

DRIVE A STAKE THROUGH YOUR VAMPIRE POWER

Phantom load, also called **standby** or **vampire power**, refers to the electric power consumed by electronic appliances while they are switched off or in standby mode. A very common “electricity vampire” is a power adapter which has no power-off switch. Some devices offer remote controls and digital clock features to the user, while others, such as power adapters for laptop computers and other electronic devices, consume power without offering any features.



RESOURCE CORNER

The Lawrence Berkeley National Laboratory is a great source of information and advice on the topic of phantom load.

The “Standby Power” portion of its website (<http://standby.lbl.gov/standby.html>) offers a non-partisan look at the issue and provides a comprehensive chart that measures the standby power used by hundreds of products.

For an eye-opening look at how much vampire power you may be using, turn off the lights. At night, how many small indicator lights can you see in your living room and kitchen? Each light represents a device that is drawing power, even though it may not be in use.

Although the power needed for functions like displays, indicators and remote control functions is relatively small, the fact that the devices are continuously plugged in, and the number of such devices in the average household, means that the energy usage can reach up to 22 percent of all appliance consumption, and around 10 percent of total residential consumption.

HOW CAN I HELP?



- Unplug all devices when not in use.
- Alternatively, plug your devices into a power strip and turn the strip off when you go to sleep.
- Buy Energy Star® appliances to reduce your phantom load for devices that would be impractical to turn off.
- Tell others about this phenomenon known as phantom load. Chances are, they’ve never heard of it either!
- Watch out for the cube shaped transformers that plug into the wall. They are 60-80% inefficient when plugged in, so it is especially important that these are on power strips.
- Lead by example. If you start turning off your devices, maybe your roommates or family will too.

WHITEMOUNTAIN EXPLORATION

Where your outdoor adventures await you.....




The “Ultimate Adventure Gorge” Canopy Tour
presents...
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NHEC Customer Appreciation Week
Sept. 14th – 18th, 2009

Present this coupon to receive a FREE Adventure Gorge pass with the purchase of at least one more pass for the same tour. Reservations are required. Coupon must be mentioned when making reservations. Tour must be taken during these dates.

- All New “Kiddzilla Canopy Tour”
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Delivering over 5,000 feet of aerial excitement from start to finish!!!

Call Now For Reservations... (888) 289-1020
Located at 151 Tenney Mountain Road, Plymouth, NH 03264

FRED SAID: “The average American home has at least 20 devices that use standby power – that’s a big opportunity for energy savings!”*

*Source: Lawrence Berkeley National Laboratory

Who is Fred? He’s Fred Anderson, President & CEO of the Co-op and he’s big on energy efficiency!



For member service please call
1-800-698-2007
Monday-Friday, 8-5:00
or visit us online at
www.nhec.coop

To report an outage please call
1-800-343-6432

New Hampshire Electric Cooperative
579 Tenney Mountain Highway
Plymouth, NH 03264

- 5K Road Race Registration
- Wind Farm Dedication
- Surge Protection
- Vampire Power

Your Electric Co-op’s Newsletter

FEATURE ARTICLE:

Don’t Be Left in the Dark

Summer storms can bring lightning and power outages. NHEC offers these simple tips to help you prepare for whatever weather comes our way.

Before an Outage

Prepare a “storm kit” that includes:

- Flashlights with spare batteries
- A battery-operated radio or TV
- First-aid kit
- Canned, freeze-dried or dehydrated foods
- A manual can opener
- Bottled water
- Baby supplies (if applicable)
- Sufficient supply of medicines
- Important phone numbers (NHEC Outage Line: 1-800-343-6432)

During an Outage

- Check fuses or circuit box to determine if the outage is isolated to your location.
- Unplug or turn off all major appliances, such as air-conditioners and dishwashers, to avoid a power surge when the electricity comes back on.
- Unplug voltage-sensitive appliances, such as home computers and other electronic equipment, to prevent damage to your appliances. Use surge suppressors to help protect electronic equipment.
- Leave on a few lights so you can tell when the electricity has been restored.
- Keep refrigerators or freezer doors closed. If the refrigerator gets above 40 degrees, or the food is warm, do not consume it.



