

Holiday Closing

Kiwash Electric will close July 4 -5 for the Independence Day holiday. To report a power outage, please call **888-832-3362**.

Have a safe and happy holiday!



ENERGY EFFICIENCY

Tip of the Month

Lighting accounts for about 13 percent of a household's electric bill. Cut costs by choosing new lightbulbs with increased output, longevity and options such as color, brightness, dimming and multi-way functions. Combine lights with automatic sensors to reduce costs further.

--COOPERATIVE RESEARCH NETWORK

Meetings scheduled for Districts 1 and 7

Kiwash Electric Cooperative members in Districts 1 and 7 will meet this month to elect a trustee to represent their district on the Kiwash Electric Cooperative (KEC) board of trustees.

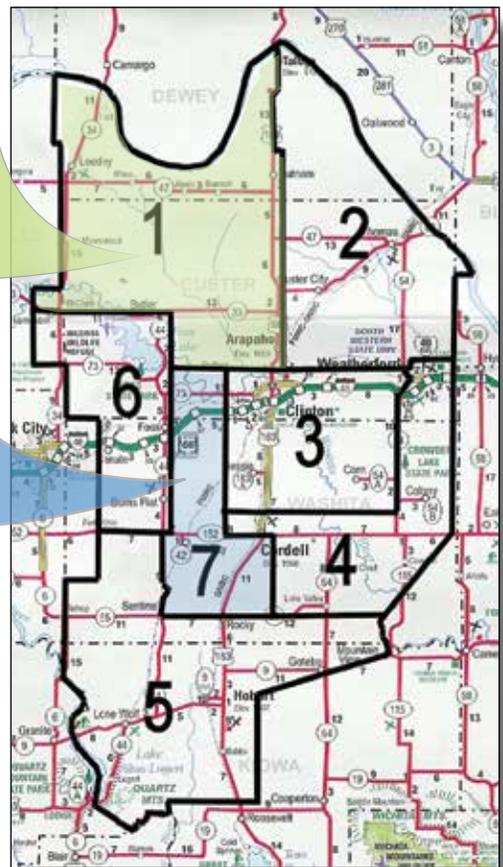
The KEC board manages the business affairs of the cooperative. Policies set by the board are carried out by the KEC general manager, staff and employees.

Trustees of Kiwash Electric Cooperative are co-op members who pay for their electricity at the same rate as other members. They are elected by the KEC membership to determine co-op policies regarding operations, and to help guide the co-op's growth and progress.

Every member is entitled to one vote in trustee elections. District meetings offer the perfect opportunity for members to use their voice—and their vote.

DISTRICT 1
Tuesday, July 23 • 7 pm
Senior Citizen Center
Butler, Okla.

DISTRICT 7
Monday, July 22 • 7 pm
Kiwash Electric Cooperative
Cordell, Okla.



BILL PAYMENT LOCATIONS

Kiwash Electric
120 W. 1st Street
Cordell, Oklahoma

Pay online:
www.kiwash.coop

Custer City Hall
Custer City, Oklahoma

First National Bank
Thomas, Oklahoma



Rex Eagan

DISTRICT 1

If you have an electricity account in Kiwash Electric's District 1, you are represented by Rex Eagan. Eagan was appointed trustee in May of 2000. He and his wife Claudia have lived their farm northwest of Arapaho since the early 1980s. The District 1 area is highlighted on our map (right). The meeting will be held Tuesday, July 23 at 7 p.m. at the Senior Citizen Center in Butler.

Dinner is Served

KEC ANNUAL MEETING • AUGUST 12 • CORDELL

To honor KEC's 75th anniversary, the co-op will serve a smorgasbord of great food at the Annual Meeting. Bring your appetite and enjoy!



Ralph Cunningham

DISTRICT 7

Ralph Cunningham represents members in District 7. He has served on the board since 1995. Cunningham and his wife Audrey live north of Sentinel. Members in District 7 will meet on Monday, July 22 at 7 pm at Kiwash Electric Cooperative in Cordell

For a list of trustee qualifications and guidelines concerning Kiwash Electric elections, please the bylaw excerpt on page 3, or contact your co-op at **888-832-3362** for a copy of the Kiwash bylaws.



