

Bedford Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

Bedford REC

P.O. Box 335
Bedford, PA 15522
814-623-5101

Email: support@bedfordrec.com
Website: www.bedfordrec.com

BOARD OF DIRECTORS

President & Allegheny Director

C. Robert Koontz
Colerain, Snake Spring and South Woodbury Twps.

Vice President & PREA Director*

Donald Hoenstine
Kimmel and King Twps.

**To be seated at July 12 meeting*

Secretary

Ronald W. Wilkins
Napier and Harrison Twps.,
New Paris, Manns Choice and Shellsburg Boroughs

Treasurer

Reuben R. Lafferty
Juanita Twp., Bedford County, and Allegheny Twp., New Baltimore Borough, Somerset County

Assistant Secretary

Earl W. Garland
East Providence Twp., Bedford County, and Brush Creek Twp., Fulton County

Assistant Treasurer

Paul L. Rummel Jr.
Bedford and Cumberland Valley Twps.

William Howard Atkinson
Monroe and West Providence Twps., Everett Borough
Dale Sprigg II
West St. Clair, Pavia, and Lincoln Twps., Pleasantville Borough

Attorney

John J. Dirienzo Jr.

Office Hours

Monday through Friday
7:30 a.m. – 4:00 p.m.

From the General Manager



Use caution near co-op equipment

By Brooks Shoemaker

NOW that summer is in full swing, you probably find yourself spending more time outdoors. Bedford Rural Electric reminds you to be cautious near the cooperative's electrical equipment.

Substations, underground transformers and power lines carry extremely high voltages, and if contact is accidentally made, the results can be dangerous — or even deadly.

Never climb trees near power lines. If you make contact with a tree that is touching a power line, your body could become the path of electricity from the line to the ground. If you encounter an animal trapped in a tree near power lines or inside a substation, do not attempt to remove it — no matter how furry and cute! Call Bedford Rural Electric immediately for assistance.

These days, we are seeing more remote-controlled toys, like drones and airplanes, which can be a great way to have fun outdoors. But these gadgets also bring new safety concerns. Remote-controlled toys should never be flown near power lines, substations or other electrical equipment.

Remember these safety tips when flying a remote-controlled toy:

- ▶ Keep a safe distance from electrical equipment when you fly. If contact is accidentally made with a power line or a transformer inside a substation, many members of your community could be left without electricity.
- ▶ Keep the remote-controlled toy in sight at all times.
- ▶ Avoid flying if weather conditions

are unfavorable. High winds could cause you to lose control of the remote-controlled toy.

Your safety is important to us. Practicing electrical safety and staying away from our equipment ensures that everyone has a safe, fun-filled summer.

Plan for a safe and happy Fourth

July is a favorite time of year. It's the middle of summer, the kids are out of school and of course, we celebrate Independence Day. As we celebrate our nation's birthday on the Fourth of July with family, friends, picnics and fireworks, we want to remind our members to also focus on safety.

Nothing says "Fourth of July" like a spectacular fireworks display. The safest way to enjoy this part of the celebration is to attend a professional fireworks show. But, if you want to put on your own show at home, be sure to follow these safety tips:

- ▶ Always follow the instructions on fireworks' packaging and never give fireworks to small children.
 - ▶ Keep a supply of water close by as a precaution.
 - ▶ Make sure to wear protective eye-wear when lighting fireworks.
 - ▶ Light only one firework at a time and never attempt to relight a "dud."
 - ▶ Store fireworks in a cool, dry place away from children and pets.
 - ▶ Never throw or point a firework toward people, animals, vehicles, structures, or flammable materials.
- Cookouts are a great way to lead up the fireworks. But, make sure you

(continues on page 14d)

Army veteran looking for walkers

By Linda Williams

SARAH GARCIA grew up on a farm in Friends Cove and graduated from Bedford High School. The daughter of Allen and the late Eleanor Baker, Sarah enlisted in the U.S. Army after high school.

She spent the next 20 years at various locations throughout the world, ending her military career as a sergeant first class. Sarah, an emergency medical technician with Raystown Ambulance Service, is married to Marcelino Garcia and the couple has one daughter, Eleanor, age 6.

When the Garcias were based in Heidelberg, Germany, they joined a club involved in Volksmarching (non-competitive fitness walking). Sarah would like to start a similar organization here in Bedford County, but she is finding it difficult to recruit younger people.

“I have some 70- and 80-year-olds who enjoy walking,” she says. “But we also need those in their 20s, 30s, 40s, and up.”

