

CONNECTIONS

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2020 WINNERS OF THE PC ELECTRIC
SCHOLARSHIP ESSAY CONTEST

2020 ANNUAL MEETING
SCHOLARSHIP AWARDS

SAFETY

**ABOVE
ALL ELSE**

5 TIPS
TO BEAT THE HEAT

Connections Magazine is the official publication of PC Electric

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2020 ANNUAL MEETING

SCHOLARSHIP AWARDS

PC Electric announced the 2020 winners of the continuing education scholarships at its 81st Annual Membership Meeting on January 29th. (Lucky Number: 1075800) A \$1,000.00 scholarship is awarded each year to a graduating senior from each of the three parishes that PC Electric serves. The winners are:



Iberville Parish Winner
Maggie Hurdle
St. Joseph's Academy



Pointe Coupee Parish Winner
Rory Blackmore
STEM Magnet Academy of Pointe Coupee



West Baton Rouge Parish Winner
D'Shanti Brown
Port Allen High School

2020 WINNERS OF THE PC ELECTRIC SCHOLARSHIP

ESSAY CONTEST

This scholarship contest requires students to write a formal letter, approximately 500 words, to an elected official on any issue, problem, or success that is important to them. Winners for the PC Electric Scholarship Essay Contest were recently judged and one person from each parish in our service area has won a \$1,500.00 scholarship.



Iberville Parish Winner
Alaiya Battiste
MSA West



Pointe Coupee Parish Winner
Madison Folsie
Catholic High of Pointe Coupee



West Baton Rouge Parish Winner
Timothy Clemmons
Port Allen High School

The board of directors, management and staff of PC Electric extend congratulations to each of these very deserving students.

SAFETY

Above All Else

“Safety” is a universal word that is mentioned often and used loosely. Communities large and small as well as companies across all industries are committed to safety. Sports leagues, at every level, take safety seriously. Unfortunately, when it really counts, steps to keep the public, workers, athletes and loved ones safe are often ignored in the interest of expediency or convenience.

However, safety is a serious issue, especially when it comes to electrical safety. For PC Electric it's the number one priority. This is not empty talk. Over time, PC Electric has created a culture of safety by putting our employees' safety and that of the community above all else. At its essence, PC Electric's mission is to provide *safe, affordable and reliable* electricity to its member-owners. At the end of the day, we strive to deliver affordable and reliable electricity to our member-owners, but equally important, we want to return our workers home safely to their loved ones. To do this requires ongoing focus, dedication and vigilance.

FOLLOWING LEADING NATIONAL SAFETY STANDARDS

Working with electricity is an inherently dangerous job, especially for lineworkers. PC Electric has a safety team whose focus is keeping employees and the community safe around electricity. We established and follow safety protocols based on leading national safety practices for the utility industry. We require our lineworkers to wear specialized equipment when working next to or with power lines. There are specific protocols that our lineworkers

follow when dealing with electricity. Our safety team has regular meetings where they discuss upcoming projects from a safety perspective. They monitor and track near-misses of accidents in order to understand them, share “lessons learned” and improve in the future.

As importantly, we encourage all of our crews to speak up and hold each other accountable for safety. By cultivating a culture of openness and transparency, we promote problem-solving with regard to safety, rather than defaulting to a blame game. We examine the information and data gleaned from near-misses and accident reports to discern patterns and use safety metrics to improve in those areas where we have fallen short. (Lucky Number: 603300) As appropriate, we brief contractors on our safety protocols and set expectations for their engagement.

KEEPING THE COMMUNITY SAFE

Because we live and work in the community we serve, we care about our neighbors. PC Electric conducts electrical safety demonstrations in schools and for community events.

May is National Electrical Safety Month. According to the Electrical Safety Foundation, each year thousands of people in the United States are critically injured and electrocuted as a result of electrical fires, accidents and electrocution in their own homes. Many of these accidents are preventable. There is much you can do to keep yourself and your community safe around electricity.

Don't attempt electrical DIY projects or overload your outlets. Report downed power lines, unlocked substations or padmount transformers that look amiss. If you would like us to provide a safety demonstration at your school or community event, please contact Joe Langlois, Safety Coordinator at 225-638-3751. Be mindful when it comes to electrical safety. Pause and take the extra time to plug into safety. ●

4 COMMON CULPRITS OF ELECTRICAL FIRES

Outdated wiring and overloaded circuits are the most common causes of electrical fires.

