



The Buzz

FOR MEMBERS OF OKENERGY ELECTRIC COOPERATIVE, INC

JUNE 2016

A SUPPLEMENT TO OKLAHOMA LIVING



Vactioning on a Shoestring

The new normal seems to be that, while enjoying enviable travel, our friends, family and social media acquaintances must post photos and stories to turn everyone green with jealousy. But not everyone can afford a month of wine tasting in Europe or the gear and guides to dog sled through the Yukon to experience the Northern Lights. Many simply have different priorities for their money. Luckily, opportunities exist for singles, couples or family travel on less luxurious budgets.

Local tourism

Many people do not know every nook and cranny of their neighboring towns and cities. There are likely museums, restaurants, breweries, shops, nature areas or sporting events you have wanted, but never managed, to explore. Do it! You will spend minimally on travel and food while staying for free in your own home and supporting your local economy.

National Parks and camping

Every U.S. state and territory has a National Park. Explore nature and history on a day trip or multiple-day stay by either camping or staying in off- or on-site lodgings. Some National Parks are free, while others require a fee to enter; if you're planning to visit multiple parks in a year, an annual pass might be the most economical choice for you. Seniors, active military and the disabled are eligible for free or reduced prices for annual passes.

Whether in a National Park or other natural area, camping is a great way to get away while controlling costs. True, you'll need gear, but it can be rented or borrowed until you are certain you love camping and will make it a hobby worth investing in. In addition to the cost of equipment, you'll need to pay for the gas to get there and the groceries you'll need to eat, both of which are easily controlled based on the distance of your camp

site and the length of your trip.

Make the most of free, inexpensive and discounted things

Airfare fluctuates on a daily basis, not merely season by season. Stalk the fare you want or commit to going whenever the price is right. Grab the last-minute, discounted cruise cabin. Search fare sales, bidding sites and package deals to save on airfare and lodgings. Stay in a hostel, bed and breakfast or dormitory-style lodging. Once on the ground, take advantage of public transit and rail, free museums and sites, museum passes, free tours, the local paper's events guide and Groupon deals for local restaurants and activities with good reviews.

Research and save, then spend cash

Do your due diligence. Research attractions, estimate the cost to do everything you'd like and do your best to save. Set a budget for necessities like food and a separate budget for extras like souvenirs and side trips. Once on your trip, try to spend only cash. Spending cash on hand will help you realize and control how much you spend—without causing you to spend the next year paying off that getaway you put on your credit card.



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PAYMENT OPTIONS

- Pay online at www.ckenergy.coop.
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Is your family prepared in case disaster strikes? Check out page 6 for more info!

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Energy Efficiency Tip of the Month



Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

Source: energy.gov

Keep up to date with the latest happenings with the co-op and community events. We will also post updates in the event of an outage.



CKenergy Electric Cooperative, Inc.



@CKenergyEC



Instagram

@CKenergy_EC

June Winning Account #'s

Congratulations!
 Leslie Garrison
 Alan Derichsweiler
 Lynn D Richey

If you are one of the people listed above, call 405-656-2322, with your account #, to receive a \$15 credit on your account!



Transformers: Directing traffic on the electric highway

By Karen Combs

Sending power to your home is a lot like driving to a neighboring state. You wouldn't consider taking a two-lane secondary road to travel to a city hundreds of miles away, would you? Of course not: You would find the nearest interstate so you could drive faster and arrive at your destination in less time.

Just like you, your electricity has an interstate that allows it to travel long distances, and a secondary system that winds through back roads and neighborhoods to direct it to its final destination, your home.

Transmission lines that deliver power from a power plant to substations are the fast-moving interstate highways of the electric industry. These lines carry from 161,000 to 23,000 volts of electricity into the local distribution substation. They are located on structures ranging from large metal towers more than 100 feet tall to a single pole standing 70 to 90 feet in the air.

And just like a car leaving the interstate, the electricity leaving the substation has to slow down when it enters the distribution lines serving CKEnergy's service area. Transformers in the substation provide the braking system for lowering the voltage of the electricity so it can continue safely along its journey.

So, how does it work? Higher

voltage electricity passes through a system of coiled wires located in the substation transformer. The electricity enters a primary side of the transformer, which has metal coil windings surrounding that side of the transformer, and then passes to a secondary side, which has fewer coil windings. Travelling through the reduced number of windings lowers the voltage as it leaves the secondary side and continues the journey along the distribution lines.