KIWASH ELECTRIC
COOPERATIVE, INC.

*Providing the service
that lights up your life.*

Office Location

PO Box 100
120 W. 1st Street
Cordell, Oklahoma

(888) 832-3362
www.kiwash.coop

 Find us
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STAFF

Dennis Krueger
MANAGER

Wendy Putman
DIRECTOR OF
FINANCE

Lisa Willard
DIRECTOR OF
COMMUNICATIONS

Roy Dewees
DIRECTOR OF
OPERATIONS

BOARD OF TRUSTEES

OFFICERS

Jack Sawatzky
PRESIDENT

Robert Travis
VICE PRESIDENT

Virginia Walker
SEC.-TREASURER

John Schaufele
ASST. SEC.-TREASURER

DIRECTORS

Ralph Cunningham
Leslie Hinds
Rex Eagan

INSIDE YOUR CO-OP



By Dennis Krueger
GENERAL MANAGER

From Disaster to Discovery

Oklahomans show their true character in the midst of tragedy

Folks, I'm in my 39th year of being an Oklahoma transplant. My secondary education was in Indiana with college training in New Mexico, yet, my career has been right here in Oklahoma. I've been asked many times why I chose to live in Oklahoma and my comic line is always the same, "I grew up in Indiana, graduated college in New Mexico was married three days after that. I ran out of money in Oklahoma and stayed."

Yes, Oklahoma has its share of selfish naysayers; but on the whole, Oklahomans have a true spirit of "commitment to community," along with cooperation and compassion when it comes to hardships. I personally felt this spirit when my son passed away at an early age. I have seen Oklahomans call-to-arms in the local Cordell tornado. I have watched my fellow workers volunteer at a drop of the hat to help others in times of disasters.

Three great examples of this commitment to community followed the deadly EF5 tornado in Moore. Mark Lawson, Kiwash Electric Cooperative lineman and a volunteer fireman in Bessie, spent time on one of the many shifts that searched the Plaza Towers Elementary School for children in Moore. The Kiwash Electric construction crew Mike Miller, Chris Bowles, Clint Christensen, Tyler Mitchell, and Brandon Rogers, volunteered and spent three and a half days restoring power for Oklahoma Electric Cooperative in the city of Moore immediately following

the storm. When the El Reno-to-Norman tornado ripped through on the last day of May; Johnny Jones, Mark Lawson, Kyle Eldridge and Brad Claussen gave up their weekend to assist in electric line restoration northeast of Norman. These men

"One clear lesson is that courage is the most necessary ingredient in heroism, more than training, strength or talent."

volunteered to tread into the inner sanctum of the storm's path, and worked as first responders long before cleanup started. This is true commitment to community.

I believe others across the U.S. see this commitment by Oklahomans. NBC Nightly News anchor Brian Williams was speaking to Oklahoma Gov. Mary Fallin about the response of Oklahomans to the storms. "I watched your entire briefing today," Williams said. "You had all heads of state departments including churches and conferences of churches. You have almost a faith-based FEMA here, in addition to FEMA. The first thing to learn about Oklahoma often is it's a very religious state, and that comes in critically right now for a lot of these people."

Later in the same broadcast another NBC reporter, Harry Smith, said "If you're waiting for the government, you're going to be in for an awful long wait, but the Baptist men, they are going to get it done tomorrow (as they are already delivering food on the street)."

We call it the "Oklahoma Standard" and the world viewed this commitment to community live and in color as it unfolded. Mother Nature gave us her worst, we gave her our best: Teachers and day care workers throwing their bodies over

children to shield them from the devastation, college students volunteering, children emptying their piggy banks, corporate citizens championing relief efforts, and there, in the

midst of the debris piles, Kiwash employees lending a hand.

It's been said that a true test of character is not whether you get knocked down, but if you get back up again. Time and time again, Oklahomans continue to teach us lessons from such devastating occurrences. One clear lesson is that courage is the most necessary ingredient in heroism, more than training, strength or talent.

Some may criticize my decision to send employees to tornado-ridden Moore and Norman instead of to work at Kiwash Electric, but most will applaud the efforts of these employees.

