



THE BUZZ

for members of CKenergy Electric Cooperative

Holiday Closing :
CKEC will close Tuesday,
July 4 to observe
Independence Day.

Save the Date:
June 3 - Gotebo Trade Day
August 11- CKEC Annual
Meeting

June 2023

A SUPPLEMENT TO OKLAHOMA LIVING

Energy Saving Projects for the Weekend Warrior



Are you a weekend warrior? If you're considering home improvement upgrades that save energy and money, we've got a few project ideas for you—all of which can be completed in a day or less!

Get smart about home cooling and heating.

Cooling and heating your home typically accounts for a large portion of energy bills. Smart thermostats can help keep your cooling and heating costs in check, with ENERGY STAR®-certified models saving about 8% on annual energy costs.

Now that smart thermostats are more affordable (as little as \$70!), this simple upgrade makes for a fun, efficient weekend project. Smart thermostats offer a variety of bells and whistles, but the average model will allow you to set custom temperature schedules, adjust the settings from anywhere (from your phone), and over time, learn your cooling and heating preferences.

Your new smart thermostat will come with step-by-step instructions, but this project typically involves shutting

off your HVAC at the breaker panel, disconnecting/removing the old thermostat, installing the new smart thermostat and connecting it to your home Wi-Fi.

Go green and boost your greenery with a rain barrel.

If you've got a green thumb, you already know that rainwater is the best water for your outdoor plants. Rainwater is free of minerals, salts and treatment chemicals found in tap water or groundwater. It also contains helpful macronutrients to foster healthy plant growth.

Installing a rain barrel is an easy way to harvest large amounts of rainwater and reduce home water use—it's a win-win. According to the Environmental Protection Agency, one rain barrel can save a homeowner 1,300 gallons of water annually.

Most residential rain barrels range in size from 50 to 90 gallons, so the size you purchase will depend on your watering needs.

The simplest way to install a rain barrel is positioning a plastic or wooden barrel

directly under your gutter downspout. Basic piping may be required, but this is an easy way to harvest rainwater, and the barrel won't take up much space. Consider a cover for the top of your rain barrel to keep insects and small debris out of your harvested water.

Create fresh savings with a clothesline.

If you have enough outdoor space available, installing a clothesline is a great way to save energy. Not only will you save on dryer costs—in the summer, you can also save on cooling costs since unwanted heat from the clothes dryer won't be added to your home (which makes your air conditioner work harder). Additionally, air drying is much gentler on fabrics and will keep your clothes and linens looking fresh longer.

You can create your own clothesline with two T-posts, wire and hook-and-eye turnbuckles. Depending on your soil, you may need a small amount of Quikrete to set the posts. Another option is installing the line between two trees. A typical load of laundry requires about 35 feet of line, so keep this in mind as you're determining the location.



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

tele: **(405) 656-2322**

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

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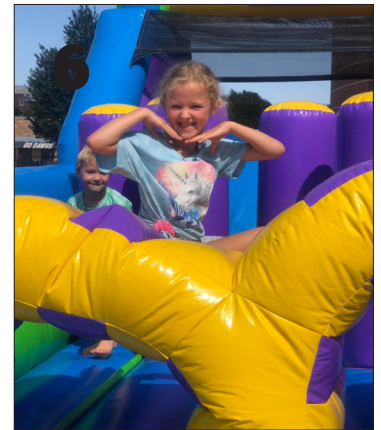
PAYMENT OPTIONS

- 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**. Pay at kiosks at various locations.
- **Pay through our CKenergy App available for iPhones or Androids.**



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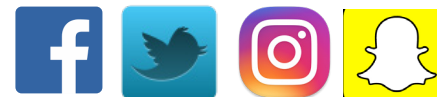


JUNE

Winning CKEC Members

David Gray
Robert Kuehne
Jeff Hacker

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



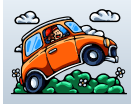
Socialize with us!

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.

Going On Vacation?

Don't let your home run up your electric bill while you're gone.



You can't wait for summer vacation. But is your house ready? Before you hit the road for a long weekend, keep these tips in mind:

Set your thermostat to about 85 degrees. Don't worry about re-cooling your house when you get home; the energy you save while you're away will exceed the energy it takes to cool the place off when you get home. A caution: Don't turn the a/c completely off. A home that gets too hot encourages mold and mildew.