The electricity moving along CKEC's distribution lines are cruising between 7,200 volts to 14,400 volts, depending on whether or not they are travelling along a single-phase, two-phase or three-phase line. Consider these lines the secondary roads of the electric system. They make the journey through the local co-op's service area.

Distribution lines carry the electricity shorter distances than transmission lines. They transport electricity to the businesses, schools and homes served by your co-op. These are the lines you see CKEC crews repairing after a storm.

Your electricity has one more stop before making its way into your home. Just as you slow down to pull into your final destination, the voltage is lowered one more time. It takes a turn off the distribution line

and into another transformer that's located outside your home.

This transformer may be a canister hanging on a pole or a box in your yard if you have underground electric service. Like the substation transformer, the electricity passes through a primary side with more coil windings to a secondary side with fewer coils. The voltage leaving the secondary side is generally between 120 and 240 volts.

Most transformers service only one home or business, but in some subdivisions two homes may share a single transformer. These transformers are protected by fuses that will disconnect them from the electric line if there is a fault caused by current surges or overloads.

After the electric current leaves the transformer, it makes its way through a service line, into the meter base and to its final destination – your home, where it powers the appliances and electronics of our modern world. As you can see, the electric highway plays a key role in powering our lives and delivering safe, reliable and affordable electricity to you.



What's in it for "we?"

A look at what it means to be a CKEC member

One of the most attractive features of cooperatives is that we answer the popular question, “What’s in it for me?” with “What’s in it for we!” Cooperatives are formed when the market fails to offer a good or service, with decent quality, at an affordable price. Before we became CKenergy, Caddo Electric and Kiwash Electric were formed nearly 80 years ago because, when investor-owned utilities realized there was not enough profit to be made in our community, they refused to offer electricity.

The founding members of CEC and KEC went door to door to collect \$5 in order to raise a portion of the original investment the co-op needed. Those “go-getters” realized the only way to get electricity for

me was to get it for we, the whole community.

Cooperative ownership is in the hands of the people who use the co-op’s goods and the services (not investors), so not only do co-ops start out answering the question of “What’s in it for we?” – they continue to answer that question for as long as they exist.

These days, we often hear about companies that abandon their local communities and move overseas in search of cheaper labor. This negatively impacts the community through job loss, decline in housing values and school closures. Because local residents own a majority of cooperatives, they are less likely to leave their community. In fact, it would be impossible for us to

leave our home here in Oklahoma. The co-op is a critical part of what makes the community a community.

The way co-ops continue to answer the question, “What’s in it for we?” is critical to their survival. It is imperative that we keep you – our members – as the primary focus. Keeping rates as low as possible is one major part of that focus, but ensuring that we provide real value as your trusted energy advisor is also extremely important.

By maintaining that focus with your help and support, we will continue to be able to serve the “me” and the “we” in our community long into the future.

Cooperatives around the world operate according to a core set of principles. These principles, along with the cooperative purpose of improving quality of life for their members, make electric cooperatives different from other electric utilities.

<p>VOLUNTARY AND OPEN MEMBERSHIP Cooperatives are voluntary organizations open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.</p>	<p>AUTONOMY AND INDEPENDENCE Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.</p>
<p>DEMOCRATIC MEMBER CONTROL Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote) and cooperatives at other levels are organized in a democratic manner.</p>	<p>EDUCATION, TRAINING AND INFORMATION Cooperatives provide education and training for their members, elected representatives, managers, and employees so that they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.</p>
<p>MEMBERS' ECONOMIC PARTICIPATION Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing the cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefitting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.</p>	<p>COOPERATION AMONG COOPERATIVES Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.</p>
	<p>CONCERN FOR COMMUNITY While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.</p>

Remember to Update



At various times and for various reasons, CKEC may need to contact our members. The information that you provide is our source of contact. If that information is incorrect—for example your phone number has changed or you no longer use your post office box, etc.- we have no way of knowing unless you make us aware of the change. If you call in your information, please be prepared to confirm your identity. Also, a correct phone number could be the means of avoiding disconnection of service.

A correct address will help to ensure that you receive your bill. A forwarding address if you move off CKEC lines will help to ensure that you receive your final bill, your deposit and/or membership refund check, if applicable, as well as your capital credit checks when the time comes.

