



PC Electric

# CONNECTIONS

NO. 31 September/October 2023 Price **MEMBER NEWSLETTER**  
Free [www.pcemc.org](http://www.pcemc.org)



**PC ELECTRIC EMPLOYEES  
WEAR PINK FOR BREAST  
CANCER AWARENESS**

Connections Magazine is the official publication of PC Electric

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Jill Copeland  
Manager of Member Services and Communications



## **SLOW COOKER PINEAPPLE TERIYAKI CHICKEN**

**Slow Cooker Pineapple Teriyaki Chicken** is a delicious meal that takes just about **ZERO** effort to pull off! Put it on your busy family's menu today!

### **Ingredients**

- 4 large boneless skinless chicken breasts (about 2 pounds)
- 1 1/2 cups thick teriyaki sauce (Try **Kikkoman Teriyaki Takumi**)
- 8 ounces pineapple tidbits (do not drain)

### **Garnish**

- Toasted sesame seeds
- Sliced green onion
- Steamed white rice for serving

### **Instructions**

1. Add the chicken to a 6-quart slow cooker. Pour in the teriyaki sauce (see note) and pineapple (120601) tidbits along with the juice from the pineapple too.
2. Cover and cook on LOW for 4.5 hours.
3. If serving with rice, start cooking it 4 hours into the chicken's cooking time.
4. Portion the chicken over rice and spoon on some more sauce and pineapple tidbits. Garnish with toasted sesame seeds and sliced green onions. Serve warm.

**NOTE:** To make toasted sesame seeds: Pour a tablespoon of sesame seeds into a small skillet and place over medium-low heat. Toast the seeds until they are slightly browned and have (179600) a nutty aroma, stirring often to prevent burning. Remove to a bowl and let cool.

The average household owns 24 electronic products, which account for roughly 12% of home energy use. When shopping for electronics, consider purchasing ENERGY STAR®-certified products, which can be 70% more efficient than conventional models.



**Energy Efficiency Tip!**



# PC ELECTRIC EMPLOYEES WEAR PINK

## For Breast Cancer Awareness Month



In October, if you see our linemen wearing pink hard hats, your eyes aren't playing tricks on you.

October is the official month for breast cancer awareness and a reminder of how important testing and self exams are. We also take the time to support the fighters, admire the survivors, and remember the ones loss.

This year PC Electric linemen are showing their support for breast cancer awareness month by wearing pink hard hats. Our linemen, who typically wear white hard hats, received a pink hard hat (1442403) to wear for breast cancer awareness month. Our office staff will also be participating by wearing pink shirts.

"This will be the first year that PC Electric linemen wear pink," said Jill Copeland, Manager of Member Services and Communications. "Like so many companies in America today, breast cancer has affected those close to us. Our awareness campaign is small in scope, but it's big in heart."

The pink hard hats were well received among the linemen because breast cancer has touched a family member or someone close to them.

Excluding cancers of the skin, breast cancer is the most common cancer among women in the U.S., according to the American Cancer Society. To prevent breast cancer, it is recommended that women have a mammogram every year starting at age 40 for those who are at an average risk. Women should also have a clinical breast exam at least every three years starting at age 20, and every year starting at age 40.

Like women, men have breast tissue and, therefore, are also at risk for breast cancer. Breast cancer doesn't play favorites when it comes to choosing its victims. The stigma about asking their doctors about changes in breast health often delays men's treatment that could save lives. Men don't think about themselves (1448401) as actually having breasts. They think about it as their chest or their pecs, but they actually do have breast tissue. According to the National Breast Cancer Foundation, Inc., men should also check themselves periodically by doing a breast self-exam while in the shower and reporting any changes to their physicians.

At the end of October, our linemen will retire their pink hard hats until next year, since the co-op intends to make it an October tradition.

So if you see a pink hat climbing a pole in October, know that your PC Electric linemen are thinking about you.





# Why I Wear Pink



TO SUPPORT THOSE FIGHTING THIS DISEASE.



FOR MY GRANDMOTHER AND MY WIFE'S AUNT.



FOR MY WIFE'S GRANDMOTHER.



FOR MY GRANDMOTHER AND TWO OF MY AUNTS.



FOR MY LOVED ONES THAT HAVE PASSED AWAY FROM BREAST CANCER.



AS A VISUAL REMINDER OF THE BATTLE SO MANY ARE GOING THROUGH.



FOR MY CLOSE COUSIN THAT PASSED AWAY FROM BREAST CANCER.



TO BRING AWARENESS AND HOPEFULLY A CURE.



FOR MY AUNT WHO WON HER BATTLE WITH BREAST CANCER.



I WEAR PINK FOR THOSE WHO CAN'T.



