

Roanoke Electric FLASHES

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Hertford County Citizen Corps hosts first CERT training



"Neighbors helping neighbors." That's the national motto of the CERT (Community Emergency Response Team) program and that's exactly what the first group of CERT training graduates in Murfreesboro plans to put into practice. The graduates are also encouraging others to consider training.

"It is better to have the training and not need it than need it and not have it," said Hertford County CERT member Charlie Everette.

Everette is among the growing number of Hertford County residents who have decided to take a proactive approach to disasters and emergencies by arming themselves with training to help them better prepare for disasters before they strike.

CERT is a federal program that falls under the umbrella of Citizen Corps, a vital component of USA Freedom Corps, created in 2002 by President George W. Bush following the tragic events of September 11 to increase volunteerism in America and motivate citizens to be proactive with regard to emergency preparedness.

Overall, Citizen Corps challenges citizens "to embrace the personal responsibility to be prepared; to get training in first aid and emergency skills; and to volunteer to support local emergency responders, disaster relief, and community safety," while the CERT program provides training and structure within that framework.

Coordinated nationally by the

Department of Homeland Security, Citizen Corps is designed to help coordinate volunteer activities to make communities safer, stronger, and better prepared to respond to any emergency situation.

Citizen Corps and CERT started in Hertford County after Hurricane Isabel (2003). FEMA (Federal Emergency Management Association) decided to conduct Emergency Preparedness Demonstration Projects to determine how communities communicate and respond after disaster. FEMA had a total of six demonstration projects planned, the first of which took place in Hertford County, an area hit hard by Hurricane Isabel.

To initiate the studies, FEMA contracted MDC, Inc. a nonprofit based in Chapel Hill that subsequently asked Roanoke Electric Cooperative's subsidiary, Roanoke Economic Development, Inc., to help with the project's coordination.

The project called for citizens to evaluate the strengths and weaknesses of the county and community's response to previous disasters/emergencies and brainstorm various strategies for addressing problems.

Prior to the conclusion of phase one of the project in November, the team arrived at the consensus that more citizens needed to be involved in their own preparedness and purposed to continue their efforts beyond the

scope of the demonstration.

In October they received word from the state Citizen Corps office in Raleigh that their application to create an official Citizen Corps Council in Hertford County was granted and last month they participated in their first CERT training class. In December, Hertford County was awarded \$8,500 from the Department of Homeland Security towards the development of the new council and CERT.

"This is something we've wanted for a long time in Hertford County," said Hertford County Commissioner John Pierce. "They have my full support."

Participants in the CERT training learned about disaster preparedness, fire safety and suppression, disaster medical operations, light search and rescue, disaster psychology, and disaster simulation. Each participant will receive a certificate of completion from the state.

CERT training was made available nationally by FEMA in 1993. Hertford County will now be added to the list of communities in 28 States and Puerto Rico for conducting CERT training. There are presently more than 2,632 CERT programs in the country, 75 of which operate in North Carolina.

For more information on Hertford County Citizen Corps or CERT, or to volunteer, contact Stephanie Duffey at (252) 539-2236 ext. 283, or by e-mail at sduffey@roanokeelectric.com.

REC employees fight the “good fight” against cancer with money jar

Employees and staff at Roanoke Electric Cooperative are working for a cure against cancer by raising money to donate to their Relay for Life team. Bobbie Joe Lindsay and Robin Hoggard spearheaded this event while raising \$1,029.

Each department had a five-gallon jar placed in its area on April 5 and removed on April 25. The department with the most positive points won a free lunch of its staff's choice. The objective was to get employees and staff to put money into the jar.

Each amount of money equaled the following:

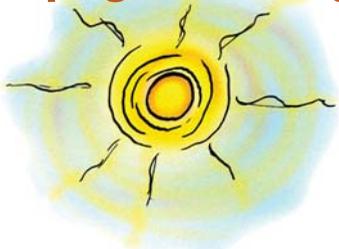
- Penny = +1 point
- Nickel = -5 points
- Dime = -10 points
- Quarter = -25 points
- Dollar = +200 points



The administration department won, raising \$359. Following is the departmental breakdown:

Departments	Amounts	Points
Accounting	\$31.45	5,105
Administration	\$359.70	71,370
EMDM	\$273.73	45,673
Engineering	\$61.05	8,255
Member Services	\$284.14	36,704
RCG/RFQ/TRC	\$8.65	725
RER	\$10.43	943
Total	\$1,029.15	168,775

Keeping cool during the summer



If your home is too hot in the summer, there are many ways you can help keep heat out of your house. Planting trees, for instance, is one of the best ways to diffuse the hot summer sun before it enters your home. But a surprising amount of heat comes from inside your home.

