cve@caneyvalley.com
www.caneyvalley.com
For emergency outages please call 800-310-8911

THE CANEY VALLEY ELECTRIC COOPERATIVE ASSOCIATION, INC.

The Voice

Caney Valley Electric Co-op, Inc.

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Office Hours

Monday - Friday, 8 a.m. to 4:30 p.m.

Power Cost Adjustment

The Power Cost Adjustment (PCA) for July is $.00448 /kilowatt hour. This amounts to an additional $4.48 per 1,000 kilowatt hours.

The PCA was implemented in 2002 to cover only the increase (or decrease) in power costs (over and above 7¢/kwh) charged to us by our wholesale power supplier, Kansas Electric Power Cooperative (KEPCo) in Topeka. The PCA varies each month depending on the wholesale charges from KEPCo, and is a flow-through on your electric bill.

FROM THE GENERAL MANAGER

Control Your Peak Usage

Did you know you can help your electric co-op by simply glancing at the clock? The key to that help is a term used in the energy industry called "time of use."

Electricity follows the basic economic laws of supply and demand — when a lot of people want something, it's expensive; when they don't, it's cheaper. Energy is more expensive during certain times of the day because more people are using it.

Behind that statement, there's a story of a complex industry that's changing as fast as digital technology. The role you play can be as simple as washing and drying your clothes a couple hours later than usual. Why would you want to do that? One reason has to do with the fact that as a co-op member, you and your neighbors own Caney Valley Electric.

Peak Times for Power

By paying attention to times of energy use, co-op consumer-members can feel like they're a part of something. Essentially, if you're helping your co-op, you're helping your neighbors.

Helping with time of use can translate to real dollars. To understand that, it helps to go to the basics of time of use, which involves the routines of our daily life.

Caney Valley Electric's wholesale power supplier, Kansas Electric Power Cooperative (KEPCo), pays more for electricity during the afternoon hours from 3-6 p.m. in two ways: either by having a power source there to make sure enough electricity is available, or by actually paying more to purchase electricity from another utility with excess power at the time. And those peaks in energy use get even higher when it's especially hot outside, as air conditioners use extra power.

By your being mindful of the peak control times, you will help limit the resulting power cost adjustment charges added to your electric bill.

Thank you for your participation.

ALLEN A. ZADOROZNY,
GENERAL MANAGER

Our office will be closed Tuesday, July 4, in observance of Independence Day. If you have an outage or trouble on your line, please call 800-310-8911 or 620-758-2262.

Bane Attains Journeyman Status

Garrett Bane

GARRETT BANE recently completed a rigorous four-year lineman training through the Merchant Job Training and Safety program, as well as completing four years of employment with the cooperative, in order to achieve journeyman lineman status as of July 1.

Congratulations, Garrett!

YOU SCHEDULE YOUR MEETINGS AND LUNCHES ...

SCHEDULE YOUR WASHING MACHINE AND DISHWASHER, TOO!

PEAK DEMAND is when energy consumption is at its highest.

In much of the U.S., energy use spikes in summer and winter due to **INCREASED ENERGY DEMANDS** for indoor cooling and heating. In the summer, energy use spikes between mid- to late afternoon and evening. In the winter, energy use is higher in the early morning and late afternoon/evening.

Consider running major appliances during off-peak times to decrease strain on the energy grid and maybe save some money on your bill.

CHANGING THE TIME OF DAY YOU USE ENERGY CAN:

- Help lower your energy bills.
- Avoid service interruptions or glitches.

DO YOUR PART TO USE ENERGY WISELY, ESPECIALLY WHEN ENERGY DEMANDS ARE HIGH.

Get Smart About Home Lighting

Gone are the days when a simple flip of the switch was the only choice for illuminating our homes. While we still have this tried-and-true option, we've entered a new era of innovative and intelligent technologies, which includes smart lighting. Smart lighting connects to Wi-Fi and offers an array of cutting-edge functionality and convenience. Let's look at the main benefits of smart lighting options.

Smart lighting is energy efficient. Most smart lightbulbs use LED technology, which is much more efficient than traditional incandescent lighting. Additionally, smart lighting gives you more control over how and when you light your home, ultimately resulting in less energy used for lighting.

Smart lighting provides convenience and control. Most smart lightbulbs can be controlled from an app on your smartphone or can be paired with your voice assistant, like Amazon Alexa. You can conveniently control lighting settings from anywhere in your home or when you're away. Whether you want to set a schedule for lighting or adjust brightness levels, these smart options offer effortless control from the comfort of, well, anywhere!