Did not receive your bill?

Remember that failure to receive your bill in no way relieves you, the member, from paying it. If you do not receive your bill, contact the office billing department before the due date so that another bill can be issued at (405) 656-2322.

Operation RoundUp

Program Summary:

- ▲ Round up your monthly electric bill to the nearest dollar.
- ▲ Contributions will range from \$0.01 to \$0.99 per month.
- ▲ Your contributions, pooled with those made by fellow Cooperative members, will help fund charitable projects in the community.
- ▲ You can cancel or resume participation at any time.

Small change, Big Difference

Be a Fam with a Plan

**READY
OR NOT?**

HAVE A PLAN

It's not pleasant to think about worst-case scenerios. But a little planning can make a difference if the worst does happen. Follow these tips to avoid feeling helpless during a disaster.

BEFORE:

- **Communicate.** Talk with your family about who to call, where to go, and what to do if disaster strikes.
- **Educate.** Plan different strategies on what to do for different situations. Map out a fire escape route from all areas of your home, and establish a safe place to go during threatening weather. Make sure all family members know their full names, address, and phone numbers. Agree on an out-of-town relative or friend to call if everyone gets separated during a disaster, and have an ICE (In Case of Emergency) contact in your cell phone that first responders can call if needed.
- **Prepare.** Set up warning systems in your home—fire detectors and carbon monoxide alarms give advance notice that can save lives. Use a battery-operated weather radio for advance storm warnings, and subscribe to your local Office of Emergency Management alerts by text or e-mail if available. Keep an emergency kit handy that contains five days worth of non-perishable food and water, first aid supplies, a

list of phone numbers (including your electric co-op and other utilities' outage numbers), medicines, and cleaning supplies. Also, plan for pets or any special needs for family members. Then practice your emergency plans.

DURING:

- **Keep calm:** Think clearly and follow your plan. Use the resources you prepared in case of emergencies.
- **Emergency phone:** Keep a corded landline phone handy in case of emergency. If cell phone batteries die, there's no way to charge them during a power outage. A landline phone will still work without electricity and become your link to the outside world.

AFTER:

- **Be patient:** Wait for all danger to pass. Never re-enter an evacuated area without permission to do so, and remember to use caution when you do go back into your home—you can't always see danger, such as a ruptured gas line.
- **Avoid delayed danger:** Do not approach downed wires or power lines, and watch for rising waters. Keep standby generators in well-ventilated areas—never run a generator indoors, even in a garage.

With a little planning, the worst can be avoided during disasters. Visit redcross.org or ready.gov for more disaster planning ideas. Taking the time to be prepared is worth the effort now in case of emergency later.

What's Cookin'

1/2 cup panko
2 tsp. canola oil
1.5 – 2 tsp. taco seasoning or mixture in notes*
1 egg
2 oz. reduced fat cream cheese
1/4 cup shredded cheddar cheese
1-2 jalapeño peppers, seeds and ribs removed, minced
2 chicken breasts



Jalapeno Popper Chicken

Preheat the oven to 375 and place an ovenproof rack onto a rimmed baking dish. Spray with cooking oil. In a small skillet over medium heat, combine the panko with the canola oil. Cook, stirring often, until the panko is golden and crispy. Place in a shallow bowl or dish. To the panko, add the taco seasoning* and stir to combine. In another shallow bowl or dish, lightly beat an egg. In a small bowl, combine the cream cheese, cheddar cheese, and jalapeños. Using a small utility knife, cut a pocket into the side of each chicken breast, or horizontally slice the chicken through the center, until it is almost butterflied. Season the chicken lightly with salt and pepper, and then divide the cream cheese mixture evenly between each chicken breast's pocket. Use toothpicks to secure, if necessary. Dip the chicken pieces one at a time first into the egg, and then into the panko mixture, making sure to coat the chicken completely. Place the chicken on the prepared baking rack and cook for about 25-30 minutes, or until chicken is cooked through.

Swap 'N Shop

For sale or trade

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

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 **10th of each month** to appear in the next month's issue.
- Ad space is limited to a 25 word maximum.
- Contact the editor at 405-656-2322 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 10th of the month.

