# Kaua'i Island Utility Cooperative

aes

# Connecting Past and Present at Alakoko

### **Inside:**

NUL DEPARTMENT

Congratulations, Graduates Affordable DIY Energy-Efficiency Tips







#### 444-3 B AHOPUEO DRIVE #4, KALAHEO

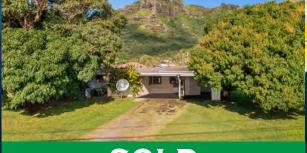
Least expensive vacant lot on the South Side! Almost 13,000 sf located at the end of a short cul de sac on Ahopueo Drive in the Kai Ikena Subdivision. Water meter already installed and existing House Plans are available (permit needs to be renewed). Great location near Kukuiolono Golf Course and a short drive to Poipu! \$379,000(fs). Seller financing may be possible contingent on terms and down payment. Call: Karen L. Agudong, REALTOR BROKER (808) 652-0677.



### **IN ESCROW**

#### 3113 OIHANA STREET, LIHUE

Nestled in Lihue, this 21,000 sf Limited Industrial (I-L) zoned parcel allows multiple permitted uses. Building is currently used as a veterinary clinic and bus storage facility behind the clinic. This is a great opportunity for an investor or owner- user in a supply constrained market. \$1,300,000(fs). Call: Karen L. Agudong REALTOR BROKER. (808) 652-0677.





#### **267 KAMOKILA**

Very spacious 4 bedroom home with the old Hawaiian style charm in Wailua Houselots. Beautiful up close and personal mountain views. Relaxing back covered Ianai. Great home for entertaining with large kitchen with a lot of cabinets and counter space. Beautiful large picture windows to let the light in. Sold As-is. Call: Karen L. Agudong REALTOR BROKER (808) 652-0677.



#### 5814-P WAIPOULI ROAD, KAPAA (WAILUA HOMESTEADS)

Gorgeous 4 bedroom, 3 bath home. Downstairs can easily be used as a guest suite with separate entrance. Located on 2 gorgeous private acres, partially bordered by a stream. 3 Car Garage. Guest House may be possible. \$1,995,000(fs). Call: Karen L. Agudong, REALTOR BROKER (808) 652-0677.



#### YOUR PROPERTY HERE! Looking to sell your home? Inventory is low and buyers are looking to purchase property. Please contact Karen for a FREE comparative market analysis of your property.

EXP REALTY • KAREN L. AGUDONG • MAILING ADDRESS: PO BOX 3255, LIHUE, HI 96766 808-652-0677 • www.alohaisland.com • email: karen@alohaisland.com Karen L. Agudong, REALTOR(B) "Aloha Island Team" eXp Realty (808) 652-0677.

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# Kaua'i Island Utility Cooperative



#### Save postage, get your Currents online

*Currents* is mailed quarterly to members of Kaua'i Island Utility Cooperative. This issue and back issues also are available online at www.kiuc.coop.

If you would like to help the cooperative save paper and postage, you can receive *Currents* via email or simply read it on our website. Just send a note to currents@kiuc.coop and we will take you off the mailing list.

We're also open to story ideas, letters and suggestions. And we're always looking for new recipes. Thank you for reading *Currents*.

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Beth Tokioka

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#### **ON THE COVER**

Mālama Hulē'ia's Peleke Flores shares the history of Alakoko Fishpond with volunteers.



Only active KIUC members will be mailed KIUC *Currents*. KIUC *Currents* can be found online at www.kiuc.coop under News and *Currents*.

KIUC is an equal opportunity provider and employer.

# Chairman's Message

It's that time of year again. Preparations are being made for KIUC's annual membership meeting, and a look back at milestones reached during the past year begins.

By any measure, 2021 was a great year and one for all members of KIUC to celebrate:

- KIUC led the state in renewable energy production, reaching nearly 70% 19 years ahead of the state benchmark and eight years ahead of the goal set by the KIUC Board of Directors.
- KIUC also led the state in reliability metrics, demonstrating that even intermittent power sources such as solar can be managed effectively to provide reliable power for our members.
- KIUC's rates have risen modestly in the face of the most volatile oil prices spikes experienced in a decade. While rates on the other islands rose between 30% and 40%,
   KIUC rates rose less than 10% between May 2021 and May 2022. This is primarily attributed to the large percentage of renewables on our system, providing power at relatively low, fixed prices.

KIUC hit an important milestone in May, reporting the lowest average residential rates in the state for the first time in the history of our cooperative. When you consider that in 2002 KIUC's rates were 70% higher than those on O'ahu, this is a remarkable accomplishment.

In 2021, KIUC was recognized nationally as Electric Cooperative of the Year by the Smart Electric Power Alliance. We humbly assert this honor is well-earned.

In addition to the accomplishments already noted, KIUC recently retired \$1.7 million in patronage capital credits to its members. During the past 19 years, KIUC has returned more than \$43 million in patronage capital to its members, including nearly \$35 million in patronage capital retirements.

Please mark your calendars and plan to join us Wednesday, July 20, at 5 p.m. for the KIUC Annual Membership Meeting via Zoom. We look forward to seeing you there!

Mahalo nui loa, Allan A. Smith

# **Board Actions**

Below is a summary of some of the actions taken by the KIUC Board of Directors in March and April 2022.

#### March 24, 2022, Annual Meeting of the Board

Motion carried, nomination and confirmation of board officers: Chair, Allan Smith; vice chair, Jan TenBruggencate; secretary, Calvin Murashige; first assistant secretary, Phil Tacbian; second assistant secretary, Dee Crowell; treasurer, Peter Yukimura; first assistant treasurer, Jim Mayfield; second assistant treasurer, Janet Kass.

Motion carried, confirmation of board committee chairs and members.

#### March 24, 2022

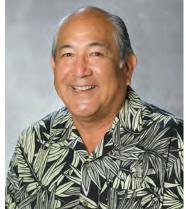
Motion carried, 2022 Insurance Broker RFP.

Motion carried, board policy No. 33, Member-Called Meetings of KIUC Members. Reviewed, approved with proposed changes.

#### April 28, 2022

Motion carried, 2021 patronage capital retirement.

Motion carried, CEO to enter into an agreement to settle a litigated matter.





# 15th Annual Golf Tournament

Sunday, August 7, 2022 \* Ocean Course Hōkūala



Sandra Mendonca 5.15.1978 - 1.25.2006





Sandar Keahi Mendonca Sandy's namesake nephew

#### \$110 per player 8:00 am Shotgun Start 4 Person Modified Scramble

Prizes · Continental Breakfast · Grab and Go Lunch



eliminating racism empowering women **YWCa** Kaua'i



# **Strength in Numbers**

#### By Peter Yukimura

KIUC is a relatively small, local electric cooperative, but we benefit in many ways from being part of an expansive coalition of cooperatives around the country. As one of more than 900 members of the National Rural Electric Cooperative Association, KIUC joins other coops annually in Washington, D.C., to hear from members of Congress and administration officials, and discuss timely and pressing legislative issues affecting electric co-ops and their member-owners.

