. "Often times you won't know about a business until you need it," mentioned Coats. "I am excited to see where this program will go and I have high hopes for it since everyone likes to save some money. Plus, it is some of the best advertising I have ever done and it didn't cost a penny!"

Flora Coats and her daughter Cari Sutton would like to invite anyone in need of a florist or a gift with a "personal touch" to come visit their store! Coats and Sutton wanted to add, "When we say that we treat you like family, we mean it. It is 'people helping people' and that is what we all need." ***

In Need of a Home Energy Audit?

If you are a home-owner, you can call your cooperative's Member Services Direct Line:

580-745-9463

to schedule your **FREE (\$75 value) Home Energy Audit!**

Ask for **Jim Coleman** or **Kevin Ashley**

ATTENTION
BUSINESS
MERCHANTS

If you are interested in participating in our *free* Co-op Connections Card program, please contact: Kevin Ashley at: 580.745.9463

or

kashley@se-coop.com

Co-op Connections Card Participating Merchants

Atoka

**Personal Touch
Floral & Gifts**
15% off total purchase

R&B Sports
Buy a minimum of
1 dozen embroidered caps
get 2nd dozen 50% off
(Offer limited to one use per logo design.)

**Standing Rock
Christian Book Store**
20% off any one
regular priced item

Caddo

Craighead's Five & Dime
10% off total purchase

Norma's Jean & Boots
10% off total purchase

Tishomingo

The Rose Petal
10% off purchase

Durant

Rick's Shoe Center
10% off any
regular priced item

Sunday's Cafe
Free dessert with
purchase of two entrees

Taco Casa
Taco Tuesday:
10 tacos for \$5 on Tuesdays
(Limit one Taco Tuesday Special
per member, per Tuesday)

**Advanced Medical
Equipment**
15% off co-pay
and all cash sales

**Roby's Hallmark
and Flowers**
10% off total purchase

Bar-W-Wholesale
10% off total purchase

Bob's Family Restaurant
10% off total purchase

Rhynes & Rhodes Furniture
Free delivery

Body Business Day Spa
Buy 1st half hour massage,
get 2nd half hour free.
(Limit 1 per customer)

Wilson Ross Flower
10% off total purchase
(Excludes wire orders & existing balance)

Blue River Books
10% off total purchase

**Advanced Pest
Control Services**
10% off any
pest control service

The Frame Up
10% off total purchase

TNM Automotive
Free 35 point inspection
with purchase of oil change

Welborn Music Company
10% off all purchases

**Curtis Jewelry & Personal
Touch Gifts**
30% off all gold
and diamond

Marie's
10% off regular
priced apparel

Mackey Home Appliance
15% off all regular priced
furniture
(Excludes mark-down items)

Save at these locations and on some prescription drugs.
(Visit www.rxpricequotes.com to find out which prescriptions are discounted)

***Also, don't forget about all the national discounts
offered such as rental cars and hotel stays!***