

Robert Buckner: SUPERVISOR BY DAY, SENSEI BY NIGHT

by Laura Emery, Field Editor

There is more to Robert Buckner, A&N Electric Cooperative's (ANEC) supervisor of construction, than meets the eye.

The 58-year-old Eastern Shore native manages the line crews that build and maintain the infrastructure of the cooperative's distribution system.

But, after work hours, Buckner is known as Renshi Buckner.

He can often be found at Golden Path Dojo, located at the ESO Art Center in Belle Haven. Over the years, Buckner has taught hundreds of Eastern Shore youngsters how to do a good roundhouse kick.

He's also instilled in them confidence and discipline. "Martial arts is enjoyable for kids, and it's competitive and physical," he says. "It also helps build self-confidence, as well as teaches them to set goals and achieve them."

Buckner teaches martial arts classes in the evenings. "I don't see my job at the dojo as a business, because it's something I really like to do," he says. He's owned and operated Golden Path Dojo since 1989.

It was in 1982 that Buckner first fell in love with martial arts. "I was in my early 20s and it was something fun, something to do," he says. "I loved it." Karate has many benefits, including physical fitness, stress reduction, discipline (both physical and psychological) and self-defense. Buckner is currently a sixth-degree black belt (dan). Renshi, as his students address him, means "senior instructor" and is



Sensei Robert Buckner instructs his students during karate class at Golden Path Dojo.

a title in martial arts reserved for fifth dan or higher.

In 1987, Buckner started teaching children, 4 years old and older, at the local karate dojo. "I really enjoyed teaching the children — and still do," he says. Buckner's classes today include an average of 30 kids. "We teach anti-bullying in class, which fosters a sense of community in their school if they see bullying." One of the most effective ways, explains Buckner, to tackle the problem of bullying is to

build a strong foundation in the mind of a child by strengthening it with confidence through martial arts training.

He offers classes for adults, too. "For adults, it's mostly for self-defense and conditioning," he explains.

Courtney Brittingham, a 23-year-old college student, has been enrolled in one of Buckner's classes for three years. "I take it for self-defense," she says. "If something happens, I want to be able to protect myself. And it also helps relieve anxiety

and stress.” Brittingham recently attained nidan, a second-degree black belt, at Golden Path Dojo.

Brittingham quickly recognized Buckner’s passion for what he does. “He really cares about what he is teaching, and he also cares about his students, both adults and children,” she points out. “He’s taken me under his wing and really taught me a lot.”

John Davis, 63, started training with Buckner in 1989. “Robert has worked very hard to get to where he is. It’s quite an achievement in the martial arts world,” he explains.

Buckner has a black belt in both judo and kobudo. He also trained in kickboxing with five-time professional world-kickboxing-champion Curtis Bush. “You got butterflies in your stomach on the way to class. I learned a lot with Curtis Bush, but it wasn’t always easy learning,” recalls Buckner. Buckner was often Bush’s sparring partner when he was training for fights.

“Robert is a multi-faceted guy,” Davis says. “Robert has an outgoing personality, and he’s patient and positive with his adult and youth students. It’s very easy to see that he loves what he is doing at the dojo.”

Buckner is also a skilled drummer. “I started playing drums in middle school,” he says. Buckner played with “Mr. B & The Boys” for 27 years. Now, he sporadically plays with different bands. “It’s something I enjoy when I get the chance to do it,” he says.

He also has a deep appreciation for the place he calls home. “I love the Eastern Shore ... the people and the sense of community togetherness. I also enjoy the laid-back lifestyle and beautiful scenery.”

When it comes to his job working for ANEC, Buckner says it’s something he really enjoys. “I enjoy the sense of accomplishment that comes with keeping the lights on. My martial arts training helps me respond to perceived crisis in a calm way, so that helps me when things get stressful during outage events. I’m proud of the job we do here at ANEC.”

“All of our cooperative employees have a great concern for this community. This is no different for Robert, who has reached hundreds of locals with years of teaching martial arts,” said A&N Electric Cooperative President & CEO Butch Williamson. “Robert is able to instill in his students higher levels of self-respect and self-discipline through training and education.”



JAY DIEM PHOTOS

GOLDEN PATH DOJO
Located at ESO Art Center
15293 King Street
Belle Haven, VA 23306
(757) 443-3226
[facebook.com/goldenpath.dojo](https://www.facebook.com/goldenpath.dojo)

AMI Update

Full deployment of A&N Electric Cooperative's Advance Metering Infrastructure (AMI) project will begin the first quarter of 2019. The meter exchanges will be performed by Allegiant Utility Services Inc., a contractor working on behalf of the cooperative.

The cooperative will start with a small 1,300-meter pilot phase in the Onancock, Bobtown, Pungoteague, and Melfa areas. Once that pilot phase has been tested, the full AMI implementation project will start at the southern tip of Northampton County and work its way north.

