

OCTOBER 2024

URECC NEWSLETTER



Cooperative Principles

All co-ops, including Upshur Rural Electric Co-Op, are guided by seven cooperative principles that embody the values and spirit of the cooperative movement. These seven principles are a framework to help all co-ops navigate challenges and opportunities while remaining true to our purpose:

- 1. Open and Voluntary Membership:** Co-op membership is open to anyone who can use the co-op's services.
- 2. Democratic Member Control:** Members make decisions that shape the cooperative. Why? Because co-ops are created by the members, for the members.
- 3. Members' Economic Participation:** Members contribute money to the co-op to make sure it runs smoothly now and in the future. At URECC, this happens through paying your energy bills.
- 4. Autonomy and Independence:** Co-ops are independent and can operate on their own, which ultimately benefits the members.
- 5. Education, Training and Information:** Co-ops continuously focus on education to ensure employees have the training and information they need to make the co-op successful.
- 6. Cooperation Among Cooperatives:** Co-ops share with and learn from other cooperatives. We help each other out in times of need because we want other co-ops to thrive.
- 7. Concern for Community:** All cooperatives work for the greater good of the local communities they serve. Co-ops give back to their communities to help them thrive and grow.

October is National Co-op Month!

As an electric cooperative, our main focus is on delivering dependable and cost-effective energy to you, our consumer members. Being a cooperative, our goal is to enhance the well-being of our members and prioritize the long-term welfare of our local community. One of the core principles that all cooperatives follow is "concern for community," which we believe is at the core of Upshur Rural and distinguishes us from other electric providers.



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Cybersecurity Tips for a Safer Digital World

The average household owns about 17 connected devices, leading to increased cyber threats. Upshur Rural Electric Co-op focuses on cybersecurity, collaborates with other co-ops, and encourages online safety. National Cybersecurity Month in October promotes good cyber hygiene year-round, offering tips to enhance online security.

- Spot and report phishing attempts by identifying suspicious emails with urgent language, offers that seem too good to be true, generic greetings, poor grammar, or unusual sender addresses.
- Create strong, unique passwords with at least 12 characters containing a mix of letters, numbers, and symbols for each online account.
- Enable multi-factor authentication for added security using methods like facial recognition, fingerprint access, or one-time codes.
- Regularly update software and internet-connected devices to reduce the risk of ransomware and malware infections, configuring devices to update automatically when possible.



Electrical Safety Tips for Halloween:



- Prior to purchasing outdoor decorations, verify that they are suitable for outdoor use by checking the label.
- Before plugging them in, inspect cords for any signs of fraying or damage.
- Avoid running extension cords through walkways whenever possible.
- When securing light strands or other illuminated decorations, be careful not to puncture cords with staples or nails, as this could harm the insulation.
- To minimize the risk of electric shock, use outlets equipped with ground fault circuit interrupters (GFCIs).
- Remember to extinguish candles, deflate inflatable yard decorations, and unplug lights before going to sleep.



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SERVING EAST
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Mummy Jalapeño Poppers

Ingredients:

- 4 oz. cream cheese, at room temperature
- 2 oz. extra sharp Cheddar, coarsely grated
- 1 scallion, finely chopped
- Dash hot sauce
- 6 small jalapeños
- 1 sheet refrigerated crescent roll dough
- 24 frozen peas, thawed, or tiny pieces of red pepper or a combination

Instructions:

- Heat oven to 375F. In bowl, combine cream cheese, Cheddar, scallion, and hot sauce. Spoon into resealable plastic bag and snip off 1 corner.
- Halve jalapeños lengthwise, then remove and discard seeds. Pipe cheese mixture into pepper halves.
- Unroll crescent dough and cut into ¼-inch strips. Wrap about 2 strips around each jalapeño half to create mummy-like pattern. Transfer halves to prepared baking sheet and bake until golden brown, 15 minutes.
- Let poppers cool 5 minutes. Place 2 peas or pieces of pepper on each "mummy" for eyes. Transfer to platter and serve warm or at room temperature.