- Food in a filled freezer will stay frozen for two days and in a half-full freezer, one day. Also keep in mind that pork, poultry, fish, and hamburger will go bad if the temperature goes above 40 degrees.
- Once the electricity is restored wait at least one minute before turning your appliances back on.
- If you decide to leave the house during an outage make sure that all heat-producing appliances are unplugged and turned off.

OUTAGE MANAGEMENT SYSTEM

The Co-op has a powerful tool to help you report a power outage, update you on the status of repairs and confirm that your power has been restored. The process is entirely automated and has the ability to:

- recognize your service location or cell phone, if it exists in our system,
- report your outage to the NHEC Control Center,
- tell you the cause and approximate duration, as soon as it’s available,

- tell you if crews are assigned, en route, or on the scene of the outage,
- and call you back at any number to confirm that power has been restored.

This process is entirely automated. The information you get from the system is the same information our call takers have. You should only bypass the automated system if you have a special need to communicate to a call taker.

Outage Reporting: 1-800-343-6432

Make It Work for You

This advanced technology will only work if we have an up-to-date phone number for your account. There are two ways to get your information on record. You can call a Member Solutions representative during regular business hours at 1-800-698-2007 and we’ll update your information for you or you can update your account record anytime online. Just click on the Update Account Information link on the My Account section of our website – www.nhec.coop.

4th Annual Cooperative Covered Bridge 5K is September 5th

Mark your calendars for one of the best events in the New Hampshire road race season – the 4th Annual Cooperative Covered Bridge 5K!

This year's race will benefit two non-profit groups working to improve the quality of life in New Hampshire – the Pemi Youth Center of Plymouth and Keeping You, Me and Memories Alive, Inc. – the Plymouth-based organization working to raise funds to fight cancer and help those who are living with cancer and their families.

A scenic course that begins and ends inside the Smith Covered Bridge in Plymouth attracted more than 230 runners and walkers to last year's race. This year we've got more of everything – post-race raffle prizes, great food, a Kids Challenge obstacle course and lots more.

Complete race details are available on our website – nhec.coop. To enter the race, fill out and return the registration in this month's newsletter. Or, register online at www.coolrunning.com.

See you Saturday, September 5 at the covered bridge!

Win!! A Weekend Getaway to the White Mountains

A weekend for two at one of New Hampshire's White Mountains grand hotels is the top prize in the raffle following the 4th Annual Cooperative Covered Bridge 5K on September 5, 2009. You do not have to be present at the race to win. To enter, fill out the form, return to NHEC 5K, 579 Tenney Mountain Highway, Plymouth, NH 03264. Include a check made payable to NHEC for the number of tickets you wish to purchase. We will photocopy your entries and place them in the drawing. Ticket prices: 1 for \$1, 6 for \$5. No limit to number of entries. Winner drawn September 5, 2009.

Name: _____

Daytime Phone Number: _____

Number of Entries: _____

clip & return!



Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Age on race day: _____ Female Male

Entry Fees Received Before 9/4/09:

\$17 Runners \$15 Walkers \$5 Kids Challenge

\$20 Runners/Walkers after 9/5/09

Shirt Size (please circle): S M L XL

Register before 8/14/09 and receive a free tee shirt

Race Teams

Team Name: _____

Team Captain: _____

Captain's Phone: _____

Number of Team Members: _____

All Team members must submit a completed registration form along with one check for total amount.

