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2013 BEACHES COMMUNITY CHAMPIONS : Introducing the Auxiliary Volunteers of Baptist Medical Center/Beaches. June Baldwin, a 20 year volunteer, was nominated, and she in turn nominated the entire group! Pictured here left to right are Carol Hasselblad, June Baldwin, Joe Zawacki, "M.J." Palmer and Nancy McLean, from the group. The Auxiliary has over 100 members who volunteer 7 days a week.

See all the Beaches Community Champions at www.beachesenergy.com.



BEACHES | ENERGY
SERVICES

Ride the Green Wave

Filling Needs of the Hospitalized and Spreading Cheer as Champions

Beaches Energy Services commends the 100+ volunteers of Baptist Medical Center/Beaches Auxiliary. This dedicated group has many duties, including greeting family with loved ones in critical care, running errands for nurses, picking up dietary trays, transporting patients, babysitting visitors' children, and stocking the family visiting room. The "Cuddles for Kids" program supplies hand-made stuffed animals for children admitted through the emergency department. June says she loves being there with the staff, which always has a smile on their face, even though they face many pressures. Beaches Energy Services wants to thank June Baldwin and all the Auxiliary Champions for their hard work and for spreading cheer throughout our community.



Tidings Tips: Save Energy This Winter

- **Take advantage of the sun.** Open curtains on your south-facing windows in the daytime to allow sunlight to heat your home and close at night to reduce chilling from cold windows.
- **Cover drafty windows.** Use a heavy-duty plastic sheeting and cover the window to help prevent drafts. For large windows or sliding glass doors use insulated drapes to help control drafts.
- **Adjust the temperature.** During the winter when you are home set your thermostat to 68° or lower. When you leave, lower your thermostat 2 to 3 degrees for savings. When adjusting the thermostat back up, remember “2” degree increments at a time to avoid engaging the costly electric heat strips. Have your HVAC system checked and serviced before the cold temperatures arrive.
- **Lower your water heater setting** to 120° and save energy while avoiding scalding yourself with the hot water.
- **Reduce heat loss from fireplaces.** Keep your fireplace damper closed when not in use. You can increase efficiency of your fireplace by installing tempered glass doors and a heat-air exchange system that blows heated air back into the room.

Show You CARE This Holiday Season

Occasionally elderly, disabled or low-income members of our Beaches community are simply unable to pay their utility bill because of a sudden or temporary financial crisis. The Beaches Energy Services CARE Program is designed to help until they can sort out their situations. The CARE Program depends on your help to make it work. This holiday season, we encourage our customers in Jacksonville Beach, Neptune Beach, Ponte Vedra Beach, and Palm Valley to donate a small amount each month to the CARE Program. It's easy to be a friend and donate. You can volunteer to make monthly contributions by simply completing a sign-up form, which you can download from www.beachesenergy.com. Beaches Energy Services will match all contributions, doubling the impact of your generosity.



Electric price for 1,000 kilowatt-hours

	November	December
Base charge, residential	\$4.50	\$4.50
KWH base charge	\$75.57	\$75.57
Power cost adjustment	\$44.84	\$44.84
Total	\$124.91	\$124.91

Staying Safe This Holiday Season

When preparing your home and family for happy gatherings, consider safety with every step. Here are some things to do when getting everything to glitter and glow during this holiday season.

1. **Test the lights.** Always test electronic decorations and light strings. Only use those with UL labeling, and only use outside decorations intended for use outdoors! Discard and replace strings with frayed or damaged wiring or plugs. Many energy-efficient LED light strings shine cooler and brighter than standard strings for years to come.
2. **Don't overload.** It's best to use surge protectors when plugging in multiple light strands, but never plug more than three standard sized light sets per single extension cord. Never pull lights out by the wires, but always by the plug.
3. **Flameless is best.** Avoid using candles by switching to battery-operated flameless candles. There are many clever LED flickering flameless candles which deliver the same ambience with no worries.
4. **Tree position is important.** Place a tree inside away from fireplaces and radiators, and away from the traffic flow and doorways. Heaters cause real trees to dry out, so keep the stand filled with water. Use only non-combustible or flame-retardant materials to trim your tree.
5. **Turn everything off before bedtime.** Turn off all holiday lights of any kind – inside and out – before retiring at night.



Energy-Saving Holiday Gift Ideas

You can give thoughtfully this holiday season by giving gifts that help your friends and family cut energy bills in the future.

- **ENERGY STAR® qualified products.** These products each benefit the user with real energy savings over the product's life and come marked with the ENERGY STAR® label. Products include home entertainment devices, appliances, office products and smaller items like decorative light strings, battery chargers and CFL bulbs.
- **High efficiency lighting.** LED bulbs use up to 75% less energy than regular incandescents, and prices have continued to come down. Many handy gadgets like LED reading lamps, headlamps and flashlights make very nice gifts.
- **Solar-powered gadgets.** The number of solar-powered devices has increased exponentially in the past few years. You can easily find solar-powered lights, cell-phone and battery chargers, radios and of course, toys.
- **Low-flow showerheads and faucet aerators.** When practicality is important these can reduce water consumption by 50%, along with the energy used to heat the water.