Smart options empower you to personalize home lighting. Bright, warm, purple, green — whatever mood you want to create, smart lighting can help. For a more traditional look, try dimmable white lightbulbs. If you want to create the perfect ambiance for movie night, look for bulbs that can be adjusted for a variety of vibrant colors. The possibilities are endless.

While smart lighting offers convenience and control, keep in mind your wall light switch will need to stay "on" for you to control the smart lightbulb from your phone or via voice command. To use a smart lightbulb, the wall switch it's connected to must be "on" so the bulb receives power, which enables it to connect to a Wi-Fi network.

If you need additional options to operate the lights, consider a smart light switch. Today's smart switches tend to play nicely with smart lightbulbs. If you want to control your smart lightbulbs with a physical switch (in addition to using your phone and voice commands), look for smart switches that include a built-in feature that allows both. Many smart light switches include motion detectors as well.

If you're looking to take the plunge and integrate multiple smart lightbulbs to your home lighting system, your best bet may be a kit, like the Philips Hue Starter Kit. Most kits include several bulbs and any additional tools you'll need to get started.

If you're new to smart home tech and looking to start small, try a smart lightbulb in a high-traffic area of your home. It's also worth noting that smart plugs are a great starter option and allow convenient control of lamps or other lighting fixtures that are plugged in to a wall outlet. Smart plugs are inexpensive and simply plug in to your existing outlet. Electrical items that are connected to the smart plug can be controlled from a smart phone app, just like smart lightbulbs.

Whether you're looking for more convenience, colorful options or better ways to manage energy use, smart lighting can provide multiple benefits. Determine which smart lighting features are most important for your needs, then start shopping!

Respect the Heat

Soak up the sunshine but remember summertime heat can get intense. Unlike hurricanes, floods and tornadoes, the dangers of extreme weather strike without much notice. An average of 702 heat-related deaths occur each year in the United States, according to the Centers for Disease Control and Prevention (CDC).

Whether you're out and about enjoying your community, watching children take part in summer sports or simply taking a dip in the pool, watch for signs of heat-related illnesses. In a matter of minutes, situations can go from fun-in-the-sun to alarming.

Heat-Related Illnesses

Hot weather is associated with an increase in heat-related illnesses, including cardiovascular and respiratory complications, renal failure, electrolyte imbalance, kidney stones, negative impact on fetal health and preterm birth, according to the CDC. Death rates increase during and after heat waves, which is why the number of deaths is attributed to heat-related illnesses. Heat-related deaths result from:

- Heat stroke and related conditions.
- Cardiovascular disease.
- Respiratory disease.
- Cerebrovascular disease.

Deaths From Heat Events

The National Weather Service (NWS) reports that 105 fatalities per year are directly related to extreme heat (based on a 10-year average). Both the NWS and the CDC agree that extreme summer heat events are increasing in the U.S.

Anyone can be at risk of the health effects of heat, but some are more vulnerable, according to the CDC. Those more vulnerable include:

- Pregnant women.
- People with heart or lung conditions.
- Young children.
- The elderly.
- Athletes.
- Outdoor workers.

How to Help Someone Who's Having a Heat Stroke:

- Call 911.
- Stay with them until help arrives.
- Move them to a shaded, cool area.
- Remove outer clothing.
- Place cold cloths on the skin.
- Soak clothing in cool water.
- Circulate air around the person.

Heat Stroke

Heat stroke is the most serious heat-related illness, as it restricts the body's ability to cool itself. Body temperature can reach 106 degrees or higher within 10 to 15 minutes, according to the CDC.

Heat stroke can cause permanent disability or death if emergency treatment is not initiated. Symptoms of heat stroke include confusion, altered mental status, slurred speech, hot/dry skin or profuse sweating, seizures, very high body temperature and coma.

If someone is experiencing heat stroke, act quickly to treat the person.

- Call 911.
- Stay with the person until help arrives.
- Move the person to a shaded, cool area.
- Remove outer clothing.
- Cool the person with water.
  - Place cold cloths on the skin.
  - Soak clothing in cool water.
  - Concentrate on cooling the head, neck, armpits and groin.
- Circulate air around the person.

Heat Exhaustion

This type of heat-related illness is the body's response to an excessive loss of water and salt, usually due to excessive sweating. Heat exhaustion is most likely to affect the elderly, people with high blood pressure and those who work outdoors.

Symptoms include headache, nausea, dizziness, weakness, irritability, thirst, heavy sweating, elevated body temperature and decreased urine output.