After a two-year hiatus due to COVID-19, a handful of KIUC board members and staff participated in the 2022 NRECA Legislative Conference in May. The conference provided a venue for networking and sharing information with co-ops from around the nation, and the opportunity to discuss several issues directly with our Congressional delegation, including:

- Creating a level playing field between cooperatives and investor-owned utilities on the amount and type of tax incentives available for projects such as developing renewables and battery storage systems, and expanding transmission capacity.
- Allowing cooperatives to refinance Rural Utility Service loans to take advantage of low-interest rates and deliver savings back to our members.

- Supporting co-op efforts to access infrastructure-funding opportunities available at the federal level.
- Providing updates on the West Kaua'i Energy Project and other priority projects KIUC is pursuing.

As always, the entire Hawai'i congressional delegation welcomed us with aloha, and were interested in discussing the specific accomplishments, initiatives and challenges facing KIUC.

On behalf of the entire KIUC board, I send our warmest mahalo to Sens. Mazie Hirono and Brian Schatz, Congressmen Kai Kahele and Ed Case, as well as their staff, for being attentive to and supportive of KIUC's 34,000 member-owners. ۞

# Know the Signs of a Scam

By Dee Crowell



Life on Kaua'i is inching back to normal. We are getting together with friends and 'ohana, going out for a meal and sitting in traffic. But we shouldn't let our guard down.

It's no secret that consumers with a water, gas or electricity connection have long been targets for utility scams, but fraudsters have changed their tactics since the COVID-19 pandemic began. As consumers became more reliant on technology for work, school and commerce, scammers noted these shifts and adapted their tactics to this changed environment.

Imposter scams are the No. 1 type of fraud reported to the Federal Trade Commission. Scam artists used to come to your door posing as a utility worker who works for "the power company." That tactic had limited success on Kaua'i, where we tend to be familiar with our utility workers. In today's more connected world, attempts are more likely to come through an electronic device, via email, phone or text, and can originate from anywhere in the world.

#### **Common Types of Scams**

A scammer may claim you are overdue on your electric bill and threaten to disconnect your service if you don't pay immediately. Whether this is done in person, by phone, text or email, the scammers want to scare you into immediate payment so you don't have time think clearly.

If this happens over the phone, hang up. If you're concerned about your bill, call us at 808-246-4300. Our phone number can also be found on your monthly bill and on our website, www.kiuc.coop.

If the scam is by email or text, delete the message before taking any action. If you're unsure, you can contact us at info@kiuc.coop, or use SmartHub to check the status of your account. Remember, KIUC will never attempt to demand immediate payment after just one notice. Some scammers may falsely claim you have been overcharged on your bill and say they want to give you a refund. It sounds easy. All you have to do is click or press a button to initiate the process. If you proceed, you will be prompted to provide banking or other personal information. Instead of money going into your bank account, the scammers can drain your account and use personal information, such as a social security number, for identity theft.

If this "refund" scam happens over the phone, hang up and block the phone number to prevent future robocalls. If this scam attempt occurs via email (known as a phishing attempt) or by text (smishing), do not click any links. Delete the message and, if possible, block the sender. When in doubt, contact us.

#### Defend Yourself Against Scams

Be wary of call or texts from unknown numbers. Be suspicious of an unknown person claiming to be a utility worker who requests banking or other personal information.

Never let anyone into your home who you don't know unless you have a scheduled appointment or reported a problem. When we perform work on our members' property or come into your home, our employees are professionals and always identify themselves.

We at KIUC want to help protect our community against utility scams, and you can help create the first line of defense. Please report any potential scams to us so we can spread the word to prevent others in the community from falling victim. Mahalo. ©

# ARE YOU READY FOR A STORM?

A serious storm can threaten the island at any time. Follow the tips below to help ensure your safety.

> Make an emergency plan, where to go, what to do and how to meet up if you are separated from your family.

Keep trees around your home trimmed. Tie down or put away loose outdoor items to prevent them from becoming flying debris and causing damage.

Know evacuation routes and shelters.

Pack an emergency kit that can sustain you and your family for three to five days. Include such items as water, food, medication, a portable radio and batteries.



Know where your electrical and gas shutoffs are located.

Protect your pets by making an emergency plan and kit for them.



Monitor media reports, and follow instructions from public safety officials.

Keep copies of important documents, such as birth and marriage certificates, Social Security cards, passports, wills, deeds, and financial, insurance and immunization records in a sealed waterproof bag.

\*\*\*\*\*\*\*



For more information on disaster and storm preparedness, visit: www.kiuc.coop/storm-sense | www.kauai.gov/KEMA www.noaa.gov/hurricane-prep | www.ready.gov

8 KIUC Currents



# **LOW INCOME HOME ENERGY ASSISTANCE PROGRAM**

## Do you need help with your utility bill?

The federal Low Income Home Energy Assistance Program (LIHEAP) assists low income households with a one-time annual credit on their electric bill.

Kaua'i Economic Opportunity (KEO) will be accepting applications from June 1st through June 30th. You must meet certain criteria to qualify.

Please call KEO at 808.245.4077 ext. 242 or email liheap@keoinc.org

Every year, KIUC is required by law to provide our ratepayers annual fuel mix and average electric cost information.

### HRS [§269-16.4] Annual Fuel Mix Disclosure

- (a) Beginning June 1, 2004, and every June 1 thereafter, each retail supplier of electricity shall disclose fuel mix information by generation category to its existing and new retail electricity customers for the prior calendar year.
- (b) Beginning June 1, 2004, and every June 1 thereafter, each retail supplier of electricity shall state the average retail price of electricity (per kilowatt-hour) for each rate class of service for the prior calendar year. The average retail price of electricity for each rate class of service shall be determined by dividing the total electric revenues for each rate class of service by the total kilowatt-hours sold to each respective rate class.

(c) The disclosure required by this section shall be:

(1) Printed either on the customer's bill or as a bill insert, provided that this disclosure requirement shall not result in increased costs to ratepayers, and

(2) Posted and updated on the suppliers website, if any.

