


Bedford Rural Electric Cooperative

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

Bedford REC
P.O. Box 335
Bedford, PA 15522
814/623-5101

Email: support@bedfordrec.com

Website: www.bedfordrec.com

BOARD OF DIRECTORS

President & PREA Director
Owen L. Miller
East St. Clair Twp.

Vice President & Allegheny Director
C. Robert Koontz
Colerain, Snake Spring and South Woodbury Twps.

Secretary
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Kimmel and King Twps.

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East Providence Twp., Bedford County, and Brush Creek Twp., Fulton County

Assistant Treasurer
William Howard Atkinson
Monroe and West Providence Twps., Everett Boro

Wayne M. Hillegass
Napier and Harrison Twps.
John R. Koontz
Bedford and Cumberland Valley Twps.
Ned H. McDonald
West St. Clair, Pavia, and Lincoln Twps.

John J. Dirienzo Jr.
Attorney

OFFICE HOURS
Monday through Friday
7:30 a.m. - 4 p.m.

FROM THE GENERAL MANAGER

Revised rates take effect



Brooks Shoemaker
General Manager

THE COOPERATIVE'S new rate structure and revised retail rates went into effect on Jan. 1, 2009. The bill you receive in early February will be generated using the new rates. While the average increase is 3.3 percent, some will be more, some less, as a result of rebalancing the rates so that each rate class pays its fair share of the costs.

At Bedford Rural Electric, the people who receive electricity are not just customers; they are members of our cooperative. Members enjoy certain rights that customers don't have with most electric companies. For instance, you can choose to run for a seat on our board of directors, or you can serve on one of our committees. Since each member has a vote in the annual election for the board candidates, the board is composed of people who live and work in the areas that we serve.

Many people, however, don't understand the various ways their membership in a cooperative affects their rates. Our rates are based on two main components — the actual cost of the wholesale power that we buy (generation), and the cost for us to get that power to you (distribution). Our power supplier, Allegheny Electric Cooperative, sets our wholesale power rates. Since we have a seat on Allegheny's board of directors, we ensure that Allegheny works hard to keep rates low, while guaranteeing a stable supply of electricity.

The distribution component is the cost for us to get power to you. It includes all other operational costs, such as poles, wires and substations, maintenance of trucks and buildings, employee costs, and costs associated with keeping and maintaining our records.

One of the biggest advantages of

being served by a cooperative is that we work only for you; there are no stockholders expecting a big quarterly dividend. We are a not-for-profit enterprise, which means we're working only to provide you with economical, reliable service. Our rates are simply set to provide enough money to pay our operating expenses, make debt service payments and provide an emergency reserve. We also collect some money, which is figured into your rates, that is used for capital improvements. It helps finance many of the expensive capital improvement projects we undertake each year to ensure that our system is not only properly maintained, but delivering service reliably. Any profit (or margins) at the end of each year is allocated to each customer account as patronage capital. Patronage capital, or capital credits as they are often called, represents your investment in the cooperative and its assets.

Your December bill reflected a credit for your share of our 2008 capital credit retirement. We like to think of that as our Christmas present to you. Each year, the board considers the cooperative's financial condition, and decides if we should retire capital credits. Fortunately our finances have allowed us to return capital credits annually for over 25 years. Returning capital credits to members is a practice unique to the cooperative form of business and represents one of the seven cooperative principles — members' economic participation. The board of directors and employees take pride in providing you with the most affordable, reliable and safe electric service possible.

High school seniors wanted!

Bedford Rural Electric will award three, \$1,000 post-secondary scholarships in 2009. To be eligible, a high school senior must be committed to con-

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RELAX: Tim Skarada demonstrates a physical therapy exercise to one of ProCare's employees.

ProCare offers healthy solutions

BY LINDA WILLIAMS

IF YOU MADE a New Year's resolution to lose weight and get in shape, ProCare might be the place to begin. Located on the hill near Wal-Mart at Willow Grove Drive, the health club/therapy provider/privately owned business offers something for everyone.

Tim Skarada, MPT, clinical director, says ProCare came to Bedford in 1998 as a satellite office of the Roaring Spring ProCare. Offering physical therapy, occupational therapy, personal training and athletic training, as well as a large variety of equipment for workouts and weight lifting, the business



EASY ACCESS: ProCare is located on Willow Grove Drive.

has 20 full- and part-time employees.

At any time during the day, you might see several elderly people walking the track while the younger, muscular crowd lifts weights. And, while

Mom is taking a class in group fitness, her children can have fun with the professional babysitters.

There is equipment for those with muscles and those who want to have



FITNESS GEAR: Tim Skarada, clinical director, is shown in the exercise/workout area of ProCare.

muscles, and all of the equipment is designed to burn calories.

For those persons who have aches and pains or who are recovering from surgery, there are several trained physical therapists who will both stop the hurt and provide information about how to keep the pain from returning. ProCare accepts all major insurances and provides a free screening.

