

# living with energy IN IOWA

MAY 2019



Guthrie County REC  
A Touchstone Energy® Cooperative

Guthrie County REC congratulates our area graduates!

## Capturing Iowa's beauty & co-op stories

Visit our website at [www.guthrie-rec.coop](http://www.guthrie-rec.coop)

5 shocking facts about electrical safety

8 recipes to celebrate beef month

Is a co-op career in your future?

# Is a co-op career in your future?

BY COZY NELSEN, CEO

Those of us who work for electric cooperatives pride ourselves on powering lives and empowering communities, but we tend to shy away from boasting about the great career opportunities that co-ops provide.

In many rural Iowa communities, the electric cooperative has a reputation as a stable employer that offers professional opportunities and solid benefits in an innovative and exciting industry. For young



people who are looking for options outside of the traditional college path, electrical linework is a great alternative that offers great pay, fulfilling work and career advancement. High in demand, lineworkers must have technical knowledge of electricity and power equipment and possess the physical endurance to climb poles and handle heavy gear in adverse weather conditions. If your career interest is in lineworking, we welcome you to contact our office and visit with our linemen to learn what being a lineworker is all about.

In fact, Guthrie County REC offers an annual lineworker scholarship for students who would like to pursue lineworker certification. The \$1,000 annual scholarship is open to any high school senior enrolling in a power line program.

In addition to hiring great lineworkers, our co-op employs several professionals who have earned degrees in accounting,

human resources, communications, engineering, information technology, economic development, business management and more. If you're looking to earn an advanced degree, you can put that education to great use in rural Iowa by working for a locally owned electric cooperative. Many of our employees have enjoyed long careers at the co-op that provide competitive salaries and excellent healthcare and retirement benefits. Three \$1,000 scholarships are awarded each year to high school seniors with a membership in Guthrie County REC who are pursuing an undergraduate degree to further their education.

For most of us at Guthrie County REC, the most fulfilling part of the job is seeing how our efforts directly improve the quality of life for the families and businesses we serve. Because the co-op is locally owned and governed, we're committed to making a difference in the community. As you think about your future, we hope you consider a cooperative career! ⚡

**OFFICE CLOSING**

The Guthrie County REC office will be closed Monday, May 27 for Memorial Day.




**Guthrie County REC**  
A Touchstone Energy® Cooperative



**Office**  
1406 State Street • P.O. Box 7  
Guthrie Center, IA 50115-0007

**Office Hours**  
Monday through Friday, 8 a.m. - 4:30 p.m.

**Telephone Number**  
641-747-2206 or 888-747-2206  
Calls answered 24 hours a day, 7 days a week

**Website**  
[www.guthrie-rec.coop](http://www.guthrie-rec.coop)

This institution is an equal opportunity provider.



**Congratulations!**

CLASS OF 2019 GRADUATES



**Guthrie County REC**  
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# Safety starts with you

BY REBECCA SCHWARTZ

If someone were to ask you why safety is important, how would you respond? As humans, we are hardwired to survive and that means keeping safety at the forefront of everything we do. Because of the nature of our work at Guthrie County REC, we have a strong focus on electrical safety, but really, all safety topics are significant. If it's important to our members, it's important to us.

One serious concern is that many safety conversations just don't happen. People remain silent instead of speaking up, but that creates an environment in which



serious accidents are just waiting to happen. Encouraging people to speak up when they see something going wrong can help avoid incidents, injuries and fatalities. "If you see something, say something" also applies to safety practices.

Relaying a personal experience can get the ball rolling on safety conversations. For example, "The importance of safety really hit home for me when one of my uncles was seriously injured. I saw for myself the suffering he went through and the impact it had on our family. I want to make sure it doesn't

happen to anyone else." This kind of personal connection storytelling can have a memorable impact on others and serve as safety lessons.

With May being National Electrical Safety Month, I encourage you to open the conversation and lead by example. The way you communicate to others – your children, your family, your friends, your coworkers – is the strongest way to encourage them to be safe in everything they do. Sparring just one person from injury makes raising the safety subject worthwhile. But it must start with you. ⚡

Rebecca Schwartz is the communications clerk for Guthrie County REC.

## NATIONAL ELECTRICAL SAFETY MONTH

# 5 shocking facts about electrical safety

May is National Electrical Safety Month. Many electrocutions and home fires can be prevented simply by understanding basic electrical safety principles and adhering to safe practices. Whether you're a homeowner or a renter, electrical safety should be a top priority in your home. Awareness of electrical hazards is the key to reducing the staggering number of electrically related home fires, injuries and deaths that occur every year.

Here are a few shocking statistics\* to consider:

➔ **51,000:**

Estimated number of home electrical fires each year causing nearly 500 deaths, more than 1,400 injuries and \$1.3 billion in property damage.

➔ **2,400:**

Number of children in the U.S. who are treated each year for injuries caused by electrical outlets that are not child-proofed with TRRs (Tamper Resistant Receptacles).

➔ **70:**

Percentage of electrocutions that occur each year in the home that could have been prevented by the installation of Ground Fault Circuit Interrupters (GFCIs).

➔ **65:**

Percentage of annual home fire deaths as a result of no working smoke detectors.

➔ **50:**

Number of people killed each year in home fires originating from overheated extension cords.