(d) As used in this section, the term "fuel mix" means the electricity sold to retail electricity customers expressed in terms of percentage contribution by generation category. The total fuel mix included in each disclosure shall total 100%. [L 2003, c 147, §2]

Rate Class of Service	Schedule	2021	2020	2019	2018	2017
Residential	D	\$67,665,717	\$59,717,210	\$63,200,462	\$65,170,080	\$58,459,375
General Lighting Service	G	\$22,610,142	\$20,151,493	\$24,116,311	\$25,055,505	\$22,238,251
General Lighting Service	J	\$16,724,413	\$14,988,419	\$16,924,144	\$17,696,698	\$16,437,111
Large Power	Р	\$32,895,068	\$28,615,487	\$34,113,796	\$36,406,460	\$34,047,916
Large Power	L	\$12,897,520	\$11,635,762	\$15,334,559	\$16,782,895	\$15,341,807
Streetlight	SL	\$683,855	\$665,798	\$681,986	\$719,376	\$708,102
Irrigation		\$177,137	\$183,919	\$95,379	\$361,634	\$143,182
Total Revenue		\$153,653,852	\$135,958,088	\$154,466,637	\$162,192,648	\$147,375,744

#### REVENUE

#### **KWH SALES**

Rate Class of Service	Schedule	2021	2020	2019	2018	2017
Residential	D	186,243,561	177,182,391	181,264,409	174,726,470	169,346,334
General Lighting Service	G	60,188,554	57,698,004	67,417,715	65,473,099	62,824,313
General Lighting Service	J	48,348,244	46,668,526	51,256,543	49,854,166	50,282,542
Large Power	Р	98,582,111	91,894,242	108,215,545	107,098,228	108,943,412
Large Power	L	40,153,191	39,586,355	51,265,330	51,409,785	51,926,563
Streetlight	SL	768,345	770,590	790,188	852,640	878,661
Irrigation		871,638	1,490,585	500,111	1,699,665	896,148
Total kWh Sold		435,155,644	415,290,693	460,709,841	451,114,053	445,097,973

#### **AVERAGE RETAIL PRICE**

Rate Class of Service	Schedule	2021	2020	2019	2018	2017
Residential	D	\$0.363	\$0.337	\$0.349	\$0.373	\$0.345
General Lighting Service	G	\$0.376	\$0.349	\$0.358	\$0.383	\$0.354
General Lighting Service	J	\$0.346	\$0.321	\$0.330	\$0.355	\$0.327
Large Power	Р	\$0.334	\$0.311	\$0.315	\$0.340	\$0.313
Large Power	L	\$0.321	\$0.294	\$0.299	\$0.326	\$0.295
Streetlight	SL	\$0.890	\$0.864	\$0.863	\$0.844	\$0.806
Irrigation		\$0.203	\$0.123	\$0.191	\$0.213	\$0.160

Fuel Mix Generation*	2021	2020	2019	2018	2017
Biomass	48,478,815	48,362,580	51,323,475	51,818,445	48,129,375
Fossil Fuel	183,227,477	179,461,177	244,529,131	299,244,542	287,976,993
Hydro	64,807,237	62,391,722	54,249,974	30,750,088	32,044,403
Photovoltaic**	161,986,631	147,300,905	133,587,078	92,197,763	95,611,554
Total	458,500,160	437,516,384	483,689,658	474,010,838	463,762,325

\* Gross Generation kWh

\*\* Prior reports included own-use from customer-sited generation. Starting from the 2012 calendar year report, prior and current data revised to include only surplus energy from customer-sited generation.

Fuel Mix Percentage	2021	2020	2019	2018	2017
Biomass	11%	11%	11%	11%	10%
Fossil Fuel	40%	41%	50%	63%	62%
Hydro	14%	14%	11%	7%	7%
Photovoltaic	35%	34%	28%	19%	21%
Total	100%	100%	100%	100%	100%

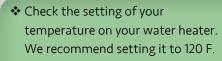
# ENERGY WISE DIY TIPS

#### By Kyle Cremer and Makani Taniguchi

During the summer, we can take advantage of our natural resources to help us save energy in our homes. Many of these tips are easy to do and require little to no cost to implement.

For more information on any of these tips, call 808-246-4300 and ask for the Energy Wise Guys.

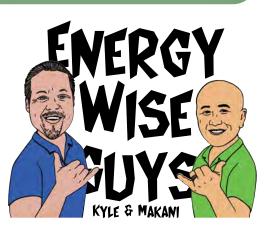
- Defrost your freezer from frost buildup.
- Clean refrigerator coils.
- Set temperatures on refrigerators to manufacturer settings.
- Check your seals on your refrigerator. Clean them with mild soap and water. Do not use petroleum products.
- Reheat your food in a microwave instead of on an electric stove.
- Plant trees and shrubs outside your windows for shade.
- Close shades and drapes during the day to keep your home cooler.
- Clean air-conditioning filters.
- Set your thermostat to 76 F.
- When running an air conditioner, ensure windows and doors are properly weatherstripped so cool air doesn't leak out.
- Replace any lightbulb with an LED (light-emitting diode) bulb.
- Turn off lights and ceiling fans when leaving a room.



- Insulate hot water pipes.
- Double-check pins on your water heater timer and set time. Pins may become loose and fall off, making the water heater run when it shouldn't.
- Take shorter showers.
- Install water-saving shower heads.
- Don't let water run when you're shaving or while brushing your teeth.
- Fix dripping faucets.
- Unplug gaming devices, cable boxes and computers when not in use or plug into power strips to make it easier to power them down. To make it even easier, invest in a smart power strip.

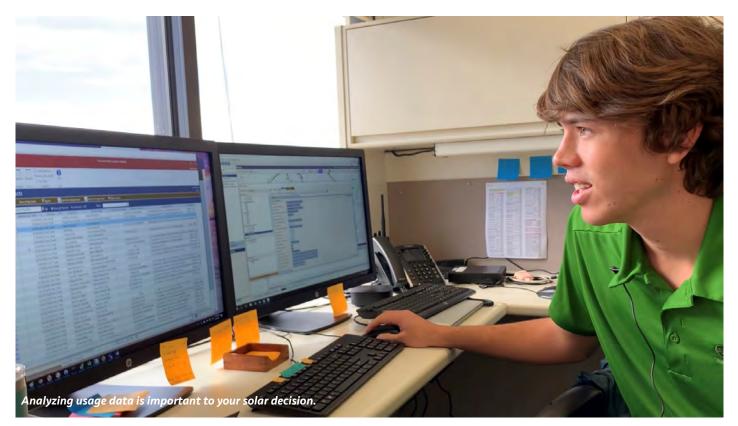


- Wash and dry laundry with full loads.
- Use cold water when washing clothes.
- Use the sun to dry your clothes.
- Clean your dryer's lint trap after each load.









