

“Almost everything will work again if you unplug it for a few minutes, including you.” Author Anne Lamott cleverly captures the benefits of unplugging in today’s device-driven, multi-tasking world. There’s no doubt that the last few months of the COVID-19 pandemic have disrupted your family, work and school schedules. You may have stayed more connected to family and friends by constantly checking social media and your devices. Or, like many who are working from home, you may be looking forward to time away from your screens and enjoying extra time outside with family.

There’s no better time than summer to continue the trend of unplugging from your devices. Research has shown that we all need downtime after a busy day to recharge—even though we may resist it. Take a moment to slow down and enjoy some peaceful hours away from technology. If your summer plans include a staycation or family vacation away from home, take time to recharge your relationships and be more present with those you love.

While you’re unplugging from your devices, take a look around your home to identify electronics that consume energy even when they are not in use (this is known as “vampire” energy loss). TVs, gaming consoles, phone chargers and computers are some of the biggest culprits.

You can also enjoy energy savings by incorporating LED products and fixtures for outdoor use, such as pathway, step and porch lights. Many include features like automatic daylight shut-off and motion sensors. You can also find solar-powered lighting for outdoor spaces.

Save energy by keeping warm summer air outside where it belongs. Add caulk or weather stripping to seal air leaks around doors and windows. You can also use a programmable thermostat to adjust the settings a few degrees higher when no one is home.

In our connected world, we have forgotten how to slow down. We multitask and text. We check email, then voicemail, then Facebook. Do yourself and your family a favor. Put down the device and smell the fresh air. You can count on SWRE to have the power on when you’re ready to plug back in.

**UNPLUG TO STAY  
CONNECTED***Photo taken by Dale Cassetty, Upper Cumberland EMC***CO-OP PRINCIPLE #7****CONCERN FOR COMMUNITY**

## CEO's Message



Interim CEO, Keith Bonham

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Rebecca Chambless, *Power Source* editor

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### Bill Pay Options:

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# STAY BACK & STAY SAFE

// Working with electricity can be a dangerous job, especially for linemen. In fact, USA Today lists line repairers and installers among the most dangerous jobs in the U.S. That's why for SWRE, safety is the number one priority. This is not empty talk. Over time, we have created a culture of putting our crews' safety and that of the community above all else.

Our mission is to provide safe, reliable and affordable energy to you, our consumer-members. Yes, we strive to deliver affordable and reliable electricity to you, but equally important, we want our employees to return home safely to their loved ones. This requires ongoing focus, dedication, vigilance – and your help!

### DISTRACTIONS CAN BE DEADLY.

While we appreciate your kindness and interest in the work of our crews, we ask that you stay back and let them focus on their task at hand. Even routine work has the potential to be dangerous, and it takes their full attention and that of their colleagues, who are also responsible for the team's safety. Distractions can have deadly consequences. If a linemen is on or near your property during a power outage, for vegetation management or for routine maintenance, please allow them ample room to work. These small accommodations help protect our crews— and you.

If you have a dog, try to keep it indoors while linemen are on or near your property. While most dogs are friendly, some are defensive of their territory and can't distinguish between a burglar and a utility worker. Our crews work best without a pet "supervising" the job.

We recognize that for your family's safety, you want to make sure only authorized workers are on or near your property. You will recognize SWRE employees by their service trucks and uniforms with our name and logo on them. You may also recognize our linemen because they live right here in our local community.

### SLOW DOWN AND MOVE OVER.

In addition to giving linemen some space while they are near your property, we also ask that you move over or slow down when approaching a utility vehicle on the side of the road. This is an extra barrier of safety to help those who help all of us.

Thank you for your commitment to protect our linemen!

//  
Keith Bonham  
Interim CEO



# WE'RE PROUD TO POWER YOU.



## HARVEST SAFETY TIPS FOR FARMWORKERS

- **Maintain a 10-foot clearance** around all utility equipment in all directions.
- **Use a spotter and deployed flags** to maintain safe distances from power lines and other equipment when doing field work.
- **If your equipment makes contact with an energized or downed power line, contact us immediately** by phone and remain inside the vehicle until the power line is de-energized. In case of smoke or fire, exit the cab by making a solid jump out of the cab, without touching it at the same time, and hop away to safety.
- **Consider equipment and cargo extensions of your vehicle.** Lumber, hay, tree limbs, irrigation pipe and even bulk materials can conduct electricity, so keep them out of contact with electrical equipment.

*Source: Safe Electricity*



AMERICA'S ELECTRIC  
COOPERATIVES

## BILL PAY OPTIONS

We offer several secure, convenient ways to pay your bill! If you need to speak to a member service representative, call 1-800-256-7973.

PHONE OR TABLET  
Use the SmartHub App

DESKTOP  
Login at [SWRE.com](http://SWRE.com)

24/7 PHONE LINE  
1-833-890-9510

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

DROPBOX  
700 N. Broadway St., Tipton, OK  
73570

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## Energy Efficiency Tip of the Month

Home cooling makes up a large portion of your energy bills. Try to keep the difference between the temperature of your thermostat setting and the outside temperature to a minimum. The smaller the difference, the more energy you will save.





## PELLET GRILL POTATOES

### DIRECTIONS:

1. Dice potatoes, pepper, squash and zucchini.
2. Add vegetables, butter, salt and pepper to a covered foil pan.
3. Cook on a pellet grill at 400° for 1 hour.
4. Enjoy the smoked flavor and energy savings from not using your oven!

### INGREDIENTS:

Potatoes	Butter (to taste)
Bell Pepper	Salt (to taste)
Squash	Pepper (to taste)
Zucchini	

*Source: This recipe comes from Justin Marsh, a District Lineman at SWRE, and is a favorite summertime side, especially on those hot summer days when you want to keep the temperature inside your house down.*

## Trading Post

**For Sale:** Premium horse hay, OSU Midland 99 Bermuda, small bales (35-40 pounds each), \$7 each. Call 580-471-7284.

**For Sale:** Cord of very seasoned firewood. Asking \$85. Call 580-471-7284.

**For Sale:** Head-in wheat hay and Sudan hay. Last year's baling. 60 bales of each available at \$35/bale. Located in Mountain Park. Call 580-301-3952.

*FREE classified non-commercial ad submissions are available for SWRE members only. Ads are also posted on [SWRE.com](http://SWRE.com).*

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