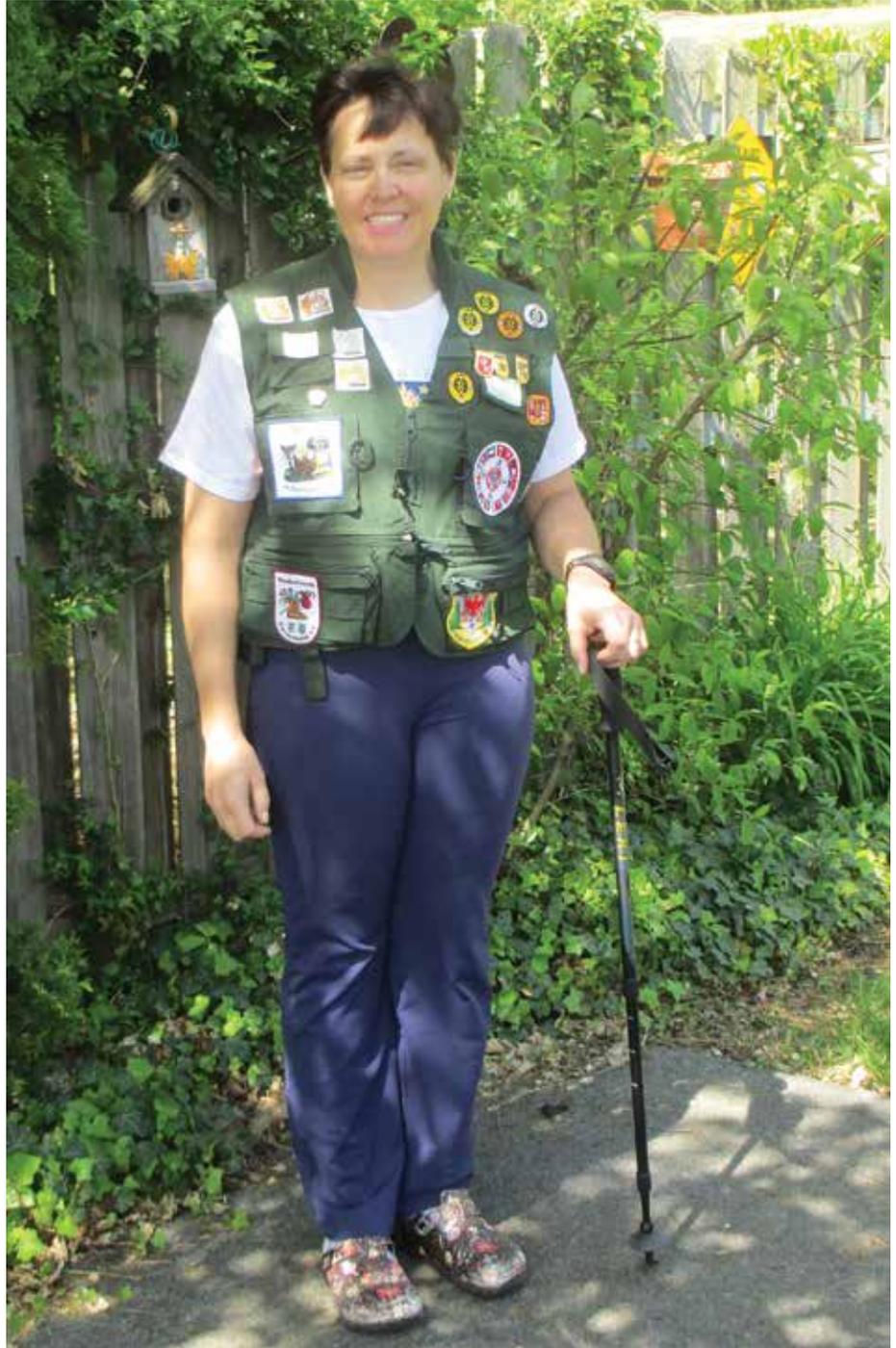
The Garcias’ daughter even enjoys participating in the walking adventures.

While Volksmarching started in Germany, it has spread throughout the world.

“We don’t just walk to walk,” Sarah explains. “We walk to see things and pick interesting destinations, such as historic sites or festivals.”

There are thousands of Volkssport clubs around the world that promote Volksmarching — usually a noncompetitive 3.1-mile (5-kilometer) or 6.2-mile (10-kilometer) walk. Sarah has a colorful vest covered with patches from the many Volksmarches in which she has participated.

The local group Sarah has initiated is known as the Penn Mary Walkers. She has organized a walk around



Shawnee and in June, there was an event at Rockwood at the Great Allegheny Passage. Other destinations might be Gettysburg, or the C&O canal in Cumberland.

“There are a lot of walking trails in Pennsylvania, Maryland and Ohio,” Sarah explains.

Many of the events are two days, and the meeting place is usually a restaurant or hotel. Participants can

READY TO GO: Sarah Garcia gets ready for a hike, wearing her “vest of many patches.”

enjoy eating great food together or take part in other local activities while also enjoying a Volksmarch.

Prior to their discharge from the military, Sarah and Marcelino were stationed in Fredricksburg, Texas, where they were very active in Volksmarching walking clubs.



FROM THE BACK: The back of Sarah Garcia's vest is also covered in patches.

There are 430 clubs in the United States, says Sarah, but only eight in Pennsylvania. The nearest group to the Penn Mary Walkers would be the Nittany Nomads in State College.