Electricity plays an essential role in our modern world and should never be taken for granted. Knowing how to protect yourself and your family from home electrical hazards can keep everyone from becoming just another statistic. ⚡

\*Source: Electrical Safety Foundation International (ESFI)

RESTORING POWER

# How your power gets restored

Spring storms are more likely than not to knock out power to your home at one time or another. Guthrie County REC line crews appreciate the patience our members have as we work to restore your power as quickly and safely as possible.

Here's an idea of just what our line crews are doing when outages occur:

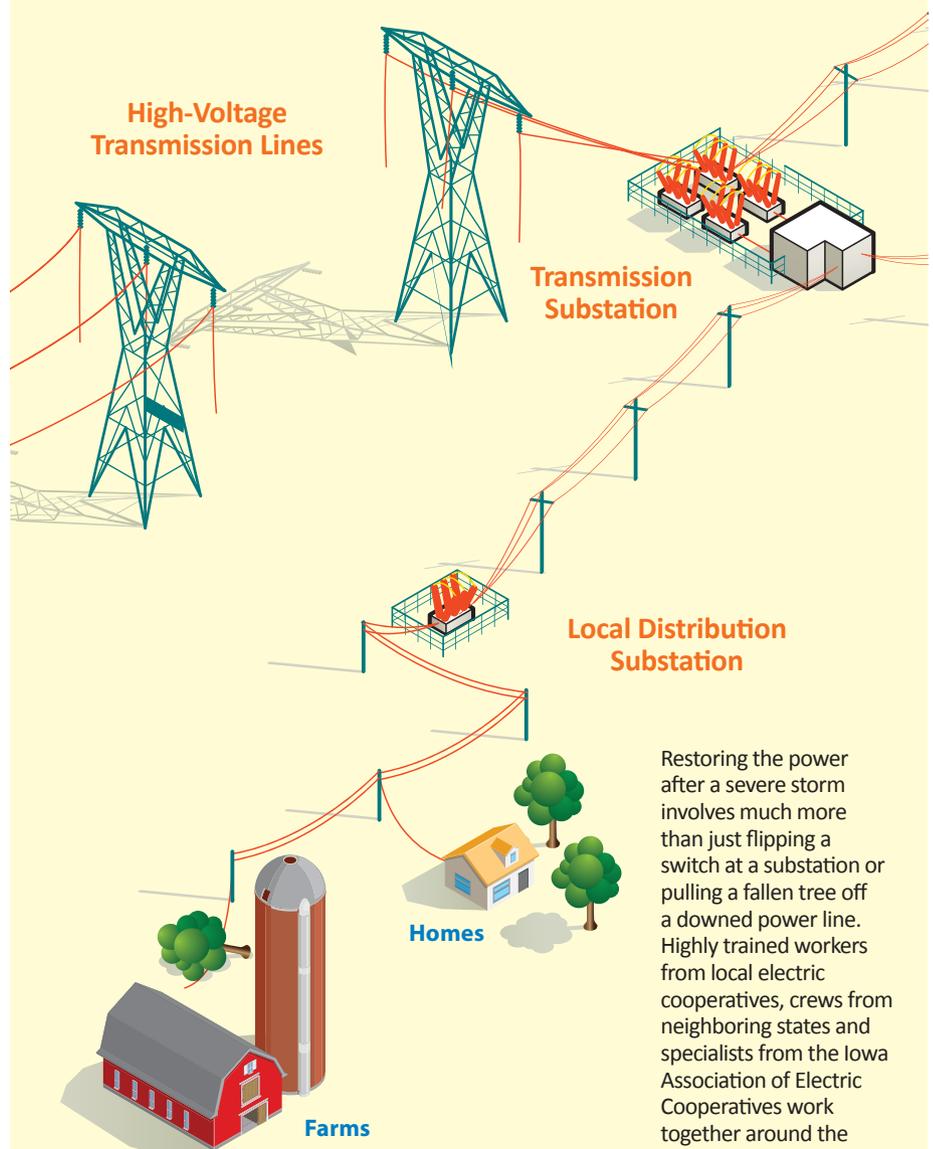
1. Guthrie County REC relies on its members to report outages when they see or hear something that helps us identify the cause of the outage. Report outages by calling (888) 747-2206.
2. Line crews work day and night to repair lines once a problem is reported.
3. The largest transmission towers and cables that supply power to our customers rarely fail, but when they do, they must be repaired before other parts of the system can operate.

4. Next, the substations are checked for problems and repaired to restore power to many people at once.
5. Distribution lines are repaired next. Extending from substations, these lines supply electricity to towns, housing developments, and other large groups of customers.
6. Lines that directly connect your home to the grid are repaired.

**Remember...**

- Stay clear of downed power lines. Contact with these lines can be life threatening.
- Report the outage to Guthrie County REC as soon as possible.
- Inform the cooperative if loss of power to your home affects life support systems or could cause any additional threat to health and safety. ⚡

## How power is restored after an outage



Restoring the power after a severe storm involves much more than just flipping a switch at a substation or pulling a fallen tree off a downed power line. Highly trained workers from local electric cooperatives, crews from neighboring states and specialists from the Iowa Association of Electric Cooperatives work together around the clock to restore service.

