

Watt's Cooking?

We asked our readers to share their favorite recipes and you responded in a tremendous way. The response was too much to include in a single edition of Powerlines. So we'll be featuring more of your favorite kitchen creations in future editions. Thanks for the response and keep those recipes coming. You can mail them to: Volunteer Energy Cooperative, c/o Robert McCarty, P.O. Box 277, Decatur, TN 37322 or email them to rmccarty@vec.org.

Grandma Jones' Creamy Macaroni

Ingredients:

12 oz of elbow macaroni
8 oz of mild cheddar cheese (shredded)
1 large egg
1 cup of cottage cheese (any curd)
2 tablespoons of dried chives
paprika
2 teaspoons of butter
salt and pepper

Preheat oven to 325 degrees. Lightly grease 2 qt. baking dish. Cook macaroni until tender. Drain well and return to pan. Add and stir in butter-set aside. Whisk egg in large bowl. Add cottage cheese, sour cream, chives, salt and pepper, cheddar cheese. Toss all together gently. Add cooked macaroni. Toss again until fully mixed. Put into greased baking dish. Sprinkle with paprika. Cook about 45 minutes.

Provided by: *Kathy Jones Bruhn-Georgetown, TN*

Sour Cream Banana Pudding

Ingredients:

2 small boxes instant vanilla or banana pie and pudding mix
3 cups of milk
1-8 oz. Cool Whip
1-16 oz. carton sour cream

With mixer, mix instant pie and pudding mix with milk. With spoon: mix Cool Whip and sour cream. Mix the 2 mixtures above and use vanilla wafers and bananas as in other banana pudding.

For diabetics use:

sugar free-fat free pie and pudding mix
skim milk
fat free Cool Whip
fat free sour cream
low fat vanilla wafers.

Use vanilla wafers and bananas as in other banana pudding recipes.

Provided by: *Tena Sharp- Decatur, TN*

Cheese Balls

Ingredients:

1 stick of margarine
1 cup of graded cheese
2 cups Rice Krispies
1 cup chopped nuts
1 cup plain flour with a little Bisquick
dash of hot pepper

Let margarine be at room temperature. Mix all of the ingredients by hand in a large bowl. Roll into a small ball. Put on pan and bake at 350 degrees for 10-12 minutes.

Provided by: *Nellie M. Webb- Athens, TN*

Mayonnaise Muffins or Rolls

Ingredients:

1 cup of self-rising flour
2 tablespoons of mayonnaise
1/2 cup sweet milk

Stir all together, drop in greased muffin tins and bake at 450 degrees about 15 minutes.

Provided by: *Carolyn Pettit- Cleveland TN*

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VOLUNTEER ENERGY COOPERATIVE

Powerlines is produced by the Volunteer Energy Cooperative's Marketing & Economic Development Department as a service to customers. Comments and suggestions can be e-mailed to vec@vec.org or mailed to VEC Marketing & Economic Development Department, P.O. Box 277, Decatur, TN 37322.

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POWERLINES



Blessings Come in Many Forms

by *Bill Buchanan, President/CEO*

As hard as it is to believe, the holiday season is upon us. This is the time of year that we generally have a chance to give thanks for all of our blessings and to share with those less fortunate than us. My blessings are many; only a few are listed here:

- I have the privilege to work with the employees of Volunteer Energy Cooperative, nearly 200 strong, who make a habit of giving of their time, talents, and resources to make their communities the best they can be. These people donate countless thousands of hours a year to their churches, youth sports, and community organizations. Our employees do not simply work for a cooperative – they embody the cooperative spirit in all that they do for the places they call home.
- The member-owners of VEC are a special blessing. They allow their bills to be rounded up to the nearest dollar to fund VECustomers Share grants. To date, over \$1.5 million in grants have been awarded to community organizations all across the VEC system. The benefits of these grants magnify to touch citizens from all walks of life.
- I am blessed to work with a Board of Directors who is genuinely concerned that Volunteer Energy Cooperative is the best it can be. These 12 Board members are continually expanding their knowledge and gaining new insights into cooperative operations through educational endeavors. They are committed to you and your cooperative in the deepest way.
- Of course, I am thankful for good health and for a loving family who have supported me and allowed me to do a job I love for 42 years. I could not imagine walking this path without them.

Below is a special blessing to all of you, borrowed from the Irish:

May your days be many and your troubles be few.
May all God's blessings descend upon you.
May peace be within you, may your heart be strong.
May you find what you're seeking wherever you roam.

