

## SAFETY TIPS

### FOR BEFORE, DURING & AFTER THE STORM

Storm season is in full swing. Many summer storms have the potential to produce tornadoes—they can happen anytime, anywhere, and can bring winds over 200 miles per hour.

In April, a video of NBC Washington chief meteorologist Doug Kammerer went viral. During a live broadcast, Kammerer called his teenage son to warn him of a tornado that was headed straight for their home. Knowing the kids were likely playing video games and not paying attention to the weather, he told them to head straight to the basement. Kammerer debated if he should call his family on-air, but he knew it was the right thing to do. Luckily, the kids made it safely through the storm.

As adults, we understand the importance of storm safety, but younger children and teens may not realize the dangers storms pose. That's why it's so important to talk to your family and have a storm plan in place. Here are a several tips you can share with your loved ones.

#### **BEFORE THE STORM**

- Talk to your family about what to do in the event of a severe storm or tornado. Point out the safest location

to shelter, like a small, interior, windowless room on the lowest level of your home. Discuss the dangers of severe thunderstorms; lightning can strike 10 miles outside of a storm. Remember: when you hear thunder roar, head indoors.

- Make a storm kit. It doesn't have to be elaborate—having a few items on hand is better than nothing at all. Try to include items like water, non-perishable foods, a manual can opener, a First-Aid kit, flashlights and extra batteries, prescriptions, baby supplies and pet supplies. Keep all the items in one place for easy access if the power goes out.

#### **DURING THE STORM**

- Pay attention to local weather alerts—either on the TV, your smartphone or weather radio—and understand the types of alerts. A thunderstorm or tornado watch means these events are possible and you should be prepared; a warning means a thunderstorm or tornado has been spotted in your area and it's time to take action.
- If you find yourself in the path of a tornado, head to your safe place to shelter, and protect yourself by covering your head with your

arms or materials like blankets and pillows.

- If you're driving during a severe storm or tornado, do not try to outrun it. Pull over and cover your body with a coat or blanket if possible.

#### **AFTER THE STORM**

- If the power is out, conserve your phone battery as much as possible, limiting calls and texts to let others know you are safe or for emergencies only.
- Stay off the roads if trees, power lines or utility poles are down. Lines and equipment could still be energized, posing life-threatening risks to anyone who gets too close.
- Wear appropriate gear if you're cleaning up storm debris on your property. Thick-soled shoes, long pants and work gloves will help protect you from sharp or dangerous debris left behind.

Summer is a time for many fun-filled activities, but the season can also bring severe, dangerous weather. Talk to your loved ones about storm safety so that everyone is prepared and knows exactly what to do when a storm strikes.

## CEO's Message



CEO, Jeff Simpson

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### Southwest Rural Electric

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### Bill Pay Options:

SmartHub App  
[SWRE.com](http://SWRE.com)

1-833-890-9510 (*Automated Line*)

### Outage Reports:

1-833-590-0353  
SmartHub App

# PREPARING FOR SEVERE STORMS

SWRE actively monitors severe storms that are forecasted to impact our area through spring and summer.

SWRE's dispatch center is available 24/7, and members are encouraged to report any power outages through our automated **Outage Hotline at 1-833-590-0353**, or through our mobile app, SmartHub. To speak to a member service representative during office hours, call 1-800-256-7973. Please do not report power outages on Southwest Rural Electric's Facebook page.

If we experience any power outages or damage to the system, SWRE crews will be ready to make repairs as soon as outdoor conditions are safe.

The co-op always maintains a stock of poles, transformers and other equipment, and personnel are coordinating with suppliers should we need additional materials.

SWRE encourages all members to have a storm emergency kit on hand. We recommend including the following items:

- water (one gallon per person per day, for several days)
- food (three-day supply of non-perishables)
- flashlights
- First Aid Kit/prescriptions
- extra batteries/wireless phone chargers
- manual can opener
- moist towelettes
- extra pet food

For updates on power outages and restoration efforts, visit our Outage Map at [SWRE.com](http://SWRE.com) or follow us on Facebook, @SWREA.

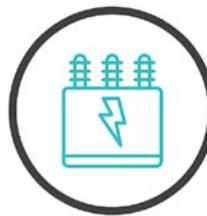
*Jeff Simpson*  
CEO

## The Steps to Restoring Power

When a major outage occurs, our crews restore service to the greatest number of people in the shortest time possible - until everyone has power.



