

## AFFIDAVIT

CANADA  
Province of Ontario  
County of Essex

IN THE MATTER OF E.L.K.  
ENERGY INC. – Notice of  
Application and Hearing for an  
Electricity Distribution Rate Change  
No. EB-2013-0123

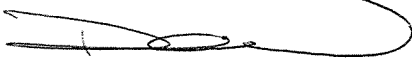
I, Mark Danelon of the City of Windsor in the County of Essex make oath and say that:

1. I am the Manager of Finance and Regulatory Affairs of E.L.K. ENERGY INC. and as such have knowledge of the following;
2. On or about November 27<sup>th</sup>, 2013 I did cause to be published in The Windsor Star the Notice of Application and Hearing for an Electricity Distribution Rate Change (the “Notice”) attached hereto as Exhibit “A”;
3. I do believe that The Windsor Star is an English-language daily newspaper having the highest circulation in our service area;
4. Attached as Exhibit “B” is a copy of the Letter of Direction regarding the above-referenced Application;
5. I served Vulnerable Energy Consumers Coalition with the Notice by sending a copy by e-mail to: mgarner@econalysis.ca on November 27<sup>th</sup>, 2013 to Mark Garner; bharper@econalysis.ca on November 27<sup>th</sup>, 2013 to Bill Harper; and mjanigan@piac.ca on November 27<sup>th</sup>, 2013 to Michael Janigan, Counsel for Vulnerable Energy, a copy of which is attached hereto as Exhibit “C”;
6. I served School Energy Coalition with the Notice by sending a copy by e-mail to jay.shepherd@canadianenergylawyers.com on November 27<sup>th</sup>, 2013 to Jay Shepherd, Counsel for School Energy Coalition, a copy of which is attached hereto as Exhibit “C”;
7. I served HydroOne with the Notice by sending a copy by e-mail to regulatory@HydroOne.com on November 27<sup>th</sup>, 2013, a copy of which is attached hereto as Exhibit “C”;
8. I served EnWin Utilities Ltd. with the Notice by sending a copy by e-mail to regulatory@enwin.com on November 27<sup>th</sup>, 2013 to Andrew Sasso, Director of Regulatory Affairs for EnWin Utilities Ltd., a copy of which is attached hereto as Exhibit “C”;
9. I served Energy Probe Research Foundation with the Notice by sending a copy by e-mail to randy.aiken@sympatico.ca on November 27<sup>th</sup>, 2013 to Randy Aiken, and by sending a copy by email to DavidMacIntosh@nextcity.com on November 27<sup>th</sup>, 2013 to David MacIntosh, Case Manager for Energy Probe Research Foundation, a copy of which is attached hereto as Exhibit “C”;

10. I served Association of Major Power Consumers in Ontario with the Notice by sending a copy by e-mail to shelley.grice@rogers.com on November 27<sup>th</sup>, 2013 to Shelley Grice, and by sending a copy by e-mail to awhite@ampco.org on November 27<sup>th</sup>, 2013 to Adam White, President of the Association of Major Power Consumers in Ontario, a copy of which is attached hereto as Exhibit "C";

and I make this solemn affidavit conscientiously believing it to be true, and knowing that it is of the same force as if made under oath.

Sworn before me at the Town  
of Essex in the County of Essex  
this 28<sup>th</sup> day of November, 2013



Rosina Isabella  
A commissioner, etc.

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*Mark Danelon*

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Mark Danelon

# Want to improve your workout?

## Get a good night's sleep

JILL BARKER  
For Postmedia News

With too little sleep leading to problems such as weight gain, an increased risk of heart disease and a depressed immune system, the call for more sleep in a nation that struggles to get eight hours a night has become more vocal.

Sleep, say the experts, helps the body function to its maximum, which is particularly important for the active set who rely on a healthy body to power their workouts. Ironically, fitness fanatics who sacrifice early-morning slumber to fit a workout into a busy day may be compromising the benefits accrued from a good sweat.