# Is Solar Right for You?

#### A conversation with Jonah Knapp, KIUC Associate Engineer

Q: KIUC has seen a significant increase in rooftop solar installations during the past 10 years. There are many options for home and business owners. Can you give us an idea of the kinds of things a member might think about before deciding to install a system?

**A:** There are quite a few benefits to going solar, so a member should first identify what they're trying to accomplish with their new photovoltaic system. This can include saving on their monthly electric bill, further reducing their personal dependence on fossil fuels and, if their system includes a battery, providing backup power to their home in the event of an outage.

Every member's situation is different. KIUC is happy to talk to our members during this early evaluation stage to help them come to the right decision for their individual needs and goals.

Q: Are there any trends you're seeing over the past two years on what type of systems members are choosing?

**A:** We've seen a much higher prevalence of batteries included in system designs. In 2019, only 40% of new PV systems included a battery. By the end of 2021, that

percentage shot up to about 80%. Batteries can be a benefit, but they significantly increase the cost of the PV system. Members should carefully consider whether batteries make sense for them before they make such a large investment.

Q: What are the biggest pitfalls members should be aware of before they decide which type of rooftop solar system is right for them?

**A:** Pricing and payoff are the biggest considerations. If cost savings are essential to a member, installing a battery may not always make sense. Due to the high upfront cost, the



payoff period for a PV system with a battery can be much longer than one without. It's important for members to weigh their options and understand how their energy consumption behavior can determine what system is right for them.

Using our SmartHub app can give members great insight into how they are consuming energy. As an added resource, members can also call on our energy services department to see how much efficiency they can gain before even turning to solar.

Once members decide a PV system is right for them, there are many contractors on Kaua'i from which to choose. Ask your friends for references, check with the Better Business Bureau and always feel free to check with KIUC early in the process so we can better prepare you for the questions to ask of your solar contractor.

Q: Are batteries always a good idea? Why or why not?

**A:** It really depends on the member. If they're concerned about outages, batteries can offer immediate benefits to a member's home via backup power. Furthermore, batteries allow PV systems to continue generating electricity in the event of an outage, something that isn't possible without a battery.

Still, these benefits come at an added cost and may not pencil out if a member lives in an area where outages are minimal. It's important to consider the average KIUC member was without power just 2.77 hours for all of 2021. That equates to 0.03% of the year without power, or 99.97% reliability.

#### Q: Many members want to "oversize" their system to sell electricity back to KIUC. What are the considerations to keep in mind when thinking about an oversized system?

**A:** While it would be great if we could allow members to generate and sell back as much power as possible, this is simply not a viable option due to the adverse effects it can have on the electrical grid. Overgeneration, which occurs when the supply of power exceeds the demand we have on the grid, can lead to a slew of problems no one wants: voltage spikes, unstable frequency and even outages. As more and more members install solar, the concern of overgeneration increases.

In 2015, to counterbalance the potential effects of overgeneration, we introduced our right-sizing guidelines. These guidelines streamline KIUC's interconnection process and establish the amount of solar generation that members can install with no restriction by KIUC. If the member's photovoltaic system contains a battery, this right-sizing depends on the battery's storage capacity. Otherwise, we base it on the historical usage data at the member's service address.



For most people, the quickest payback will be a right-sized, solar-only system. Nevertheless, members do have the option of oversizing their system above our right-sizing. If a customer wishes to do this, we require the installation of a curtailment meter on the oversized portion. This meter allows KIUC to disconnect that portion of the system from the electrical grid when there isn't enough load for all the solar being generated. For context, last year we curtailed on 56 separate days, for an average of four hours on each of those days.

It's important for members to do their research on our Schedule Q rate—applicable to oversized systems—which changes monthly based on the price of oil. As we move closer to 100% renewable, that link to oil pricing likely will be diminished, making Schedule Q rates less lucrative. The payback analysis from solar contractors should include all of these factors, but members should seek advice from multiple sources, including KIUC. To learn more about curtailment and right-sizing, please visit our website at kiuc.coop, or call us at 808-246-4300.

## Q: What's the best way to approach the decision to install a solar/PV system?

**A:** We recommend you call KIUC before you start, so we can answer questions and refer you to important information available on our website. Once you've chosen a knowledgeable contractor, they should be able to guide you through the process. We're happy to work with your contractor to ensure a seamless process.

Once an interconnection application is filed, our goal is to turn it around for our members as soon as possible. If you're concerned about the length of time it's taking to get through the process, feel free to call us to inquire about the status of your application. KIUC is always happy to assist our members with the best possible solutions to their energy needs.  $\bigcirc$ 

# Digging Deeper on Earth Day

**By:** Amy Bolan, AES

What better way to spend Earth Day than by literally getting your hands in the dirt? Nearly 30 volunteers gathered April 23 to learn about the history of Alakoko fishpond and help restore the fishpond and its surrounding native wetland and estuary.

The group, comprised of representatives from Kaua'i Island Utility Cooperative, AES and Trust for Public Land, were hosted by Mālama Hulē'ia at Alakoko, a 102-acre site of cultural and environmental significance in Līhu'e, Kaua'i.

Last year, Trust for Public Land and Mālama Hulē'ia bought and protected the fishpond. KIUC and AES donated to the campaign to help Mālama Hulē'ia continue its essential restoration work and community education. "Our partners have made all the difference in our efforts to steward Alakoko Fishpond for the benefit of the community," says Sara Bowen, executive director of Mālama Hulē'ia. "The support we've received from AES, Trust for Public Land and KIUC ensure we can continue our efforts toward education and preservation for years to come."

Alakoko Fishpond is one of the largest remaining fishponds on the island, and is beloved by the Kaua'i community. Adjacent to the Hulē'ia National Wildlife Refuge, Alakoko Fishpond is a model loko kuapā (walled fishpond) ecosystem that supports native fish, limu (seaweed), endangered Hawaiian waterbirds and native coastal vegetation.





Under Mālama Hulē'ia's ownership and continued stewardship, Alakoko Fishpond serves as an outdoor classroom for science, history, culture and



traditional Hawaiian aquaculture. The long-term vision for Alakoko is complete restoration as a working fishpond to grow and harvest fish to feed the island's the communities it serves. community and increase food security.

Both KIUC and AES have strong company values and commitments to invest in community well-being and sustainability.

"We truly believe that if you are going to do business, especially in an island community like this, you really have to invest in the community and give back in any way that you can," says Beth Tokioka, communications manager at KIUC. "We are thrilled that AES has come together with us as a partner in renewable energy and investing back in the community."