**1. High-Voltage Transmission Lines**  
These lines carry large amounts of electricity. They rarely fail but must be repaired first.



**2. Distribution Substations**  
Crews inspect substations, which can serve hundreds or thousands of people.



**3. Main Distribution Lines**  
Main lines serve essential facilities like hospitals and larger communities.



**4. Individual Homes and Businesses**  
After main line repairs are complete, we repair lines that serve individual homes and businesses.



## LET'S BEAT THE PEAK TOGETHER

As a member of SWRE, you know how to make smart energy choices that help you save money. But did you know that when you use electricity can be just as important as how much you use?

Throughout the day, energy use fluctuates based on consumer demand. Typically, most households use larger amounts of electricity in the morning when most people are getting ready for their day, and in the evenings when people return from work, cook dinner, wash clothes and watch television.

These times when people in our community are using more electricity at the same time are called “peak” hours. The cost for SWRE to provide power is higher during these times because of the additional demand for electricity. Contact the cooperative to get the latest peak hours information.

By shifting some of your energy use to hours when demand is lower, also known as off-peak hours, you can save money on your energy bills and help keep rates lower for our community.

Here are a few easy ways you can shift energy use to off-peak hours:

- Adjust your thermostat. During summer months, raise the thermostat a few degrees during peak hours.
- Wash full loads of clothes in cold water during off-peak hours.
- Run the dishwasher right before you go to bed, or air-dry dishes by opening the dishwasher instead of using the heated dry cycle.
- Turn off lights and electronics when not in use. (Try to make this a daily habit, whether during peak or off-peak hours.)

There are many ways to save energy and money by making a few minor adjustments to your daily routine.

We're here to help. Contact us if you have questions about your energy bill or for additional energy-saving tips.



## COMMUNITY GRANTS AVAILABLE

APPLICATIONS OPEN  
AUGUST 1 - OCTOBER 1

AREAS OF ASSISTANCE  
COMMUNITY  
EDUCATION & YOUTH  
SENIOR CITIZENS  
EMERGENCY ASSISTANCE  
INDIVIDUALS IN NEED

View grant guidelines  
(eligibility requirements)  
at [SWRE.com/RoundUp](http://SWRE.com/RoundUp).

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## Trading Post

**For Sale:** Chicken eggs located in Jackson County, OK. Weekly/bimonthly perpetual schedule: \$5.00 dozen, buy more & save! Hens are free range, no hormones/antibiotics ever. Text/SMS "SWRE Ad" to (580) 917-8008.

**For Sale:** 2005 Arctic Cat 500 Red 4X4, 129 original miles, mint condition. Asking \$5,000. Call Earnest at (580) 706-0051 for more information.

**For Sale:** Case three-bottom moldboard plow. Asking \$250, cash sale only. Buyer must load. Request pictures by emailing hwcs@sbcglobal.net. For more information, call (940) 552-7402.

*FREE classified non-commercial ad submissions are available for SWRE members only. Submissions must include the account holder's name and account number to be eligible. Ads are also posted on [SWRE.com](http://SWRE.com).*

*Send your ad to the marketing department by mail, e-mail or phone!*

*MAIL: P.O. Box 310, Tipton, OK 73570*

*E-MAIL: [marketing@swre.com](mailto:marketing@swre.com)*

*PHONE: 1-800-256-7973*



## BBQ CHICKEN NACHOS

SERVING SIZE: 4

### INGREDIENTS:

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 2 c. shredded chicken         | 1 c. pickled jalapeños                |
| 3/4 c. barbecue sauce         | 1/2 small red onion, thinly sliced    |
| 1 (18-oz.) bag tortilla chips | 1 avocado, thinly sliced              |
| 3 c. shredded cheddar         | Freshly chopped cilantro, for garnish |
| 1 c. crumbled Cotija          |                                       |

### DIRECTIONS:

1. Preheat oven to 400° and line a large baking sheet with foil. In a large bowl, toss chicken with barbecue sauce.
2. Layer half the chips, cheddar, Cotija, chicken, pickled jalapeños, and onion. Repeat.
3. Bake until cheese is melty and nachos warmed through, 15 minutes.
4. Top with avocado and cilantro before serving.

*Source: You can find this recipe by Delish at <https://www.delish.com/cooking/a22691438/bbq-chicken-nachos-recipe/>.*

# SWRE

Southwest Rural Electric Association, Inc.

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