Check the following areas of your home to ensure your home's electrical safety is up to par.



1.

ELECTRICAL OUTLETS:

Faulty electrical outlets are a leading cause of home fires. As outlets age, so do the wires behind them that you can't see. Any loose, damaged or warm-to-the-touch outlets should be repaired or replaced.



2.

ELECTRICAL WIRING:

Outdated wiring is another common cause of electrical fires. Frequently tripped breakers, flickering lights and burning smells are clear warning signs. If your home is more than 20 years old, it may not be able to handle today's increased power load. If you suspect your home's wiring is outdated, leave this one to the pros and contact a qualified electrician.



3.

OVERLOADED CORDS AND OUTLETS:

Extension cords are not permanent solutions. If your big-screen TV, home theater system and other electronics are plugged into one extension cord, it's time to call an electrician and install additional outlets.



4.

OLD APPLIANCES:

Older appliances are more likely to have loose or damaged wiring, which means they're more likely to catch fire. Check older appliances for damage and determine if it's time to upgrade or replace. Also check to ensure you're using appliance-grade outlets. A qualified electrician can help with installation.

KRISTOFF ICE BOX CUPCAKES



A Fun, Fruity, Refrigerated Treat

Save time on family desserts with make-ahead recipes like these Kristoff Ice Box Cupcakes. (Lucky Number: 1932208) By using kid-friendly treats that add nutrition to appealing flavor, you can solve busy evenings just by reaching into the fridge. This and other family-friendly recipes are part of Dole's healthy-living alliance with Disney's Frozen 2. For details, visit dole.com/Disney. #Dole #DoleRecipes

Prep time: 20 minutes, plus chill time
Serves: 12

- 3** ripe DOLE® Bananas
- 1** container (8 ounces) fat-free whipped topping, thawed
- 7** low-fat honey graham crackers, coarsely crushed
- 1** pound Dole Strawberries, hulled and quartered

Line 12-cup muffin tin with cupcake liners. In large bowl, mash bananas; fold in whipped topping. (Lucky Number: 1119301)

Fill muffin cups halfway with graham cracker pieces, banana mixture and strawberries; repeat layers with remaining ingredients.

Refrigerate cupcakes 4 hours; serve in cupcake liners.

Approximate nutritional information per serving (1 cupcake): 78 calories; 3 calories from fat; 0 g fat; 0 g trans fat; 0 g polyunsaturated fat; 0 g monounsaturated fat; 0 mg cholesterol; 25 mg sodium; 164 mg potassium; 18 g carbohydrates; 2 g fiber; 8 g sugar; 1 g protein; vitamin A 0%; vitamin C 25%; calcium 2%; iron 2%; vitamin E 2%; thiamin 2%; vitamin B6 8%; phosphorus 2%; magnesium 4%; manganese 10%.

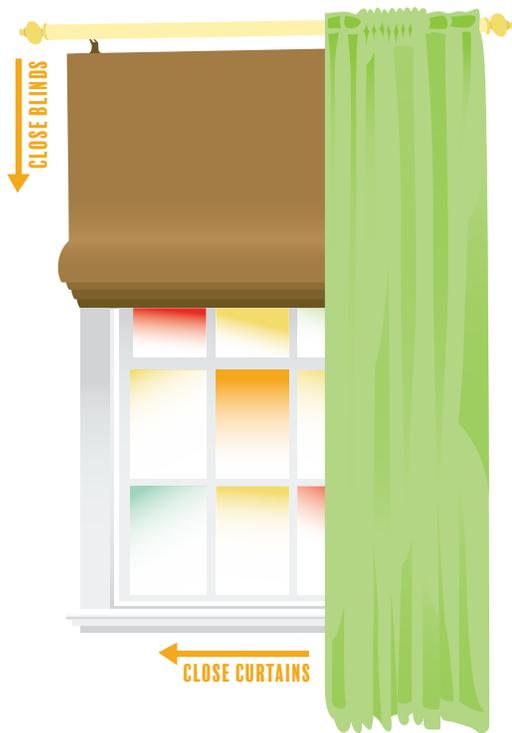
5 TIPS TO BEAT THE HEAT

(eLivingtoday.com)

Keeping cool when temperatures soar can be about more than just comfort – although that's an important consideration, too. Too much exposure can lead to heat-related illnesses like heat exhaustion and heat stroke, and staying cool is particularly important for those more vulnerable to heat, such as children, the elderly and those with health problems.

