

JACKSON
ELECTRIC MEMBERSHIP CORPORATION™

JEMCOnews

A PUBLICATION FOR JACKSON EMC MEMBERS

Turning
lives
around

YOUR
OPERATION ROUND UP®
DOLLARS
HELPING OTHERS

OCTOBER 2018 | IN THIS ISSUE

SMOKE DETECTOR TIPS TO KEEP YOUR FAMILY SAFE

ENERGY VAMPIRES: DEVICES & APPLIANCES THAT COULD BE DRAINING YOUR POWER & MONEY



WHAT MAKES A COOPERATIVE DIFFERENT

Back when my kids started a new year in elementary school, one of the things I enjoyed seeing were the “All About Me” stories. If you have young children, you may know what I’m talking about.

On the first day of school, a teacher asks students to write about their family, favorite movies or TV shows, and hobbies. There may be drawings and scribbles on the paper, which is proudly displayed on the classroom wall for everyone to get to know each other. On parent night, mom and dad read their child’s story and take a look at every other student’s display. I always enjoyed seeing these insights to young minds – their thoughts, their observations, what makes them excited and what’s unique about that child. It’s like the “All About Me” story is a snapshot of the mind of each student.

If I were to give you a snapshot of what it means to be a cooperative, you’d see some pretty unique things, too. For starters, all cooperatives – whether supplying energy, food or other services – follow seven principles. You’ll see these seven principles listed on this page. It’s these principles that are the basis for the cooperative difference.

What makes cooperatives, like Jackson EMC, different is that we put our members’ needs first. In fact, when Jackson EMC was established 80 years ago, it was local leaders, farmers and neighbors who came together to start this electric cooperative to serve their community. Today, one of the best examples of cooperatives in action is Annual Meeting. To me, Annual Meeting is like our family

reunion – just a very big reunion! Of course, there’s plenty of food and fellowship, but there are also members participating in the business affairs of their cooperative. If you couldn’t attend last year’s Annual Meeting, you can watch a video of the business meeting at jacksonemc.com/annualmeeting.

When it comes to cooperation among cooperatives, you may have heard of our linemen helping to restore power for other co-ops after major storms. But, did you know we also have partnerships with other cooperatives to improve services for our members? Take, for example, our partnership with Walton EMC and GreyStone Power Corporation. All three cooperatives own EMC Security, which provides security service for more than 53,600 homes and businesses in Georgia. Another valued partnership is with Green Power EMC, which currently supplies 12.7 megawatts of renewable energy to our members. Over the next few years, Green Power EMC will expand its solar power facilities to serve more than 30 cooperatives in the state, including Jackson EMC.

Cooperatives are also focused on educating their members. For Jackson EMC, that means we share ways you can lower your monthly energy bill. We share these tips each month through *JEMCO News*, our website, on social media and in our bill messages. Following some of these tips can have a positive impact on your monthly bill.

Since October is National Cooperative Month, it’s only fitting that we share the message of the

7 PRINCIPLES of COOPERATIVES

Cooperatives base their business model on the seven cooperative principles, which are:

- 1 Open and Voluntary Membership
- 2 Democratic Member Control
- 3 Members’ Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

cooperative difference. You’re a member of a co-op and that means you’re part of something special.

Do you have a question about the “cooperative difference”? If so, send me an email at chip@jacksonemc.com.



**Chip Jakins,
President/CEO**

NEED TO KNOW: STAY SAFE FROM CYBER SCAMS



TO LEARN HOW TO SAFEGUARD YOUR INFORMATION, VISIT JACKSONEMC.COM/SAFETY-AND-SECURITY.

Jackson EMC takes steps to protect its members’ information. But, it’s not unusual for the cooperative to learn about scams targeting our members. **You can avoid being the victim of a cyber-based scam by following these first-line defense steps:**

USE STRONG PASSWORDS
A password that contains 12 characters or more can take up to two centuries for hackers to crack. Along with a strong password, use two-factor authentication when possible.

THINK BEFORE YOU CLICK
Don’t click on links or attached files in emails if it seems suspicious or came from someone you don’t know. Phishing attack emails from scammers often have a sense of urgency, like telling you to pay your bill immediately.

KEEP YOUR PASSWORDS PRIVATE
Any time another person has your passwords, you risk someone accessing your personal information without your permission. Keep passwords to yourself.