Circle category: Autos-Farm/Equip-Furn/Appl-Hay/Wood-Livestock/Pets-Misc-MH/RV/Boat-Real Estate-Wanted-Notices-Business

Name: _____

Address: _____

Phone # _____

CKEC Acct # _____

You may submit classified ads, businesses, or services to Swap 'N Shop, P.O. Box 70, Binger, OK 73009, ads@ckenergy.coop, or fax to 405-656-2327.

AUTOMOTIVE

I buy junk cars & farm machinery, call 405-641-3344 for more information.

Hilltop Small Engine Repair, 3 mi north of Gracemont, 1/2 mi west on CR 1230. 405-638-0325.

1999 Ford Diesel F350 DewEze Bed, automatic, dual wheel, good tires, feed box included 204,470 miles \$10,500 good feed truck 405-668-2247

2 Chevy aluminum wheels 5 lug. \$50. 405-905-9790

2010 Luxury by Design, 37ft 5th wheel. W/D, Brand new awning. 1 owner. 580-678-9899

'62 Sunbeam Alpine Sport Roadster. Original motor, trans, rear end, radiator, spokedwheels. Needs lots of work. \$1500. 405-656-9019.

5th Wheel Camper as is. \$350. 405-

284-6804.

'04 F350 4x4, 6.0L, needs some work, will start and run. 4 door. \$2500. 580-613-0226.

'06 Harley Davidson Motor Cycle-model XL883. 2K miles. Wind shield and saddle bags. 405-205-7491.

'62 Cadillac Eldorado. 4 door, wire wheels. Body in excellent condition, engine out of car. Have the parts. \$4500. 405-826-4827.

Farm/Equip

Marrow's Tractor Tire Repair, Sales, & Service 405-668-0248

Large Square Bail Feeders, 1 double, 1 single. \$450 for both OBO. Call 580-483-5180.

4'X4'X14' Chicken Coop with 4X4 box. Portable.\$375. 405-643-2262.

Alamo 8 ft. shredder with 3 pt. Excellent condition. \$2500.405-905-9790

Walk behind Toro Lawn Mower. Runs good. \$30. 580-819-1621.

MF Tractor for parts. 405-284-6804. Older Scissor Lift as is. 405-284-6804.

Hay/Wood

Cedar Posts & Stays & Oak fire wood. Call 405-437-7612

Net Crop Native Grass Hay- Lg Bales, net wrapped. 405-638-0620 or 405-206-8126.

Clean Bermuda Grass Hay 4x5 bales \$45/bale. Please call King Sod Farms 405-797-3323.

Cowpea Hay- 150 5x6 bales, 10% protein, \$50/bale. 405-668-2679.

Good Bermuda Grass Hay, Large

Round Bales. 6X6. \$60. 405-306-1538.

Walnut Firewood, Split \$80/rick for pickup. \$100/rick for delivered. 405-352-5242.

Alfalfa Hay- Round & Square bales. Will load. 405-933-0132.

21 Bale Bundles of small bales of Tiffany Grass & Alfalfa Hay. Cordell Area. 580-660-1622.

Grass Hay 300 Native Grass, 80 Switchgrass, Large Round Bales, Net Wrapped, \$50/Bale, Weatherford, Will Load, Delivery Available, 405-542-6713, 580-774-4942

About 40 large round bales. \$40 each. 405-905-9790

Livestock/Pets

Beefmaster Bulls for sale. 18mos to 2yrs. Some polled. Call 405-352-4451.

Registered Angus Bulls. 13-18mos, semen tested, docile, & ready to work. 405-352-5025.

60 Big Stout Limousin Bulls. Easy calving, gentle, high growth. Best for Xbreeding to increase weaning wts & profit. Kusel Limousins. 580-759-6038 or 405-643-2884.

Hereford & Angus Bulls- Breeding age & semen tested. 580-280-2855.

Charolais Bulls for Sale. 6- 30mth, 12-18/24mth. 580-774-9989.

Business

Alterations & T- Shirt Quilts. 405-831-0593

Cooks Septic Service & Repair 580-550-0545, toll free 877-369-7305.

McCormack's Affordable Quilting, T-Shirt quilts, custom quilts, & quilt repair. 405-229-4933.

Piano Tuning & Repair. 50+ years experience. 580-254-0817

Allene Hebensperger, Mary Kay Independent Sr. Sales Director. 580-726-5514.

Welding. Gates, pipe fencing, & anything that needs welded, No job too small. Call Tony at 405-834-1128.

