



THE BUZZ

for members of CKenergy Electric Cooperative

Youth Program deadlines:

March 7 - Senior Scholarship

April 15 - Energy Camp

February 2022

A SUPPLEMENT TO OKLAHOMA LIVING



restoration efforts, they are never far from the hearts of family members.

Linemen are on call and must be ready to go at a moment's notice when needed. Sacrifices are made because CKEC members depend on linemen to get their electricity back on. Ballgames, holiday and family get togethers might be missed when duty calls.

CKEC holds monthly safety meetings that highlight potential hazards. Safety is our number one priority. Safety protocols exist for a situation that may arise with daily safety briefings and an atmosphere that encourages open dialogue and communication.

Linemen are the Heart of the Cooperative

We often take electricity-and the men and women who provide it for granted. Line crews

work around the clock, sometimes in difficult and dangerous conditions, to keep power flowing to our local communities. Whether they're restoring power after a major storm or maintaining critical infrastructure to our electric system, line workers are at the heart of CKenergy.

When a storm hits, they set aside their personal priorities because

Mother Nature doesn't work around holidays, vacations and birthdays. A service-oriented mentality is one of the many admirable characteristics of an electric line worker.



Linemen work 365 days a year, 24 hours a day in the heat, rain, sleet and snow. They keep the power on, keep our system safe, and ensure you have power at the flip of a switch.

CKenergy Electric Cooperative line workers aren't alone when working on the lines. Whether they are climbing poles to restore power or traveling to aid another cooperative in

Working with high-voltage electricity, line workers find themselves in life and death situations regularly, says CKEC CEO, Clint Pack. Safety is the key to everyone going home to their families when the work is done.

CKEC linemen maintain more than 7,800 miles of line serving more than 26,000 meters in western and central Oklahoma.





PO Box 70 • Binger, Okla. 73009
PO Box 100 • Cordell, Okla. 73632

tele: **(405) 656-2322**
(580) 832-3361

www.ckenergy.coop

OFFICE HOURS:
Monday-Friday,
8:00 am - 5:00 pm.

POWER OUTAGE
HOT LINES

800-868-8243

888-832-3362

BOARD OF TRUSTEES

- Gary Brewster, President
- Jack Sawatzky, Vice President
- Dr. Fred Reuter, Secretary
- John Schaufele
- Mark Slempp
- Robert Travis
- Tony Setzer
- Steve Sweeney
- Walter Hrbacek
- Greg Little
- Glenn Propps
- Don Payne
- John Garland, Attorney
- Clint Pack, CEO

PAYMENT OPTIONS

- Pay online at www.ckenergy.coop
- Pay by phone by calling **405-656-2322**, available 24 hours a day. Visa, Mastercard, Discover, or American Express.
- Pay in person at any of our offices: Binger, Cordell, Mustang, and Anadarko.
- Pay via automatic draft of your checking or savings account. To sign up, please visit www.ckenergy.coop or call **405-656-2322** or **580-832-3361**.
- **Pay through our CKenergy App available for iPhones or Androids.**



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FEBRUARY

Winning CKEC Members

Paul Ausborn
David Gray
Paige Teagle

If your name is listed above,
please call us at **405-656-2322**
to claim a \$25 credit on your
electric bill.



Socialize with us!

Stay up-to-date with your co-op and your community by following us on Facebook, Twitter, Instagram, and SnapChat. Get the latest news on co-op events, services, energy saving tips, and more. During a power outage, stay connected with us for updates on the restoration process.

Questions or comments about your newsletter should be directed to Lisa Willard, Director of Communications, CKenergy Electric Cooperative, PO Box 100, Cordell, OK 73632, email: editor@ckenergy.coop.

CKEC Employees Recognized for Years of Service

Thank you for your dedication

10 Years

Heath Gossen
Chase Blackburn
BJ Carter
Jerid McAdoo
Donnie Freie

25 Years

Lonna Schwab
Kyle Williams
Justin Savage

Congratulations to our employees on their years of dedicated service. Loyal and dedicated employees are the foundation to any successful company.