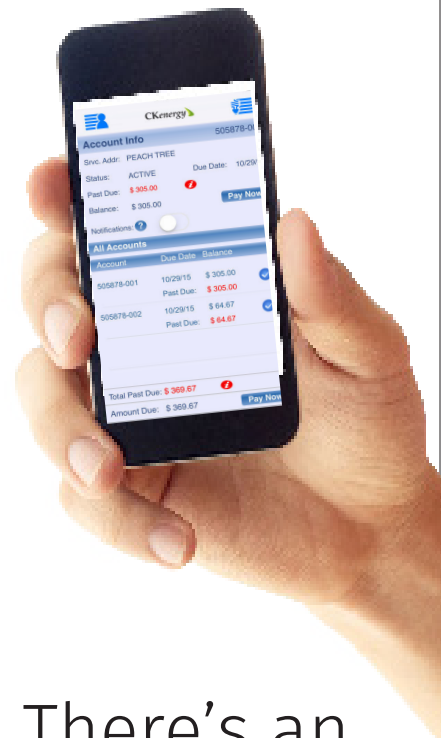
For safety, close the windows. Draw the curtains, shades, and blinds to block sunlight that can heat up your house.

Unplug all TV's, computers, phone chargers, and countertop appliances. Remember, even appliances that are turned off use energy if they're still plugged in.

Leave a few lights on for safety, but turn the rest off. Check ceiling fans, alarm clocks, coffee makers, and other auto-on devices to make sure they stay off while you're away from home.

Set usage alerts for your home so you'll know if there's a problem while you're away. For information about usage alerts, call 405-656-2322.

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



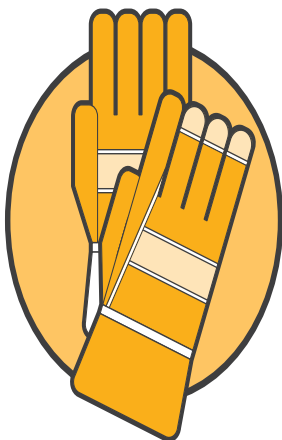
There's an app for that.

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



Five Tips for Hiring an Electrician

A licensed electrician can help with a variety of home projects from lighting upgrades to full renovations. Keep the following tips in mind if you're looking to hire an electrician.



- 1. Hire a licensed, qualified electrician for the job.**
Look for a master electrician to manage the project. Master electricians have the most experience and will often oversee the work of a journey-level electrician or apprentice.
- 2. Make sure the electrician is insured.**
Seasoned electricians know the importance of protecting themselves in case of an accident.
- 3. Read all the reviews.**
Hire an electrician that has several positive reviews – not just one or two. Read reviews on different sites, like Nextdoor, Yelp and HomeAdvisor, and consider asking your neighbors for recommendations.
- 4. Determine your budget. Get two quotes.**
Knowing your budget upfront helps move the process along. Prices can greatly vary, so get multiple quotes (at least two).
- 5. Talk timeline.**
Some electricians accidentally overbook projects. If your job is time-sensitive, convey that early on and discuss a realistic timeline with the electrician.

Seniors Earn Scholarships

CKEnergy Electric Cooperative is pleased to announce the recipients of twelve \$500 scholarships for 2023.

The program is open to any graduating senior who attends high school in our service territory, and whose parents or guardians are members of CKEC. Students were asked to submit an essay on the following topic: Recount a time when you faced an obstacle, a challenge, setback, or failure. How did it affect you, and what did you learn?

Congratulations to these students on a job well done. We wish you the best in your future endeavors!



Kaden Baker
Ft. Cobb-Broxton High School



Bailey Denwalt
El Reno High School



Lyndi Duerksen
Weatherford High School



Adam Lindsey
Cordell High School



Blayke Nunn
Ft. Cobb-Broxton High School



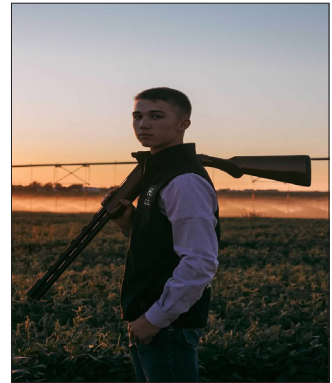
Parker Payne
Thomas-Fay-Custer High School



Rylee Hrbacek
Anadarko High School



Tristyn Horn
Lookeba-Sickles High School



Ryder Klaassen
Hydro-Eakly High School



Bryce Rexford
Binger-Oney High School



Mindy Sawatzky
Clinton High School



Abigail Wright
Weatherford High School

Mark your Calendar

CKEnergy Annual Meeting



ANNUAL MEETING

| WHAT

CKEC Annual Meeting, An evening of entertainment, food, prizes, kids fun and more!

WHEN

AUGUST 11, 2023

WHERE

Pioneer Cellular Event Center
Weatherford, OK

WHO

CKEC members and their family

Automotive

Ford 3rd member 9-inch complete ex-brake drums \$150.00 580-331-7304.