Sandra Larsen, market business leader of AES Hawai'i, says the company feels strongly about making sure it is part of

"That means making sure we support the causes that are important to them and the places that are important to them as well," she says. "At AES, we want to be a good neighbor and a trusted partner—not just for today, but really to go beyond the life of the projects."

Seeing photographs and hearing about Alakoko fishpond is one thing, but being there in person and getting your hands dirty and your feet in the mud can be transformative.

"The fishpond is calming and motivating-a vision of sustainable food systems and a reciprocal relationship with nature," Sara says.

At the end of the workday, employees reflected on their experience. One AES engineer said having the opportunity to learn more about the indigenous wisdom of Hawaiian fishponds and be a part of the restoration of Alakoko fishpond gave him a renewed sense of purpose for the Kaua'i renewable energy projects he was working on.

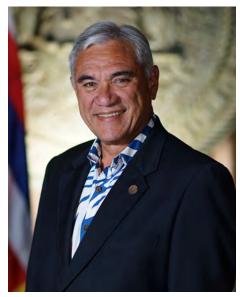
"It left me inspired to work harder to better serve the community," he said.

To learn more about Alakoko and volunteer opportunities, visit www.malamahuleia.org. 🛇



# A Discussion With DHHL Chairman William Aila

#### By Beth Tokioka



Developing a pumped storage hydro project on Kaua'i's west side has been in discussion for nearly a decade. Kaua'i Island Utility Cooperative and The AES Corp. joined forces on a groundbreaking solar PV plus battery energy storage and pumped storage hydro project, known as West Kaua'i Energy Project. WKEP will be the first of its kind in the world. It is a critical component of Kaua'i's renewable energy future.

WKEP has many benefits beyond weaning Kaua'i off fossil fuel. It will deliver water for agriculture and open new agricultural opportunities for Department of Hawaiian Home Lands beneficiaries.

We recently sat down with DHHL Chairman William Aila to talk about the WKEP partnership.

#### Q: WKEP is a great opportunity for DHHL to expand homesteading opportunities for beneficiaries on Kaua'i. Can you tell us a little bit about the history of these Pu'u 'Ōpae lands? How have they been used in the past?

**A:** Waimea Ahupua'a has a long history of craftmanship and human settlement with archaeological sites, including heiau, habitation areas, rock quarries, places of wa'a production, transportation routes and agricultural zones.

Pu'u 'Ōpae was used for sugar and rice plantations, as well as ranching. The military also occupied the area and used it for target practice, from World War II through the Cold War Era. Today, Pu'u 'Ōpae continues to be used for ranching, hunting and plant gathering.

#### Q: Can you describe the plans that have been adopted by DHHL for the Pu'u 'Ōpae lands?

**A:** DHHL's Pu'u 'Ōpae Settlement Plan focuses on the development of a Kuleana Homestead on the mauka Waimea lands of Kaua'i. The project area consists of approximately 1,421 acres; 231 acres of which are under DHHL License No. 816 by the Kekaha Hawaiian Homestead Association.

Planning for Pu'u 'Ōpae began with the 2011 DHHL West Kaua'i Regional Plan, which identified the development of an agricultural and water plan for the restoration and use of the Pu'u 'Ōpae area as a priority project.



The land was selected as an ideal location for Kuleana Homesteading as a result of constraints due to the physical characteristics of the land, including topography, drainage, accessibility, proximity to water, wildfire risk, proximity to natural and cultural resources, and beneficiary preferences for lot size and configuration.

In 2012, KHHA was granted a right of entry to begin land management and maintenance activities at Pu'u 'Ōpae. They also began preparing a master plan for the Pu'u 'Ōpae Farm and Irrigation Project to begin implementing the West Kaua'i Regional Plan priority project goals. KHHA's 231 acres currently under license within the Pu'u 'Ōpae are planned for community agriculture, food production and educational programs.

Q: Approximately how many acres could be positively impacted by WKEP? How would you describe the impact compared to other projects on Kaua'i and throughout the state?

**A:** Providing sufficient access to water is a challenge that the department faces in many of our homestead developments throughout the state. Without the WKEP project, these lands would be absent the necessary water access needed for homesteading. The water and road improvements would allow DHHL to provide up to 370 acres of Hawaiian Home Lands to native Hawaiians for homesteading purposes.

#### Q: How are you including beneficiaries in the process of taking advantages of the opportunities that will come with the development of WKEP?

**A:** Beneficiary informational and consultation meetings were held in October 2017, November 2018, August 2019 and February 2020. An informational briefing regarding the settlement plan and this EA was provided to the Hawaiian Homes Commission in August 2018 and April 2020.

Q: Paint a picture for us of what Puu Opae will look like once WKEP is in operation and DHHL has put its plans into motion.

A: Through the DHHL beneficiary consultation process, Pu'u 'Ōpae is envisioned as a thriving Kuleana Homestead community consisting of native Hawaiians utilizing the land for subsistence agricultural and pastoral homesteading.





Lynn Heyne DPT is stretching her left

hamstring muscle standing with her foot up on



Erin Dean PT stretches her right hamstring muscle seated on a yoga mat. Her left knee is bent for stability and comfort, and to protect her back.

Renee Picotti OT stretches her hamstrings from sitting at the edge of her chair.

a chair.

HAWAI'I HEALTH SYSTEMS CORPORATION KAUA'I REGION E PONO MAU LOA

Gregg Pacilio, PT Rehab Director HHSC Kauai Region



### The Importance of Stretching

WHY? Stretching is an important and often overlooked component of our health that is readily within our control. It keeps our muscles flexible, strong and healthy, and maintains optimal motion at each joint. Without this, muscles shorten and become tight. Then, when you need them most, your muscles feel weak, and movements feel stiff. This puts you at risk for strains, muscle damage and joint pain. One common origin of tight hamstring muscles is excessive sitting. Individual factors such as past injuries, repetitive activities, poor seating or work tasks contribute and can result in spinal stiffness and low back pain. Stretching is an important part of the preventive self-care each of us needs to avoid problems. Healthy muscles function to support our joints and distribute forces more evenly. Our muscles provide stability and even help people with balance problems to avoid falls. Whether you are an active athlete or a sedentary person, you may have some good questions about what is right and wrong during stretching.



**HOW?** With over 600 muscles, where do we start? Warm up first with a few minutes of light activity such as walking. Start at the big, commonly tight body areas, such as your hamstrings, hip flexors, quadriceps and calves. Shoulders, back and neck muscles cannot be ignored either. Stretching three to four times per week is good. For busy people, stretching just 5 minutes per day can maintain movement and avoid injury.