Sleep is prime time for the body to recover from a tough workout, so shortchanging the body of a nice long snooze means shortchanging the muscles and tissues of the complete rebuilding process needed to get ready for the next workout.

But those aren't the only consequences of too little shut-eye. It also leads to decreased cognitive and physical reaction time, which can have consequences for sports and physical activity that demand split-second decisions and complex movement patterns.

When sleep-deprived Stanford University basketball players upped their slumber time to 10 hours per day for five to seven weeks, the team noticed a significant improvement in sprint times and shooting accuracy. Players also reported feeling more alert and in a better mood as a result of catching up on lost sleep.

How much sleep is enough?

Experts suggest athletes need seven to nine hours per night, with even more zees needed during periods when training or competition is ramped up. Active teenagers need 10 hours of down time per night.

Yet according to a poll administered by the National Sleep Foundation in the U.S., most people get six hours and 31 minutes of sleep during the days they work and seven hours and 37 minutes on days they don't work.

Interestingly, one of the recommended strategies to improve slumber is exercise, with regular exercisers reporting better sleep than those who don't work out. If you plan on using exercise as an antidote to a sleepless night, you may want to opt for a vigorous workout versus a walk around the neighbourhood. Studies suggest the better the sweat, the better the snooze.

As for the adage that exercising too close to bedtime makes it harder to get to sleep, there's



TED RHODES/Postmedia News  
Fitness fanatics who sacrifice sleep to fit in a workout into a busy day might not benefit.

no physiological basis for the claim. Some people doze off easily after an evening workout, while some need time to come down off their exercise high before settling down to sleep. If you struggle getting in your full quota of sleep a night, napping can help. A 30-minute siesta in the early afternoon improved sprint time and alertness.

# Non-narcotics for back pain

Dear Doctor: I enjoyed your informative article on spinal stenosis. I also have acute and chronic pain in my lower back. I am 75 years of age and have had vertebroplasty on seven vertebrae. I am currently working with a doctor who uses osteopathic manipulation. He is suggesting prolotherapy in conjunction with the manipulation. I've tried prolotherapy previously without any relief of pain. I walk three miles daily in a grocery store using a small grocery cart. What is your assessment of prolotherapy therapy, or would you advise me to go to a pain clinic? The pain level in my lower back is about 6 or more on pain scale of 1 to 10 — D.R.



DR. KEITH ROACH  
To Your Good Health

Prolotherapy is the injection of an irritant solution into a space, designed to stimulate healing and reduce pain. If it hasn't worked for you in the past, it is unlikely to work for you again. On the other hand, prolotherapy has been shown to be modestly effective combined with spinal manipulation.

A pain clinic has several modalities available, including steroid injections and pain

medications. Unfortunately, steroid injections have been shown to be ineffective in back pain that is due to spinal stenosis lasting beyond six weeks.

It sounds like you are doing what you can with exercise. I think continuing with the manipulation and prolotherapy as a trial of six weeks or so is reasonable, and at that point you can continue if it begins helping. If not, you can try with a pain specialist, as there are effective non-narcotic medications that may be of help, in combination with your continued exercise. However, I think that an experienced physical therapist may be able to guide your exercises effectively.

Dear Doctor: Will you tell me what scarring alopecia is, and is there a cure for this scalp problem? The dermatologist I recently have seen has me on clobetasol once a day and keto

conazole shampoo. I know that a side effect of clobetasol is to affect the adrenal glands if a patient takes it for a long time. Should I accept this condition, stop the medication and just use the shampoo? — M.M.

"Alopecia" is the medical term for hair loss. Many conditions can cause hair loss, but they can be broken down into those that cause scarring and those that don't. It usually requires a skin biopsy to see what the exact diagnosis is. Unfortunately, most causes don't have a cure.

Most of these conditions are treated with steroid creams, often as the first treatment. Clobetasol is a high-potency steroid. A small amount of clobetasol is absorbed into the body (only about three per cent is absorbed through the scalp), but it does not commonly affect the function of the adrenal glands. Still, it is advisable to use a lower-potency steroid, or a higher-potency one less frequently if the condition is improving, to minimize the risk.