73 Ford mustang. 351 cleveland motor. Paint - interior-rubber 2dr. \$15,000. 580-331-7304.

Farm/ Equipment

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

Norshell work trailer with chrome wheels, vice, six large tool storage boxes, three craftsman and tool boxes. \$3995/obo. 405-376-5846.

24 ft. gooseneck stock trailer. Needs floor. 580-530-0674.

Blacksmith Tractor \$1,500 405-542-7545

Livestock/Pets

Better bulls. Add more profit with big, stout bulls with low birth weights that

Swap 'N Shop

For Sale or Trade

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

will sire calves with faster growth and more muscle. Kusel Limousin and Lim-flex. Call John. 580-759-6038.

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

Peacocks, 3 year old Indian Blues. 580-347-2645.

Business

Paving Maintenance, 405-245-6759.

Cooks Septic Service. Septic tank pumping and inspections. 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.

Thinking of buying or selling a home or land? Call/text Doug Eckert, Wise Oak Realty: 405-400-8281. yourokcreator.com

Shook's Triple S Construction. Metal carports, awnings, and more. Built on site to meet your needs. Free estimates. 405-413-7590.

Custom Laser Engraving, Apparel Printing, and Embroidery. No orders too small. Special rates for groups and Not for Profits. Promote your next event or business. Arapaho. 580-331-7986. Info@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.

Swap 'N Shop Ads are continued on page 8

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.

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 # _____

cf2cattle@gmail.com

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

Buster paint striping. Roll-off dumpsters, parking lot maintenance, dumpster rental, junk and debris removal. Free estimates. 405-648-2194.

Miscellaneous

C and K trucking heavy haul tractors., dozers, backhoes, trackhoes, loaders. 20 yrs. experience. 405-395-7758.

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

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.

T-shirt quilts and memory bears. Alterations. 405-933-0224.

\$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

Four 18 in. mag wheel and tires off 2019 Camaro. Like new. \$300 405-439-7571.

Offering a new service. When you can not, I can assist by checking on your loved one in the hospital, nursing home or their home. Janice Smith, Companion Care. 405-542-7498.

Campbell Hausfeld portable air compressor. 5 hp/1.7 hp/15 gallon 120 volt. 135 max PSI and 7 gallon air tank. \$250 405-687-0160.

Beautiful/rare 1880's Eastlake Cherry/ Mahogany panel bed with luscious carving. Matching chest. Large mirror in excellent condition. Offering together or separate. 405-924-6344.

For removal & replacment of floor liners in semi end up trailers, call/text

405-638-1158. Doughty's Repair Service.

New t-shirts. Quacker Factory, Denim & Co. from QVC. 2x-3x All colors, solids patterns. 918-798-3360.

Real Estate

RV Hook-up - Ft. Cobb Lake (Crow Roost Area). Nightly Rentals. Provide full hook-ups. Large pavilion and storm shelter. Nice and quiet get away. 405-694-0625.

160 acres. 40 acres cultivated. Irrigation well, three stock water wells. New fences. Two ponds. Shop 42x60x16x900 sq living. Metal lots. Caddo County. 405-639-8760.

Double wide mobile home. 4 bedrooms, 2 bath. 40x30 barn on 1 acre. South of Weatherford. 580-302-3558.

Ft Cobb Lake - Crow Roost RV Sites. Nightly and weekly rates with full hookups, free laundry, sticker-free grass, quiet street, 6 blocks from dock. 580-772-4792.

Wanted-Notices

Wanted AFX, Aurora, slot cars, redline hotwheels, comic books, model car kits. 405-361-2227.

Need lawn mowing and care for small lot at Foss Lake Estates. 580-515-8277.

Lasagna Roll-Ups

Ingredients:

- 10 uncooked lasagna noodles
- 1 package Italian turkey sausage links, casings removed
- 1 package cream cheese, softened
- 1 jar pasta sauce
- 1 ¾ cups shredded cheddar cheese
- Minced fresh parsley, optional



Directions:

1. Preheat oven to 350 degrees. Cook noodles according to package directions. Meanwhile, in a large skillet, cook sausage over medium heat until no longer pink, breaking it into crumbles; drain. Stir in cream cheese and 1/3 cup pasta sauce.
2. Drain noodles; spread 1/4 cup meat mixture on each noodle. Sprinkle each with 2 Tbs. cheese. Carefully roll up.
3. Spread 2/3 cup pasta sauce into an ungreased 13x9 in. baking dish. Place roll-ups seam side down over sauce. Top with remaining sauce and cheese. Cover and bake for 20 minutes. Uncover; bake until sauce is bubbly, 10-15 minutes longer.