October is National Cyber Security Awareness Month. Learn more tips at staysafeonline.org.

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SMOKE DETECTORS

LIFE-**SAVING** DEVICES WHEN SECONDS COUNT

Fires can happen anywhere. And when there's a fire, smoke spreads fast. A working smoke detector gives you an early warning to get outside quickly when fire is detected.

To keep your family safe, follow these tips from the National Fire Protection Association to ensure proper use of smoke detectors.



Install smoke detectors in each bedroom and in the hallway outside each sleeping area.



Install smoke detectors on each level of your house. Don't forget to install smoke detectors in the basement.



Interconnected smoke detectors work best – meaning they all sound when one detector is activated.



Test smoke detectors once a month. Press the "test" button to ensure the device is working.



Replace smoke detectors every 10 years.



Replace the batteries in a smoke detector when the time changes for daylight saving in spring and fall.



Installing smoke detectors in your home is a key step to staying safe from fires. But seconds count during a fire, getting help faster matters. Upgraded, professionally-monitored smoke detectors will help save time when you're focused on what's most important – getting everyone to safety.

EMC Security offers smoke and carbon monoxide detectors, and professionally monitors them with your new or existing home security system for no additional

monthly cost. If activated by smoke or heat, the detectors will notify EMC Security – who will quickly dispatch your local fire department.

A fast response to a fire is critical for keeping your family safe and limiting potential property loss from fire, smoke or water damage.

To add smoke and carbon monoxide monitoring to your security monitoring system, contact EMC Security at 770-963-0305 or visit emcsecurity.com.



DID YOU KNOW:

A closed door may slow the spread of smoke, heat and fire. Sleeping with your bedroom door closed gives you extra time to escape, in the event of a fire.

Roughly three out of five fire deaths happen in homes with no smoke detectors or working smoke detectors.

SOURCE:
NATIONAL FIRE PROTECTION
ASSOCIATION (NFPA)

WINTER RATES: NOW IN EFFECT

Decreased demand for electricity during the winter enables us to pass savings along to you through low electric rates. Winter rates begin in October and continue through April.



LEARN MORE ABOUT OUR RESIDENTIAL ELECTRIC RATES AT JACKSONEMC.COM/RATES AND VIEW SCHEDULE A-18 FOR RESIDENTIAL SERVICE.

REGULAR RESIDENTIAL RATE*

Winter Rates

Service Charge: \$20 per month

First 650 kWh: 8.81 cents per kWh

Next 350 kWh: 8.16 cents per kWh

More than 1,000 kWh: 8.06 per kWh

* The Wholesale Power Cost Adjustment and other applicable taxes are also part of your total electric bill.

Turning lives around

YOUR OPERATION ROUND UP®
DOLLARS HELPING OTHERS



Since forming 13 years ago, the Jackson EMC Foundation has been helping turn lives around, thanks to Jackson EMC members who round up their bill through Operation Round Up®. The pennies members donate each month average to \$6 a year per member.

The Foundation has awarded 1,334 grants totaling \$13.5 million since 2005 with the donations supporting a wide variety of nonprofit organizations in Jackson EMC's 10-county service area. Funding has provided everything from book bags for back-to-school to art supplies for cancer patients.

While all Foundation grants go to worthy causes selected by the Jackson EMC Foundation's volunteer board of directors, almost \$4.6 million has gone to charitable organizations that meet the

most dire of human needs, according to Foundation Chairperson Beauty Baldwin.

"These agencies work to provide housing for the homeless and healing for the abused," Baldwin said. "Their leaders often tread where few dare to go as they strive to help turn lives around for alcoholics and drug abusers, former inmates and the mentally ill. With assistance from Jackson EMC members who donate through Operation Round Up, the Jackson EMC Foundation is helping change lives, one at a time."

Here, we share the stories of individuals whose lives were positively impacted by organizations that received Jackson EMC Foundation grants in the past year.

ROCK GOODBYE ANGEL: FINDING COMFORT

ROCKGOODBYEANGEL.US | \$5,000 GRANT FOR PREGNANCY, INFANT LOSS SUPPORT PROGRAM



As Rock Goodbye Angel Director Angela Ewers looks on, Bethany holds a Joshua Lamb, named for her son, like those given by the organization to grieving parents.

Based in Gainesville, Rock Goodbye Angel provides a network of support and grief education for parents of miscarriage and early infant loss. Parents take part in counseling and weekly support groups with others who have experienced the trauma of losing a baby.