**READY?** Try this gentle hamstring stretch for the back of your thighs: Sit with feet spread out and knees extended. Slide your hands down from your kneecaps towards your calves and hold it there, at least 30 seconds to release muscle tension. Breathe deeply while you stretch. Do not bounce as vigorous stretching can cause injury. Keeping your back straight isolates the stretch to your hamstrings. Your brain and body will find relief and new length by performing this gently. You should feel tension, but not back or leg pain. Pain is always an indicator to talk to your doctor and seek more care for your movement quality with a physical therapist.

**WHEN?** When you see a Physical Therapist, they thoroughly evaluate, and then create a plan of care to meet your unique needs and goals. Therapists individualize your stretching approach with props, positioning and modifications to ensure therapeutic benefits. Other PT interventions include targeted exercise, manual techniques, ultrasound, electric stimulation, neuromuscular reeducation, orthotics, prosthetics, thermal modalities, postural, functional, ergonomic and movement education, such as pain neuroscience. The Occupational and Speech Therapists are other rehabilitation team members that provide occupational, ADL, sensory, cognitive, speech, communication and swallow interventions.





Gregg Pacilio PT stretches his left hamstring muscle laying down to stabilize his back, and with a strap to raise his leg into the stretch.

**WHO?** Your HHSC Kauai Region Rehabilitation Services include Physical, Occupational, and Speech Therapy. We are ready to see you at KVMH in Waimea, and at SMMH in Kapa'a. We restore movement of muscles and joints to effectively move and function well. When the expertise and equipment of a PT is what you need, see us for evaluation and treatment with individualized sessions. Our PTs have specialized tables, straps and instruments, and use skilled manual techniques to provide point specific mobilization in addition to regular stretching. We test, measure and assess before and after interventions to manage your progressive improvements. We educate and practice with you to continue a specific home exercises, and educational videos about your diagnosis, by email or text with our new MedBridge program.





Paulynn Hanief PT stretches her left hamstring muscle with a foam roller for pressure, and yoga blocks for body weight support and proper posture.

**WHAT?** In summary, regular stretching has many benefits. Get started now by finding a skilled Physical Therapist when best practices, amazing tools, and unique modifications are what you need to make progress. Lastly, according to the American Physical Therapy Association, routine stretching can benefit you by:

- 1. Correcting compensatory movements that lead to more tissue damage
- 2. Keeping your joints moving at their best range of motion
- 3. Increasing your efficiency and quality of movement, whether at work, in sport, or in life
- 4. Decreasing your risk of injury
- 5. Promotes healthy muscles, tendons, and bony insertion points through increased blood flow and decreased irritation

WHERE? The HHSC Kauai Region's

Rehabilitation Services include Physical, Occupational and Speech Therapists to meet all your rehab needs. For more information or to make an appointment call us in Waimea at (808) 338-9457, or in Kapa'a at (808) 823-4120

Disclaimer: No content provided in this article should be a substitute for direct medical advice from your doctor or other qualified clinician. It is always best to discuss with your doctor or work with a PT before starting any new exercise program.



Visit our website at: www.kauai.hhsc.org



HUNTER AKITA Waimea High School Parents Kevin & Julie Akita



ZOE CARVALHO Kaua'i High School Parents Lisa Ubay & Ken Carvalho



TOSHI COX Maryknoll High School Parents John & Maile Cox



MAKENZIE C Kapa'a Hig Parents Dawn & E



LILLYAN OTTO Island School Parents Scott & Ginger Otto



SIERRA JONAS Seattle University Bachelor of Arts in Business Administration Accounting Parents Karissa & Paul Jonas



EMMA MARIE PI'ILANI TOKIOKA Northern Arizona University Bachelor of Science, Psychology/Social Work Parents Beth Tokioka & Jimmy Tokioka



KATHERIN UC Irvine Sch Parents Richard



UMMINGS h School een Cummings



KAI GOKAN Kaua'i High School Parents Cory & Lani Gokan



RHYDER KUPO-PERREIRA Waimea High School Parents Greg & Keli Perreira



DEKODA LAZARO Kamehameha Kapalama Parents Tony & Charlene Lazaro



E VETTER nool of Law & Lori Vetter

TARRYN TANE ORIAL (KIUC HR Specialist) Masters of Science in Human Resource Management Southern New Hampshire University

# CONGRATULATIONS

CLASS OF



#### By Beth Tokioka

### Q: Tell us about your background. Where did you go to high school and college?

**A:** I am a Kalāheo girl, and went to both Chiefess Kamakahelei and Waimea Canyon before attending Waimea High School, graduating in 2008. I earned my bachelor's degree in kinesiology at Westmont College in Santa Barbara in 2011. Then I took two years off before starting physician's assistant (PA) school. I completed my education with a master's in physician assistant studies at Butler University in Indianapolis, Indiana.

### Q: How has Youth Tour impacted your college and career path?

**A:** I participated in the 2007 Youth Tour with the late Michael Julian, Kimberly Mayfield and Ian Ramos. I was 17 when I left Kaua'i for California for college and definitely give YT credit for giving me the confidence to do that and make friends with people who didn't grow up the same way that I did.

YT gave me a glimpse of how big the world is and really piqued my interest to explore. I met people that lived on farms and flew crop planes, but had never been on a commercial plane, which I thought was crazy—especially because we had to fly a plane just to see my grandparents on O'ahu.

We met Sens. Daniel Akaka and Mazie Hirono in Washington, D.C., and learned about legislation and representation. As a PA student, I was heavily involved in Indiana's PA legislative association. I learned about lobbying and bill passing, which ultimately led me to attending the signing of a House bill that still benefits Indiana PAs with then-Gov. Mike Pence. Looking back, it seems crazy to think I was there for the signing of a bill with a former vice president, but the exposure I got to leadership, politics and political figures at a young age brought down the intimidation factor.

# Where Are They Now? Alyssa Nishihira Youth Tour 2007

#### Q: You do a lot of traveling. How did you get the travel bug?

**A:** I credit two trips that I took during my junior and senior years in high school: one was YT and the other was a trip to China and Taiwan the following year, sponsored by University of Hawai'i. That was the year Beijing hosted the Summer Olympics. I remember coming back after seeing all the things, meeting people, eating different food and saying, "I gotta go see more!"

After I graduated college, I went to Uganda for a month to work in an orphanage. In PA school, I lived on a Navajo Reservation for a month to work in their ER. I am so glad I went on YT, because I've been in love with traveling and new experiences ever since.

#### Q: What inspired you to get into the medical field?

**A:** I've always been fascinated by the human body, how it functions and its innate ability to heal itself. As a young girl, I always felt like I was supposed to be a healer. I explored a lot of different options: physical therapist, athletic trainer, surgeon. Ultimately, I decided being a PA would give me the most flexibility to practice different types of medicine in different areas.

