



AUGUST 2023

# Second Rate Cut of 2023 Pushes Bills Lower

“One of the best things an electric cooperative can do for its members and communities is to keep electric rates affordable. That’s been a challenge in New Hampshire recently, and we’re very pleased to be able to offer another rate decrease to our members.”

- NHEC President & CEO Alyssa Clemens Roberts



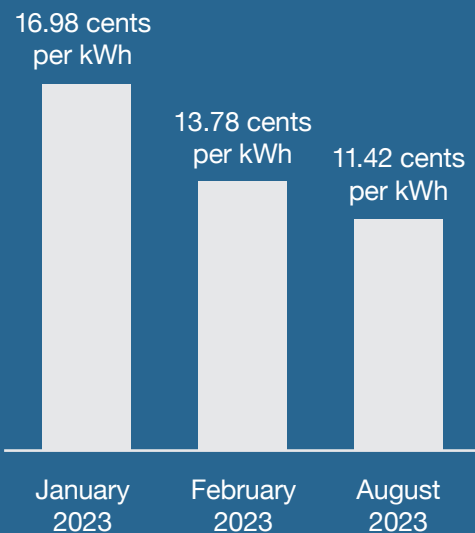
The second consecutive rate decrease this year takes effect this month for NHEC members as energy prices continue their downward trend.

The rate change will lower the Co-op Power portion of your bill and will result in an overall bill decrease of 7%, or \$10.13 per month, for the typical member using 500 kWh of electricity per month. The typical 1,000 kWh member will see a total bill decrease of 8%, or \$20.27 per month. A small change in the Regional Access Charge rate includes a refund from the proceeds of the Regional Greenhouse Gas Initiative.

This most recent decrease comes on the heels of a February 2023 rate reduction that resulted in a total bill decrease of 9.3%. It is also a welcome sign that wholesale electricity prices continue to ease in New England, following a turbulent period of sharp increases in 2022.

The new Co-op Power rate is 11.42 cents per kWh and will be in effect through January 31, 2024. For more information about NHEC’s rates, including a current table of rates, please visit our website: [www.nhec.com/rates-tariffs](http://www.nhec.com/rates-tariffs).

## Co-op Power Rate 2023





## INSTANT, ENHANCED REBATES FOR COMMERCIAL LIGHTING

### Attention Businesses and Municipalities!

With instant rebates at the distributor, enhanced incentives and no paperwork, it's easier than ever to save on LED lighting fixtures.

NHEC offers a streamlined approach to upgrading your lighting. You receive an instant discount at the point of purchase with participating distributors. Best of all, there's no rebate form to fill out and send. Just scan the QR code for the list of participating distributors or visit [www.nhec.com/commercial](http://www.nhec.com/commercial).

TAKE ADVANTAGE OF ENHANCED INCENTIVES NOW FOR ADDITIONAL  
**25% IN REBATES**  
OFFER ENDS SEPTEMBER 30, 2023\*

LED lighting uses less than half the energy of traditional fluorescent lighting and lasts twice as long. Switch to LEDs for your business today and enjoy energy savings, reduced maintenance costs and a lower electric bill!



\*Lights must be installed within 30 days of purchase and are subject to inspection verification

Scan here for details

# COOPERATIVE UPDATES



## NHEC Foundation Scholarship Winners

Congratulations to these students, who were named the winners of the 2023 NHEC Foundation Scholarships. These young Co-op members were awarded \$1,500 to pursue their higher education goals. Good luck! Check our website to learn more about NHEC Scholarships: [www.nhec.com/scholarships](http://www.nhec.com/scholarships)

**Alex Burnham**, *Gilmanton*  
Wentworth Institute of Technology

**David McWhirter**, *Mirror Lake*  
Virginia Polytechnic Institute

**Keirsha Comeau**, *Campton*  
St. Anselm University

**Riley Restelli**, *Haverhill*  
University of New Hampshire

**Tyler McPhail**, *Moultonborough*  
Southern New Hampshire University

**Kaylee Riel**, *Barnstead*  
New Hampshire Technical Institute



## Board of Directors Meetings

The NHEC Board of Directors regularly meets on the last Tuesday of each month. Please check the Board of Directors page on the NHEC web site at [www.nhec.com](http://www.nhec.com), or call Sharon Yeaton at (603) 536-8801 to confirm the current month's time and location.





## New Webster Substation Adds Capacity, Reliability

NHEC's new electrical substation in Webster goes into service this month, providing power to about 3,000 members in central New Hampshire. The new facility was rebuilt from the ground up as part of NHEC's 12-year project that will rebuild or replace 26 substations across our service territory.

