

## Pee Dee Electric's Tim Knopp and Todd Martin conquer Biggest Loser contest

On March 3, Pee Dee Electric employees began a 10-week weight loss challenge. Nineteen employees weighed in weekly to see who would take home the prize. Each participant was encouraged to make smarter food choices, exercise and develop healthier lifestyle habits. Those goals became easier as employees motivated one another to stay on course. Billing Specialist Rhonda Simmons, stated, "it is so much easier when others are encouraging you."

Pee Dee Electric is proud to announce employees have lost 200.95 pounds during the contest. Tim Knopp walked away with losing the

most weight, while Todd Martin lost the highest percentage of weight and conquered a long-time smoking habit. They both worked hard making healthier choices along the way.

More important, all Pee Dee Electric employees have become more health conscious, and the co-op plans to continue with a weekly weigh-in for at least four more weeks. The co-op also hopes to implement a walking program.

As with any lifestyle change, it takes effort and planning, as well as self and peer motivation. Pee Dee Electric encourages wellness for healthier employees. Great team work!



*Tim Knopp (left) and Todd Martin (right) are Pee Dee Electric's Biggest Losers*

## Pee Dee Electric holds Pole Top Day



Pee Dee Electric held its annual Pole Top Day on May 12 at the Rockingham District office. The co-op's linemen participated in the climb and rescue course to see who would represent Pee Dee Electric at the statewide competition to be held this fall in Raleigh.

Kenny Simmons had the fastest time of 1:48 and Chris Jacobs came in second with a time of 2:31. Simmons and Jacobs will represent Pee Dee Electric at the statewide competition, where all 26 N.C. electric cooperatives send their local pole top champs to compete for best in the state. This is the second year Kenny Simmons has placed first. All employees enjoyed a BBQ cookout to honor the linemen's effort as well as efforts put forth by all employees who diligently follow the company safety program.

The event was covered by the local media and made the front page of the Daily Journal newspaper.

*Kenny Simmons will represent Pee Dee Electric at the statewide pole top rescue competition.*

# CEO's Comments

## Election of Pee Dee Electric Directors

Although it is several months until our next annual meeting (October 7), our election process for directors is rather involved and must start early. Our cooperative has 11 directors who are elected for three-year terms on a staggered basis so that approximately a third of the board is elected each year.

In accordance with the Cooperative's bylaws, an 11-member nominating committee is appointed. The nominating committee is composed of members who are not cooperative employees, agents, officers, directors or a close relative of a current board member or a known candidate for director. The committee meets, nominates members for election to the board at the annual meeting, and posts the results in each of the cooperative's offices.

This year, the committee will nominate members for the board from District #2, District #8, and two "At Large" members of the board for election at the 2010 annual meeting.

District #2 is composed of Lanesboro I and Lanesboro II Townships, White Store Township in Anson County, and the area in Marshville and Lanes Creek Townships in Union County served by Pee Dee Electric.

District #8 is composed of that part of Richmond County east of NC Highway 38 south of Hamlet, east of NC Highway 177 north of Hamlet, and the cooperative's service area in Scotland County.

In accordance with the bylaws, one of the at-large director positions must come from the Wadesboro District as the Rockingham District already has one at-large position filled.

In addition, candidates may be nominated by petition. The

petition must be signed by 50 or more members and received in the Wadesboro office at least 30 days prior to the annual meeting. This allows time to verify the person nominated is a qualified member and is interested in serving as a director. It also allows time to include their names on the election ballot. All nominations are closed 30 days prior to the annual meeting.