CLIENT IMPACT: BETHANY

Bethany has been a Rock Goodbye Angel client since losing a baby three years ago. Her story is one of heartbreak and, much thanks to RGA, healing.

When Bethany was almost five months pregnant with her second child, doctors told her he had not formed kidneys and would not live outside the womb. Knowing that the only time she would share with her child was the time he lived inside her, Bethany chose to carry him to full term. While he thrived within her, she and her husband planned his burial. Standing with them was Rock Goodbye Angel.

"With their help, I made plans for how I would handle that day," Bethany said. "I had decisions to make, and Rock Goodbye Angel walked me through the process. Doctors cared for the physical part of it and Rock Goodbye Angel Director Angela Ewers was there for the emotional side."

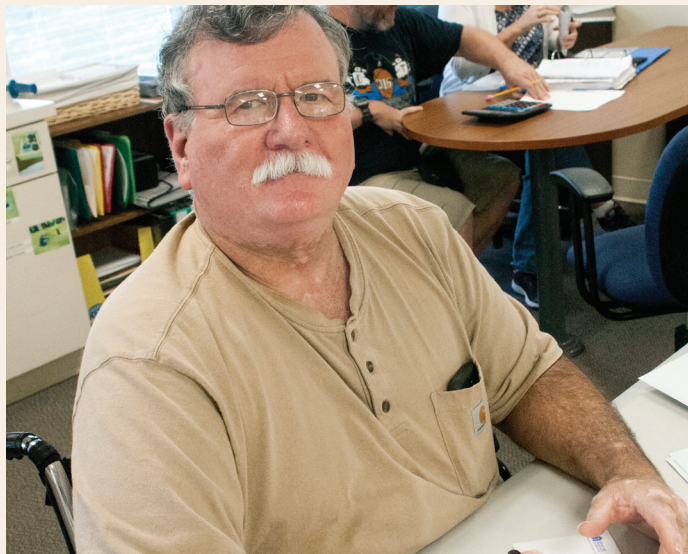
Bethany delivered her son, Joshua, at 39 weeks. He was born alive, a miracle in itself, according to doctors who say most infants with his condition are stillborn. Joshua lived for two hours, his brief life filled with visits from family and friends, including Angela.

Her peers at Rock Goodbye Angel are an extension of her family, according to Bethany.

"It's a club no one wants to be in, but we are members," she said. "These are my people."

SIDE BY SIDE BRAIN INJURY CLUBHOUSE: FINDING COMMUNITY

SIDEBYSIDECLUBHOUSE.ORG | \$13,248 GRANT FOR REHABILITATION SERVICES FOR DISABLED ADULTS



Kendall works in the business unit at Side by Side Brain Injury Clubhouse.

At Side by Side Brain Injury Clubhouse, adults with acquired brain injury shift from depending on others to becoming self-sufficient community members. This is achieved through skills-based rehabilitation as club members work in Side by Side's kitchen, maintenance and business units.

CLIENT IMPACT: KENDALL

Before his brain injury, Kendall had a full life, a career and he knew the feeling of independence.

"Our job was to help him find his new normal," said Side by Side Development Director Alexis Torres.

A teacher at Atlanta Technical College, Kendall was walking in the city in 2011 when he was struck by a taxi cab. He was in a coma for three months and was hospitalized for another year before joining Side by Side in 2012.

"I've learned how to live life in a different way," Kendall said.

Before teaching at Atlanta Tech, Kendall worked as an auto mechanic, and then as a mechanics teacher for Gwinnett Technical College and Barrow County Schools. "I still help with mechanics work," he said. "Others do the physical work while I tell them what needs to be done."

Side by Side Director Cindi Johnson calls Kendall a role model for club members.

"When I met Kendall, he was angry and depressed, and now he's a cheerleader for other members," she said. "He sees their potential and is very encouraging to them."

Side by Side has been by his side.

"It's helped me learn to live and be thankful for the problems I have because many people here have problems worse than mine," says Kendall.

ANGEL HOUSE: FINDING SISTERHOOD AND SOBRIETY

ANGELHOUSEOFGEORGIA.ORG | \$5,000 GRANT FOR INDIGENT WOMEN TO PARTICIPATE IN PROGRAM



Jennifer considers herself a different person since living at Angel House.

