



Explore the best of our great outdoors and community events

There's nothing quite like stepping outside and soaking in the natural beauty and vibrant community life our region has to offer. Across the areas we serve, you'll find plenty of reasons to get outdoors, make memories and connect with your neighbors.

Upson County invites you to discover the charm of Sprewell Bluff Park, a scenic destination along the Flint River. Whether you're into hiking, kayaking, camping or fishing, there's something for everyone. The park also features a picnic area, playground and opportunities for birdwatching, geocaching and scavenger hunts. Mark your calendar for June 7, when the 15th Annual Flint River Poker Float sets off from Sprewell Bluff and ends at the Flint River Outdoor Center near the Upson-Talbot County line. Visit www.thomastongachamber.com for details.

While in the area, don't miss the Auchumpkee Creek Covered Bridge on Allen Road in Culloden. Originally built in 1892 and lovingly restored after storm damage, it's a perfect spot for a quiet stroll and a glimpse into history.

In Pike County, the Meriwether Pike Scenic Highway and surrounding parks offer a haven for hikers and cyclists. Be sure to check out the Vintage Day Festival and Fly-In on June 7 at the Peach State Aerodrome in Williamson—complete with vintage planes, rides and live music.

Talbot County boasts the Big Lazar Creek Fishing and Wildlife Preserve on PoBiddy Road—ideal for fishing, hunting and camping. Or explore the river with a canoe or kayak trip from the Flint River Outdoor Center. Don't miss the annual



Auchumpkee Creek Covered Bridge



Whether you're a seasoned kayaker or a first-time adventurer, the Flint River offers a perfect blend of serenity and excitement, making it the ultimate escape for nature lovers and thrill-seekers alike.

Fourth of July celebration at Upton Lake, featuring live music and a dazzling fireworks display.

Over in Meriwether County, outdoor lovers can cast a line or enjoy a family picnic at Lake Meriwether, or

hit the trails at Franklin D. Roosevelt State Park, near Pine Mountain, Georgia's largest state park. With over 40 miles of trails—including the famed Pine Mountain Trail—waterfalls and

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Outdoors and community events,

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scenic overlooks, it's a "must visit." While you're there, stop by the Little White House in nearby Warm Springs to learn how FDR helped bring electricity to rural communities. Also worth a visit is the Red Oak Creek Covered Bridge in Woodbury, the oldest and longest wooden covered bridge still standing in Georgia.

In Crawford County, you'll find a unique mix of history and outdoor fun.

Discover the area's rich pottery tradition at the Crawford County Historical Society, and visit the historic Knoxville Courthouse, dating back to 1851. Then treat yourself to a scoop of homemade peach ice cream and fresh produce at Dickey Farms in Musella.

Finally, Taylor County offers rugged adventure and Southern charm. Explore the Fall Line Sandhills Wildlife Management Area for hunting, geo-

catching and wildlife viewing. For high-octane excitement, check out the Silver Dollar Raceway in Reynolds or tackle over 70 miles of ATV trails at the Taylor County Boondocks Mudtrack.

So, when you're ready for your next adventure, look no further than your own backyard. With so many exciting places to explore and events to enjoy, there's no need to go far to find fun, community and the great outdoors.



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Group hikes on a trail at Franklin D. Roosevelt State Park are a perfect way to enjoy nature together.

Visit the Little White House in Warm Springs to discover how FDR played a key role in bringing electricity to rural communities.



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Treat yourself to a scoop of delicious peach ice cream at Dickey Farms.



RALPH DANIEL / EXPLORE GEORGIA

Sprewell Bluff Park is a great spot for fly fishing, especially for shoal bass.

Annual Meeting

Tuesday, October 28, 11 a.m.

SAVE THE DATE



ARTICLE III - SECTION 3.3 Nominations and election of Directors.

- (a). It shall be the duty of the Board of Directors to appoint, not less than one hundred twenty (120) days before the date of the meeting of the members at which Directors are to be elected, a committee to represent the geographical areas served by the cooperative. No officer or member of the Board of Directors shall be appointed as a member of such committee. A member of the Nominating Committee may not be a member of the Credentials and Elections Committee, a close relative (as defined herein) of a Director, officer, employee, or known Director candidate. The committee shall prepare and post at the principal office of the cooperative at least thirty (30) days before the meeting a list of nominations for Director by district and post.
- (b). In addition to nominations of the Nominating Committee, 150 or more of the members of the Cooperative may make other nominations in writing over their personal signatures not less than ninety (90) days prior to the meeting, and the Secretary shall post the same at the same place where the list of nominations made by the committee is posted. The Nominating Petition shall:
 - (1). List on each page of the Nominating Petition the name of the Member to be nominated (a Nominating Petition may list only one proposed nominee);
 - (2). Indicate on each page of the Nominating Petition the Director position by district (and post, if applicable) for which the Member so nominated will run; and
 - (3). Contain the printed names, addresses, telephone numbers and original dated signatures signed within sixty (60) days of the first signature.
- (c). The nomination for Directors by Petition or otherwise shall be closed ninety (90) days prior to the meeting. The Secretary shall provide with the notice of the meeting a statement of the number of Directors to be elected. Notwithstanding anything in this section contained, failure to comply with any of the provisions of this section shall not affect in any manner whatsoever the validity of any election of Directors.
- (d). At the Member Meeting, no nominations may be made from the floor except that such nominations may be made and shall be allowed for any Director position whose term of office is to expire at that Member Meeting and for which there would not otherwise be any eligible nominee. If nominations are taken from the floor, the election shall take place at that Member Meeting.
- (e). Directors shall be elected from the nominees by majority vote of the members present and voting by written ballot.