Cooperative members can expect to receive a postcard and phone call notifying them of their upcoming meter exchange. Door hangers will be left where a meter installation has taken place.

The impact of the installation is minimal. Co-op members can expect to lose power for a few minutes during the exchange. In addition, the next bill will show two meter readings: one from the old meter and one from the new meter. Members will be able to identify old and new readings by the meter numbers included on their bill.

The upgraded system will lower the cost related to manual meter reading, which will contribute significantly to the financial return on the project. The new system will also reduce the cooperative's carbon footprint by reducing the number of employee travel responses to meter issues.

Other benefits from the meters include automated detection of outages, more accurate information about the outages and restoration times, detailed information about your power use, better detection of power theft, and the new AMI system will support and expand billing options.

Cooperative members can find more information and track the project's status at anec.com/content/meter-schedule.

Apply Now for 2019 VMDAEC Education Scholarships

Any high school or home-schooled senior graduating in the spring of 2019, and whose primary residence is served by A&N Electric Cooperative, is eligible to apply for a \$1,000 scholarship to be applied to a two- or four-year college or trade school.

Scholarships are awarded by the Virginia, Maryland & Delaware Association of Electric Cooperatives' (VMDAEC) Education Scholarship Foundation. An applicant must be entering his or her first semester at a post-secondary or technical/trade school in the fall of 2019 and scholarship funds must be used towards tuition, student fees, room and board or textbooks.



The online application is posted at vmdaec.com and co-opliving.com. The deadline to apply is **Friday, Feb. 8, 2019**.

Please note that to be considered complete, SAT and/or ACT scores MUST come directly on an official college board report and be uploaded into the application system. This information can be found on collegeboard.org and the ACT report can be found on act.org. **Scores listed on transcripts do not qualify.** If a student has taken the SAT more than once, they may take the best score from each test ("Super Score"), but both tests must be submitted in the package to qualify.

The Scholarship Foundation's board of directors will select recipients based on criteria including financial need, academic achievement and a student's personal statement. Successful applicants will be notified no later than **May 31, 2019**.

In 2018, VMDAEC's Scholarship Foundation awarded 56 scholarships as follows:

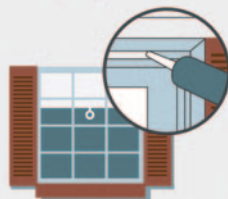
- 54 applicants received Worth M. Hudson Scholarships in the amount of \$1,000 each;
- one applicant received the C. D Hypes Memorial Scholarship in the amount of \$1,000;
- one applicant received the Gertrude Winston Memorial Scholarship in the amount of \$1,000.

Since its inception in 2000, the Foundation has awarded 683 scholarships totaling \$582,500. Donations to this program are welcomed and are tax-deductible. Questions about donations and the application process should be directed to Sam Brumberg via email at scholarship@vmdaec.com.

EASY WAYS TO SAVE ENERGY

WEATHERIZE

Seal doors and windows with caulk, weather stripping and/or plastic film.



SEAL IN WARMTH

Close blinds and curtains during the night to keep cold air out. Open them during the day to let sunlight in.



COOK UP SAVINGS

Use smaller appliances, like microwaves, toaster ovens and slow cookers when possible.



Solar Made Easy



**COOPERATIVE
SUNSHARE™**

Cooperative Sunshare gives ANEC members the power to embrace even more clean, renewable energy.



Looking to take advantage of solar energy, but can't install panels on your property? Are the upfront and ongoing maintenance costs of a personal solar array holding you back? Cooperative Sunshare is designed for you.



Through Cooperative Sunshare, residential members may purchase 50-kilowatt-hour (kWh) blocks of solar energy.



A 50-kWh block is \$5.42, plus delivery costs. While higher than standard electricity, solar blocks will remain the same price for 3 years and are not subject to Power Cost Adjustments.



Log onto www.anec.com or call us at 787-9750 to learn more.

Subscribe Today!

New Year's Checklist

✓ Sign Up for SmartHub

SmartHub is a valuable tool that makes it easy to manage your A&N Electric Cooperative account from your smartphone or mobile device.

The SmartHub app literally puts control of your account in the palm of your hand with the ability to track your daily and monthly energy use, report a power outage, set up bill reminders and pay your bill. You can also go paperless with SmartHub, if you're looking to becoming more environmentally friendly moving forward.

The app is free and is available for Apple and Android phones and devices. Want to get started today? Use your phone's camera to scan the QR code in the SmartHub ad below. That should take you directly to SmartHub in the app store. Just download it from there. It's that easy.

To register, you'll need a valid email address and your A&N Electric Cooperative account number.

SmartHub is also accessible through the web, just log onto anec.com to learn more.

✓ Update Your Account Phone Number

If a co-op member has changed phone numbers associated with their account but has not informed the cooperative, their ability to report an outage may be affected.