### Q: Tell us a little bit about your job. What are the most rewarding and challenging things about it?

**A:** It's multifaceted at this point. I work as a PA in plastic and reconstructive surgery in Reno, Nevada. Some days, I'm in the operating room helping repair facial fractures from trauma. Other days, I am in clinic seeing patients and doing injections like Botox and fillers. Recently, we did a breast reconstruction for a patient who fought and beat breast cancer.

As a PA, I can see my own patients, diagnose, treat, order studies and assist in surgery. The surgeons I work with are amazing and let me do a lot in the operating room. My first



surgery was repairing a patient's fractures of the orbit (bone under the eye), cheek and jaw.

One day a week, I still practice in primary care, so I don't lose that skill set. Sometimes, I serve as community faculty for the University of Nevada, Reno's, PA program.

The thing I love about being a PA is that you can do so much and practice in any field of medicine. The most rewarding part for me is positively impacting the way people look and feel. Plastic surgery is so rewarding because how people think of themselves can give them so much confidence. We underestimate how impactful a positive self-image can be.

#### Q: What do you do for fun when you're not working?

**A:** Well, right now I'm planning a wedding. Other than that, I like to be outside. I like to golf with my fiancé, snowboard and take my dog exploring. I am always thinking about my next adventure.

### Q: We understand you have a rescue dog. How did the two of you find each other?

**A:** I was in line to get a dog from a breeder, but decided I wanted to adopt instead. I went to the animal shelter and found a cute lab, but there was a mix-up, and she was adopted by someone else. Then, I found a lab rescue in Northern California that had a lab puppy, but they wouldn't let me adopt him because of my work schedule. A few weeks later, when my mom was visiting me from Kaua'i, I got a call from the lab rescue saying, "We found the perfect dog for you!" We got in the car and drove 2 1/2 hours that day to get Kaikane. I've been in love ever since.

### Q: Now that you've been living away from Kaua'i for a while, what do you miss or appreciate most about home?

**A:** Everything. I miss the pace of life and the people. I miss being close to the ocean, the food, all of it.

### Q: What advice do you have for 2022 graduates as they transition out of high school and/or college?

**A:** Do as much as you can, while you can, whenever you can. For the past three years, we were all told what to do, where to stay, how to act. More than ever, this generation of adolescents and young adults heard "no" to a lot of things: traveling, experiences, events, etc. We are now coming out of a very isolating time, and I think it's important for us to start branching out again. It's difficult to develop as an individual if you're contained to the boundaries set by others. My resounding advice would be to do as much as you can, whenever you can, as long as you are not putting yourself or others in danger.

Also, always value the power of personal connection. Professionally, this could mean networking. Personally, it could mean calling your family. Either way, these interactions build a community over time. You never know what possibilities are on the other side of a conversation.

I had the honor of experiencing YT with Michael Julian, which is special because he passed away so young and suddenly. You never know what tomorrow will bring, and I'm glad we had that experience. We went to a major league baseball game together and visited the iconic monuments in D.C.

Years later, one of the girls from the Kansas group housed me when I got stuck at the Denver airport overnight. When I was in Italy, I ran into Kim Mayfield, and we explored the streets of Florence with our friends. Those are the kinds of memories that stick out but never would have happened without the connections made during Youth Tour. ©



# cool regipes for a hot summer

### Thai beef salad

1 teaspoon black pepper
½ teaspoon kosher salt
1½ pounds flank steak
½ cup lime juice
4 tablespoons shoyu
2 tablespoons brown sugar
2 tablespoons fish sauce
3 cloves minced garlic
2 teaspoons sriracha
4 cups spring mix, cleaned, or 2 heads of romaine lettuce, cleaned and

chopped

- 1 cup mint leaves; 1/2 cup chopped
- 1 cup cilantro leaves; 1/2 cup chopped
- 1 cup Thai basil leaves; 1/2 cup chopped
- 1 cup grape or cherry tomatoes, cut in half
- 1 carrot, cleaned and slivered
- 1/2 red onion, thinly sliced
- 1 cucumber, seeded and diced



In a large bowl, stir together the pepper, salt, lime juice, shoyu, sugar, fish sauce, garlic, sriracha, chopped mint, chopped cilantro and chopped basil. Divide it evenly into two bowls. Set aside.

Grill or broil the steak for about 4 to 5 minutes on each side until it's cooked medium. Remove from heat. Wait 5 minutes before slicing steak into thin strips.

Add meat to half of the marinade/dressing. Cover and marinate for at least 3 hours.

In a large bowl, layer lettuce/spring mix, tomatoes, carrots, onion, cucumber, mint, basil and cilantro. Top with marinated steak and remaining dressing.



### Japchae

package Japchae noodles
 carrots, thinly sliced
 bunch spinach, washed and cleaned
 shiitake mushrooms, thinly sliced
 sweet round onion, thinly sliced
 container extra-firm tofu

- 4 tablespoons shoyu
- 3 tablespoons dark brown sugar
- 2 tablespoons sesame oil
- 1 clove garlic, minced
- 1 teaspoon sesame seeds
- 2 tablespoons olive oil, divided

Combine shoyu, brown sugar, sesame oil, garlic and sesame seeds to make a marinade. Drain tofu and press out excess moisture. Cut into <sup>3</sup>/<sub>4</sub>-inch cubes. Boil noodles in a pan for about 8 to 10 minutes. Rinse in cold water and drain well. Place noodles in a large mixing bowl, and cut with scissors. Add 3 tablespoons of marinade.

Using the same pan, boil water. Once boiling, add spinach. Blanch for about 1 minute. Remove spinach from water, and dunk in ice water. Squeeze water out of spinach. Cut the spinach, then lightly sprinkle with salt.

Add ½ tablespoon olive oil to the pan on medium heat. Add noodles. Fry for about 4 minutes, then return noodles to the mixing bowl. In the same pan, add ½ tablespoon olive oil. Sauté the carrots and onions, about 2 to 3 minutes. The vegetables should still be crisp. Remove from pan and set aside.

Add 1 tablespoon olive oil to the pan on medium heat. Add tofu. Sear for 2 minutes on each side, creating a char. Once tofu has been browned, add shiitake mushrooms and 1 tablespoon of marinade. Sauté for 2 to 3 minutes. Combine all ingredients with the noodles, and mix in remaining marinade.

# Pickled Radish Salad

1 pound radishes 1 small carrot 3 tablespoons vinegar 3 tablespoons sugar ½ teaspoon salt

Clean radishes and carrot. Slice them into thin sticks, using a mandolin if possible to make it easier. In a bowl, combine vinegar, sugar and salt. Once the sugar and salt are dissolved, add radish and carrot pieces. Mix well. Let sit for at least 30 minutes before serving.