FOR THOSE WHO ARE STILL FIGHTING THIS DISEASE.



MY AUNT CHARLENE WHO PASSED AWAY FROM BREAST CANCER.



FOR MY MOM WHO PASSED AWAY FROM BREAST CANCER.



FOR MY MOTHER IN LAW AND TO BRING AWARENESS.



FOR MY GRANDMOTHER AND MY AUNT DEE.



FOR MY AUNT.



# SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Emergency preparedness starts with you  
**Be Prepared**



With severe weather events occurring more frequently, now more than ever, it makes sense to be prepared. During a prolonged power outage or other emergency, this means having enough food, water and supplies to last at least a few days.

In honor of National Preparedness Month in September, PC Electric wants to remind members of our community about the power of preparation. While you don't have to achieve a "doomsday prepper" level of preparedness, there are several practical steps (1489924) you can take to keep you and your family safe.

Even at a modest level, preparation can help reduce stress, anxiety and lessen the impact of an emergency event. We recommend starting with the basics.



- Assemble a grab-and-go disaster kit. Include items like nonperishable food, water (one gallon per person, per day), diapers, batteries, flashlights, prescription medications, first-aid kit, battery-powered radio and phone chargers.

- Develop a plan for communicating with family and friends (i.e., via text, social media, third party, etc.).

- Have some extra cash available; during a power outage, electronic card readers and cash machines may not work.

- Store important (2443500) documents (birth certificates, property deed, etc.) in a safe place away from home (for example, a bank safe deposit box).

- Keep neighbors and coworkers apprised of your emergency plans.

- Fill your car with gas.

- Organize your supplies so they are together in an easily accessible location that family members know about.

## Caring for vulnerable family members

If you have older family members or those with special needs, make sure they have enough medication and supplies for a few days. If they don't live with you, arrange for a neighbor to check in on them. If a severe weather event is expected, consider having your relative stay with you if feasible, otherwise call them daily. If you have an infant or young children, make certain that you have ample formula, diapers, medication and other supplies on hand to weather an outage lasting several days or more.

## Keeping four-legged family members safe

For families with pets, having a plan in place in the event of a prolonged outage or an emergency will help reduce (1667402) worry and stress especially if you need to make a decision during an emergency.

- Bring pets indoors at the first sign of a storm or other emergency. Pets can become disoriented and frightened during severe weather and may wander off during an emergency.

- Microchip your pet and ensure the contact information is up to date.

- Store pet medical records on a USB drive or in an easy-to-remember location.

- Create an emergency kit for pets (include shelf-safe food, bottled water, medications and other supplies).



At PC Electric, we care about your safety. Planning for an emergency situation today can give you (2056307) more confidence to deal with severe weather and potential outages in the future.

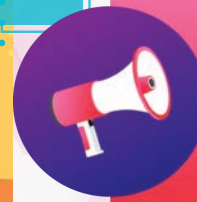


## 2023 SCHOLARSHIP WINNER

The last issue of Connections attached the wrong name with one of the winners of the 2023 continuing education scholarship. The correct winner of a \$1,000 PC Electric Continuing Education Scholarship is Eleyna Hanks from St. John High School.



**Eleyna Hanks**  
St. John High School



**FOLLOW  
US!**

*ON SOCIAL MEDIA*



## FEELING LUCKY? LOOK FOR YOUR ACCOUNT NUMBER TO WIN A BILL CREDIT!

If you see your account number published inside this issue, call PC Electric by October 31, 2023 to receive a \$25 credit on your bill. Your account number can be found on your bill statement.

**GOOD LUCK!**



### Notice of Nominating Committees, Districts 1 and 7

The PC Electric nominating committees for Districts 1 and 7 will meet October 24, 2023 at the PC Electric Office at 2506 False River Drive in New Roads.

The purpose of these committee meetings is to nominate candidates from PC Electric Districts 1 and 7 to run for seats on the Board of Directors of the cooperative.

The following PC Electric members appointed by the PC Electric Board at their regular board meeting on August 30, 2023 have agreed to serve on the nominating committees. The committees will meet on at the times shown below:

District 1—9:00 a.m.

Mrs. Lynn Gaspard  
8170 LA Highway 418  
Batchelor, LA 70715

James Curtis  
17966 LA Hwy 417  
Batchelor, LA 70715

Tammy Leonards  
8923 LA Hwy 1  
Lettesworth, LA 70753

District 7—9:00 a.m.

Mrs. Marla Berthelot  
39435 Bayou Pigeon Rd.  
Plaquemine, LA 70764

Mrs. Cindy Vaughn  
36825 Highway 75  
Plaquemine, LA 70764

Mrs. Patty Phillips  
38815 Highway 75  
Plaquemine, LA 70764