In Webster, the new substation replaces equipment that in some cases was nearly 50 years old. In addition to improvements in reliability, the new station adds capacity for future growth and features environmental protections like a self-contained oil system.

The Webster substation provides power to members in Andover, Danbury, Franklin, Grafton, Hill, Salisbury, Sutton, Warner, and Wilmot.

◀ *The new Webster substation during construction earlier this year.*



## The Heat Is On...Stay Safe!

Heat kills more people in an average year than any other type of extreme weather. With our first taste of summer heat, it's important to know the signs of heat stress and how to prevent it.

### Stay Hydrated

- Drink 5-7 ounces of fluids every 20 minutes. Don't wait until you feel thirsty.
- Eat lightly. Heavy, hot meals divert blood to the stomach and make it harder to remain cool.
- Avoid carbonated and caffeinated beverages and be aware that certain medications can increase the risk of heat stress. Check prescription labels or ask your physician.
- Take frequent short rest breaks in cool shaded areas or air-conditioning.

### Know the Signs and Countermeasures for Heat-Related Illness

- Heat Cramps are muscle spasms that result from heavy sweating when salt or potassium is lost. Countermeasures include drinking water, as well as electrolyte drinks like Gatorade, and

eating potassium rich fresh fruits such as bananas.

- Heat Exhaustion can result when physical exertion, high temperatures, humidity, direct sunlight, or lack of air circulation overheat the body in combination with fluids being lost. Symptoms can include heavy sweating, dizziness, nausea, vomiting and fatigue, loss of coordination, confusion or fainting. Countermeasures include moving the person into the shade or air conditioning, using fans to cool, loosening tight fitting clothing or removing excess clothing, drinking water or electrolyte drinks, resting and avoiding heavy eating or caffeinated drinks.
- Heat Stroke is the most serious heat-related illness. It occurs when the body's water and salt levels become depleted, and the body becomes unable to control its temperature and rises to dangerous and potentially deadly levels. Symptoms include confusion, fainting, seizures, very high body temperature and hot, dry skin or profuse sweating. **SEEK MEDICAL HELP IMMEDIATELY!**

# NH Broadband Continues to Grow

For 84 years, NHEC has brought safe and reliable electricity to our members. Now, we're offering high-speed internet at an affordable price. Packages begin at less than \$50 a month!

NH Broadband, NHEC's wholly-owned subsidiary, is currently providing fiber-optic broadband service to NHEC members in 10 towns...and we're just getting started.

Over the next six months, we'll be connecting more members in Grafton County, and building the fiber-optic networks that will deliver world-class broadband internet to more members in Belknap and Carroll counties.

Building fiber-optic networks in rural New Hampshire is hard work. That's why you'll be seeing people and equipment working for the next several months along the highways and byways of the towns listed to the right. Please drive carefully through work sites!

**READY FOR BROADBAND? CHECK AVAILABILITY AT [WWW.NHBROADBAND.COM](http://WWW.NHBROADBAND.COM)**

**Thank you for your patience while we build the fiber networks to serve you!**

Alexandria	Freedom	Orange
Alton	Gilford	Orford
Barnstead	Gilmanton	Ossipee
Benton	Grafton	Piermont
Bristol	Groton	Rumney
Brookfield	Hebron	Tamworth
Canaan	Hill	Tuftonboro
Danbury	Loudon	Wakefield
Dorchester	Lyme	Warren
Eaton	Madison	Wentworth
Effingham	Moultonborough	Wolfeboro
Ellsworth	New Durham	



## Flip Your Fridge, Get \$75!

Still running an old refrigerator or freezer? Chances are it's costing you a lot more to operate than a new one. On average, an old refrigerator uses about 35% more energy than a model that has earned the ENERGY STAR® label.

For a limited time, you can schedule a free pickup of that old, working unit and collect an enhanced incentive of \$75\*, an increase from the regular \$50 incentive. Your old unit will be recycled responsibly by our contractor.

**ACT NOW...\$75 incentive ends October 31, 2023.** To learn more and schedule your free pickup, scan the QR code or visit:

[nhsaves.com/residential/refrigerator-and-freezer-recycling](https://nhsaves.com/residential/refrigerator-and-freezer-recycling)

\*Offer good for Residential members only; limit 2 units per member.



For member service, please call **800.698.2007** (8-5, M-F) or email [solutions@nhec.com](mailto:solutions@nhec.com)

To report an outage, please call **800.343.6432**  
579 Tenney Mountain Hwy Plymouth, NH 03264  
[www.nhec.com](http://www.nhec.com)

