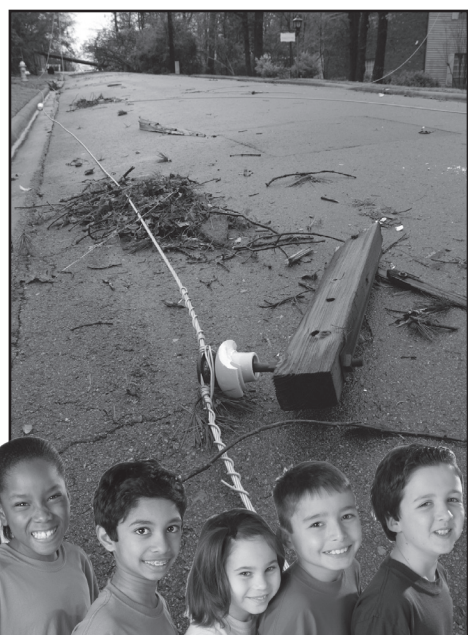


Hey Kids! Play It Safe Around Electricity...

This is important stuff! Electricity can shock, burn or kill you! It's not only power lines that can hurt you if you contact them, you can also be shocked by an appliance or power cord in your home if you don't know how to play it safe. Here are some tips:

- Never climb utility poles or play on fences around substations.
- Keep electrical cords and wires away from heat and water.
- If you are touching water, never touch electrical devices such as light switches, hair dryers, curling irons, mixers, or toasters.
- Don't pull on electric cords to unplug them.
- Keep kites away from power lines, and never fly metallic balloons outside.
- Don't put your fingers in a light bulb socket.
- If you see a fallen electrical wire, stay away!
- Disconnect appliances before cleaning them.
- Tell someone if you see a frayed cord.
- Don't swim during an electrical storm.
- Don't touch overhead wires when you're carrying a ladder, pool skimmer, or any other long object.
- Don't climb a tree that has power lines running through or near it.
- Don't use an electrical appliance when you're wet.
- Tell your parents about damaged plugs and cords on outdoor and indoor appliances.
- Don't touch anyone or anything that is touching a downed wire.



Why Do People Get Shocked?

Electricity usually flows through wires over our heads, but did you know it will also travel through water almost as easily? Believe it or not, your body is 70% water. So, if you touch electricity, it will flow through you and you will be badly hurt.

Electricity always wants to get to the ground, even if it goes through you. Don't give it a chance! Stay away from all wires and appliances near water!

- 5K Road Race Results
- Efficient Convectair Heaters
- NHEC Vehicles Up for Bid
- Substation Upgrades
- Electrical Safety Tips

Your Electric Co-op's Newsletter

DEAR MEMBER,

Regular readers of New Hampshire Electric Co-op Today will notice this issue is the first to be printed in black and white. This change, which saves over a thousand dollars a month, is part of a larger effort on behalf of your Co-op to cut costs and gain efficiencies wherever possible.

An electric cooperative reflects the financial health of the communities it serves. While New Hampshire has fared better than most regions of the country during the economic downturn, the recession has had an impact on your Co-op's growth and revenues.

For instance, kilowatt-hour sales have declined over the past two years after seven years of steady growth. Likewise, the number of new members joining the Cooperative has declined dramatically. For the past 12 years, NHEC averaged over 1,088 new services per year. In 2008, that number dipped to 212 and is on track to drop even lower in 2009. At the same time, we have experienced unprecedented increases in the cost of benefits and other operating costs.

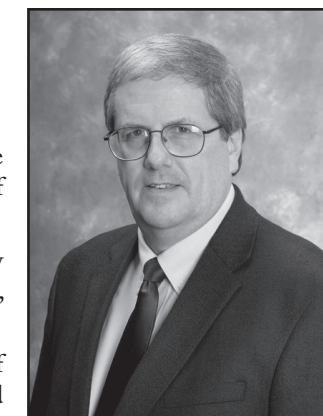
While your Co-op has the sound financial footing and resources to weather the downturn, everyone must do their part to help reduce expenses. I have directed our employees in every part of the business to scrutinize expenses and submit proposals for targeted cuts. A companywide hiring freeze is in place. Early retirement offers have been made to union and non-union personnel. There's a lot we can and are doing to reduce and manage costs, but you should know that the safety and reliability of your electric service will not be affected.

