

A Touchstone Energy® Cooperative 

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FLINT HILLS RURAL
ELECTRIC COOPERATIVE

NEWS



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This institution is an equal opportunity provider and employer

FROM THE MANAGER

Unplug With Meaningful Community Programs

Most adults vaguely remember that “checking for messages” meant listening to an answering machine. We carried on with our days without relying on cell phones and managed just fine. But today, we are more connected than ever through our smartphones and other devices.

Our phones are so much more now — from cameras to calendars to social media connections — and truly disconnecting from them can be tough. But it's even harder for our kids to unplug because they only know life with these tiny screens. It's difficult for them to imagine life without computers, gaming devices, tablets or cell phones.

But there's great value in unplugging for children and adults, even if it's for just a short period of time. For kids, time away from the screen to be outside with other children allows them to connect with nature and others in a way that a virtual experience simply does not allow. They are able to experi-

ence life in the moment and allow their creativity and energy to break free.

Fortunately, we have access to great community programs and organizations like 4-H, Boy Scouts, Girl Scouts, etc., that provide children with a safe place to play, learn and grow, while cultivating new skills and interests.

These types of clubs and programs offer kids an opportunity to explore activities and interests outside of school academics. Children can investigate areas they might not otherwise have access to and discover new interests and passions. They often learn new skills and strengthen existing ones. It's no secret that the broader the range of experiences and activities children are exposed to, the more likely they are to find their own path and career. Community programs

Continued on page 16B ▶



Chuck Goeckel



Unplug With Meaningful Community Programs

Continued from page 16A ►

also foster important leadership development and public speaking skills. Through guided and informal play and activities, children learn problem-solving and interpersonal skills that enable them to resolve conflicts peacefully and improve interpersonal relationships.

Adults can also find meaningful opportunities to spend time with the kids when we all unplug. From board games to craft projects to playing in the park, there are many ways we can unplug for some family fun.

While you and your children are disconnecting, take a moment to identify potential energy savings. Unplug electronics that are not in use to avoid “vampire” energy loss. This is the energy that is drained by electronics even when they are not in use. For example, although it is turned off, your TV is waiting to receive a signal from the remote and your DVR is waiting to record the next show or perform an update. When you’re unplugging from your electronics, try unplugging them from your home to achieve those energy savings.

Let’s encourage youngsters to step away from the screens and join in. To play and be part of an organization that helps them connect with others and find meaningful interactions and explore new activities and interests.

When you do plug back in, Flint Hills REC is here to help you save money and energy by connecting you with our energy-saving programs and services. While we’d love to see you in person, we’re also just a call or click away at www.flinthillsrec.com or 620-767-5144.

Non-Profits Benefit from CoBank’s Sharing Success Program

Flint Hills REC Has partnered with CoBank to provide monetary donations to two local organizations: **KANSAS 4-H FOUNDATION** and the **GREATER MORRIS COUNTY DEVELOPMENT**.

The donations were a part of CoBank’s Sharing Success Matching Grant program for 2021. CoBank, headquartered outside of Denver, Colorado, is a cooperative bank serving agribusinesses and rural infrastructure providers such as Flint Hills REC throughout the United States.

Flint Hills’ board of trustees provided a \$1,000 donation to both the Kansas 4-H Foundation and the Greater Morris County Development. CoBank matched both of these donations which will be used to benefit Flint Hills REC members throughout our service territory.

Throughout rural America, electric cooperatives are working to improve the quality of life in their communities. Flint Hills REC is excited and proud to take part in assisting these foundations and the communities we serve.



Flint Hills’ board of trustees provided a \$1,000 donation to both the Kansas 4-H Foundation and the Greater Morris County Development.

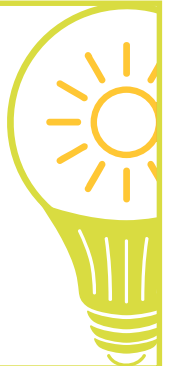
ABOVE: Travis Griffin (left), Flint Hills REC, presents a check to Kansas 4-H Foundation President/CEO Jake Worcester.

BELOW: Griffin (right) gives the donation check to Steve White president of the board with Greater Morris County Development.



ENERGY EFFICIENCY Tip of the Month

Energy used for cooling and heating your home makes up the largest portion of your monthly energy bills. By combining regular equipment maintenance and upgrades with recommended insulation, air sealing and thermostat settings, you can save about 30% on your energy bills while helping our environment. **SOURCE: ENERGY.GOV**



McCreath Retires After 33 Years

Flint Hills REC wished Construction Foreman **EVAN MCCREATH** a happy retirement on July 29. Evan worked for Flint Hills REC for 33 years. Evan started with Flint Hills REC as an apprentice lineman and is the only employee to ever work at all of our warehouses.

Thank you for your 33 years of service to Flint Hills REC, Evan! We will miss you! #RuralElectric #Dedication



Tips for a Safe Harvest

Agriculture is the backbone of our country, and our livelihood greatly depends on the crops provided by American farmers. In addition to being one of the most labor-intensive professions, farming is also considered one of the most dangerous jobs in the U.S.

The hard work and exhaustive labor are tough but rushing the job to save time can be extremely dangerous — even deadly — when farming near electrical equipment.

Every year, we see tractors and other farming equipment accidentally collide with utility poles and power lines, causing injuries and power outages. These dangerous accidents can be avoided by looking up and around your surroundings when operating large farm machinery. If you're preparing for harvest season, please keep the following safety tips in mind:

- ▶ Maintain a 10-foot clearance around all utility equipment in all directions.
- ▶ Use a spotter and deploy flags to maintain safe distances from power lines and other electrical equipment when working in the field.



BOB NICHOLS, USDA

- ▶ If your equipment makes contact with an energized or downed power line, call 911 immediately and remain inside the vehicle until the power line is de-energized. In case of smoke or fire, exit the cab by making a solid jump out of the cab (without touching it), and hop away to safety.
- ▶ Consider equipment and cargo extensions of your vehicle. Lumber, hay, tree limbs, irrigation pipes and even bulk materials can conduct electricity, so keep them out of contact with electrical equipment.

Sept. 19-25 is National Farm Health and Safety Week but practicing safety on the farm year-round yields positive results. We hope you never find yourself in a situation where farming equipment contacts power lines or poles, but if you do, follow the above safety tips.



LANCE CHEUNG, USDA

FARM SAFETY COLORING SHEET

Farm Health and Safety Week is Sept. 19-25!
Whether you live on a farm or in the city, always remember
to avoid playing near power lines and other electrical equipment.



Energy
Explorers