Cimarron Fields Wedding/Event Barn & Catering. Booking year round. Www.cimarronfields.com, like us on Facebook. 405-802-8135.

Stanley Home Products- Fuller brush cleaners, brooms, mops, brushes, germicides, personal products, lotions, hair brushes, all house cleaning products, mens products, etc. 580-497-2249

Misc

Set of Reverware- Dutch Oven, 3 sauce pans, 2 skillets, all with lids. Call for price. 580-347-2437.

Pride Quantum Q6 edge power wheelchair w/ charger. Manual wheelchair, transport chair, walker w/ seat. 405-376-3049

Cessna 172 airplane. Will trade for late model double wide home. Shown by appointment only. 405-631-1505.

Furn./Appl.

Like New, Khaki Powerlift Chair. \$500. 405-247-6555.

Under the sink water conditioner. Like new. \$75. 580-819-1621.

Home Made Bench. Made from head & foot board. Storage under seat. Very nice. \$65. 405-656-2888.

Real Estate

4 bed, 1 1/2 ba Brick Home 12 miles SE of Hinton. Sits on 1 acre, all electric, tall privacy fence, above ground pool, with 2 storage sheds. Call 405-284-6955.

2 Lots at Swan Lake in Ft. Cobb, Electric, 21ft Tahoe Trailer, needs repair. 2 metal storage bldgs. Well & pump. @ Division & Norma St. Make offer. 405-681-6991.

2 bd, 1 ba house S of Gotebo, fenced, 4.91 acres, detached 2 bd, 1 ba building, large barn, metal grainery. Call 580-538-5511 for info.

Crow's Roost Area- 217 Maryland St, Ft. Cobb. 3 d, 1 ba, new septic lines, pressure tank pump, central H&A. \$79,900. 405-668-0109.

3 Bed, 2 1/2, 2 story townhouse, Hobart, OK. Totally remodeled. Near hospital & quiet neighborhood. \$120,000. 580-515-1361.

16X80 3 bed 2 bath, Mobile Home on 64X120 lot. 2 yr old central H&A, new carpet, new hot water tank, new pressure well. Covered porch. 14X30 pole

barn, \$41,500. 405-601-0382.

Ft Cobb Lake House Crows Roost Area 2 bed furnished, 2 lots, new metal roof, Garage, carport, also Waverunner and Seadoo on double trailer. \$62,500 Call 405-623-4231.

Lemons Point Ft. Cobb- 3bd 2ba, brick house w/ stainless steel appliances, new roof, finished basement, new windows on 2 lots. Large trees, covered parking & storage building. \$89,900. 405-409-7658.

2 Bed, 1 Bath, Brick home- South of Anadarko. 5 acres with pipe fence. 2 car garage, barn, shed, new storm shelter. Call 405-756-6708.

3 bed, 2 bath Brick Home. 5 miles SW of Anadarko, 3.03 acres, 2 car garage, 10X10 basement, all electric, geothermal H&A, 1 shop + 1 storage shed. Rural water + well water. 405-247-3983.

Home for sale in Eakly by owner. 2 bed w/ 2 lots. 405-545-0182.

For Sale: 5 acre tract land, Minco School. timber, dirt work & ponds available. \$5000 per acre, financing available. Shown by appointment only. 405-352-5190.

Crows Roost, nice 2 bed, furnished. Garage, out building, sprinkler system, 30X50 boat barn, 3 wells, boat, all for \$99,500. 405-408-3219.

Foss Lake Estates for Rent, House. Weekends or Weekly. 5 bed, 2 1/2 bath. C H&A. 580-323-1975 or 214-0178.

12x60 3bd, 2ba, partially furnished, mobile home. \$30,000. Crow's Roost Edition. 405-601-0382.

Crow's Roost- 3bd, 1.5ba, LG living, dining, & kitchen. Central H/A. Shop & wood shed w/ electric. Fruit trees. 3 lots fenced. 405-638-7111.

Eakly \$84,900. 4bd, 2ba. 1983 sq. ft. 2 living areas, lg dining, storm shelter, generator, .93 acre. Eagle Realty- Lavon Overton.

Wanted

Clothes Line Post- Welded Iron Pipe, T style. 405-380-3456.

Dressers, twin beds, bunk beds (no mattresses) to be donated to foster families in Oklahoma. 580-832-5824