NHEC has been through challenging times before. In fact, the situation was much worse nearly 20 years ago when we emerged from bankruptcy with negative equity, a burdensome power supply contract and extensive government oversight. Today, our equity stands at a healthy 26%, we are free to negotiate the best possible power supply contracts for our members and the majority of oversight we have is from the members we serve.

The cooperative business model has been getting a lot of attention lately as a solution to the nation's health care reform needs. It's not surprising that people look to the stability of cooperatives during challenging times. Without the need to enrich distant shareholders, a cooperative can keep its focus where it belongs – on helping its member-owners succeed and thrive.

Thank you for your continued support,

Fred Anderson
President/CEO



Cooperative Covered Bridge 5K Nets \$6,700

Two New Hampshire non-profit groups will share \$6,700 raised by over 200 runners and walkers at the 4th Annual Cooperative Covered Bridge 5K road race.

Mark Miller of Keene continued his dominance of the event, winning his fourth consecutive title in a time of 15:19. Winning the women's division for her first Covered Bridge 5K title was Kara Haas of Chelmsford, MA in a time of 18:11. Both winners took home cash prizes of \$250.

The race, which saw the field gather for the start inside the Smith Millennium Covered Bridge in Plymouth, is sponsored by your New Hampshire Electric Cooperative and benefits the Pemi Youth Center of Plymouth and Keeping You, Me & Memories Alive, Inc., an organization that supports individuals and families undergoing cancer treatment in central New Hampshire.

All race participants enjoyed food donated by the Common Man Inn of Plymouth. A post-race raffle awarded gift certificates and a grand prize of a weekend getaway package donated by The Inns & Spa at Mill Falls of Meredith, which was won by Jim Hoar of Hanover, MA.



Mark Miller of Keene won his fourth consecutive Cooperative Covered Bridge 5K.

5K Thank You

New Hampshire Electric Cooperative, the Pemi Youth Center of Plymouth and Keeping You, Me & Memories Alive, Inc. would like to thank the sponsors below for their support of the 4th Annual Cooperative Covered Bridge 5K road race:

Balsams Grand Resort Hotel	Inns & Spa at Mill Falls	Rand's Hardware
Berry, Dunn, McNeil & Parker	James A. Kiley Company	Snowy Gables Saloon & Restaurant
bGG Advertising	Junkyard Dawgs	Speare Memorial Hospital
Cooperative Finance Corporation	Kards by Kathy Melanson	Starbucks
Common Man Inn, Plymouth	Lucky Dog Tavern & Grill	Styleworks of Plymouth
Community Guaranty Savings Bank	Mango Security	Touchstone Energy
Country Cow Restaurant	Mark Dean, Attorney	Turnage Barber Shop
Currier & Sons Garage	Mid-State Health Center	Veggie Art Girl
Granite State Credit Union	Meredith Village Savings Bank	White Mountain Gateway Economic Development Corp.
Graybar Electric	NH Adventure Boot Camp for Women	Woodlands Credit Union
Hannaford Supermarkets, Plymouth	Northway Bank	Woodville Guaranty Savings Bank
Highland Links Golf Club	Off the Hanger	Wright Communications, Inc.
Hubbell Power Systems	Plymouth State University	Yeaton Agway Services
I.C. Reed & Sons	Pemi-Baker River Adventures	
	Power System Engineering	

Building for the Future

Upgrades at two substations will increase capacity and improve reliability

Jackson

Serving approximately 2,200 members in Jackson and Bartlett, the Co-op's Jackson substation helps power the area's winter ski industry. That's why it was important to replace nine deteriorated underground cables before the snow flew.

The cables, which carry power out of the substation on three different circuits, were buried in 1971 and had reached the end of their useful life. With new cables in service, the Jackson substation is ready to meet the area's power needs for many years to come.



NHEC finished upgrades at the Jackson substation by landscaping the area to help screen the facility from nearby Route 16.

