



Community Matters

to Cascade Natural Gas Corporation

May 2010 ~ WA



In the Community to Serve®

Spring into Summer with Smart Energy Use

Saving energy around your house can be easy. Make small changes to your daily routine or invest in energy-saving home improvements and watch the financial savings add up! Cascade can help you save money on utility costs and help keep Washington GREEN! Try these energy-saving suggestions around your home:

- Check your insulation levels. Insulating your home and sealing air leaks is a great way to keep cool air inside during the summer. Cascade offers cash-back incentives for attic/ceiling, floor, and wall insulation.
- Install high-performance showerheads and faucet aerators to use less water without sacrificing pressure.
- Take a look at your water heater. If your water heater is old or inefficient, consider replacing it with a more efficient natural gas water heater. The Conservation Incentive Program offers an incentive for water heaters with an energy factor (EF) rating of .62 or higher.
- Take advantage of the warm weather by air-drying your clothes outside. Or, dry clothes 10 - 15 minutes in the dryer and finish drying them in the summer air.
- Shade your windows. Avoid using the air conditioner by pulling your drapes closed or using light-colored opaque shades to keep the heat out on sunny days. You can also install awnings or plant a shade tree.
- Only run full loads in clothes washers and dishwashers. You will use less water and energy by using these appliances less frequently.



The Cascade Natural Gas Conservation Incentive Program offers cash-back incentives on a variety of energy efficiency home improvements. Visit www.cngc.com/conservation or call us at 1-866-626-4479 for more information.

Commercial Conservation Project: La Vie en Rose Bakery

By participating in Cascade's Commercial and Industrial Conservation Program, La Vie en Rose Bakery in Bellingham, Washington, earned a \$600 incentive and expects to save over \$590 in energy bills annually!



La Vie en Rose Bakery

According to Johnny Lahr, owner of La Vie en Rose Bakery, "Uneven cooking and the time it took to reach operating temperature helped in my decision to look for a new, efficient gas oven." The bakery recently installed a new high-efficiency gas convection oven, which qualified for a \$600 incentive from Cascade's Conservation Program. "I chose this oven for two reasons: the reliability of the model and the rebate that was offered from Cascade," said Lahr. Additionally, the bakery is projected to save over \$590 in energy bills annually. The bakery is not only cutting costs with the new oven, but they are also cutting their baking times in half. "Baking all of the treats takes much less time than before," said Lahr. For La Vie en Rose, conservation is an important way of doing business. According to Lahr, "Sustainability is the mantra and creed we live and operate by and we wouldn't have it any other way."

Cascade's Commercial & Industrial Conservation Incentive Program is designed to increase energy efficiency in commercial and industrial businesses by providing cash incentives for the installation of approved energy-efficient, gas-fired equipment in qualifying facilities. These incentives provide financial compensation based on the performance specifications of the new equipment and/or insulation. For more information about the conservation program, visit www.cngc.com/conservation.



Cascade in the Community: Wenatchee, WA Employees Volunteer at the 2010 Special Olympics Winter Games

In early March, the weekend that many Cascade Natural Gas employees look forward to all year finally arrived! Over the weekend of March 6th, many Cascade employees traveled to Wenatchee, WA, and volunteered their time to help make the 2010 Special Olympics Winter Games a success. Wenatchee has been the host city for the Special Olympics for a number of years and this year, various Cascade employees volunteered at the basketball tournament, the Alpine skiing competition, and the skating competition.

The first assignment for two of Cascade's volunteers was decorating the medal awards area. Volunteer Lori Shimek, a Cascade Distribution Clerk, said that "when the athletes came into the room and saw the Special Olympics banner behind the decorated awards area, you could feel their pride knowing that they may soon be there to accept a medal".



The 2010 Special Olympics Torch

Other Cascade volunteers helped with the basketball portion of the Special Olympics, which proved to be a nail-biting event! Eight teams played on the first day and six teams played on the second day. They played back-to-back games and each one was just as exciting as the next. One game even went into overtime! Each team was fiercely competitive and the scores were just points away from each other.

There was one child in particular that captured the volunteers' hearts. He was a little guy who looked to be about five years old. His own teammates looked much older and definitely bigger than him. He didn't have many opportunities to play or take possession of the ball, but he sure was cute trying to keep up with his larger and more aggressive teammates. The little guy ran back and forth, keeping an eye on his coach for the signals that let him know when to stay up court or when to keep his hands up to block a pass. He practiced in between quarters, even if it was just for a couple of minutes. His practice paid off because during the halftime break he made a basket! He was so happy and you could tell from his face, it didn't matter that it was during halftime break or that not a lot of people were looking at him. This little guy was thrilled the ball finally went through the hoop! All that mattered was that he made the basket!!!

On that day, volunteer Rose Cabrales, from Cascade's Operations Services department, learned a valuable lesson from that child: "He showed me that when things are difficult and the others are bigger than you, persevere and eventually you'll do well, even when the crowd isn't looking".

On the last day of the Special Olympics, some of the volunteers gathered medals for the presenters and assisted the volunteer Border Patrol and Sheriff Officers in placing the medals on the athletes. Lori said "it was a joyous time for the athletes and their families and friends as the medals were placed around their necks, rewarding their hard work.

We left at the end of the day knowing that we had made a lot of deserving people feel very special."

Cascade Natural Gas is proud of its employees, who served our community by volunteering at the 2010 Special Olympics Winter Games.



Volunteers keeping score at the basketball games.

~ Contacting Cascade ~

**In Washington and Oregon,
call 1-888-522-1130.**

**Emergency services are always
available, 24 hours a day.**

For billing information or other non-emergency calls, please contact Cascade Natural Gas by phone during normal business hours:
Monday - Friday, 8 am - 5 pm.

You may also contact us via e-mail at service@cngc.com or visit us on the web at www.cngc.com.