



## October is National Co-op Month

*Electric co-ops grow for the communities they serve*

by Bill Buchanan | Chief Executive Officer

October is National Co-op Month, and BARC Electric Cooperative is joining cooperatives across the U.S. to celebrate. Co-ops come in all shapes and sizes, but they each have a common goal: to provide goods or services for the members of the co-op.

Electric co-ops, including BARC Electric Cooperative, exist to serve their members. Our priority is to provide affordable, reliable energy to our local communities. Because we are led by you, the members we serve, we can evolve to meet your needs.

This October, as we celebrate Co-op Month, we're focusing on the ways "Co-ops Grow" for their members.

**Co-ops Grow Communities:** Co-ops help communities grow by promoting economic empowerment, fostering community engagement and supporting the unique needs of co-op members. "Concern for Community" is one of our core principles — and being community-focused is essential to everything we do.

**Co-ops Grow Together:** Co-ops are all about cooperation, not competition. That's why electric co-ops work together to share lessons learned, successful strategies and better ways to serve our members. We're better when we grow together!

**Co-ops Grow Tomorrow's Leaders:** Electric co-ops serve as fertile ground for growing tomorrow's leaders through a variety of youth engagement programs. Whether through school demonstrations, community events or our scholarships, we're committed to providing opportunities for local youth to learn and thrive in our community and beyond.

**Co-ops Grow for You:** At BARC, your satisfaction is our No. 1 goal. It's why we were formed many years ago to fulfill a uniquely local purpose. We've come a long way since then, and your needs continue to evolve. That's why we'll never stop growing for you!

### BARC ELECTRIC COOPERATIVE

P.O. Box 264  
Millboro, VA 24460-0264  
1-800-846-2272

Office Hours: M-F, 8 a.m.-4:30 p.m.  
barcelectric.com  
barconnects.net

Come join us on Facebook  
facebook.com/BARCElectricCooperative



Chief Executive Officer  
Bill Buchanan

Local Pages Editor  
Amanda Cunningham

*BARC Electric Cooperative is an equal opportunity provider and employer.*

# Five Ways to Stay Cyber-Safe

October is Cybersecurity Awareness Month, the perfect time to improve our cyber practices. Here are five simple ways you can stay cyber-safe, at home or at the office.

Use strong passwords. Did you know the most common password of 2023 is 123456? Using simple, predictable passwords like this is never a good idea. The strongest passwords meet the following criteria: 12-15 characters, including numbers, special characters, and lowercase and uppercase letters. If you struggle with remembering passwords, try using a password manager or password phrases that are easy to remember.

Enable multifactor authentication across all accounts and devices. Multifactor authentication decreases the likelihood of a breach by adding an additional form of authentication. So, if your password is hacked or stolen, the bad actor still has a hurdle to overcome to access your or the co-op's data.

Recognize and report phishing. You've likely received an email with urgent language and a myriad of typos and grammatical errors saying you need to "update your payment information" or "make a payment immediately." Emails like this are typically phishing scams. BARC Electric Cooperative and legitimate businesses will not email or text with a link to update your payment information. If you are unsure, contact the company directly.



Stay protected while connected. Whatever the network device, the best defense against viruses and malware is to update to the latest security software, web browser and operating systems. Sign up for automatic updates if possible and protect your devices with anti-virus software. Another way to stay safe while connected to outside networks is to use a virtual private network, or VPN.

Secure your network against cyberthreats. Computers, smartphones, TVs, thermostats, doorbells — the list of internet-connected devices is ever-growing! Securing your modem, router and Wi-Fi can keep your home network safe from cyberthreats. For those with BARC Connects, Protect IQ is offered as an extra tool to protect your home against threats. Practicing good cyber hygiene is essential to keeping data secure.

For information on reporting fraud, visit [reportfraud.ftc.gov](https://reportfraud.ftc.gov) or [usa.gov/where-report-scams](https://usa.gov/where-report-scams).



## BARC Connects Smart Home Solutions

Protection means peace of mind.\*

**PROTECTIQ** - Protect your network. You have locks on your doors and windows, why not your network?

- Protect ALL devices on your network and lock out the predators
- Receive alerts when cyber criminals attempt to access your network
- Block data from thousands of malicious sites and protect your entire network

*\*Add for \$5 per month. Must have a Gigaspire device and basic package of 100/50 or higher to add feature.*

**EXPERIENCEIQ** - Enhanced parental controls. Set your boundaries and let us help you keep them.

- App and website filtering of specific content you control
- Safely enforce screen time usage, with time limits you manage
- See accessed content and usage and know where your children spend their time online

*\*Add for \$5 per month. Must have a Gigaspire device and basic package of 100/50 or higher to add feature.*



Visit our Home Solutions page at [barcconnects.net/smart-home-solutions](https://barcconnects.net/smart-home-solutions). Or contact us at 800-846-2272 today.

# BARC Communities

## BARC Supports Local Fairs and Festivals



Frank Brinkley helps out at the Highland County Fair on Sept 1.



Crowds gathered at the Rockbridge Community Festival held in downtown Lexington on Aug. 26. BARC employees enjoyed seeing all the members and Connects customers that stopped by to say hi!

**CO-OPS  
GROW  
COMMUNITIES**

Electric cooperatives are joining co-ops across the U.S. to celebrate National Co-op Month. As your local electric co-op, our services are shaped to meet your specific needs. We love growing with you, the members we are proud to serve.

## Energy-Efficiency Tip of the Month

Did you know using your dishwasher is more energy efficient than washing a load of dishes by hand? To maximize efficiency, wash full loads in the dishwasher and don't block the arms or other parts that move while the appliance is in use.

For additional savings, turn on the "air dry" setting instead of using the "heat dry" setting, and use a rinse aid to help dishes dry faster without spotting and streaking.

Source: [energy.gov](http://energy.gov)

# Imagine

Simple, easy-to-control and worry-free Wi-Fi

**No contracts! Sign up today!**

**BARC Connects**  
FIBER BROADBAND

Stay up-to-date! Follow us at [facebook.com/barcconnects](https://facebook.com/barcconnects)

Our FREE app is everything you need for a better Wi-Fi experience. Available on all Apple and Android devices.

Ready to experience BARC Connects? Call today! **800-846-2272** or [barcconnects.net](https://barcconnects.net)

## Attention High School Students

Interested in a **powerful** career?

BARC Electric Cooperative and the electric cooperatives of Virginia, Maryland and Delaware will again host a free, one-day energy career experience for high school girls and young women interested or curious about working on a line crew, in a substation, with advanced metering technology or as a fiber broadband technician. Instructors will lead students through various activities in the classroom and outdoors at a state-of-the-art training facility.

# GIRL POWER

**Friday, Nov. 3**  
Electric Cooperative Training Center  
Palmyra, Va.

**Register Now!**  
Space is limited.



[vmdaec.com/girl-power-camp](https://vmdaec.com/girl-power-camp)