"We have had so many good times walking and met such interesting people from all over the world," says Sarah, who has logged 8,000 kilometers on her walks (about 4,970 miles) and has walked in 14 countries.

Two trails are offered at most walks, both a 5-kilometer and 10-kilometer. In addition to walking, there are also bicycling and swimming events. The combination is known as Volkssporting. There are more than 3,000 U.S. Volkssport events sponsored annually, and participation is always open to the general public. There is no need to be an athlete.

More than 6 million people have participated in Volkssporting since 1990. The group that runs the American Volkssport Association is manned by volunteers. Its vision statement notes it seeks to be recognized as America's premier noncompetitive sports organization, and the aim is to value friendship, fun, and fitness through quality, family-oriented, non-competitive events.

More information can be found on the American Volkssport Association website. Sarah has a Facebook page

COLORFUL PATCHES: Sarah Garcia says Germans love to make decorative patches. Here, she shows two of most colorful patches she earned while walking in Germany.

under Penn Mary Walkers, where she describes upcoming activities. In addition to the Rockwood walk, there is a 5-kilometer walk at Cowan's Gap, and there are scheduled walks at the Monpelier Festival of Herbs in Laurel, Md.

The Garcias are looking forward to the completion of the H&BT Rail Trail between Everett and Riddlesburg. While part of the trail is already open, the section from Cypher Beach to Tatesville should be finished in the near future, and it is expected to be an ideal location for Volksmarching.

The Penn Mary Walkers hold regular meetings at the Spring House Estates. In search of new members, Sarah has talked to the Bedford Rotary Club and airs public service announcements on the radio.

"I just want to spread the word of how wonderful walking and all Volkssports can be, and how much more fun it is to do it when you can make new friends from all corners of the world," she says.

For more information, check out the American Volkssport Association website or email Sarah at Sarahgrc@yahoo.com. Her phone number is 915-471-1134. 📞

Are you wasting your money on DIRT?

Dirty air filters cause a heating and cooling system to work harder and break down faster. That's because unfiltered dust and grime works into critical parts, creating friction that causes unnecessary wear and, eventually, failure.

How does a dirty air filter cost you?

- Reduces air flow in the home, leading to up to 15 percent higher operating costs
- Leads to costly duct cleaning or replacement
- Lowers system efficiency

To avoid these expenses, change filters monthly when your heating and cooling system's in regular use. Discuss cleaning the unit and ductwork with your heating and cooling service professional.

Learn more ways to save at www.energysavers.gov.

Source: High Performance HVAC, U.S. Department of Energy

From the General Manager

(continued from page 14a)

include a generous portion of fun and a side helping of safety. We recommend the following safety tips:

- ▶ Supervise your grill at all times.
- ▶ Use the proper tools for cooking on a grill.
- ▶ Never add charcoal starter fluid when the coals have already been ignited.
- ▶ Always follow the manufacturer's instructions when using grills.

However you choose to celebrate, your friends here at Bedford Rural Electric wish you a safe and Happy Fourth of July!

Energy efficiency tip of the month

Use small electric pans, toaster ovens, or convection ovens for small meals rather than your stove or oven. A toaster or convection oven uses one-third to one-half as much energy as a full-sized oven. 💡

EMERGENCY POWER NEEDS

As a service to our members, Bedford Rural Electric needs to be aware of situations where special needs exist. Please provide the following details: (Please print clearly)

Account: _____

Name: _____

Address: _____

Home Phone: _____

Cellphone: _____

Email Address: _____

Special Needs: Medical

Farming/Livestock

Other _____

Each year, our goal is to provide service with no outages. Unfortunately, that is not a realistic expectation. Outages do occur and during severe storms, service restoration may take several days or longer. Therefore, we strongly recommend our members with special needs install standby backup generation equipment. Please contact our office for more information on this type of equipment.

TROUBLE CALL SCHEDULE

In case of trouble...

- 1** Check your fuses or circuit breakers.
- 2** Check with your neighbors, if convenient, to see if they have been affected by the power failure.
- 3** Call the 24-hour number, 623-7568, OR call 800-808-2732* during office hours

**(Please help us save money - only use this number if toll charges apply.)*

Please give the person receiving the call your name as it appears on your bill, your telephone number and your map number if known. Any specific information about the outage will also be helpful in pinpointing the problem.

Alternate numbers ...

- Gary Lafferty..... 842-9925 (Week of July 4)
- Troy Mock..... 276-9759 (Week of July 11)
- Greg Miller..... 839-0037 (Week of July 18)
- Al Hileman..... 766-9971 (Week of July 25)
- Jim Seymour..... 839-2848 (Week of August 1)

In case you cannot reach any of the above, call:

- Jim Wood..... 623-6121 (Bedford)
- James Clark..... 652-9791 (Everett)
- Mark Rowan..... 623-7890 (Bedford)

During widespread power outages, many members are calling to report power failures. You may receive a busy signal, or in certain cases your call may go unanswered. This occurs in after-hours outages when the office is not fully staffed. Please be patient, and try again in a few minutes.