Happy holidays!

GET A GRIP!

... On Your Cell Phone and Your Electricity Budget

Volunteer Energy Cooperative (VEC) is offering a free cell phone jelly mate to any member who signs up for Levelized Billing or Bank Draft Payment between now and the end of the year.

These remarkable jelly cell mates use no adhesives and yet they allow you to put items like cell phones, glasses, keys, etc on the dashboard of your car and they won't slide around. These cell mates are the right tool for the job if you are trying to get a handle on your accessories while you are driving.

And if you want to get a handle on your electric bill, VEC has a couple of tools to help you do that job right too. Levelized Billing and Bank Draft Payment are two great tools to help you manage your electric expenses.



Levelized Billing uses a 12-month rolling average to calculate your bill. That removes the seasonal peaks and valleys in your electric bill and helps you anticipate and budget for your monthly electricity charges. If you don't like surprises when it comes to your electric bill, Levelized Billing is the way to go.

If you want to take the hassle out of paying your monthly electric bill, the Automatic Bank Draft Payment program is the right tool for the job. Save on postage, time, and trouble by having your electric bill automatically deducted from your bank account. It's quick and easy and a sure way to avoid late charges.

And from now until the end of the year, any customer who signs up for one or both of these services will receive a free jelly cell mate.

To take advantage of this limited-time offer, just stop by your local VEC customer service center and get a grip on your electric expenses.

Statement of Nondiscrimination

Volunteer Energy Cooperative is the recipient of federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age or disability shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is William M. Buchanan, President/CEO. Any individual, or specific class of individuals, who feels this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Utilities Service, Washington, D.C. 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

VEC Customers Share

If all do some, none are forced to do all

Volunteer Energy Cooperative (VEC) customers who pooled their pennies through the VEC Customers Share program in September helped fund grants totaling \$33,484. Since the inception of the program in October 2001, a total of \$1,173,152.20 in grants has been awarded.

The deadline for grant applications is the last day of each month. For additional information, contact Patry Hurley, vice president of Marketing & Economic Development, at 423-334-7050. Applications are also available online, at www.vec.org.

Below is a partial list of organizations receiving grants in September:

- Crossville-Cumberland Co. Convention/Visitors Bureau \$ 2,000
- Pickett County K-8 D.A.R.E. Program 2,000
- Clarkrange High School Chess Team 1,700
- Kiwanis Club of Spring City 1,600
- Crossville Noon Rotary Club 1,500
- South Roane County Volunteer Fire Department 1,400
- Martin Elementary Football Boosters 1,350



VEC Customers Share Board Member Don Padgett (second from right) presents a grant check to Matthew Humann (left), J. Michael Cross (center), and Joe Wright (right) of the Clarkrange High School Chess Team.

Meigs Representative Earns Certification

Volunteer Energy Cooperative (VEC) Board of Directors Member Sammy Norton has successfully completed the requirements for the National Rural Electric Cooperative Association's Credentialed Cooperative Director.

Norton represents VEC's District 5 which covers Meigs County.

To earn this certification, Norton completed a series of courses which cover a range of topics including strategic planning, financial planning, duties and liabilities of directors, understanding the electric business, and board roles and relationships.

"I'm not sure most members understand the tremendous commitment our board members make to stay abreast of industry standards and trends," said VEC President/CEO Bill Buchanan. "This certification represents a remarkable achievement and it indicates a dedication to providing the knowledge and leadership necessary to keep VEC responsive to customers and an industry leader."

Norton was recognized for this achievement at the recent Tennessee Electric Cooperative Association Annual Meeting in Nashville.



Sammy Norton (left) receives his certification from Volunteer Energy Cooperative Board of Directors Chairman Gene Carmichael.

Annual Meeting Draws 1,000



Volunteer Energy Cooperative hosted its 68th Annual Meeting October 2nd at Meigs County Middle School in Decatur, TN.

A crowd of about 1,000 enjoyed a free breakfast, gifts and door prizes, entertainment by nationally recognized singer/songwriter James Rogers, educational and informational booths, and an update on the state of the cooperative.

Attendees also heard VEC President/CEO Bill Buchanan announce his plans to retire in June of 2005.

"We are very pleased to see so many of our members take part in this important cooperative event," Buchanan said. "When our members take an active role in the cooperative, it makes our cooperative stronger."