Lee

Work is underway in Lee to double the capacity of the substation that serves approximately 1,000 Co-op members in Nottingham and Lee.

Prompted by steady growth in the area, the improvements involve replacing existing transformers with larger models and upgrading other equipment. The increased capacity will give the Co-op the ability to swap electrical loads with the nearby substation in Raymond, meaning shorter outages affecting fewer members.

Get Whole House Comfort

Efficient, Economical, Safe

Providing gentle, even heat throughout any room, Convectair heaters are equipped with an efficient electronic thermostat. And, because they mount to your wall and feature automatic overheat protection, there are no safety worries.

The Co-op sells three models of Convectair heaters at special members-only pricing. Check out the models below and call to order...1-800-698-2007.



Jazz

Warms towels and bathrooms in no time. Perfect for people who like the comfort of quick heat and the silence of basic convection heat.



Calypso

Small on size and big on efficiency, the Calypso is equipped with an electronic thermostat for basic heating, a fan-forced heater and a timer for quick heat when you want it. It's recommended for all bathrooms.



Apero

Using natural convection to heat the entire mass of air in a room, the Apero ensures an even temperature throughout the room. And, with a built-in electronic thermostat that's precise to one-fifth of a degree, it will make sure the comfort level you get is the one that you set.

See the difference convection heat makes: www.nhec.coop/products

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.

Act Now for 2009 Rebates

Time (and money!) is running out for Co-op rebates on renewable energy systems. Members planning to install solar hot water, solar electric or small wind turbines in Co-op service territory must have projects completed by the end of the year to qualify for 2009 rebates. Get up to \$3,500 back on renewable energy systems or up to \$4,000 back on the installation of low-temperature heat pumps. You must be pre-approved for rebates, so check complete program details online at nhec.coop, or call Member Solutions at 1-800-698-2007.

Rate Change Coming November 1

At the time this newsletter went to print, the NHEC Board of Directors was considering possible rate changes that would result in a decrease in the total bill of a typical residential member, effective November 1, 2009. Complete details will be available in the November newsletter or, once available, online at nhec.coop.

NOTICE: Disposal of Fleet & Equipment

New Hampshire Electric Cooperative (NHEC) is preparing to offer for bid, vehicles and equipment that are ready for disposition. This bid offering is being made available to the membership, Co-op employees and retirees, with the disposal process and listing of vehicles as follows.

Member Solutions representatives cannot answer questions regarding vehicles and equipment being disposed. All questions will be answered during the two vehicle and equipment viewing dates listed.*

Bid sheets for submitting bids can be picked up at the viewings. A separate sheet for each vehicle bid must be submitted. Sealed bids are due by the end of the workday (4:30 p.m.) Thursday, November 12, 2009. Bid openings and awarding of bids will take place Friday, November 13, 2009. Vehicles are sold "As Is" and "Where Is" without warranties of any kind whatsoever. NHEC reserves the right to reject any and all bids.

Payment must be made and vehicle(s) removed by Tuesday, November 24, 2009. Payment will only be accepted in the form of cash, certified check, or bank draft.

A tentative list of vehicles and equipment for November disposal includes:

- (1) 1 ton 4x4 w/ enclosed utility body
- (2) Digger Derricks
- (1) 50 ft. material handling bucket truck
- (2) Cargo vans
- (1) Mini van
- (1) ½ ton 4x4 pickup
- (1) Sedan
- (1) Station wagon

List is subject to change.

Viewing dates and times:

Tuesday, November 3, 2009,
9 a.m. to 6 p.m.

Wednesday, November 4, 2009,
9 a.m. to 6 p.m.

Bids due:

Thursday, November 12, 2009, 4:30 p.m.

Bid openings and awards:

Friday, November 13, 2009

Vehicle/Equipment removal:

No later than Tuesday, November 24,
2009, 4:30 p.m.

Vehicle viewing location:

NHEC Vehicle Maintenance Facility
533 Tenney Mountain Highway
Plymouth, NH

*Information on the vehicles and equipment will be provided only at the scheduled viewing dates listed. Please do not contact the Co-op about vehicle and equipment conditions.