**CONSIDER THESE IDEAS
TO HELP YOU KEEP COOL,
EVEN WHEN THE SUN IS
SHINING ITS BRIGHTEST.**

Find more tips for keeping cool at eLivingtoday.com.

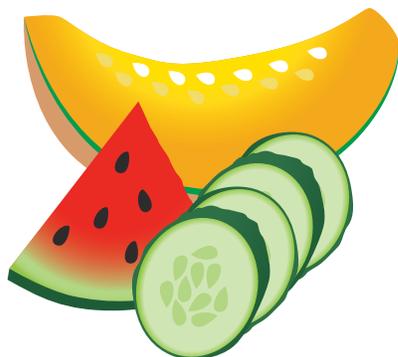


1 CLOSE CURTAINS AND BLINDS

The sun's rays convert to heat, so it's best to try and block as many of the rays coming into your home as possible, particularly during peak hours when the sun is at its highest point. Closing curtains and blinds, lowering shades or even temporarily blocking windows in direct sunlight can significantly reduce the heat in your house to keep the temperature down and helps save money on your electric bill. Awnings and shrubbery planted near windows can also reduce the amount of direct heat coming in without blocking out all of the natural light.

4 CHOOSE COOLING FOODS

Opt for lighter meals that don't require your body to work as hard to break down the food. (Lucky Number: 2105503) Think salads, vegetables and fruits, like watermelon, cantaloupe and cucumbers, which contain loads of water, are easy to digest and don't need to be cooked – which can also help keep your home's temperature down by avoiding turning on the oven or stove.



2 AVOID THE SUN DURING HOTTEST TIMES

While it may seem like common sense, staying out of the sun when it's at its hottest is oftentimes easier said than done. When possible, limit your sun exposure between 10 a.m. and 4 p.m., when temperatures are usually the highest. Instead try and schedule activities for earlier in the morning or in the evening. If you must go outside during this warmer period, try and limit direct exposure with sunscreen and hats.



3 HYDRATE, HYDRATE, HYDRATE

Increasing your water intake during hot weather is essential for keeping cool. (Lucky Number: 1954200) Even if you don't feel thirsty, continue to hydrate when the temperature is at its warmest. While sports drinks can help replenish lost vitamins and electrolytes, substituting them in place of water is unnecessary. (Lucky Number: 2082900) Sugary drinks like juices and soda, however, decrease your ability to store water and should be avoided in warm weather, as should alcohol, coffee and other caffeinated drinks, which are natural diuretics.



5 WEAR LIGHTER CLOTHING

Lightweight, loose-fitting clothing can help keep you cooler. Fabrics like cotton and linen tend to keep you cooler by absorbing moisture while synthetic materials, such as nylon and polyester, trap moisture, which makes the fabric feel heavier, stick to your skin and restrict air flow. If your clothing is light in color, even better, as lighter colors better reflect heat and sunlight.

ENERGY EFFICIENCY TIP OF THE MONTH

When the weather is nice, put your grill to use! During summer months, cooking outdoors is a great way to save energy and eliminate unwanted heat from cooking indoors. ●

Source: energy.gov



Service ANNIVERSARIES

MAY

JUNE



Emily Jarreau
Billing
13 Years



Myron Lambert
General Manager
4 Years



Philip Myer
Lineman &
Purchasing Agent
12 Years



Shane Johnson
Lead Lineman
23 Years



Lisanne Labatut
Executive
Administrative
Assistant & HR
Manager
5 Years



Pam Bergeron
Senior Billing Specialist
22 Years of Service

Lucky NUMBERS

LOOK FOR YOUR LUCKY ACCOUNT NUMBERS!

If you see your account number published inside this issue, call PC Electric by June 30, 2020 to receive a \$25 credit on your bill.

Your account number can be found on your bill statement. Good Luck! ●



Hurricane SEASON

**STARTS
JUNE 1 – NOV 30**

Get prepared now! Starting June 1, you can get free storm safety information in the lobby of our office. ●



Memorial Day

CELEBRATE | HONOR | REMEMBER

WE WILL BE CLOSED ON MONDAY, MAY 25TH

PC Electric wishes everyone a safe and happy Memorial Day holiday. (Lucky Number: 133601) A dispatcher will be on duty if there is an emergency or outage. ●

**(225) 638-3751 OR
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PC Electric is an equal opportunity provider and employer.