We value the hard work of all of our employees and appreciate their hard work. It's an honor to recognize them for their dedication for their years of service.

We are proud to have each of these employees and board of director on our team and offer our congratulations on their service milestones.

15 Years

Jolynn Flansburg
Blake Bowling

20 Years

Randy Nealis

30 Years

Steve Westbrook
Bryan Lopez

50 Years

Walter Hrbacek
(Board of Director)

Heart Healthy Tips for Valentine's Day

Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.

What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of physical activity, such as a brisk 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example meditation, yoga, a warm bath, or quiet time with a good book or funny movie.

How can you make self-care for your heart easier?

- ✓ Cook delicious, heart-healthy recipes.

✓ Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating website.

✓ Go for a bike ride, take an online exercise class, or have a family dance party.

What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.



when utility bills are at their highest and it would be great if the solar installation could offset those costs, but they don't, not even close. Due to the position of the earth and Oklahoma's location within, solar production really kind of falls on its face during those months leaving the homeowner frustrated with the reduction in their utility bills. In fact, in most cases, the utility bill along with the finance payment for the solar system is higher than it was when it was just a utility bill. To be fair, summer bills may be lowered enough by the solar production that the remaining bill plus the finance cost could be cheaper.

So what is the bottom line? The cost after tax credit was \$47,360. Assuming financing at 3% for 15 years, the final cost for the installation is really \$58,870.50. Notice on the chart the annual solar production of 24,444 kwh at 10 cents per kwh would be \$2,445 value to the homeowner. If we divided \$58,870.50 total cost by \$2,445 annual savings we reach a payback of 24 years. The average person gives birth to a child and gets a grandchild in return after 24 years. Most people will have remodeled their homes once or twice in 24 years. How many roofs need to be installed in 24 years?

Not fair you say? Show a more optimal 18kW installation you say? Okay. Just for fun, using the same government calculator let's make this installation state of the art and keep it at the same price. This installation is now mounted in the yard with zero visibility limits. It is at 180* azimuth and a 20* tilt. See the bottom graph on page 5.

Now the savings is \$2,836 per year. Divided into \$58,870.50, the payback is reduced to 20.75 years. That's much better. At least the grandbaby won't have been born yet.

Facts about Solar EVERYONE Should Know

Part 3

By Boyd Lee, VP Strategic Planning

In this installment of "What everyone should know about solar", we're going to look at an actual solar installation on CKenergy lines. We will not be revealing who the customer is but the results are real and are worthy of the attention. As we've said before, it is not the intention of CKenergy Electric Cooperative to dissuade anyone from installing solar panels if it is something they feel strongly about, especially if it is based on their perceived environmental impact. At the same time, we feel it is our responsibility to inform CKenergy members of true and actual results from solar installations, so if your concern is economics, then you can make a more informed decision on how to spend your hard earned money.

Our chosen installation is a roof mounted, 18 kW (18,000 watt), 54 panel system. The total installation cost for this system was \$64,000. After tax incentive of 26%, the installed cost was \$47,360

not counting financing. The installation is on an out building adjacent to the home. The roof position is less than optimal as it is on the west side of the building, 270* azimuth, limiting early day production. It is also on a gentle 3/12 pitch which limits late evening production as well. Nevertheless, decent solar generation is realized from this installation, although not as much as hoped for by the homeowner. Using the PV Watts calculator supplied by the National Renewable Energy Laboratory at www.nrel.org, we have provided an example of the production from this exact installation. See the top graph on page 5.

Notice the daily solar radiation per square meter of panel space changes dramatically from summer months to winter months resulting in considerably different monthly amounts of kilowatt hours produced. Winter time is actually

RESULTS



Print Results

24,444 kWh/Year*

System output may range from 23,608 to 25,065 kWh per year near this location.
Click [HERE](#) for more information.

