

Plugged in to Altamaha EMC

Serving: Toombs, Montgomery, Emanuel, Treutlen, Laurens, Johnson and Tattnall



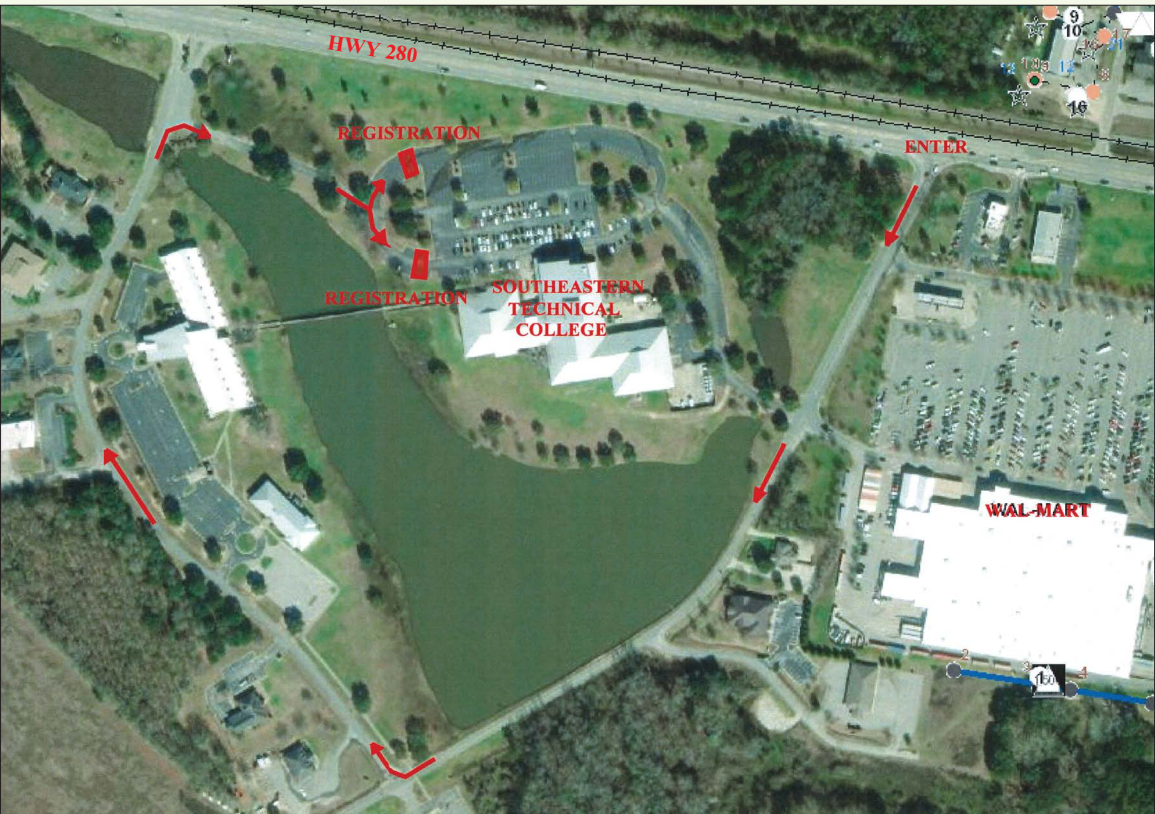
Annual Meeting - New Format

Altamaha EMC will hold our 2020 annual meeting on Wednesday, November 4, 2020 at Southeastern Technical College in Vidalia, but in a completely different format. Due to the COVID-19 pandemic, we will practice social distancing guidelines and limit person-to-person contact by using a “drive-through” format for this year’s meeting.

Members will enter the access route using Pete Phillips Drive (between Walmart and Southeastern Technical College). Employees will direct traffic to the registration area. Members will remain in their vehicles for the entire meeting.

During the registration process, members will receive the ever-popular bucket of goodies and snacks and cast their votes to approve the minutes from the 2019 annual meeting and for election of directors. Music and information will be broadcast over a designated radio station in advance of the business meeting. The business meeting will begin at 2:30 pm and will be broadcast over the designated radio station.

While the 2020 annual meeting format will be a first for all of us, concern for the health and safety of our members and employees is our utmost priority. More details regarding the annual meeting will be mailed to our members closer to the date. We look forward to seeing you (at a distance) on November 4, 2020.



Keep safety first during fall chores

Labor Day means summer's over, and it's time to prepare your house and lawn for fall and winter. The first thing to prepare: power tools and electrical cords—including extension cords—in the home, garage, shed and yard.

Before you begin any outdoor project, check that your power tool is designed for outdoor use and that its wire is not damaged. Never carry a power tool by the wire or use it near water. Check to see that the tool is in good working condition before use. If it isn't, take it to a licensed electrician or return it to the manufacturer.