A substance abuse/recovery residence for women, Angel House offers clients from throughout Jackson EMC's service area a second chance at life as they work a 12-step program toward sobriety with women in similar situations.

CLIENT IMPACT: JENNIFER

On and off drugs for many years, Jennifer served a one-year sentence at a Georgia detention center.

"I'm so thankful for that year in jail," she said. "I needed every day of it. If not for that, I would be in the same circle—if I was still alive."

Upon her release from jail, Jennifer moved to Angel House to tackle her addiction.

"I spent a lot of years doing the same thing—using drugs, being co-dependent in different relationships," she recalls. "I finally decided I have to do something different or this will be my life for the rest of my life."

After living at Angel House for 14 months, she now resides in a transition apartment and works full-time at a distribution warehouse. She credits Angel House with helping her turn her life around.

"It's taught me to stand on my own and with that comes responsibility and being dependable," Jennifer said. "And it's provided me a shared sisterhood with people I can relate to and count on. I'm a different person than when I got here."



FOR MORE INFORMATION ABOUT THE JACKSON EMC FOUNDATION, VISIT [JACKSONEMC.COM/FOUNDATION](https://www.jacksonemc.com/foundation)

The Jackson EMC Foundation board of directors awarded a total

\$114,431 IN GRANTS

during its July meeting, including **\$101,800 to organizations** and **\$12,631 to individuals.**

ORGANIZATIONAL GRANT RECIPIENTS:

\$15,000 | American Red Cross of Northeast Georgia, to provide disaster relief, including food, shelter, personal needs and clothing, to families in Banks, Barrow, Clarke, Franklin, Hall, Jackson, Lumpkin, Madison and Oglethorpe counties who have lost their home to a fire or natural disaster.

\$15,000 | Boys & Girls Clubs of Metro Atlanta—Gwinnett, for the Lawrenceville Club’s Power Hour program, which is part of its overall Academic Success program that provides club members with daily support, resources and guidance needed to complete school assignments while maintaining educational confidence and ability.



\$15,000 | Eagle Ranch, a 310-acre campus in Flowery Branch for boys and girls in crisis serving all of Northeast Georgia, to allow 32 children to participate in its Equine Therapy Program.

\$15,000 | Gwinnett Coalition for Health and Human Services, to help provide its Helpline phone system, operated by volunteers, which serves as a one-stop referral service for callers seeking assistance with low cost medical care, food, rent and utility assistance, emergency shelter, counseling services and needs.

\$15,000 | Gwinnett Student Leadership Program, for its student leadership program, which provides high school juniors and seniors in 23 public schools with practical leadership skills

and training to return to their home high school and facilitate the core leadership principles there to increase the development of student leaders.

\$14,800 | Boys & Girls Clubs of Lanier in Hall County for its Triple Play program that helps 1,300 youth increase their knowledge of healthy habits, good nutrition and physical fitness with the primary goal of reducing childhood obesity.

\$12,000 | Atlanta Community Food Bank, to provide eight mobile food pantries in Gwinnett County that will feed 1,600 food-insecure families through partner agencies, eliminating the need for the agencies to store the food and allowing the Food Bank to distribute food at a fraction of the cost.

INDIVIDUAL GRANT RECIPIENT:

\$5,000 to help purchase a wheelchair accessible vehicle for a family’s disabled son.

\$5,000 to help repair a deck and build a ramp for a disabled person.

\$2,631 to help purchase hand controls for a vehicle and provide a driver evaluation for an amputee.

The Jackson EMC Foundation board of directors awarded a total

\$94,311 IN GRANTS

during its August meeting, including **\$87,032 to organizations** and **\$7,279 to individuals.**

ORGANIZATIONAL GRANT RECIPIENTS:

\$15,000 | Children’s Center for Hope and Healing, in Gainesville, to provide 50 children in Barrow, Banks, Hall, Jackson and Lumpkin counties who have been sexually abused with therapy to reduce trauma symptoms such as nightmares, bed wetting, anxiousness, depression, anger, fatigue and self-hatred, and for their families to decrease the sense of isolation, strengthen the family, assist with parent-child attachment and family functioning.

\$15,000 | Choices Pregnancy Center, in Gainesville, for its My Baby Counts program, which provides educational materials on parenting skills to pregnant women and new parents in Gwinnett, Hall and Jackson counties.

