



## Recognize Fatigue

Once harvest has begun, farmers are in for the long haul because harvest is more of a marathon than a sprint, and fatigue becomes a major concern.

Fatigue can creep up on a person and it is important to recognize common symptoms including: feeling sleepy or tired, headaches and dizziness, blurry vision, poor concentration, slow reflexes, feeling irritable, and aching or weak muscles.

Monitoring your own symptoms, and those of employees and contractors, will help mitigate potential accidents. It's important for farmers to recognize things they can do to ward off fatigue such as:

- Eat nourishing food and stay hydrated. Make healthy choices for meals and snacks, limiting high-fat, high-sugar options like candy bars and potato chips. Choose water, juice or soft drinks low in caffeine and sugar over stimulants like coffee or depressants like alcohol.
- Take regular breaks, even a mini break can work wonders to refresh you.
- Aim for a good night's sleep every night.
- Get some exercise. Any exercise is better than none. Make a brief walk part of the morning routine, possibly while checking cattle or equipment. Walk around and stretch a few times throughout the day.
- If someone is working alone, facilitate two-way communication to keep in touch with how the operator is feeling.
- Dress for comfort and safety.
- Plan for the physical and mental demands of the fall harvest.
- Realize when you have had enough and simply stop for a well-deserved break.
- Stay in touch with others. Talking over the day's tasks with an understanding friend can keep things in perspective.



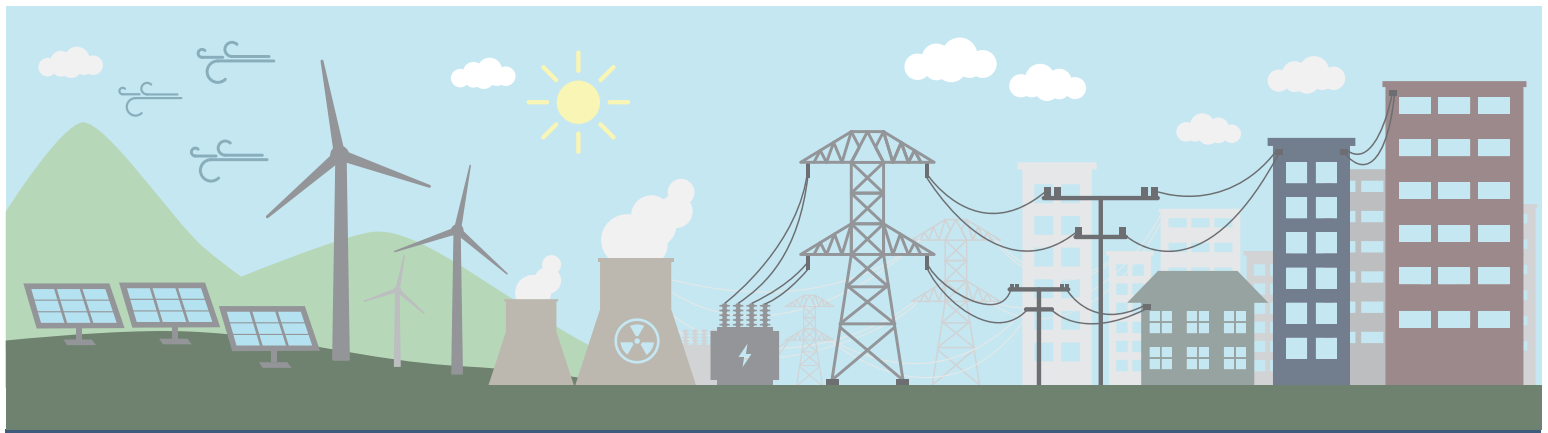
While there is no one size fits all for fatigue management, being aware and responding to symptoms is an important first step. It takes just a moment to make a decision that could literally be the difference between life and death.

### Stay safe this harvest season!

For power outages, emergency power troubles and service requests, contact the distribution system operator for  
FENN REA: **ATCO Electric**  
Phone toll-free: 1-800-668-2248

**FENN REA**  
Box 31, Fenn, Alberta T0J 1K0  
Phone: c/o Philip Jarmin,  
1-403-740-9384  
Email: [fennrea@gmail.com](mailto:fennrea@gmail.com)  
[www.fennrea.com](http://www.fennrea.com)

**Battle River Power Coop**  
Member Care & Billing  
Box 1420, Camrose AB T4V 1X3  
Phone toll-free: 1-877-428-3972  
Email: [brpc@brpower.coop](mailto:brpc@brpower.coop)  
[www.brpower.coop](http://www.brpower.coop)



## Understanding Energy-Only and Capacity Markets

To understand Alberta's electricity market, and the differences that exist here compared to other jurisdictions in Canada, a little history is helpful.

The Electric Utilities Act, enacted by the Alberta Government in 1996, deregulated the Alberta electricity market to a greater degree than anywhere else in Canada. The Alberta Electric System Operator (AESO) was created and charged with managing a system in which independent companies became responsible for electricity generation. The Alberta power pool became the vehicle for selling electricity to distribution utilities, at wholesale prices that are set hourly according to supply and demand.

In 2016, heeding cautions by the AESO that electrical generation may not keep pace with demand, the NDP government began a process to implement a capacity market, scheduled to come into effect by 2021.

Capacity market means that electricity generators are paid for both the electricity they produce in real time and their ability, or capacity, to add electricity to the grid as needed. The stated reasons for implementing a capacity market included ensuring an adequate power supply and

protecting consumers from price swings. Critics voiced concern about a potential increase in consumer cost, especially if capacity were to sit idle.

Energy Minister Sonya Savage stated on July 24, 2019 that, "conditions have changed substantially," and the Government of Alberta will table legislation as soon as possible to stop the implementation of the capacity market. The decision follows consultations with industry and consumer groups, the majority of whom agreed that an energy-only system is best for Alberta. The Honorable Ms. Savage stated, "We heard from all stakeholders that an energy-only market provides more affordability and it's a simpler structure."

That means that Alberta will remain an energy-only market, in which generators are paid for the electricity they produce in real time, and at a fluctuating price.

Both capacity markets and energy-only markets are used successfully as power delivery systems throughout the world. Energy-only markets are more common in Europe and capacity markets are used almost exclusively in North America, the exceptions being Alberta and Texas, which have energy-only systems.

### Regulated Rate Option (RRO)

The RRO rate may increase or decrease from month to month as it is priced on the open market and subject to many factors relating to supply and demand. If you do not have a contract with an electricity retailer, then you receive the default RRO rate.

For August 2019, the RRO is priced at \$0.06800 per kWh, which is reflected on your enclosed bill. For September 2019, the Battle River Power Coop monthly rate as calculated under the RRO regulation is \$0.06800; the billing rate charged to FENN REA members is \$0.06800. The RRO rate is also listed on [www.fennrea.com](http://www.fennrea.com).

**The delivery of electricity to you is not affected by your choice. If you change who you purchase electricity services from, you will continue receiving electricity from the distribution company in your service area.**

For information about the electricity industry and for a list of Alberta licensed retailers, visit the Utilities Consumer Advocate at [www.ucahelps.alberta.ca](http://www.ucahelps.alberta.ca) or call toll free 310-4822. For a list of retailers registered within the FENN REA area visit: [www.fennrea.com](http://www.fennrea.com).

Information on **FENN REA's Code of Conduct Compliance Plan** can be found on our website: [www.fennrea.com](http://www.fennrea.com)