Don't overlook extension cords. Some safety tips:

- For outdoor jobs, use extension cords designed for outdoor use. They're thicker and more durable and have connectors molded on them to prevent moisture damage.
- Do not use a longer cord than you need.
- Check the amperage rating of the extension cord to make sure it is high enough to meet the power demand of the tool you are using.
- Use three-wire extension cords with three-pronged plugs. Never cut the third prong off of a power tool plug to make it fit into an outlet or a cord.
- Push plugs all the way into outlets to ensure complete connection.
- Do not plug one extension cord into another.
- Never leave an open extension cord that is plugged into an outlet. Unplug it when you're finished using it.
- Store extension cords indoors so they won't be exposed to snow and cold weather.



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Celebrate farm safety in September

Working on a farm can be dangerous. As a reminder, farm communities have celebrated National Farm Safety and Health Week every September since 1944.

This year's observance is Sept. 20-26.

The 2018 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 574 fatalities, or an equivalent of 23.4 deaths per 100,000 workers. Fall harvest time can be one of the busiest and most dangerous seasons of the year for the agriculture industry.

Many of those deaths are preventable. During National Farm Safety and Health Week, share these safety tips with friends and family members who work in agriculture:

- Equip tractors with a roll-over protective structure.
- Ride your tractor alone. Most are designed for one passenger.
- Affix a "slow-moving vehicle" sign to your tractor before you drive it on the highway to alert other drivers that you will not exceed 25 mph.
- Wear protective equipment for all farm work, especially when using power tools. Safety goggles, dust masks, face shields and hearing protection should be readily available to anyone on the farm.
- Keep power tools in good condition, and check the cords and plugs for wear before using.
- Power tools should be properly grounded or double insulated.
- Don't leave children unsupervised or give them chores they can't safely handle. Stress the importance of safety.
- Organize a Farm Safety Day for the children in your farm community. Plan games and activities that teach about safety.

Overstocked fridge? Your food could spoil

To limit the risk of catching COVID-19, many people are making fewer trips to the grocery store. When they do shop for groceries, they are loading up on multiples of milk, eggs, meat, ice cream and other refrigerated staples. But a bulging refrigerator or freezer might mean that your food is packed so tightly that it won't stay cold. Here are two problems that an overstuffed refrigerator or freezer can cause:

- **Blocked airflow.** If air can't move between food items, the fridge has to work extra hard to stay cold enough to keep them at a safe temperature. That can leave some foods warm, which can speed up spoiling and invite bacteria.

- **You can't see everything.** Items that you push to the back could be forgotten until after their expiration dates, which is wasteful.

Some tips for keeping your food safe and the fridge from overflowing:

- **Buy canned meats,** which don't need refrigeration.

- **Plan some meals that don't require meat or fish,** like pasta with tomato sauce or rice and beans.

- **After each shopping trip, move any food that's in the back of the fridge to the front,** and plan to serve it before the new items.

- **Eat your leftovers.** Too often, they sit forgotten until they spoil. Don't take up precious refrigerator space with food you'll never eat. Plan to use all leftovers within two days of the original meal. Store them all on the same shelf—right up front—so you'll be reminded to heat them up every time you open the refrigerator door.

- **Use what you already have before you buy more food.** Check your pantry for an overabundance of canned soup, cake and muffin mixes, and boxed items like macaroni and cheese or spaghetti.

- **Make a two-week meal plan** and list the ingredients you will need to prep them. That will become your grocery list. Having a list when you go to the market or order groceries online will keep you from buying more than you need or have room to store.

If your refrigerator or freezer is bursting with food now that you're overstocking the essentials, you might want to add a second fridge to your household. Here are five things to consider before you buy:

1. Why do you need a second refrigerator? If it's simply to store extra food during the pandemic, consider whether you will use the new fridge once stocking up is no longer necessary. Also, do you really need more refrigerator space? If it's the freezer that's overflowing; maybe you need a standalone freezer instead of another full refrigerator/freezer unit.

2. Which features is your current refrigerator missing that you wish it had? An ice maker? Double doors? More freezer space? Compartments designed for canned drinks? Sliding shelves? An internet connection? The newest models have bells and whistles you never dreamed would be part of a refrigerator.

3. Where will you put it? The garage is the worst place for a refrigerator unless the space is both heated and air conditioned. Look for a location that's large enough and convenient to the kitchen. Measure the space. Consider if there's enough room to open French doors, a right-opening door or a left-opening door. And consider whether the fridge you have room for is really big enough for your overflow food. If it's not, why buy one at all?

4. Look for a model with an ENERGY STAR label, which will use around 9 percent less energy than one without that rating. In most homes, the refrigerator uses more energy than any other appliance except the air conditioner. Buy one that's energy efficient.

5. Consider buying a used refrigerator. Pre-owned models can cost less than half the price of a new one. Look for one that's relatively new, works properly and will fit your space and your needs.