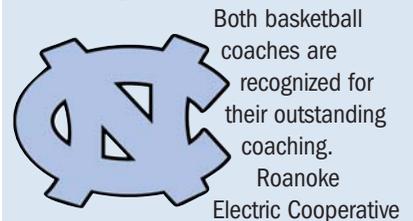
The biggest sources of internal heat gain are lights and appliances. Reducing their use will save electricity and keep your home cooler. In humid climates, moisture that is released by cooking, bathing, and other activities will also make it harder for air conditioners to cool your home. A drier home feels more comfortable. Here are some cooling tips:

- Replace standard incandescent light bulbs with compact fluorescent light bulbs. The electricity used by standard bulbs produces 10 percent light and 90 percent heat. Also, compact fluorescent lights are cheaper to operate.
- Schedule heat-producing chores like baking or the laundry after the hottest part of the day.
- Install an insulating jacket on your water heater.
- Use kitchen and bathroom fans to remove heat and moisture during and after cooking and bathing.
- When replacing appliances, buy those with the Energy Star® label. These appliances conserve energy and release less unwanted heat.
- Use a room fan to create a cooling breeze.
- If you live in an area where evenings are cool, open your doors and windows, or run window fans to move cool evening air through your home for almost no cost.

Visit www.roanokeelectric.com for more energy saving tips.

Local students headed to top basketball camps

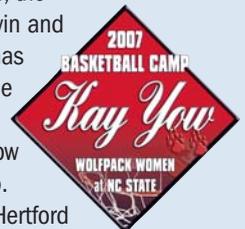
Three local students will attend two of the most prestigious basketball camps in the country: the Roy Williams Basketball Camp for boys at UNC-Chapel Hill and the Kay Yow Basketball Camp for girls at N.C. State University.



Both basketball coaches are recognized for their outstanding coaching. Roanoke Electric Cooperative has partnered with Touchstone Energy Cooperatives of North Carolina to present such opportunities to the local youth. Roanoke Electric Cooperative awarded two Roy Williams Basketball Camp Scholarships to Allen W. Speller and Jalen Ernest Cooley.

Allen is the son of Allen and Lori Speller of Windsor. He attends Southwestern Middle School in Windsor. Jalen Ernest Cooley is the son of Ernest and Delina Cooley of Ahoskie. Jalen attends Ahoskie Christian School.

Briante Bonds, the daughter of Marvin and Carolyn Bonds, has been awarded the opportunity to attend the Kay Yow Basketball Camp. Briante attends Hertford County Middle School.



The Roy Williams Basketball Camp is scheduled for June 23-27, 2007. UNC campers will learn from Coach Roy Smith, his staff and current players. The Kay Yow Basketball Camp is scheduled for June 24-28, 2007. NCSU campers will learn from Coach Kay Yow, her staff and current players.

During this camp, the winners will learn fundamental basketball skills, teamwork and friendship. The winners will also learn new skills that will enable them to excel on and off the basketball court.

Volunteers celebrate National Library Week with Bakers Elementary school students

Volunteers from Roanoke Electric Cooperative and The Roanoke Center were welcomed by smiling faces at Bakers Elementary school library in Scotland Neck this week.

Participating in the American Library Association's National Library Week, volunteers took time out of their corporate schedules to read to students in an attempt to encourage youth literacy and the utilization of the wide array of resources available to them at area libraries.

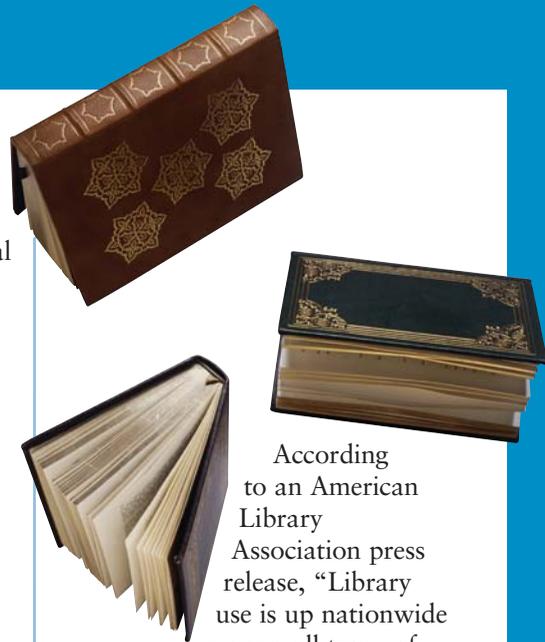
"When people in the community volunteer to make a difference in the life of a child in the area of literacy, everyone benefits," said Bakers Elementary School Media Coordinator Jackie Ruffin. "National Library Week is just a reminder for us to do what we should be doing all year long.

There is no substitute for continual learning."

