



P.O. Box B | 1564 S. 1000 Road, Council Grove, KS 66846
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NEWS

FLINT HILLS REC

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MEMBER SERVICES

- ▶ Viasat Internet Services
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- ▶ Outside Security Lighting
- ▶ Power Surge Protection
- ▶ Rebate Programs

For more information, call us at 620-767-5144 or visit our website at www.flinthillsrec.com.

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY PROVIDER
AND EMPLOYER.**

FROM THE MANAGER

Understanding Factors That Impact Your Energy Bills

February brings some of the coldest weather of the year, and as our home heating systems work harder and longer to keep us warm, we typically see higher energy bills.

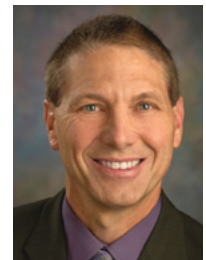
There are a few key factors that affect electricity prices, as well as a few ways you can make a meaningful impact on home energy savings.

When you receive your monthly bill from Flint Hills REC, you're provided with a summary of how much electricity you used during the billing cycle. You can even see how electricity use may have spiked on days when you used more electricity, such as a particularly chilly day or when relatives were staying with you.

But you might be surprised to learn that beyond your monthly energy consumption, there are external factors that can impact the cost of electricity.

FUEL PRICES

Flint Hills REC purchases electricity from our power generation partner, Kansas Electric Power Cooperative (KEPCo), at a wholesale cost, then we deliver that power to our local communities. The cost of generating and transmitting wholesale electricity accounts for a significant portion of the cost to provide electric service to homes and businesses — and the



Chuck Goeckel

Continued on page 12B ▶

BOARD APPROVES NEW DISTRIBUTED GENERATION RIDERS

At the Nov. 18, 2024, open board meeting, the Flint Hills REC Board of Trustees voted to accept the changes proposed to the Distributed Generation Riders. These changes took effect on Nov. 19, 2024. You can find those riders on our website at www.flinthillsrec.com.

As distributed generation systems (mainly solar) have become more popular Flint Hills REC would like to remind our members that there is a process and certain criteria that needs to be met to interconnect with Flint Hills distribution system.

The process begins with submitting an application and application fee with the details of the project and engineering designs. Part of the application fee is making sure that the distributed generation system is appropriately sized. The formula for calculating appropriately sized can be found on our website www.flinthillsrec.com along with a Frequently Asked Questions page.

SAVE THE DATE – APRIL 3

ANNUAL MEETING

MAKE PLANS TO ATTEND THE FLINT HILLS RECA ANNUAL MEETING

REGISTRATION AND MEAL 5:30 P.M. | MEETING AT 6:30 P.M.

HERINGTON COMMUNITY BUILDING

Your annual report and ballot will be mailed separately in March.

**JOIN US
APRIL 3**

Understanding Factors That Impact Your Energy Bills *Continued from page 12A*

cost of fuels that are used to generate that electricity, such as natural gas and coal, fluctuate based on supply and demand. While these fluctuations can impact the cost of electricity, we work closely with KEPCo to plan and help stabilize electricity prices for our members.

EXTREME WEATHER

While we can't control the weather, we can review weather patterns and forecasts to prepare for times of extreme cold or heat, when we know the demand for electricity will increase. But when temperatures become extremely cold and the demand for electricity spikes, the price of electricity can also increase.

INFRASTRUCTURE AND EQUIPMENT

To cover a portion of the costs associated with providing electricity to your home or business, Flint Hills REC members pay a monthly service charge. This flat monthly fee helps

ensure the cost of equipment, materials, labor and daily operations are covered for all members in Flint Hills REC's service territory. To ensure the reliable service you expect and deserve, we must maintain the local grid, including power lines, substations and other essential equipment.

ENERGY POLICY AND REGULATIONS

Federal energy policies and regulations can have a profound impact on electricity costs. As energy generation shifts to the use of more renewable sources and stricter regulations for traditional, always-available fuel sources, such as natural gas and coal plants, costly upgrades and technologies must be constructed and deployed. These additional costs are ultimately passed to consumers.

U.S. power consumption is expected to double by 2050. Across the country, electric cooperatives are working with members of Congress to advocate for smart energy policies that reliably power our local communities.

YOU HAVE CONTROL

While many of these external factors that impact electricity costs are out of our control, we all have the power to manage our energy use at home. The most effective way to lower use is thermostat management. Since heating and cooling account for a major portion of home energy use, adjusting the thermostat to the lowest comfortable setting can help you save energy and money. Remember to service your heating and cooling system annually and replace dirty filters as needed.

