

A Touchstone Energy® Cooperative 
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**FLINT HILLS RURAL
 ELECTRIC COOPERATIVE**

NEWS

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FROM THE MANAGER

Teaching Energy Efficiency Lessons

Consumer electronics coupled with myriad smart home appliances have impacted our homes and lifestyles. With our reliance on technology and in turn, energy consumption, teaching youngsters to save energy is an important life lesson.

The Why

Before parents can teach their children how to save energy, they must first address, “what’s in it for me?” It’s hard to convince kids to care about energy efficiency. They need to know how it benefits them, otherwise they will not be motivated to change their habits. In terms children relate to: less money spent on an electric bill can mean more money used for fun.

Less tangible, but just as important: using less energy conserves natural resources and helps the environment.

Learning by Doing

Because “saving energy” is an abstract concept for children, be specific about energy efficiency actions and set an example. When you turn off the lights when leaving a room or unplug the phone charger once the device is charged, they will notice.

Make learning about energy efficiency fun for greater impact. For younger kids, turn energy efficiency into a treasure hunt, locating items in your home that use electricity. Depending on their age, challenge kids to count and categorize

the items: electronics, appliances, lights, etc. Ask which gadgets and appliances could be turned off or unplugged to save power.

For older children, teach them to program the smart thermostat and appliances. Shop with them for LED lights and discuss ENERGY STAR-rated appliances. Show them the electric bill so they can see energy use and how their actions impact the bill. Kids of all ages can learn these simple energy-saving habits that can last a lifetime:

- ▶ Turn off lights, computers and video consoles when not in use.
- ▶ Open blinds and curtains during winter to let sunlight in and close them during summer to keep your home cooler.
- ▶ Teach children to run the dishwasher and washing machine only with a full load and during off-peak energy hours.

Rewards

Offer rewards for agreed upon milestones to provide positive reinforcement on energy-saving actions. The idea is to create a habit of being energy efficient. For parents, this could mean less nagging about turning off the lights!

Teaching your children about saving energy instills good habits and is a creative way to spend time with them while creating a more energy efficient home.



Chuck Goeckel

COOPERATIVE YOUTH LEADERSHIP CAMP

Camp Teaches Leadership, *the Pillars of a Cooperative*

Fitting in and being part of the group can be challenging for anyone, especially high school students. It is this sense of belonging, of being part of something bigger, that sets electric cooperatives apart from other utilities. The Cooperative Youth Leadership Camp (CYLC) in Steamboat Springs, Colorado, aims to bring high school students together in a collaborative setting to learn the cooperative principles while cultivating the students' leadership and teamwork skills.



Brandon Nguyen (left) and Morgan Spinden were integral to the leadership of the 2018 Cooperative Youth Leadership Camp.

This year's CYLC hosted 37 Kansas high school students and other hand-picked scholars from Colorado, Oklahoma and Wyoming from July 13-19. Flint Hills RECA is pleased to have sponsored **BRANDON NGUYEN** and **MORGAN SPINDEN** for this leadership opportunity.

At CYLC, the youth gained a greater understanding of how their electric cooperative operates by creating a candy cooperative. The students learned leadership and teamwork skills while participating in daily membership meetings, establishing committees, and electing a general manager and board of directors. They also learned about power generation by touring both Trap-per Mine, a surface coal mine, and the neighboring Craig Station Power Plant.

To be selected for this trip, Spin-

My fellow campers inspired me the most. Hearing their experiences showed me that with the right attitude and drive, you can do anything

BRANDON NGUYEN, 2018 CAMPER

Teamwork, Inclusiveness:



RaeLyn Scott was selected in 2017 to return to this year's camp as an ambassador.

den and Nguyen were chosen by Flint Hills RECA through a written application and personal interview process.

"Students are selected based on their leadership potential," said Bill Wessel, IT Manager. "This includes their academic achievements and community and extra-curricular activities, along with their attitude when faced with adversity."

While at camp, students participated in group activities and educational sessions while learning the importance of inclusivity and collaboration. Even the



Nearly 100 campers from Colorado, Kansas, Oklahoma and Wyoming attended the Cooperative Youth Leadership Camp in Steamboat Springs, Colorado, from July 13-19.

scheduled leisure activities offered learning opportunities as the students worked together maneuvering their river rafts down the Colorado River, competed in a volleyball tournament and showcased their entertaining skills at the annual talent show. The students also toured downtown Steamboat Springs, enjoyed an evening dance and swimming.

During the camp, elections are held by campers and chaperones to elect the following year's ambassadors. "We look for leadership in the candidates that apply for this position and the ambassador position is the most coveted of all," said Shana Read, Camp Director.