Month	Solar Radiation (kWh / m ² / day)	AC Energy (kWh)	Value (\$)
January	2.83	1,260	126
February	3.63	1,469	147
March	4.50	1,997	200
April	5.91	2,470	247
May	6.14	2,599	260
June	7.02	2,802	280
July	7.05	2,898	290
August	6.44	2,617	262
September	5.36	2,174	217
October	4.04	1,747	175
November	3.03	1,281	128
December	2.53	1,131	113
Annual	4.87	24,445	\$ 2,445

RESULTS



Print Results

28,363 kWh/Year*

System output may range from 27,393 to 29,083 kWh per year near this location.
Click [HERE](#) for more information.

Month	Solar Radiation (kWh / m ² / day)	AC Energy (kWh)	Value (\$)
January	4.11	1,884	188
February	4.76	1,949	195
March	5.32	2,376	238
April	6.36	2,673	267
May	6.21	2,645	264
June	6.87	2,767	277
July	7.06	2,927	293
August	6.89	2,822	282
September	6.14	2,510	251
October	5.15	2,254	225
November	4.32	1,865	187
December	3.68	1,689	169
Annual	5.57	28,361	\$ 2,836

Solar Best Practices



- Never sign a contract without taking the time to research every claim, promise and figure.
- If you choose to have solar installed, do not oversize your system. Excess production has little value and increases the time it takes to recoup your investment.
- Focus on energy efficiency improvements first. It can reduce your overall energy use, it can potentially save hundreds or possibly thousands of dollars.
- Grid-tied solar installations require utility approval.
- Make sure your property or homeowners association permit the installation of solar.
- Contact CKenergy Electric Cooperative and let us help you understand the impact installing solar can have on your electric bill.

CALL US FIRST



Installing solar on your home is an important financial decision. Some companies are making false claims and using pressure tactics to make solar sales. If you're considering solar, CALL US FIRST at 405-656-2322. As your trusted energy provider, we can explain the pros and cons.

Heating Pads and Electric Blankets Safety

Heating pads and electric blankets cause almost 500 fires each year. Almost all of these fires involve electric blankets that are more than ten years old.

There are two types of personal heating appliances, heating pads that are placed



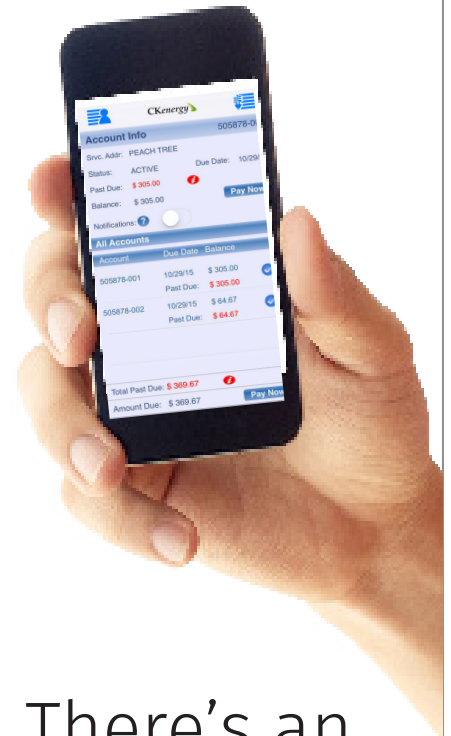
directly on the mattress and electric blankets. They are not meant to be used interchangeably or at the same time.

Safety Tips:

- Look for dark, charred, or frayed spots or one where the electric cord is cracked or frayed. Replace any worn or old heating pad or electric blanket.
- Do not allow anything on top of a heating pad or electric blanket when it is in use. When covered by anything, including other blankets or pets, electric blankets may overheat.
- Never fold electric blankets when in use. Folded or tucked in blankets could overheat and cause a fire.
- Heating appliances should never be left unattended or used while sleeping.



View, Pay, Create, Update, Alert, Report, Send & Receive?



There's an app for that.

Look for the CKenergy EC app on Google Play or the App Store.