President Theodore Roosevelt once commented on human character, "I care not what others think of what I do, but I care very much about what I do!" I am proud to serve the Kiwash members in western Oklahoma, delighted to work with caring individuals and glad to make Oklahoma my home.

May God continue to bless us.



A FEW THINGS YOU SHOULD KNOW ABOUT

Notice of Capital Credit Allocation

Kiwash Electric Cooperative members will notice a notice of capital credit allocation on your July electric bill. This amount represents your share of Kiwash Electric margins, or what's left over after expenses are paid.

As a member-owner of a not-for-profit electric cooperative, your share of co-op margins is based on the amount of electricity you use during the year. Your 2012 capital credit allocation and the total unretired balance of your capital account will be listed on the July bill.

The decision to refund capital credits rests solely with the Kiwash Electric board of directors, and is dependent on the financial condition of the cooperative and the provisions of its bylaws.

For questions about capital credits, please call your co-op at **888-832-3362**.

Cary returns from Energy Camp

Aubreigh Cary of Cordell, recently returned from the 2013 Rural Electric Youth Power Energy Camp, where she represented Kiwash Electric Cooperative.

Aubreigh, the daughter of Steve and Jennifer Cary, was one of 89 outstanding 8th graders who attended the four day camp at Canyon Camp, just east of Hinton. Each camper was sponsored by their local electric cooperative.

According to Aubreigh, "the most exciting part of the trip was the ropes course. It was kind of scary being so far up, but it was fun," said Aubreigh. "Other highlights of the trip were the volleyball games, ladder golf, No Brain Olympics, and being elected a board member," said Aubreigh.

While at the camp, the delegates attended sessions on energy, electrical safety and rural electric careers. They organized their own coke and candy cooperative, and elected a manager and board of directors. Aubreigh was elected to the co-op board.

Other special activities of the four-day program included hands on electrical demonstrations, such as pole-climbing and bucket truck rides from linemen, a 13 low-element ropes course, swimming, an energy battle tournament and a trip to Celebration station for video games and go-carts.

The "Youth Power Energy Camp" is coordinated by the Oklahoma Association of Electric Cooperatives and Kiwash Electric Cooperative in Cordell.

Bylaws list board qualifications

Qualifications of a trustee, as listed in the Kiwash Electric Cooperative bylaws, Article IV, section 2, states that no person shall be eligible to become or remain a trustee or to hold any position of trust in the Cooperative who: (a) is not a member of the Cooperative and bona fide resident of the particular district which he is to represent; or (b) is in any way employed by or financially interested in a competing enterprise or a business selling electric energy or supplies to the Cooperative or a business primarily engaged in selling electrical or plumbing appliances, fixtures or supplies to the members of the Cooperative; or (c) is the incumbent of or candidate for an elective public office in connection with which a salary or compensation in excess of one hundred dollars per annum is paid; or (d) is an employee of the Cooperative, or has been employed by the Cooperative and termination of his employment has been less than five years; or (e) is a close relative of an incumbent Trustee or an employee of the Cooperative. As used in these bylaws, "close relative" is defined as a person who is related to the principal person by consanguinity or affinity within the third degree, including but not necessarily limited to a person who is either a spouse, child, grandchild, great grandchild, parent, grandparent, great grandparent, brother, sister, aunt, uncle, nephew, or niece, by blood or in-law of the principal; or (f) has been convicted or pled guilty or nolo contendere to a felony.

The procedure for nominating and electing trustees is outlined in Article III, Section 7, of the bylaws and states as follows: At a meeting of the Board of Trustees, not less than sixty days preceding each annual meeting of the members, the trustees shall fix a date which

shall not be less than fourteen or more than thirty days preceding the annual meeting of the members for the holding of a district meeting for the members residing therein in each of the nine districts for the purpose of electing by ballot by and from the members of each district a trustee to serve as a trustee of the Cooperative. The Board of Trustees shall call the meetings and cause notice of each district meeting to be mailed by the secretary to each member not less than ten days before the meeting, which call and notice shall indicate the district, which each member belongs. Each district meeting shall be called to order by the trustee, or in his absence, by any member residing within the District. The members shall then proceed to elect a chairman, who shall be someone other than a trustee, and a secretary, each to act for the duration of the meeting.