\$15,000 | Next Stop Foundation, a Lawrenceville grassroots organization that provides social interaction, recreational and life skills learning opportunities to young adults with mild to moderate disabilities in Gwinnett and Hall

counties, to help fund programming for 25 people to become more fully integrated into society and achieve a higher level of independence.

\$15,000 | SISU of Georgia, a Gainesville nonprofit organization providing educational, therapeutic, nursing and family support services to children with disabilities in Banks, Barrow, Gwinnett, Hall, Jackson and Lumpkin counties, to support the Early Intervention Program that provides children with special needs with classroom instruction, individualized therapy and nursing services.

\$10,000 | Tiny Stitches, in Suwanee, to provide materials and supplies for its network of volunteers to hand-craft a 28- to 32-piece layette of clothing and blankets to keep an infant warm and dry for the first three months of life, donated to mothers in Franklin, Gwinnett, Hall and Jackson counties who have little or nothing for their newborns.

\$9,532 | Hope for the Journey of North Metro, a compassionate community cancer outreach program in Lawrenceville that works closely with the American Cancer Society to provide support, meals and educational materials to children and adult cancer patients and their families in Barrow, Gwinnett, Hall and Jackson counties.

\$7,500 | Prevent Child Abuse Athens, a grassroots organization focused on ending neglect and abuse of children in Clarke, Jackson, Madison and Oglethorpe counties, to provide assistance with the First Steps primary prevention program, which offers support, parenting education materials and community resources and referrals to new parents to help them with the challenges of parenting.

INDIVIDUAL GRANT RECIPIENTS:

\$5,000 to help provide a new HVAC unit for a senior citizen with disabilities.

\$2,279 to help provide school transportation assistance for a student with disabilities.



FOR MORE INFORMATION ABOUT THE JACKSON EMC FOUNDATION, OR TO APPLY FOR A GRANT, VISIT JACKSONEMC.COM/FOUNDATION

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I certify that the statements made by me above are correct and complete. Kerri Testement, Editor

MEMBERS MAKE IT DELICIOUS

Avocado Hummus



“This is a wonderful alternative to typical hummus. This delightful dip is bean free for all of those Keto dieters.”

— VICTORIA SIMPSON, LAWRENCEVILLE

INGREDIENTS:

- 2 large ripe avocados
- ½ cup almonds
- ⅓ cup tahini
- ⅓ cup lemon juice
- 6 garlic cloves (or 2 tbsp. garlic juice)
- 1 tsp ground cumin
- ½ cup avocado (or olive) oil
- 1 tsp Himalayan salt

DIRECTIONS:

Mix all ingredients in a food processor until creamy. Add more oil, lemon juice, garlic, cumin or salt to taste. Garnish with avocado, olive oil or cumin.



SEND YOUR BEST RECIPES: RECIPES@JACKSONEMC.COM OR MAIL TO:
COOPERATIVE COOKING | JACKSON EMC | PO BOX 38 | JEFFERSON, GA 30549
FIND MORE RECIPES AT JACKSONEMC.COM/RECIPES.

**YOUR POWER.
YOUR COMMUNITY.**

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JACKSON EMC OFFICES
1000 Dawsonville Highway
Gainesville, GA
(770) 536-2415

85 Spratlin Mill Road
Hull, GA
(706) 548-5362

850 Commerce Road
Jefferson, GA
(706) 367-5281

825 Buford Dr
Lawrenceville, GA
(770) 963-6166

EMC SECURITY
55 Satellite Blvd., NW
Suwanee, GA
(770) 963-0305 or
(706) 543-4009



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PERIODICALS
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ENERGY VAMPIRES

These ‘Energy Vampires’ Could be Draining Your Power & Money

Even if appliances and devices are turned off — if they’re still plugged in to electric outlets — they’re sucking up power. And, that could cost the average household up to \$100-\$200 a year, according to the U.S. Department of Energy.

So, how can you tackle these so-called “energy vampires”?

Besides unplugging devices or appliances not use, you can also control your energy use by using power strips to turn off multiple devices with just one switch. On computers, be sure to use the sleep mode function to minimize the amount of energy it’s using. And, always look for ENERGY STAR® rated appliances to help you save money for years to come.

COMMON ENERGY VAMPIRES:

- Computer equipment, including printers
- TVs
- Video game consoles
- Surround sound systems
- Cable or satellite TV boxes
- Household items with a clock, such as coffee makers and Blue-ray/DVD players