The system A&N Electric Cooperative uses to predict outages utilizes member phone records to help locate issues with the cooperative's electrical distribution system. Out-of-date phone numbers listed on member accounts can impact that member's ability to

For many the new year is a time for a fresh start. Here are three things to get you off on the right foot this year and help you better manage your A&N Electric Cooperative service.

report an outage, meaning longer response times in some cases.

If your phone number has changed, contact us to update that information.

✓ Serious Medical Condition Certification

If you have medical equipment in your home that requires electricity, please let us know about it. The cooperative will attempt to give these members advance notice of any planned or extended outages. This does not guarantee that your electric service will not be interrupted.

If you have this type of equipment, complete the Serious Medical Condition Certification Form, with the assistance of your physician, and return it to the cooperative. The form can be found on our website or at our Tasley office.

An updated form is required when the anticipated length of time the serious medical condition will last ends, or yearly, whichever occurs first.

The possibility does exist that members who fill out the certification may be without electric service for an extended period when there is major damage to the electrical system. In preparation for this type of situation, you may want to obtain an alternate power source such as a generator or be prepared to relocate until power can be restored.



Putting The Power In Your Hands



SmartHub makes it easy to manage and track your A&N Electric Cooperative account from your smartphone or mobile device.



- Pay your bill
- Set bill reminders
- Schedule payments
- Report outages
- Check your daily and monthly energy use
- View your payment history



iOS Users



Android Users

Learn more at www.anec.com or scan the QR code above to get started!



Getting the Most Out of Your Programmable/Smart Thermostat



Recently unwrap a smart or programmable thermostat? Upgrading your thermostat is a great way to help your home become more energy efficient and save you money on your energy bill. Here are some helpful tips on how to get the most out of your new household tech.

LOCATION, LOCATION, LOCATION — Install your thermostat away from heating or cooling registers, heat-emitting appliances or lighting, doorways, fireplaces, skylights or windows and areas that receive direct sunlight or drafts. Interior walls work the best.

SET YOUR SCHEDULE — Keep the thermostat set at energy-saving temperatures for long periods of time, such as during the day when no one is home and when you go to bed.

FIGHT TEMPERATURE TEMPTATION — Once you've established a schedule that works for you and your home, resist the urge to change those pre-programmed settings. Each time you do, you'll use more energy and may end up paying more on your energy bill.

GET IN THE ZONE — If you have multiple heating and cooling zones (like in some two-story houses), use a programmable thermostat for each zone of your house. This helps maximize comfort, convenience and energy savings throughout the house.

GET THE RIGHT THERMOSTAT — Heat pumps may require a special programmable thermostat to maximize your energy savings year-round. Hang on to that gift receipt and talk to your retailer or contractor to see if you can exchange your thermostat for the proper one that is compatible with your system.

BATTERIES NOT INCLUDED — Some programmable thermostats run on batteries. Change your batteries each year. Some units will alert you when batteries require replacement.

HANDS-ON APPROACH — Still have a manual thermostat? You can adjust the temperatures daily before you leave the house and when you go to sleep at night. Typically, adjusting temperatures 5 to 8 degrees (down in winter, up in summer) can help save energy if you are going to be away from home for long periods. Remember when returning to your desired comfort level, gradually adjust your settings a few degrees at a time to avoid energizing auxiliary heat, which can lead to temporary higher energy use. This can also be the case with some older programmable thermostat models.

MESSAGES FROM YOUR CO-OP

- Visit us at [facebook.com/ANElectricCoop](https://www.facebook.com/ANElectricCoop) and "like" us.
- Visit anec.com to sign up to receive Beat the Peak emails or text-message alerts.
- The **Touchstone Energy® Co-op Connections® Card is FREE to all ANEC members.** The card offers discounts at participating local and nationwide businesses, including prescription drug discounts.



Programmable Thermostat Setting Guide			
SETTING	TIME	SET POINT (HEAT)	SET POINT (COOL)
WAKE	6 a.m.	Below 70° F	Above 78° F
DAY	8 a.m.	Lower about 8° F	Raise about 7° F
EVENING	6 p.m.	Below 70° F	Above 78° F
SLEEP	10 p.m.	Lower about 8° F	Raise about 4° F

Use this table as a starting point for setting energy-saving temperatures in your home. Then adjust the settings to fit your family's schedule and comfort levels.

A&N ELECTRIC COOPERATIVE
 21275 Cooperative Way
 P.O. Box 290
 Tasley, VA 23441-0290
 757-787-9750 • 800-431-2632
 Office Hours: M-F, 7:30 a.m.-4:30 p.m.
anec.com
 Payments: 1-855-386-9921
 President & CEO
 Butch Williamson
 Local Pages Editor
 Jay Diem
A&N Electric Cooperative is an equal opportunity provider and employer.