Readers may email questions to [ToYourGoodHealth@med.com](mailto:ToYourGoodHealth@med.com).

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Prices in effect from Wed., Nov. 27, 2013 - Tues., Dec. 3, 2013  
519-253-3013  
1587 Tecumseh Road East near Lincoln

SNOWBLOWER TUNE-UP  
2-Cycle \$49.99  
4-Cycle \$59.99  
Home Hardware RIVERSIDE  
519-948-3671

ONTARIO ENERGY BOARD NOTICE TO CUSTOMERS OF E.L.K. ENERGY INC.  
E.L.K. Energy Inc. has applied to lower its electricity distribution rates. Learn more.  
E.L.K. Energy Inc. has applied to the Ontario Energy Board to decrease the amount it charges by approximately \$5.00 each month for the typical residential customer beginning on May 1, 2014. Other customers, including businesses, may be affected as well.  
The rate change is a decrease because certain temporary charges are scheduled to end at the same time as the implementation of an increase due to inflation.  
THE ONTARIO ENERGY BOARD IS HOLDING A PUBLIC HEARING  
The Ontario Energy Board (OEB) will hold a public hearing to consider E.L.K. Energy's request. We will determine whether E.L.K. Energy has used the applicable models and formulas as required by the OEB. At the end of this hearing, the OEB will decide on the appropriate rate changes.  
The OEB is an independent and impartial public agency. We make decisions that serve the public interest. Our goal is to promote a financially viable and efficient energy sector that provides you with reliable energy services at a reasonable cost.  
BE INFORMED  
You have the right to information regarding this application and to be involved in the process. You can:  
• review E.L.K. Energy's application on the OEB's website now;  
• sign up to observe the proceeding by receiving OEB documents related to the hearing;  
• at the end of the process, review the OEB's decision and its reasons on our website.  
If you want to become an active participant (called an intervener) in this proceeding, you must apply for intervener status to the OEB no later than 10 calendar days after the publication or service date of this notice, or the hearing will go ahead without you, and you will not receive any further notice of the proceeding. If you do not wish to become an intervener but wish to give your opinion on the proceeding to the Board members hearing the application, you are invited to file a letter with your comments, which will be considered during the hearing.  
The OEB does not intend to award costs in this proceeding as E.L.K. Energy has only made proposals of a mechanistic nature within the OEB's guidelines.  
LEARN MORE  
These proposed charges relate to E.L.K. Energy's distribution services. They make up part of the Delivery line — one of the five line items on your bill. Our file number for this case is EB-2013-0123. To learn more about this hearing, find instructions on how to file letters or become an intervener, or to access any document related to this case please select the appropriate application from the list at the OEB website: [www.ontarioenergyboard.ca/index](http://www.ontarioenergyboard.ca/index). You can also phone our Consumer Relations Centre at 1-877-632-2727 with any questions.  
WRITTEN HEARING  
The Board intends to hold a written hearing in this case. If you think an oral hearing is needed, you can write to the OEB to explain why.  
PRIVACY  
If you write a letter of comment or sign up to observe the hearing, your name and the content of your letter or the documents you file with the OEB will be put on the public record and the OEB website. However, your personal telephone number, home address and email address will be removed. If you are a business, all information will remain public. If you apply to become an intervener, all information will be public.  
This rate hearing will be held under section 76 of the Ontario Energy Board Act, 1998, S.O. 1998 c.16 (Schedule B).