RAELYN SCOTT was elected to be a 2018 Ambassador and was there this year performing her duties. Another of Flint Hills' students, Nguyen, was elected as one of the 2019 Camp Ambassadors. Flint Hills congratulates both elected leaders on their accomplishments.

Established in the 1970s, the CYLC is sponsored by Flint Hills RECA and coordinated by Kansas Electric Cooperatives, Inc. KEC strives to represent the interests of the electric cooperatives of Kansas through its focus on state legislation, and by providing safety services and programs and educational and leadership opportunities for the state's youth.

The thing that had the biggest impact on me was when campers came up to me and told me that I had made an impact on them. That made camp worth it.

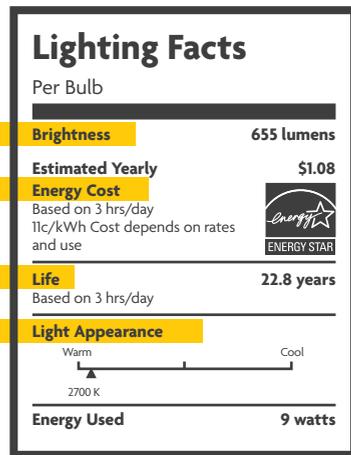
**RAELYN SCOTT,
2018 AMBASSADOR**



Brandon Nguyen poses on top of Craig Station Power Plant overlooking Trapper Mine.

Lighting Labels and Lingo

These days, consumers have endless options when it comes to purchasing light bulbs, but the labels can be confusing! Use the information below as a helpful guide for browsing bulbs.



Source: U.S. Department of Energy

Read the Label

Under the Energy Labeling Rule, all light bulb manufacturers are required to give consumers key, easy-to-understand information on bulb efficiency. Take advantage of the Lighting Facts label, which gives you the information you need to buy the most energy-efficient bulb to meet your lighting needs. The label includes information on the bulb's **brightness**, **energy cost**, **life**, **light appearance** and **energy used** (wattage).

Save Energy

Bulbs are available in many shapes and sizes to fit your home's needs. Choosing more efficient bulbs can help reduce energy consumption and save you money!

- LEDs use 25%-30% of the energy and last eight to 25 times longer than halogen incandescent bulbs.
- Purchase ENERGY STAR-rated bulbs to maximize energy efficiency.

Buy Lumens, not Watts

Lumens measure the amount of light produced by the bulb. Watts measure energy consumption. To replace a 100-watt incandescent bulb, look for a bulb that produces about 1,600 lumens.

Flint Hills Hires New Employees

TRAVIS HIRT returned to Flint Hills on July 24 to fill the position of area maintenance. He previously worked for the co-op's Federal Emergency Management Agency (FEMA) storm crew. Hirt attended White City High School and has two children.



Travis Hirt



Jodi Marsteller

JODI MARSTELLER joined the Flint Hills staff on May 21 as executive assistant/accountant. Marsteller previously worked for 12 years at Lane-Scott Electric Co-op in Dighton. She attended Hillsboro High School and has three children.

Invest in 30 Days of Safety

How prepared are you and your family for disasters or emergencies? The Federal Emergency Management Agency (FEMA) designates National Preparedness Month as the time to assess and prepare for a number of possible situations: floods, wildfires, severe storms like tornadoes and hurricanes, and prolonged power outages from natural disasters.

According to the Centers for Disease Control (CDC), less than half—only about 46 percent of people think a natural disaster is likely to happen within their community. The reality is that most people will experience the impacts of some natural event year to year.

- ▶ Remember regardless of the specific disaster, reaching out for help and knowledge is the first step for staying safe. Do not hesitate to call 911 if you feel you are in danger, and stay engaged online for updates and information during a disaster.
- ▶ As many disasters result in the loss of power, generators can help restore electricity. Remember that generator exhaust contains carbon monoxide,

which can build up quickly and prove to be deadly. Do not run your generator inside the home or near windows.

- ▶ Prepare an emergency preparation kit so you'll have what you need in the event of an emergency. Keep your kit in an easily accessible location and include non-perishable food, but also necessary items like a weather radio and flashlight.
- ▶ Once your kit has been packed and verified, it's time to review your family's emergency communication plan and meeting place. As you're developing your disaster preparation kit, make sure you're aware of how to best keep your pets safe.
- ▶ Keep up-to-date with current public health emergencies and preparations that should be made. Know how to contact your local emergency service management agency so that you can check in before, during and after a disaster has taken place.

For more information on disaster preparation and electrical safety, please visit SafeElectricity.org.

HIGH-VOLTAGE SAFETY DEMOS

Sept. 10-14, from 9 a.m. to 1 p.m.

Ad Astra building

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