Please make checks payable to: NHEC

Please send payment and registration form to:

NHEC 5K, 579 Tenney Mtn. Hwy., Plymouth, NH 03264

Waiver and Release:

I know that running is a potentially hazardous activity. I should not enter and run or walk the race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risk associated with participating including, but not limited to falls, contact with other participants, the effects of the road and traffic on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the New Hampshire Electric Cooperative, Inc., coordinating groups, individuals associated with the road race, all sponsors and their representatives, employees, and successors from all claims or liabilities of any kind suffered in connection with this event. I also hereby grant full permission to any and all of the foregoing to use my likeness in all media including pictures, photographs, or any other record of this event for any legitimate purpose.

Signature: _____

Parent signature for participant under the age of 18

Clip the form above to register for the 4th Annual Cooperative Covered Bridge 5K on September 5th, 2009; or register online at active.com.

Lempster Wind Farm Dedicated



NHEC President/CEO Fred Anderson speaks at the dedication of the Lempster Wind Power Project.

The Town of Lempster, site of the Co-op's first electric pole in 1939, welcomed another energy first this summer – the dedication of the state's first commercial wind power project.

The occasion was marked by a community celebration that brought together families, elected officials and a number of local businesses who had a hand in developing and building the 12 new turbines now creating clean electricity for the region using nothing but wind as fuel.

The Lempster Wind Power Project will produce enough renewable, homegrown energy to power 10,000 typical New Hampshire homes each year. NHEC is

purchasing 10% of the wind farm's output.

"For the 80,000 members of New Hampshire Electric Cooperative, the Lempster Wind Power Project is especially symbolic," NHEC President/CEO Fred Anderson told the gathering. "Seventy years ago, in 1939, Lempster was the site of the Cooperative's very first pole in our founders' vision to bring reliable, affordable electricity to the unserved rural areas of New Hampshire. Today, Lempster is again a herald for the Co-op, as host to the first New Hampshire wind-powered generation in our quest to meet 25 percent of our members' electricity needs through renewable energy sources by the year 2025."

Take Cover with Whole House Surge Protection

Lightning and power surges can wreak havoc on your appliances and electronics. That's why the Co-op has made it easier and more affordable to safeguard your valuable possessions.

Whole House Surge Protection

Whole house surge protection starts with a visit from a qualified Co-op electrician to test and analyze your home's electrical grounding. If it's up to snuff, the Co-op will install the Kenick Surge Arrester and HomeGuard® Surge Protection kit.

This whole house surge protection provides your home with two levels of surge protection. First, the Kenick surge arrester



blocks surges from entering your home with a special device installed by a qualified Co-op technician at your electric meter.

WATTS HAPPENING!

Board of Directors Meetings

The NHEC Board of Directors meets monthly at dates and locations that are available on the Co-op website at www.nhec.coop/boardofdirectors, or by calling Sharon Yeaton at 603-536-8801.

A Fishing Boat, a Power Washer and a '66 Mustang Coupe...

They were all for sale last month in the online Co-op Classifieds. Buy, sell or swap at www.nhec.coop. Ads are free of charge to Co-op members and there's no limit to how many ads you can post. To get started, register online and follow the links to post your free ads.

Free Fluorescent Bulb Recycling

Bring your used fluorescent lights to one of two NHEC locations for safe, free disposal. Our Plymouth headquarters (Tenney Mountain Highway) and Meredith District building (Route 25) are accepting fluorescent tubes up to four feet in length, compact fluorescents, U-shaped and circular tubes (limit six per household, per visit; no broken bulbs accepted).

Hours of Operation

Plymouth: 8 a.m. – 4:30 p.m., M-F

Meredith: 7:30 a.m. – 2 p.m., M-F

This device protects your home and major "white" appliances, such as your refrigerator, stove, dishwasher and washing machine/dryer.

Also, you'll receive four high-quality plug-in devices (HomeGuard Surge Protection kit) to provide a second level of protection for your television, computer and other sensitive electronic equipment. You'll get all this and a socket tester for just \$450, including delivery and installation.

Order Today

For more information or to order, call Co-op Member Solutions at 1-800-698-2007, or visit www.nhec.coop.