



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:



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.

- ✓ 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.

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

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Celebrating Co-operatives – Co-operative Week October 16 – 22, 2022

Every year, co-operatives, and the people behind them, celebrate the co-operative movement and co-op values in Canada.

Co-operative and mutual enterprises (CMEs) form when people come together to achieve an objective that they could not achieve alone. They are a rational alternative to investor-owned business when the objective is different from maximizing return to shareholders.

FENN Rural Electrification Association (REA) is an electric co-operative. Electric co-ops are unique and only exist in Alberta, although rural electric co-operatives are prevalent in the United States. Operating under co-operative principles Alberta REAs literally “electrified” rural Alberta when government and for-profit utilities would not.

There are 5 key types of co-operatives:

- Retail Co-operatives
- Worker Co-operatives
- Producer Co-operatives
- Service Co-operatives
- Housing Co-operatives



So...what are the qualities of a good co-operative? According to research, co-operatives have several defining characteristics: 1) they are open and voluntary associations; 2) they have a democratic structure, with each member having one vote; and 3) they have an equitable and fair distribution of economic results based on their volume of operations.

Co-operatives are based on the ethical values of honesty, openness, social responsibility and caring for others. FENN REA’s values are informed by the seven guiding co-operative principles as follows:

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training, and information
- Co-operation among co-operatives
- Concern for community

Research also notes the most important co-operative principle is voluntary and open membership. Members are an imperative part of a co-operative. Without dedicated and participating members, no co-op can succeed. FENN REA would like to acknowledge our members for their support and commitment to their co-operative REA.

Co-operatives are changing the world by building stronger communities, and by keeping money, resources, jobs, and economic control local. Their impact has been so widespread and significant that more businesses are electing to transition into co-operatives.

FENN REA is proud to be a successful co-operative Rural Electrification Association; a member-owned, not-for-profit utility that is democratically controlled by our members.

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 2022, the RRO is priced at \$0.17034 per kWh, which is reflected on your enclosed bill. For September 2022, the Battle River Power Coop monthly RRO billing rate for FENN REA members is \$0.15536. The RRO rate is also listed on www.fennrea.com.

Members are free to purchase electricity services from a retailer of their choice. For a list of retailers, visit ucahelps.alberta.ca or call 310-4822 (toll free in Alberta).

Information on FENN REA’s Code of Conduct Compliance Plan can be found on our website: www.fennrea.com