



# LEWIS COUNTY REC

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Lewistown, Missouri 63452  
www.lewiscountyrec.coop

A Touchstone Energy® Cooperative 

June 2023

## From the desk of Travis Mathes, Manager of Member Services



“Time flies the older you get,” is a phrase we have all heard for years, but have you stopped to think that in today’s electronic device driven, multi-tasking world that time seems to fly by no matter what your age? I read an article recently by Anne Lamott that stated, “almost everything will work again if you unplug it for a few minutes, and that includes YOU.” Lamott cleverly captures the benefits

of “unplugging” in today’s society. Keeping up with work, family, school activities, and civic commitments can be overwhelming, and then add in most people’s desires to keep up with trends on social media makes most of us feel compelled to constantly check our electronic devices. I know I sure fall victim to it and don’t even realize it until my family points it out.

Summer is a great time to take a family vacation or even a staycation at home, but it’s also a good opportunity to unplug from your devices and enjoy time with family and friends. Research has shown that we all need downtime after a busy day to recharge – even though most of us resist it. Take some time this month to slow down and enjoy some peaceful time away from technology. I remember the feeling of panic that I experienced a few years ago when my family and I arrive at a campground in the mountains of

Colorado and I realized that I had not internet or cell phone service. The daily habit of reaching for my I-phone all the time had to be adjusted. Emails, phone calls, and text messages went unanswered for a few days. Take a moment to slow down and enjoy some peaceful hours away from technology this summer.

While you are unplugging from your devices, take a look around your home to identify electronics that consume energy even when they are not in use. TVs, gaming consoles, phone chargers, and computers are some of the biggest culprits. Most of the time if you leave it plugged in, it is causing phantom energy consumption, which is costing you money. Many children and grandchildren will be home this summer and that phantom load will increase. Did you know that the coffee pot setting on the counter that you never unplug is costing you money? Anything with a timer, clock, instant-on capabilities, or charging capabilities is constantly drawing electricity and therefore is drawing money from your wallet.

Get the younger generations involved in helping you identify phantom loads this summer. Make it into a scavenger hunt if need be. Not only will it save you money in the long run, it will also teach them how to conserve energy. Make energy conservation and efficiency fun and a full family project. Don’t let time and your money fly on past you this summer. Do yourself and your family a favor. Put down the electronic devices for a minute, unplug those idol energy users, and enjoy life before it passes by you in a flash. Until next month I hope you all stay healthy and enjoy the month of June.

## STATEMENT OF NONDISCRIMINATION

Lewis County Rural Electric Cooperative is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, therefore in accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity, (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information should contact the responsible Agency or USDA’s TARGET Center at (202)720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800)877-8339. Additionally, program information may be available in languages other

than English.

The person responsible for coordinating this organization’s nondiscrimination compliance efforts is the CEO/ General Manager. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at <http://www.ascr.usda.gov/complaintfilingcust.html> and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary of Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410
- (2) Fax: (202) 690-7442; or
- (3) E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov).

Lewis County Rural Electric Cooperative is an equal opportunity employer.

# Seven Cooperative Principles

## Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

## Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.

## Members' Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

## Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

## Education, Training, and Information

Cooperatives provide education and training for their members, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.

## Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

## Concern for Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

## 85th Annual Meeting Offers Several Options for Members/Owners to Participate

Lewis County REC's 85th Annual Meeting will be held on Thursday, August 3, 2023 at the Lewis County REC headquarters. A hybrid meeting will be offered this year with a number of ways for our member/owners to participate. Each member/owner will receive a ballot and return envelope in the July edition of the Rural Missouri Magazine. Those member/owners that choose to mail the ballot in will have the opportunity to do so in a prepaid postage envelope prior to July 17th. There will also be an opportunity to vote absentee in-person at the office beginning at 7:30 a.m. on July 26th through 4:00 p.m. daily. Absentee voting will end at noon on August 3rd. A drive-thru option will be offered on August 3rd from 3:00 p.m. to 6:00 pm. at the Lewis County REC office. Regardless of the method used to register/vote for the meeting, each membership will receive a \$20 bill credit for doing so. The Board of Directors is making it easier for you to take part in the business of your cooperative and it is their hope that you will do so. If you would like to attend the in-person business meeting it will be held at 6:00 p.m. in the warehouse at the Lewis County REC office on August 3rd. The reports that will be given at the in-person portion of the meeting will also be printed in the July edition of the Rural Missouri Magazine. Mark your calendars and make plans to participate in the 85th Annual Meeting of Lewis County REC.

## TO REPORT AN OUTAGE

**CALL (TOLL FREE) 1-888-454-4485  
(LOCAL) 215-4000 24 HOURS A DAY**

**Before calling, check your breakers or fuses and check with your neighbors to see if they have power**

**When calling please give the following information:  
Your name • Meter number and/or location number (if known)  
Cell Phone or Telephone Number affiliated with the account**

**CALL DURING REGULAR BUSINESS HOURS (7:30-4:00)  
FOR ALL OTHER SERVICES**