“Often, we can come up with a diagnosis and call the patient’s personal physician to confirm our findings,” Tim notes.

Among the physical ailments staff members work to cure are vertigo, balance problems and sciatica.

“Or if one of our weightlifters sprains a muscle, we can show him or her how to lift to avoid this in the future,” Tim reports.

Then, there are always those after-surgery therapy sessions.

“We try to have a close relationship with local doctors and do our best to get people what they need,” Tim adds.

ProCare also offers Blue Cross wellness training.

“We don’t do a lot of advertising, but we try to make ourselves visible in the community,” the director continues. “We work with athletic coaches, and Bedford, Everett and Chestnut

Ridge do training here.”

There is a massage therapist on staff who works by appointment and a guest physician for worker’s compensation claims.

ProCare has a second building known

well as a gymnastic program. It is also available for basketball or winter soccer.

When the main building was constructed, it was hoped there would be a small exercise pool. However, this did not come to fruition and Tim would like to see that space put to use offering educational programs.

“Nutrition programs, talks on how to balance a checkbook, just any kind of facts that might be useful to the public would be good,” Tim continues.

If you are really into exercise, a personal trainer is available. A personal trainer will design an exercise program tailored to your needs and guide you through every step.

There are those who like to go before or after work to get their daily exercise and find the men’s and women’s locker rooms quite convenient. If you are an early bird, the building opens at 5 a.m. and does not close until 9 p.m., Monday



MULTI-FACETED: ProCare offers several types of exercise equipment.

as Sports Plex, which offers many uses for a wide age span, including wedding receptions and other large parties. It is presently used for overnights by church groups or for birthday parties, as

through Thursday. On Friday, hours are 5 a.m. to 8 p.m. The exercise facility is open weekends — from 8 a.m. until 2 p.m. on Saturdays and noon to 4 p.m. on Sundays. 🌞

FROM THE GENERAL MANAGER

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tinuing his or her education at an accredited post-secondary institution, and the student's parent or guardian's primary residence must be served by the cooperative. Applicants are required to submit a short, 300-word essay describing why they deserve a scholarship. A committee of cooperative members will select recipients based on scholastic achievement, financial need, extracurricular activities, work experience, and civic and community endeavors.

Further details and applications are available on our website, www.bedfordrec.com, or call the office for details. We will accept applications until 4 p.m. on March 2, 2009.

By the way, a committee is currently forming to evaluate the applications and select the recipients. If you are interested in serving on the committee, please contact the office at 814/623-5101, extension 146. ☀

STATEMENT OF NONDISCRIMINATION

Bedford Rural Electric Cooperative Inc. is the recipient of federal financial assistance from the Rural Utilities Service, (formerly Rural Electrification Administration), 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, and the Age Discrimination Act of 1975, as amended. In accordance with federal law and the U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religion, age or disability. (Not all prohibited bases apply to all programs.) No person 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 Barbara J. Duvall, human resources manager. Any individual, or specific class of individuals, who believes that this organization has subjected them to discrimination, may obtain further information about the statutes and regulations listed above and/or file a written complaint. To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call 202/720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

Brooks Shoemaker
General Manager

Emergency Power Needs

As a service to our members, Bedford Rural Electric needs to be aware of situations where special needs exist. Please provide the following details:

(Please print clearly)

Account: _____

Name: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email Address: _____

Special Needs: Medical

Farming/Livestock

Other _____

Each year, our goal is to provide service with no outages. Unfortunately, that is not a realistic expectation. Outages do occur and during severe storms, service restoration may take several days or longer. Therefore, we strongly recommend that our members with special needs install standby backup generation equipment. Please contact our office for more information on this type of equipment.

TROUBLE CALL SCHEDULE

In case of trouble ...

- First Check your fuses or circuit breakers.
- Second Check with your neighbors, if convenient, to see if they have been affected by the power failure.
- Third **Call 24-hour number, 623-7568**
OR call 1-800-808-2732 during office hours
(Please help us save money - only use this number if toll charges apply.)

Please give person receiving call your name as it appears on your bill, your telephone number and your map number if known. Any specific information about the outage will also be helpful in pinpointing the problem.

Alternate numbers ...

Jim Seymour	Week of January 5	839-2848
Ed Hankinson	Week of January 12	733-2495
Scott Bischof.....	Week of January 19	839-4640
Gary Lafferty	Week of January 26.....	842-9925
Scott Shook	Week of February 2	623-2395
John Karns	Week of February 9	977-5109

In case you cannot reach any of the above ... Call:

Jim Wood	Bedford.....	623-6121
James Clark	Everett	652-9791
Mark Rowan	Bedford.....	623-7890

During widespread power outages, many members are calling to report power failures, so you may receive a busy signal. Please be patient and try again in a few minutes.