Section 4.02 of the bylaws states the following qualifications for a director:

"No person shall be eligible to become or remain a director of the cooperative who is a close relative of an incumbent director or of an employee of the cooperative, or is not a member in good standing of the cooperative and receiving service there from at his primary residential abode: PROVIDED, that the operating or chief executive of any member which is not a natural person, such as a corporation, church, etc., or his designee shall, notwithstanding that he does not receive service from the cooperative at his primary residential abode, be eligible to become a director, if he (1) is in substantial permanent occupancy, direction or use of the premises served by the cooperative, and (2) is a permanent and year-round resident within or in close proximity to an area served by the cooperative; BUT PROVIDED FURTHER, that no more than one (1) such person may serve on the Board of Directors at the same time. No person shall be eligible to become or remain a director of, or to hold any other position of trust in, the cooperative who has not reached the age of eighteen (18) years or is in any way employed by or financially interested in a competing enterprise, or has been convicted of a felony, or has been declared mentally incompetent, or is not a citizen of the United States of America, or has been an employee, independent contractor, or paid consultant during any part of a ten (10) year period preceding the date of the membership meeting to which such person could be elected, or is receiving a retirement benefit or any other benefit derived from prior employment with the cooperative. Notwithstanding any of the foregoing provisions of this Section treating with close relative relationships, no incumbent director shall lose eligibility to remain a director or to be re-elected as a director if he becomes a close relative of another incumbent director or of a cooperative employee because of a marriage to which he was not a party."



**Donnie Spivey, CEO and Executive Vice President**



Published by Pee Dee EMC,  
575 U.S. Hwy. 52 South, Wadesboro, N.C. 28170

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### **Board of Directors Officers**

Richard Johnson, President  
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Gene Russell, Secretary-Treasurer

### **Other Directors**

Winnie Bennett, Craig Davis, Neal Hicks,  
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### **CEO/Executive Vice President**

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### **Editor**

Bruce Simmons

### **Associate Editors**

Anne Edwards  
Todd Moore

## Offices Closed for Holiday

Pee Dee Electric offices will be closed on Monday, July 5, for the Independence Day Holiday. Pee Dee Electric wishes all a fun and safe July 4th!

# Pee Dee Electric awards Awareness Committee scholarships

Each year, Pee Dee Electric's Awareness Committee awards six deserving students a scholarship for \$1,000 each. These scholarships are made possible with the proceeds of the Pee Dee Electric Golf Classic. The golf classic was held this year at Beacon Ridge Golf & Country Club in Seven Lakes, N.C.

Students whose parents are served by Pee Dee Electric are eligible for these scholarships. They must complete an application and meet some stringent criteria to be considered by the Awareness Committee review board. Students from all of the Pee

Dee Electric service territory are offered the opportunity for these scholarships.

"It is always an honor to present these scholarships to students that work so hard to accomplish their goals," says Anne Edwards, Pee Dee Electric Marketing Representative. "We hear things all the time about kids in today's society, so it is rewarding to see students working hard to accomplish their dreams of going to college and becoming leaders of tomorrow. Pee Dee Electric is glad to be able to be a part of that mission."



*Pictured are the winners from Richmond Sr. High School. Scholarship recipient Laura Greene, Pee Dee Electric Marketing Representative Anne Edwards and scholarship recipient Hunter Floyd.*

## Swimming pools can be big energy users

Swimming pools are great for relaxing, exercising or just having fun. But they also mean higher-than-average energy bills. The key to saving energy with your pool is to correctly manage the filter pump time, pool temperature and lighting. By following some simple steps you can make your swimming pool more energy efficient and more fun.

### Using your filter pump

Pools need to be filtered. How long you should filter your pool depends on the following:

- The size of the pool
- The filtering equipment
- How much you use the pool
- Different environmental factors (such as how much sunlight hits the pool)

As a general rule, one complete turnover of water every 24 hours provides adequate filtering for a single-family pool. The more you use your pool, the more filtering it will need. It is generally recommended that you run your filter for four to six hours a day during the summer and two to four hours a day during the winter. If you're filtering more than this, try reducing your daily filtering time by 30 minutes.

After a week, if the water clarity and chemical balance show adequate filtration is taking place, try reducing your filtering time by another 30 minutes. Continue this process until water clarity or chemical imbalance indicates more filtering is needed. In addition to chemical testing, a good way to check your water clarity is that the main drain cover should be clearly visible from the deck.



### Setting filtering time

A filter time clock is an easy way to manage pool filtering. Just be sure to check it once a month to make sure the trippers are secure. Check your clock's instruction manual for directions on setting the operation times. Remember to reset the time clock after power outages and for the fall and spring time change.