### korean Potatoes



2 pounds Yukon gold potatoes, cut into 1-inch pieces
1 tablespoon olive oil
3 tablespoons shoyu 2 tablespoons sugar 1/2 cup water 2 cloves garlic, minced 1 teaspoon sesame oil 1 teaspoon sesame seeds

In a bowl, combine shoyu, sugar, garlic, sesame oil, sesame seeds and water.

Place olive oil in a nonstick pan on medium heat. Add potatoes and sauté for about 5 minutes. Add sauce to pan, and bring to a boil over high heat. Cover and reduce heat to medium. Simmer for 5 to 6 minutes. The potatoes should be firm.

Uncover the pot. Reduce to simmer to reduce and thicken the sauce.

# Rice Paper veggie Dumplings



1 pack rice paper (you will need about 10 sheets) 1 bag coleslaw mix 6 shiitake mushrooms, diced 2 cloves garlic, grated 1 teaspoon sea salt 2 tablespoons plus 2 teaspoons sesame oil 1 tablespoon shoyu

1 finger of ginger, grated

Heat a large pan on medium heat with 2 teaspoons of sesame oil. Sauté garlic and ginger for about 1 minute. Add the coleslaw mix and shiitake mushrooms. Sprinkle with salt and shoyu. Sauté for about 3 minutes. The vegetables should be crisp and not watery. Set aside to cool before you begin wrapping.

Prepare your area to wrap the dumplings. Put water in a shallow plate. Dampen a paper towel, and lightly coat a plate with oil.

Dip rice paper into the water, making sure both sides get wet. Do not soak the rice paper, just dampen it. Place rice paper on the damp paper towel. Place the desired amount of filling on the bottom third of the paper. Fold the dumpling by bringing the bottom portion to the center to cover the filling, then fold in the sides. Roll to create a sealed envelope.

Once dumplings are wrapped, heat a nonstick pan on medium heat. Add 2 tablespoons of sesame oil. Place dumplings in the pan with spaces between them so they don't stick together. Fry for 3 to 4 minutes on each side until golden brown or crispy.

> Low Carbon foods are good for the planet by reducing greenhouse gas emissions.



# KIUC in the COMMUNICY



Pictured above: 1: Kaua'i United Way Annual Luncheon; 2, 3 and 4: Big Brothers Big Sisters Bowling Tournament fundraiser; 5: Kaua'i Chamber of Commerce 1st Quarter Membership Meeting; 6: Contractors Association of Kaua'i installation of officers meeting; 7 and 8: Kanuikapono Public Charter School Career Day.

# **Statement of Operations**

#### For the period 01/01/2022 - 04/30/22

Similar to many businesses on Kaua'i, KIUC's kilowatthour sales are improving, but we are also facing increased inflationary pressure on its costs. With the lifting of many of the coronavirus pandemic restrictions and the return of tourism, KIUC is experiencing a rebound in kWh sales. The year-to-date electricity use on the island is 13% higher than in 2021. Even though payment delinquencies have been decreasing and are much lower than their pandemic high, as of the end of April they were still more than four times higher than average pre-pandemic levels.

In response to COVID-19 financial impacts to members, KIUC suspended service limitations and disconnections from the beginning of the pandemic through May 31, 2021. Effective June 1, 2021, the Hawai'i Public Utilities Commission lifted the suspension on disconnections. All members with pastdue balances of 60 days or more must pay their outstanding balance or be on a payment plan. KIUC continues to reach out to members with past-due balances with information on various assistance programs.

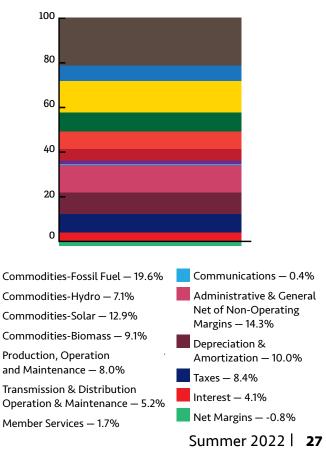
KIUC is doing everything we can, while maintaining safety and reliability, to reduce costs in various areas to operate efficiently and effectively, and continue to maintain a strong financial position. For the first time since becoming a cooperative, KIUC's average residential rates for May 2022 were the lowest in the state, eclipsing a 70% gap in rates that existed with O'ahu when KIUC was formed in 2002.

The cooperative's financial team continues to work closely with its lenders and regulators to mitigate the financial effects of the coronavirus pandemic. Revenues and expenses totaled \$53.4 million and \$54.5 million, respectively, resulting in a net loss of \$1.1 million, for the four-month period ending April 30, 2022.

As is the case for all electric utilities, the cost of power generation is the largest expense, totaling \$32 million or 60% of revenues. Commodities, which are fuel and purchased power costs, are the largest component of power generation, totaling \$27.7 million or 51.9% of revenues. Fossil fuel is the largest component of commodities, totaling \$11.7 million or 21.8% of revenues. Other commodities include hydropower, totaling \$3.8 million or 7.1% of revenues; solar power, totaling \$7.7 million or 14.3% of revenues; The remaining \$4.3 million or 8.1% of revenues represents the cost of operating and maintaining the generating units. The cost of operating and maintaining the electric lines totaled \$2.7 million or 5.1% of total revenues. The cost of servicing our members totaled \$0.9 million or 1.7% of revenues. The cost of keeping our members informed totaled \$0.2 million or 0.4% of revenues. Administrative and general costs, which include legislative and regulatory expenses, engineering, executive, human resources, safety and facilities, information services, financial and corporate services, and board of director expenses, totaled \$6.7 million or 12.5% of revenues.

Being capital intensive, depreciation and amortization of the utility plant costs \$5.2 million or 9.9% of revenues. Although not subject to federal income taxes, state and local taxes amounted to \$4.5 million or 8.4% of revenues. Interest on long-term debt, at a favorable sub-5% interest rate, totals \$2.2 million or 4.1% of revenues. Non-operating net margins were negligible, adding just \$24 to overall net margins. Revenues less total expenses equal margins of a net loss of \$1.1 million or -2.1% of revenues. Margins are allocated to consumer members and paid when appropriate. •

### **PERCENTAGE OF TOTAL REVENUE**





Volume 19, Number 2

#### **David Bissell** President and CEO

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# SAVE THE DATE

KIUC 2022 Annual Membership Meeting Hitting the Target

Watch Our Live Webinar Wednesday, July 20, 2022 5:30 p.m.

More details coming soon!