You can also reduce energy use by taking advantage of off-peak periods, when the demand for electricity is lower. Reserve energy-intensive chores for off-peak times, such as early in the morning or later in the evening, to save energy. Be sure to seal air leaks around windows, doors and other areas where gaps are possible. This will help your heating and cooling system work less and improve the overall comfort of your home.

Flint Hills REC is your local energy partner, and we're here to help. Visit www.flinthillsrec.com/together-we-save to learn about our efficiency programs designed to help you save. As always, we will continue working diligently to provide you with reliable power at an affordable cost.

EFFECTIVE WAYS TO LOWER HOME ENERGY USE

Outside factors, such as fuel, equipment costs and extreme weather, can impact electricity prices. But you have the power to control home energy consumption by taking proactive steps to reduce energy use.

THERMOSTAT MANAGEMENT

The thermostat is one of the best places to lower your energy use because heating and cooling account for a significant portion of home energy consumption. During winter months, adjust your thermostat to the lowest comfortable setting to reduce energy use. The Department of Energy recommends 68 degrees or lower.



SEAL YOUR HOME

According to Energy Star, about 20% of heated or cooled air that moves through a home is lost due to lack of proper insulation and air leaks. Ensure your home has sufficient insulation levels and seal air leaks around windows and doors with caulk and weatherstripping.



UTILIZE OFF-PEAK ENERGY TIMES

Plan energy-intensive chores and tasks, such as running the dishwasher or washing clothing, during off-peak energy hours when the demand for electricity is lower. Off-peak times are early in the morning or late evenings. By scheduling these activities during off-peak periods, you can help keep rates lower, reduce demand and relieve pressure on the grid.



Students Invited to Apply for Leadership Opportunities

Applications are due by Feb. 3, 2025



Flint Hills REC has a strong tradition of promoting youth leadership and that tradition will continue with two in-person leadership programs this summer. Flint Hills REC will select two individuals and they will have their choice to attend one of two all-expenses-paid trips to either the Electric Cooperative Youth Tour or the Cooperative Youth Leadership Camp.

The **ELECTRIC COOPERATIVE YOUTH TOUR** will be June 14–20, 2025. Students will join 1,700 youth from across the nation in Washington D.C. They will see the monuments and other attractions, as well as visit Capitol Hill to learn more about how our government works. Those selected for this experience also can apply for the Kansas seat on a national youth leadership council.

The **COOPERATIVE YOUTH LEADERSHIP CAMP** will be held July 11-17, 2025, and



will be held near Steamboat Springs, Colorado. High school students from electric cooperative communities in Colorado, Kansas, Oklahoma and Wyoming participate in this leadership camp. Together, they will create a candy cooperative, hear from dynamic speakers, and raft down the Colorado River.

If you know of a student who is a junior or sophomore in high school with strong leadership potential who is ready for new experiences, would like to network with other student leaders, is willing to learn more about themselves and their communities, and whose parents/guardians are members of Flint Hills REC, encourage them to apply for these incredible leadership opportunities.

APPLICATIONS ARE DUE BY FEB. 3, 2025. To apply, you can call our office at 620-767-5144, email us for an application at memberservices@flinthillsrec.com or visit our website at www.flinthillsrec.com/youth-tour.

FOR MORE INFORMATION, PLEASE SEE YOUR HIGH SCHOOL COUNSELOR OR CALL THE FLINT HILLS OFFICE AT 620-767-5144.

APPLY FOR A TRIP OF A LIFETIME

JUNE 14-20, 2025

AN ALL-EXPENSES-PAID TRIP TO WASHINGTON, D.C.



An all-expenses-paid trip to Washington, D.C., sponsored by your local electric co-op.

A week of visiting historic monuments, touring world-class museums and meeting elected officials.

An opportunity to develop lifelong friendships with delegates from across the country!

FIND OUT MORE



JULY 11-17, 2025

★★★ COOPERATIVE YOUTH LEADERSHIP CAMP ★★★

LEADERSHIP

Learn about the co-op business model and develop leadership skills.

COMMUNITY

Students from Colorado, Kansas, Oklahoma and Wyoming create a candy co-op, run camp activities and make meaningful connections.

MEMORIES

From rafting on the Colorado River to exploring downtown Steamboat Springs — you'll be sure to capture memories to remember for a lifetime.



LEARN MORE