If someone is displaying symptoms of heat exhaustion, do the following:

- Take the person to a clinic or emergency room.
- Call 911 if medical care is unavailable.
- Stay with the person until he or she is evaluated.
- Remove the person from the heat.
- Give the person liquids to drink.
- Remove unnecessary clothing, including shoes and socks.
- Use cold compresses to cool the person's body.
- If compresses are not available, splash cold water on the head, face and neck.

Other Heat-Related Illnesses

Other illnesses related to heat stress include rhabdomyolysis, heat syncope (fainting or dizziness), heat cramps and heat rash. Rhabdomyolysis is a medical condition associated with heat stress and prolonged physical exertion. The condition causes the rapid breakdown, rupture and death of muscle. People who have this condition and experience symptoms (muscle cramps, weakness, dark urine) should seek immediate care at the nearest medical facility.

Severity Scale

Heat stroke is the most serious, followed by heat exhaustion and heat syncope (both severe), and then heat cramps and heat rash (less severe).

If you suspect someone is experiencing heat stroke, act right away by calling 911. Heat exhaustion also requires medical evaluation and treatment. In both cases, cool the body as quickly as possible.

Summertime Safety

Tips to stay safe while spending time outdoors

With summertime comes sunshine, longer days, and more time spent outside. As you spend more time in the great outdoors, be sure to keep these safety tips in mind so you can kick your summer off right.

In Pools and Hot Tubs

Before opening your pool or hot tub for the season, make sure there is ground fault circuit interrupter protection on underwater lighting circuits, as well as for lighting around pools, hot tubs, and spas. Have your pool's electrical system inspected. Faulty wiring could cause swimmers to experience electric shock drowning.

During a Storm

When angry clouds roll in, take them seriously. Have a weather app installed on your phone to inform you of weather alerts. Lightning can occur up to 10 miles away from the heart of the storm, so if you hear thunder, take cover.

According to the National Lightning Safety Council, approximately 440 people are struck and killed by lightning each year.* Nearly two-thirds of the deaths occurred during outdoor leisure activities — 33% of the fatalities occurred during water-related activities such as boating, spending time on the beach and swimming, while 14% happened during sports like fishing, soccer and running.

When Playing

When flying drones, remote-controlled planes, toys or kites, fly them in a wide-open area free from overhead power lines. If a toy or object gets stuck in an overhead power line, do not try to remove it. Instead, call Caney Valley's office and our linemen will take care of the issue safely.

Ensure that overhead power lines do not run through or over a tree before your child starts to climb. Select trees that are in a wide-open space without overhead power lines nearby.

For additional electrical safety tips, visit www.SafeElectricity.org.

*ANALYSIS OF LIGHTNING-RELATED DEATHS IN THE U.S., 2006-2021.

Outages for MAY 2023

Occasionally, a part or parts of the delivery system fail and an outage occurs. Below are the larger outages that occurred in May.

Date	Area	Members Affected	Duration	Cause
5/9	North of Sedan	1200	55 min	Transmission line off - high winds
5/9	Chautauqua	30	2 hrs	Reset OCR - high winds
5/13	SE of Sedan towards Peru	105	1 hr 15 min	Floater on A phase
5/23	SW of Grenola	28	1 hr 50 min	Bird on OCR
5/31	CV Sub	361	1 hr 30 min	Substation fuse failed
5/31	CV Sub - North line	150	1 hr 50 min	Substation fuse failed

Operating Statistics

For Month Ending	April 2022	April 2023
Meters Billed	5,260	5,216
kWh Purchased	4,403,964	4,155,889
Cost Per kWh	.080363	0.07745
kWh Sold	4,746,848	4,677,725
Total Revenue	$ 781,791	$ 744,033
Purchased Power	$ 355,828	$ 323,134
Operating Expenses	$ 253,418	$ 230,854
Depreciation Expenses	$ 71,041	$ 73,213
Interest Expenses	$ 39,321	$ 42,647
Other Expenses	$ 838	$ 125
Operating Margins	$ 61,345	$ 74,060
Non-Operating Margins	$ 3,080	$ 4,735
Total Working Margins	$ 64,425	$ 78,795
Margins Year-to-Date	$ 125,727	$ 176,572

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Dept of Agriculture, Office of the Assistant Sec'y for Civil Rights, 1400 Independence Ave., S.W., Washington, D.C. 20250-9410; (2) fax: 202-690-7442; or (3) email: program.intake@usda.gov.