

# Powerline Press

## NEWSLETTER



A Supplement of Oklahoma Living Published by Lake Region Electric Cooperative for its members. **November 2023**

## SMALL RATE INCREASE

Lake Region Electric Cooperative (LREC) members will see a small rate increase go into effect in **January 2024**.

One of the factors contributing to this adjustment is the rising cost of materials needed to maintain and operate our LREC distribution system. As the overall cost of running our cooperative increases, it affects the components that make up your electric bill, such as vehicles, fuel, poles, transformers, and wire. To ensure the financial stability of our cooperative and to maintain our commitment to providing reliable service, LREC management and the board of trustees have decided on a small rate increase.

The new service availability adjustment will go into effect in January 2024. The service availability fee on your bill will increase by only one dollar a month. LREC members will see a 12-dollar-a-year increase starting in January.

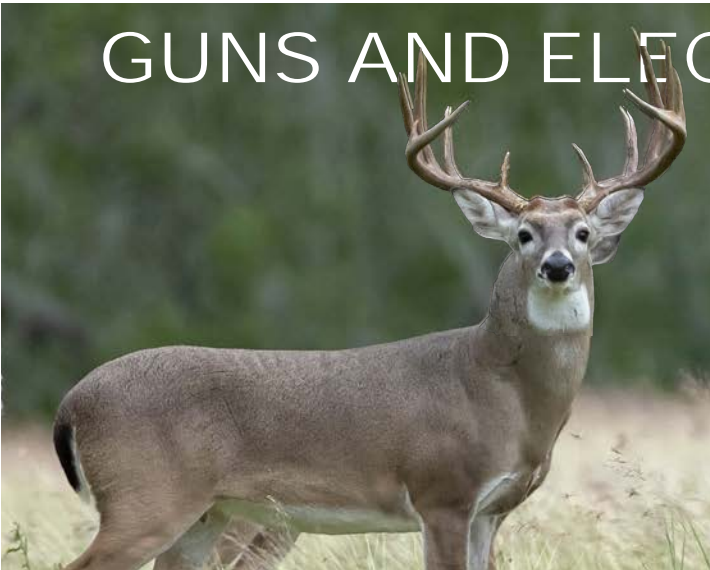
### *Rate Adjustment*

	Current	New Rates
Service Availability	\$42.50	\$43.50
Energy Charge per kWh	\$0.0792	\$0.0792

We want to highlight that these rate adjustments are quite minimal compared to larger increases experienced in the past, which were spaced several years apart. Our aim is to make these adjustments easier for our members to manage. By implementing smaller, periodic increases, we can better plan for our future budgets and ensure smooth cooperative operations.

It's important to emphasize that your cooperative is diligently working to absorb as many cost increases as possible. We understand that inflation affects all aspects of our lives, and we want to reassure our members that LREC remains committed to delivering safe, reliable, and competitively priced service both today and in the future. Please don't hesitate to reach out if you require any assistance; we are here for you.

## GUNS AND ELECTRICITY DON'T MIX



- Never place a deer stand on a power pole.
- Never use electrical equipment for target practice.
- Stray bullets can damage equipment, causing electrical sparks, fires, or explosions. Always assume wires falling to the ground are hot and can pose severe electrocution risks.
- Always be certain of your target and what lies beyond it before you take the shot.
- Report any damage to LREC or LRTC immediately by calling **918-772-2526**.



## Baseload Generation

Baseload generation refers to power plants that provide a steady and constant production of electricity to meet the minimum level of demand. Simply put, baseload generation is the backbone of the electricity supply. Baseload power plants, such as coal, natural gas, or nuclear, operate continuously and provide a constant amount of electricity to the grid. They are dependable workhorses that generate power consistently, day and night, regardless of the fluctuations in electricity demand.



New Madrid Power Plant

# Reliable Electricity at Risk

In Washington, D.C., decisions made by policymakers now will determine if reliable electricity remains a key advantage for America, or rolling blackouts become a way of life. Currently, the policies requiring a speedy transition from reliable fossil fuel generation to weather-dependent renewable sources risk taking our nation down an energy path that prioritizes fast change over keeping the lights on.

LREC does not generate our own power, however we stay in the loop regarding national decision regarding power generation. LREC's purchases power through KAMO (Transmission Co-op) from Associated Electric Cooperative (Generation Co-op). With these major decisions, in the end, it will affect our local members and communities.

So, what are the different types of generation and how do they ensure a reliable power supply for rural America? Let's take a look at how your electricity is produced.

## Intermediate Generation: Dovetailing with Demand

Intermediate generation refers to power plants that can be ramped up or down relatively quickly to meet changes in electricity demand that go beyond the baseload. These power plants function as a bridge between constant baseload power and fluctuating demand. Natural gas power plants are often used for intermediate generation because they can start up and shut down quickly. They provide more electricity during periods of higher energy use.



Chouteau Power Plant





## Peaking Generation: Dovetailing with Demand

Peaking generation refers to power plants designed to meet the highest levels of electricity demand, typically during short periods of time. These power plants are called upon when there is a sudden surge in electricity use, such as during hot summer days when air conditioners are running at full capacity or freezing winter days when electric heating ramps up. Like intermediate generation, peaking power plants, often powered by natural gas or sometimes fuel oil, start up and shut down very quickly. However, peaking plants cost more to operate, so they provide the extra electricity needed during peak use periods to ensure a reliable supply.

## Renewable Generation: Electric when the Sun Shines or Wind Blows

Renewable power generation, such as solar and wind power, has an intermittent nature. This means the amount of electricity they produce can vary depending on factors such as weather conditions.