Attn: High School Seniors

CLASS OF 2022!



SENIOR SCHOLARSHIP APPLICATIONS DUE
MARCH 7, 2022

LEARN MORE

VIEW CONTEST DETAILS ON OUR WEBSITE
WWW.CKENERGY.COOP

Automotive

Ford F-1501 fuel pumps, brand new for front and back tanks. Fits 87-95 model years. \$125. 580-530-0593.

55/57 chevy used parts bumper. Brake drums, chrome pieces, seats, misc. 405-818-9011.

1981 Corvette T-top. 37,000 original miles. Garage kept. Set idle since 1989. Best Offer. 580-515-0817.

1979 Dodge power wagon truck. 36,000 original miles. Runs good. 580-339-3037.

Farm/ Equipment

820 John Deere, will run. 80 JD - needs work. \$2500 for both 580-331-7304

16' trailer - 6 ton limit. Heavy duty. Can haul heavy equipment or vehicle. Pedulum type hitch. \$4500. 405-570-8288.

Livestock/Pets

Better bulls. Add more profit with big, stout bulls with low birth weights that will sire calves with faster growth and more muscle. Kusel Limousin and Lim-flex. Call John. 580-759-6038.

Swap 'N Shop

For Sale or Trade

Note: CKEC does not endorse or guarantee any of the products or services in these ads.

Red angus bulls, service age, gentle, several A.I. sired. Call or text 580-450-1735.

Four year old red angus bull. Leave message. 580-919-5490.

Business

Paving Maintenance, 405-245-6759.
Cooks Septic Service. Septic tank pumping and insections. 580-550-0545.

C and K Trucking. 20 years exp. Hauling heavy equipment, dozers, excavators, loaders and tractors. 405-395-7758.

Liner replacement for semi end dump trailers. 405-638-1158.

Award winning decks, pergolas, outdoor kitchens, firepits, outdoor fireplaces, cedar fence. 405-834-3411.

Shook's Triple S Construction. Metal carports, awnings, and more. Built

on site to meet your needs. Free estimates. 405-413-7590.

Custom apparel printing and embroidery for your personal or business needs. No orders too small. We can print one or more. Special rates for fundraisers and not for profit groups.
www.countrychickdesign.com

Mobile welding. Welding and fabrication. Call Tony at 405-834-1128.

Loud Mountain Trading Co. Cement, OK. Over 90 local artisans and craftsmen. Premium ice cream. Monday-Saturday 10-6 p.m. LoudMountainTradingCo.com

www.CowgirlBeef.com. Quality beef you can afford. Ranch-raised calves finished for 120+ days and processed in OK. Buy 1 cut or the whole beef. 619-884-0970. cf2cattle@gmail.com

Door and window installation and repair. Free estimates. JD DE Shazo Construction 405-245-4042.

Miscellaneous

C and K trucking heavy haul tractors, dozers, backhoes, trackhoes, loaders. 20

Swap 'N Shop Ads are continued on page 8

You may submit classified ads, businesses, or services to Swap 'N Shop, P.O. Box 100, Cordell, OK 73632, ads@ckenergy.coop, or fax to 580-832-5174. One ad per member unless there is additional space available.

Circle category:

Autos Farm/Equip Furn/Appl Hay/Wood Livestock/Pets Misc
Real Estate Wanted-Notices Business

Name: _____

Address: _____

Phone # _____

CKEC Acct # _____

Swap 'N Shop is a classified advertisement service that we provide to our members at no cost.

- Members are able to submit written ads through the mail, fax, drop off, or by email.
- Ads are **NOT** taken over the phone.
- Ads need to be received by the 5th of each month to appear in the next month's issue.
- Ad space is limited to a 25 word maximum. **ONE** ad per member.
- Contact the editor at 580-832-3361 for information about availability of ad space.
- CKEC reserves the right to reject any ad deemed inappropriate.
- Ads will automatically run for 2 months, additional run time must be requested **before** the 5th of the month.

yrs. experience. 405-395-7758.