Claim undeliverable capital credits by October 1 deadline

In compliance with O.C.G.A. § 44-12-236 of the Disposition of Unclaimed Property Act, Upson EMC is attempting to locate former members whose capital credits checks were issued but have been returned by the U.S. Postal Service as “undeliverable” or have otherwise been unclaimed.

A current list of these members and instructions for claiming these funds is posted on Upson EMC’s website at www.upsonemc.com and at the corporate office located at 607 East Main Street, Thomaston, Georgia 30286, for review from 8 a.m. to 5 p.m., Monday through Friday.



How extreme summer temps impact reliability

By Abby Berry

When outdoor temperatures soar, our electricity use increases. That's because our air conditioners are running longer and more often to counteract sweltering outdoor temperatures. Factor in that we all tend to use electricity at the same times—in the morning and early evenings—and that equals a lot of strain on our electric grid.

At Upson EMC, we work closely with Oglethorpe Power Corp. and Georgia Transmission Corp., our local generation and transmission (G&T) cooperatives in resource and infrastructure planning, to ensure you have the power you need whenever you flip a switch, but the electric grid is much larger than your local co-op and G&T.

In summer months, when even more electricity is being used simultaneously across the country, it is possible for electricity demand to exceed supply, especially if a prolonged heat wave occurs. If this happens, which is rare, the grid operator for our region of the country may call on consumers to actively reduce their energy use or initiate rolling power outages to relieve pressure on the grid. Upson EMC will keep you informed about situations like this.

We work proactively with our G&T to create a resilient portion of the grid and ensure electric reliability in extreme weather, including regular system maintenance, grid modernization efforts and disaster response planning; but it takes everyone to keep the grid reliable.

To help keep the air conditioner running for you, your family and neighbors, here are a few things you can do to relieve pressure on the grid during times of extreme summer heat:

- **Select the highest comfortable thermostat setting and turn it up several degrees whenever possible.**

Your cooling system must run longer to make up the difference between the thermostat temp and the outdoor temp.

- **Pro tip:** Seal air leaks around windows and exterior doors with caulk and weatherstripping. Air leaks and drafts force your cooling system to work harder than necessary.
- **Run major appliances such as dishwashers, ovens and dryers during off-peak hours when the demand for electricity is lower.**
 - **Pro tip:** Start the dishwasher before you go to bed.

- **Use ceiling fans to make yourself feel a few degrees cooler.** Remember, ceiling fans cool people (not rooms), so turn them off in unoccupied rooms.
 - **Pro tip:** During summer months, set ceiling fan blades to rotate counterclockwise, which pushes cool air down for a windchill effect.
- **Close blinds, curtains and shades during the hottest part of the day to block unwanted heat gain from sunlight.**
 - **Pro tip:** Consider blackout curtains with thermal backing or reflective lining to block heat and light.
- **Use smaller appliances, such as slow cookers, air fryers and toaster ovens to cook meals.**
 - **Pro tip:** Studies have shown that air fryers use about half the amount of electricity than a full-sized oven. Air fryers are smaller and use focused heat, which results in faster cooking times, less heat output and lower energy use.

As we face the challenges posed by soaring summer temperatures, understanding the impact on energy demand is crucial to maintaining a reliable power supply. By adopting energy conservation practices during periods of extreme heat, not only can you save money on your electric bills, but you can also contribute to the resilience of the grid, keeping our local community cool and connected.

Abby Berry writes about consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing nearly 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.

5 WAYS to Reduce Use During Extreme Heat

During periods of extreme heat, the demand for electricity can skyrocket, placing additional strain on the grid. By working together to lower our electricity use, we can reduce pressure on the grid.

Here are five effective ways to lower use at home.



1. **Raise your thermostat setting a few degrees higher** than usual. Every degree can reduce cooling energy consumption.
2. **Cook with smaller appliances** to save energy and reduce heat gain in the kitchen.
3. **Keep blinds, curtains and shades closed** during the hottest part of the day to block direct sunlight.
4. **Use fans** to circulate air, which can make you feel cooler without needing to lower the thermostat.
5. Shift activities that require a lot of energy consumption to **off-peak hours** when demand is lower.