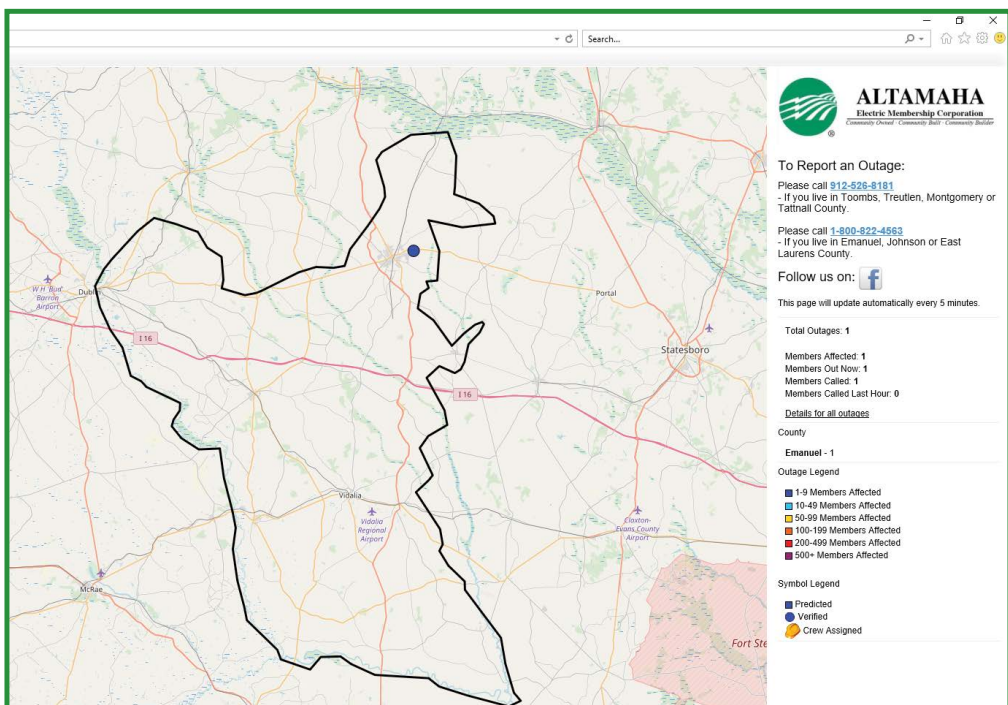
2020 Annual Meeting



Mark your calendars for our 2020 Annual Meeting of the Members on Wednesday, November 4, 2020 at 2:30 PM at Southeastern Technical College in Vidalia. All members are invited to attend.

In addition to the annual financial reports, election of three seats on the Board of Directors and the general business session, many prizes will be given away. Refreshments will be served following the meeting.

We look forward to seeing you on November 4th.



Outage Map Available

At Altamaha EMC we continually work towards improving our service to you, our valued members. We are pleased to announce that you can now view outages using our new outage map system. The outage map can be viewed on our website at www.altamahaemc.com or from our mobile app. Always report all power outages by calling 912-526-8181. **Stay away from downed power lines.**



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Member RECIPES

Chicken and Spinach Salad with Bacon Dressing

1 (10 oz) bag baby spinach leaves
4 hard-boiled eggs, peeled and sliced
1 cup sliced mushrooms
4 pieces crisply cooked bacon, crumbled
10 ounces Swiss cheese, shredded
1/2 cup toasted sliced almonds
2 or 3 grilled boneless, skinless chicken breasts

Dressing:

1 tablespoon olive oil
1 large shallot, minced
1 teaspoon garlic, minced
1/3 cup white wine vinegar
1/3 cup Dijon mustard
1/3 cup honey
2 pieces crisply cooked bacon, crumbled
1 pinch salt and pepper to taste

Place spinach into a large serving bowl, top with hard-boiled eggs, mushrooms, 4 crumbled strips of bacon, Swiss cheese, and almonds. Dice grilled chicken breast and add to salad. Heat olive oil in a small skillet over medium heat. Stir in shallots and garlic, and cook until softened and translucent (about 2 minutes). Whisk in the vinegar, Dijon mustard, honey, and 2 crumbled strips of bacon; season to taste with salt and pepper, then cook until hot. Pour hot dressing over spinach and toss to coat. Serves 4.

Each month, our newsletter features recipes submitted by our members. If you have a favorite recipe and would like to share it with other readers in the Altamaha EMC service area, send a copy, complete with name, address and daytime phone number to: Tammye Vaughn, Altamaha EMC, P.O. Box 346, Lyons, GA 30436. Each month, a recipe will be selected for publication. The member who submitted the featured recipe will be given a \$10 credit on their next Altamaha EMC bill. Due to limited space, not all recipes received will be featured. Recipes printed in *Plugged In* are not independently tested; therefore, we must depend on the accuracy of those members who send recipes to us.