Each trustee shall serve for the period of time for which he is elected or until a successor shall have been elected and shall have qualified.

A quorum is five percent of fifteen members, whichever is the greater, of the members residing in the district present at such duly called district meetings. Members of other districts at the meeting may be heard, but shall have no vote.

Voting by Proxy shall not be permitted at such district meetings. The member in each voting district receiving the highest number of votes at the election held at such district meeting shall be elected a trustee of the Cooperative to take office immediately following the ensuing annual meeting of the members.

Recipe Box

Red, White and Blue Strawberry Shortcake



INGREDIENTS

- 1 (18.25 oz) package yellow cake mix
- 1 (8 oz) container frozen whipped topping, thawed
- 1 pint blueberries, rinsed and drained
- 2 pints fresh strawberries, rinsed and sliced

DIRECTIONS

Prepare cake according to package directions and bake in a 9x13 inch pan. Cool completely.

Frost cake with whipped topping. Place blueberries in a square in the corner, and arrange sliced strawberries as stripes to make an American flag. Chill until serving.

Yield: 1 9x13 inch cake.



Be a Good Neighbor

Senior citizens are more susceptible to heat related illness. Please check on elderly friends and relatives when the temperature gets hot to make sure they're okay.

Hot weather warning for senior citizens

Stay cool and stay hydrated to avoid heat-related illness

The older we get, the more careful we need to be on the hottest days of summer.

Even when kids and younger adults seem unfazed by a sweltering August afternoon, the heat can knock older folks right off their feet. Common health problems among seniors, including poor circulation, inefficient sweat glands, heart, lung or kidney diseases, and high blood pressure, can affect how an older person's body deals with heat.

In addition, people on multiple medicines, or who take diuretics or sedatives, may not be able to sweat. And some seniors don't feel hot on days when everyone else is sweating, so they may wear too many clothes without realizing the danger.

Seniors can follow a few summertime strategies for keeping cool:

- If you don't have air conditioning, ask a family member or friend to drop you off for the

day at a shopping mall, a library or a nearby senior center, where it's air conditioned. Many senior centers provide transportation.

- Ask your doctor if any of your medications interfere with your ability to cool your body down when it's hot.
- Dress in light, cotton clothes instead of synthetics when the temperature climbs.

Symptoms of Heat Exhaustion

- Headaches, dizziness, or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting

Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or fits.

- Drink plenty of cool water during the day, even if you don't feel thirsty. Avoid alcohol and caffeine; they can dehydrate the body.

- Listen to the weather reports. Stay indoors or go someplace cool when the forecast calls for heat, humidity or high air pollution.

- Ask a relative or a neighbor to check in with you every day during the summer, just in case you need some help if the weather gets the better of you.



in Kiwash Country

■ JULY

- 4 Fourth of July Show
Rader Park
Weatherford, 405-524-6600
- 4 Kiwash Electric closed for the holiday. To report a power outage, please call 888-832-3362.
- 12 Movie Night "Little Rascals"
Wind Energy Park, Weatherford
- 26 Movie Night "Lion King"
Wind Energy Park, Weatherford
- 27 Clinton Rodeo Days
Frisco Ave and Rodeo Grounds
Clinton, 580-323-2222

■ AUGUST

- 9 Movie Night "Hotel Transylvania"
Wind Energy Park, Weatherford
- 12 75th Kiwash Annual Meeting, Cordell High School Auditorium. Please join us for a catered meal, cash prizes and more! Registration begins at 4:30 pm.

SUBMISSION DETAILS:

Kiwash Electric Cooperative promotes local festivals, rodeos, fairs and other events in our monthly newsletter, *the Kilowatt*. Calendar listings are free.



Please send details to: Lisa Willard, Kiwash Electric, PO Box 100, Cordell, OK 73632, or send e-mail to: lwillard@kiwash.coop. Please send event listings by the 10th of the month prior to publication.

If you have questions about submitting an event, or need to speak with a Kiwash representative about other matters, please call **888-832-3362**, or visit www.kiwash.coop.