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This is Exhibit "A" referred to in the affidavit of MARK DANIELSON sworn before me, this 28th day of November 2013.  
A COMMISSIONER FOR TAKING AFFIDAVITS

Ontario Energy Board  
P.O. Box 2319  
27<sup>th</sup> Floor  
2300 Yonge Street  
Toronto ON M4P 1E4  
Telephone: 416-481-1967  
Facsimile: 416-440-7656  
Toll free: 1-888-632-6273

Commission de l'énergie  
de l'Ontario  
C.P. 2319  
27<sup>e</sup> étage  
2300, rue Yonge  
Toronto ON M4P 1E4  
Téléphone: 416-481-1967  
Télécopieur: 416-440-7656  
Numéro sans frais: 1-888-632-6273



**BY E-MAIL**

November 20, 2013

Mr. Mark Danelon  
E.L.K. Energy Inc.  
172 Forest Avenue  
Essex, ON N8M 3E4

This is Exhibit .....<sup>"B"</sup>..... referred to in the  
affidavit of ..MARK DANELON.....  
sworn before me, this ..29<sup>th</sup>.....  
day of ..NOVEMBER..... 20.13.....

  
.....  
A COMMISSIONER FOR TAKING AFFIDAVITS

**LETTER OF DIRECTION**

Dear Mr. Danelon:

**Re: E.L.K. Energy Inc.  
Application for Rates  
Board File Number EB-2013-0123**

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The Ontario Energy Board has now issued its Notice of Application and Hearing relating to your 2014 incentive regulation mechanism application (the "Notice"). Please note that you must publish the Notice within **fourteen days** of the date of this letter. If publication is not possible within fourteen days, you must inform the Board Secretary immediately.

You are directed:

1. To arrange immediately for the publication of the English version of the Notice, in the form accompanying this Letter of Direction, including all graphics and the words "Ontario Energy Board", in one issue of the English language newspaper having the highest circulation, according to the best information available, in E.L.K. Energy's service area;

Please note that invoices regarding publication are not to be sent to the Board.

2. To immediately, and no later than the date of publication of the Notice, serve a copy of the Notice directly on all intervenors of record in E.L.K. Energy's previous cost of service rate application proceeding EB-2011-0099, namely;

Vulnerable Energy Consumers Coalition  
School Energy Coalition  
Energy Probe Research Foundation  
Association of Major Power Consumers in Ontario  
EnWin Utilities Ltd.

3. If E.L.K. Energy is a Host Distributor, to immediately, and no later than the date of publication of the Notice, serve a copy of the Notice directly on its Embedded Distributor(s);
4. To file with the Board an affidavit proving publication and service of the Notice immediately thereafter;
5. To make a copy of the application and evidence, and any amendments thereto, available for public review at E.L.K. Energy's office and on its website;
6. To make a copy of the Notice available for public review at E.L.K. Energy's office and on its website; and,
7. To provide a copy of the application and evidence, and any amendments thereto, to anyone requesting the material.

You are further directed not to include any document(s) or material(s) when serving the Notice other than document(s) or material(s) expressly required by this Letter of Direction to be served.

Yours truly,

*Original Signed By*

Kirsten Walli  
Board Secretary

Encl.

**From:** Mark Danelon  
**Sent:** Wednesday, November 27, 2013 11:17 AM  
**To:** Mark Danelon  
**Cc:** Mark Danelon; 'Michael Janigan'; 'mgamer@econanalysis.ca'; 'bharper@econanalysis.ca'; 'Jay Shepherd'; 'randy.aiken@sympatico.ca'; 'DavidMacIntosh@nextcity.com'; 'shelley.grice@rogers.com'; 'awhite@ampco.org'; 'regulatory@erwin.com'; 'regulatory@HydroOne.com'  
**Subject:** E.L.K. Energy 2014 IRM Notice of Application  
**Attachments:** NoA\_ELK\_2014IRM\_20131120.pdf

Hi

Please see attached E.L.K.'s 2014 IRM Notice of Application.

Thank you

**Mark D. Danelon, CPA, CA**  
 Manager, Finance & Regulatory Affairs  
 E.L.K. Energy Inc  
 172 Forest Avenue  
 Essex, Ontario N8M 3E4

Tel: 519-776-5291 Ext 204  
 Fax: 519-776-5640

This is Exhibit <sup>"C"</sup>..... referred to in the  
 affidavit of ...MARK DANELON.....  
 sworn before me, this 28<sup>th</sup>.....  
 day of NOVEMBER..... 2013.



.....  
 A COMMISSIONER FOR TAKING AFFIDAVITS