Solar power relies on sunlight to generate electricity. It works best when the sun is shining directly on solar panels. On cloudy days, the amount of sunlight decreases, resulting in lower electricity production and no production takes place overnight. This is why solar power is considered intermittent — because it is not consistently available during the day, at night or in all weather conditions.



Wind power relies on wind blowing to spin the turbine blades and generate electricity. However, the wind does not always blow at a consistent speed. Sometimes it is strong, and other times it is weak or not present at all. Therefore, the amount of electricity generated by wind turbines can vary depending on the wind conditions. This makes wind power intermittent as well.

In contrast, baseload power generation, such as coal, natural gas or nuclear power, are more consistent and reliable in their electricity production. They can provide a steady and constant supply of electricity because they are not as dependent on weather conditions.

Hydropower generation is a way of producing electricity using the power of moving water, such as rivers, dams or waterfalls. It is a renewable energy source because water is continuously replenished by the water cycle.

## What About Batteries?

Advancements in energy storage technologies, like batteries, are being developed to store excess renewable energy when it is produced and release it later when there is high demand or when renewable sources are not producing electricity. However, the duration of stored power needed for a large electric system, at an affordable price, is not a reality now or near-term with current technologies. 1866102

## A Balance of Energy Supply Sources Delivers Reliable Power to Members

To overcome the inconsistent production of renewable power generation, Associated Electric Cooperative and its member-owners incorporate a balance of different energy sources. By using traditional sources as the foundation, wind when it is producing electricity and hydropower, it creates a more reliable and balanced electricity supply.

### Baseload Generation

New Madrid Power Plant, New Madrid, MO – 1,200 MW  
 Thomas Hill Energy Center, Clifton Hill, MO – 1,153 MW

### Intermediate Generation

Chouteau Power Plant, Pryor, OK – 1,062 MW  
 Dell Power Plant, Dell, AR – 622 MW  
 St. Francis Power Plant, Glennonville, MO – 501 MW

### Peaking Generation

Essex Power Plant, Essex, MO – 107 MW  
 Holden Power Plant, Holden, MO – 321 MW  
 Nodaway Power Plant, Maryville, MO – 182 MW  
 Unionville Power Plant, Unionville, MO – 44 MW

### Alternative Generation (contracted)

Wind – 1,240 MW  
 Hydropower – 478 MW

# Table 5 Restaurant *On Co-op Lines* and Catering

Nestled in the heart of Peggs, Oklahoma, a delightful dining experience awaits at Table 5 Restaurant & Catering. Owned and operated by the Trujillo family, this establishment is a testament to their passion for exceptional cuisine and unwavering commitment to customer satisfaction.


Oscar Trujillo, the driving force behind Table 5, has a lifelong background in the restaurant and catering industry. His journey began during high school and college, where he honed his culinary skills at Country Cottage in Locust Grove. Then he spent five years at the Hammett House in Claremore and another seven years at Ludger's Catering in Tulsa. In 2021, he ventured to Peggs, launching his first restaurant and catering business. Most recently, he opened a second location in Locust Grove, T5 Scratch Kitchen, a breakfast and lunch diner.

"Before landing in Peggs, I looked everywhere for a building: Inola, Ft Gibson, Tahlequah, even Siloam Springs. I always wanted to start my own business. Working for somebody, you can do only so much, and my calling was to provide great service. God has blessed me with the people I have met throughout my life. The owners of the building here in Peggs are awesome people. Vicky and Clay have really helped me along; they even helped me wash dishes when I started," said Oscar.

"I am so blessed with all my history and the people who have helped me. If it weren't for Linda Moore, owner of Country Cottage, I would have never met my wife, Veronica. I have taken things away from all my previous jobs. At the Country Cottage, Linda Moore taught me how to treat employees like family. From Bill Biard, owner of



Hammett House, I learned the business side of a restaurant. I still use the same Excel template he created to help me order my food supplies," added Oscar.



"We would love to let the public know we will do a Thanksgiving buffet again this year with all the traditional Thanksgiving dishes, carving station, salad bar, fresh fruit, and desserts. Let Table 5 handle the Thanksgiving meal. Come see us."

Table 5 Restaurant and Catering is open Thursday - Friday 4 PM - 8 PM, Saturdays 8 AM - 8 PM, and Sundays 8 AM - 2 PM. They serve home-style dishes, from chicken fried steak, pastas, burgers, pork chops, frog legs, shrimp, fish, and three cuts of steak. You can always find something tasty on the menu, or they also offer daily specials. The menu can be found online at <https://table5restaurantcatering.business.site> Oscar and his wife can do anything in the kitchen, from homemade desserts to larger catering events to healthy meal prep dishes; call them at **918-404-5052** or visit their Facebook page and learn more about their offerings.

### Your Board of Trustees

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### Office Hours

Monday-Friday  
8:00 a.m. - 4:30 p.m.

### Telephone

**800-364-LREC or  
918-772-2526**

### Website:

[www.lrecok.coop](http://www.lrecok.coop)  
[www.lakeregionfiber.com](http://www.lakeregionfiber.com)

### Locations

Hulbert, Wagoner &  
Tahlequah, OK.

### Main Office Address

P.O. Box 127  
Hulbert, OK 74441

### Hidden Account Number

Look for your account number hidden in this issue of the *Powerline Press*. If you find your number, Lake Region Electric will credit your next bill. To claim your credit, notify LREC's Hulbert office by phone during the month of publication.

The amount increases by \$10 with each issue your prize goes unclaimed to a maximum of \$50.

**Cooperative bylaws** are available upon request at Lake Region Electric Cooperative's office in Hulbert.