Sandy Daughtry, Personnel Specialist for Roanoke Electric Cooperative and its subsidiaries, was one of the employees who volunteered her time to read to the students. "I did it because I love kids," she said.

Every year, the American Library Association chooses a theme for National Library week. The theme this year, "Come together @ your library," fell right in step with the mission of Communities In Schools of the Northeast (CISNE).

Recently, CISNE entered into a memorandum of agreement with Bakers Elementary to provide volunteer tutors/mentors to help third graders prepare for end of grade exams.

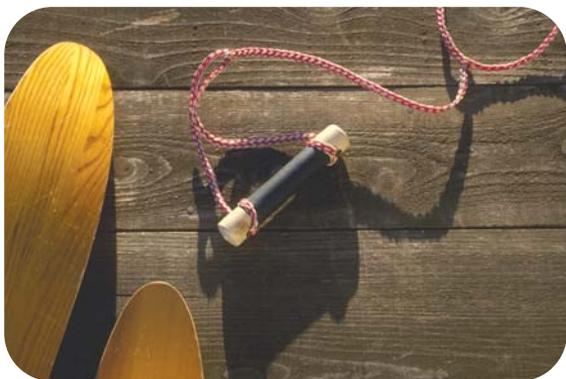


According to an American Library Association press release, "Library use is up nationwide among all types of

library users with almost 1.8 billion visitors checking out more than 2 billion items last year from one-room rural outpost libraries to new modern facilities."

For more information about CISNE or to volunteer, contact Rosetta Smith or Diana Mitchell at (252) 539-2236, ext. 280, or ext. 230.

Beaver Lake tournament to feature world's top ski jumpers



On June 16-17, the world's top water ski jumpers will converge on Beaver Lake in eastern North Carolina for what promises to be a weekend to remember.

Top-ranked Freddy Krueger of Orlando, Fla., and Canada's Jaret Llewellyn will try to claim their share of \$14,000 of prize money and attempt to take home a new world record.

Beaver Lake expects to draw more than 15 Pro Men Jumpers from several different countries. An

amazing 10 ski jumpers of the top 10 on the IWSF's Elite Men's Jump ranking list have committed and are making travel plans to North Carolina.

Several of the nation's top amateur jumpers will set the stage each afternoon prior to the main

event. This group could see national records go down before the pros even get started!

The weekend tournament will also include top competition in the Slalom event both mornings. Several pros will be competing in slalom where World and National records could be broken. Live entertainment, vendor displays and food concessions will also be available for the enjoyment of the spectators.

Beaver Lake has grown over the past few years into one of the South's premier three event sites. Last year was the site's first pro event, which was a big success. Several collegiate records have been set at Beaver Lake when hosting the Collegiate All-Stars in 2003 and 2005.

If you want to witness the best of the best in a beautiful setting with the best in southern hospitality, this is the tournament you don't want to miss!

The competition will be on June 16-17 at Beaver Lake in Gates County. The site is on Highway 13/158, two miles north of the Chowan River Bridge and between Ahoskie and Suffolk, Va. Admission is \$6 per day. Children six and under and active military are free. For more information, visit www.beaverlakeskiclub.com or e-mail jvmitchell@roadrunner.com.

Tips for electrical safety in the home and garden

Electrical appliances within the home are part of our everyday lives, and they cover a wide range of devices. In the home they include:

toasters, heaters, hair curlers, blow dryers, microwaves, televisions, and stereos.

However, if these appliances are not maintained, stored or used properly, they can pose a serious safety hazard. Here are some safety precautions for electrical appliances in the home:

- Electrical appliances should not be used around water.
- When carrying or using appliances, they should be held at the handle and not the cord.
- Appliances that can get hot such as heaters, toasters, and light bulbs should be kept away from materials that can burn.
- Small appliances should be turned off or unplugged when people leave the home.
- If an appliance repeatedly blows a fuse, trips a circuit breaker or has given you a shock, unplug it and have the appliance repaired or replaced.



Electrical appliances used for yard work should be labeled for outdoor use. Here are some tips for practicing safety precautions when working with electrical appliances outside of the home:

- Unplug electrical tools and disconnect spark plug wires on gasoline-powered tools before making adjustments or clearing jams near moving parts.
- Be sure power tools are turned off and made inoperable if they must be left unattended to prevent use by children.
- Handle gas carefully. Never fill gasoline tanks while machinery is on or when equipment is still hot. Wipe up spills. Store gas in an approved container away from the house. Finally, never smoke or use any type of flame around gasoline or gasoline-powered equipment.
- Never work with electrical power tools in wet or damp conditions.
- Be sure that extension cords are in good condition, are rated for outdoor use, and are the proper gauge for the electrical current capacity of the tool.
- Inspect the mower periodically for potential hazards.

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