Jeans and pants hemming and minor alterations. Tuxes, accessory sales and rentals. Settle Studio. 405-247-5142.

Heavy duty fire pits. 24-48". Free standing. 580-819-0695.

Heavy Haul: tractor, dozers, backhoes, loaders, trackhoes. 20 years experience. 405-395-7758.

2008 36' HH 5th wheel, four slides. Two western jackets 46 R, three western hats 7 1/8. 405-919-0980.

Recreational Trailer, 19 ft, 2004. Travel Cruiser. Good Condition. \$5,000. Call or text 580-773-8513.

Old gumball machine \$80. Student desk \$65. Old fan \$80. Old tricycle \$90. 48" round oak table and six chars \$600, matching hutch \$150. 405-256-0270.

Knitting machines and all accessories. Approximately 10 of them. \$1500 for all or best offer. 405-659-1171.

49 JFK Jr. "Geroge magazines" plus "Last will and testament of Jacqueline Kennedy. 405-797-2915.

Heavy built fire pits. Can be built with or without removable grill. Made out of propane tank ends. Prices range from \$200 to \$450. 580-819-0695.

6' BushHog, like new. Lumber: 3x12x16xLVls. Kenmmore sewing mahcine. 1993 Lincoln Cont. Mark VII. 580-695-4589

Four 18 inch Mag wheels and Good Year Eagle tires. \$500 OBO. 405-439-7571.

Milbank generator 6750 starting watts. 5500 running watts .120/240 gasoline. \$500 firm, New. 405-609-0299.

\$100 Agreed Divorces. JNK Paralegal Service. www.jnkparalegal.com JNKparalegal@aol.com 405-376-2206.

Goober House. Fresh peanuts of many varieties, pecans, and peanut brittle. 580-515-5821. www.Gooberhouse.com

4-Mag wheels and tires off 2019 camaro. Like new. 18 in. \$475. 405-439-7571.

Real Estate

Hunting, fishing and vacation cabin rental at Ft. Cobb lake. 580-243-8697.

5 acres tract of land. Minco school. 405-574-2980.

Swan Lake. 4 bd. 2 bath, central H/A, wood stove, carport, garage. \$60,000 or best offer. 580-747-3672.

Home on 1.5 acres in Eakly. Lovingly maintained with 3 bed/3bath. Living room and den. 580-330-9090. www.goldbucklerealty.com

Wanted-Notices

Old toys wanted 1950-1989. Hot wheels, GI Joe, star wars, super heroes, model cars, and trading cards. 405-361-2227.

Gas portable stick welder/generator unit around 185 to 225ac. 405-247-8843.

Two used tires for old crap metal trailer. 15 inch 95L 405-638-0466.

Hay/Wood

Grass Hay for sale. \$45 per round bale. 405-613-5731.

Valentine's Day Brownies

Ingredients:

- 1 cup granulated sugar
- 2 large eggs
- ½ cup unsalted butter
- 4 Tbs. butter
- 1 tsp. vanilla extract
- ½ cup flour
- ½ cup cocoa powder
- ¼ tsp. salt
- ½ cup semi-sweet chocolate chips
- ½ cup M&M's



Directions:

1. Preheat oven to 350 degrees F. Line an 8x8-inch baking pan with parchment paper or aluminum foil, leave some overhang. If using foil, spray well with cooking spray and set aside.
2. In a large bowl, whisk together the butter and sugar. Add in the eggs, making sure to mix well after each one. Mix in the vanilla until combined.
3. In a separate bowl, mix together the flour, cocoa power, and salt.
4. Add the dry ingredients to the wet ingredients and whisk until well combined. Gently fold in the chocolate chips.
5. Pour the brownie mixture into the prepared baking pan. Evenly sprinkle the M&M's over the top.
6. Bake for 25-30 minutes. You will know the brownies are finished when the edges start to slightly pull away and the top looks done.
7. Allow to cool completely and cut into squares.