### Consumption

The size and operation time of the pump motor determines operating costs. The following chart shows the energy used by different sized standard motors operating for different lengths of time. To find the estimated cost, multiply the figure shown in the chart by 12 cents for electricity.

Hours Per Day	1/2 HP	3/4 HP	1 HP	1½ HP	2 HP
4	70	105	133	184	239
6	105	157	200	276	358
8	140	209	267	368	477
10	174	262	334	460	597
12	209	314	400	552	716

*All of the consumption figures are in kWh per month.*

# Sizzling Summer Cookouts

With summer in full swing everyone's ready for some good food off the grill. Here are a few recipes and ideas to help liven up your backyard BBQ from the Pee Dee Hi-Lite editors.



## Cajun Buttered Corn-On-The Cob

- 4-6 Large ears of corn, shucked
- 1 stick softened butter (no margarine)
- ½ teaspoon Cheyenne pepper
- ½ teaspoon seasoned salt
- ½ teaspoon brown sugar

Mix dry ingredients with softened butter. Rub equal amounts on each ear of corn. Wrap in aluminum foil. Cook on medium high grill for 5 minutes turn corn over and cook for 5 additional minutes.

## Grape Salad

### Topping:

- 1½ cups finely chopped pecans
- 1 stick melted margarine/ butter
- ½ cup brown sugar

Mix pecans and margarine together and place on baking pan, toast for 15 minutes at 325 degrees. Stir twice and watch closely. Remove nuts from oven and add brown sugar; then cool completely.

### Salad:

- 2 pounds of grapes
- 8 ounces cream cheese, light
- 8 ounces sour cream, light
- ½ cup powdered sugar
- 1 teaspoon vanilla

Wash grapes and dry well. Use a hand mixer, cream together cream cheese, sour cream, powdered sugar and vanilla until blended. Fold in grapes and pour into shallow pan. Sprinkle with toasted nuts topping. Refrigerate overnight.

## Squash Fritters

- 2 cups grated raw squash
- ½ cup grated onion
- ½ teaspoon salt
- ½ teaspoon sugar (optional)
- 6 tablespoons flour
- 3 tablespoons melted margarine

Mix squash, onion, salt, sugar, flour and margarine together. Blend well. Drop by spoonfuls into hot grease (cooking oil). Brown on both sides.



## Apple Butter BBQ Pork Chops

- ½ thick bone-in pork chops
- 1 cup Bulls-eye original BBQ sauce
- ½ cup White House brand apple butter sauce
- 1 teaspoon Zatarain's Creole seasoning (substitute 1 oz. hot sauce if seasoning not available)

Mix all ingredients together. Separate ¼-cup of sauce for condiment. Brown pork chops on medium heat grill on both sides for three minutes. Brush pork chops heavily with BBQ sauce on each side a couple times and finish cooking a minute or two.

## All American Mixed Salad

In a large salad bowl mix these easy to find fixin's.

- Head of Iceberg Lettuce
- 1 Purple onion sliced in thin rings
- ½ chopped Red Cabbage
- 6-8 Cherry Tomatoes
- 6-8 Whole medium Black Olives
- ½ cup Croutons
- ½ cup Shredded Sharpe Cheese
- Salt & Pepper to taste
- Hidden Valley Ranch Dressing (home made style)

## Blueberry Crumble

- 3 cups fresh or frozen blueberries
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- ½ cup old fashioned oats
- ½ cup packed brown sugar
- 3 tablespoons all-purpose flour
- 2 tablespoons chopped almonds
- ½ teaspoon ground cinnamon
- 3 tablespoons cold butter
- Vanilla ice cream

In a greased 9-inch microwave safe pie plate, combine the blueberries, sugar and cornstarch. Cover and microwave on high 7-8 minutes or until thickened, stirring twice.

Meanwhile, in a small bowl, combine the oats, brown sugar, flour, almonds and cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle over blueberry mixture. Microwave, uncovered, on high 2-3 minutes or until butter is melted. Serve with ice cream.