



P.O. Box B | 1564 S. 1000 Road, Council Grove, KS 66846
620-767-5144 | www.flinthillsrec.com



NEWS

FLINT HILLS REC

BOARD OF TRUSTEES

Shawn Potts

President

Roger Zimmerman

Vice President

Korby Efland

Secretary/Treasurer

Dale Andres

Trustee

Jeff Bina

Trustee

Cary Granzow

Trustee

Trey Hinkson

Trustee

Terry Olsen

Trustee

STAFF

Chuck Goeckel

General Manager

MEMBER SERVICES

- ▶ Viasat Internet Services
- ▶ Online Payment Options
- ▶ 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.**

Balancing Electricity Supply and Demand

Electricity is essential for nearly every aspect of daily life — so essential that we rarely think about how it's produced and delivered to our homes. You might be surprised to learn that behind the scenes, a network of experts is working daily (and even by the minute) to anticipate how much electricity you need before you even use it.

We're all connected to the electric grid, so ensuring the right amount of electricity for all involves a complex process of forecasting energy demand, planning for capacity and securing enough supply to meet Americans' needs.

POWERFUL SOURCES

First, electricity must be generated at a power plant using either traditional sources, such as coal, natural gas or nuclear energy, or from renewable sources, such as solar, wind or hydropower.

At Flint Hills REC, we work closely with Kansas Electric Power Cooperative

(KEPCo), our local wholesale power partner, to secure enough electricity for our communities, using a diverse mix of energy sources to generate the power we deliver to your home or business. By maintaining a diverse energy mix — coal, natural gas, nuclear, solar, wind and hydropower — KEPCo has options to ensure reliable power at a competitive cost.

On a larger scale, across the country, electricity supply and demand are managed through a market that includes long-term planning agreements, where electricity is bought and sold just like other common goods and services. Because Flint Hills REC works with our wholesale power partner, which is also a cooperative, we are able to pool resources and expertise to deliver affordable power to our local communities.

Electricity supply changes throughout the day because demand fluctuates based on consumers' needs. For

Continued on page 12B ▶

Nominations for Trustee

The Nomination Committee is scheduled to meet on Jan. 7. Nominations for the Board of Trustees of Flint Hills Rural Electric Cooperative can also be made by petition filed at the Council Grove office **ON OR BEFORE THE CLOSING OF BUSINESS ON JAN. 22.**

For more information on the cooperative's voting process, please visit Article V of the Member Bylaws located on our website www.flinthillsrec.com.

A Balancing Act: ELECTRICITY SUPPLY AND DEMAND

Behind the scenes, a network of people and facilities work together to ensure you have electricity when you flip the switch.



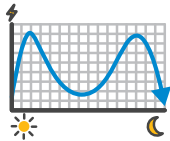
Electricity is generated at a power plant, then sent across the grid to homes, schools and businesses.

REGIONAL GRID OPERATORS



Regional Transmission Organizations (RTOs) Independent System Operators (ISOs) Electric Utilities

The amount of electricity generated and how much is sent to where it's needed are typically coordinated and monitored by regional grid operators.



As electricity demand varies throughout the day, grid operators, power plant operators and electric utilities work to forecast, plan and purchase enough electricity for everyone.



Ensuring communities have the exact amount of electricity they need is a challenging task, but a network of industry experts make it happen every day.

FACTORS THAT IMPACT ELECTRICITY SUPPLY AND DEMAND

- ▶ Demand Surges
- ▶ Extreme Temperatures
- ▶ Infrastructure Costs and Availability
- ▶ Supply Chain Challenges
- ▶ Fuel Costs
- ▶ Federal and State Regulations

Balancing Electricity Supply and Demand

Continued from page 12A ▶

example, Flint Hills REC knows that we need to ensure more electricity in the mornings when you're starting your day, and in the evenings when you're cooking dinner, running appliances and watching TV. Demand also increases when weather patterns change, such as extremely warm or cold temperatures.

MANAGING SUPPLY AND DEMAND ACROSS THE GRID

Across the country, other electric utilities are managing the same task of balancing supply and demand, which is why we have a larger network of key players in place to ensure enough power is delivered across the grid.

In most cases, the amount of electricity generated and how much is sent to specific areas are coordinated and monitored by regional transmission organizations (RTOs) and independent system operators (ISOs). In Kansas, our RTO is the Southwest Power Pool, the monitor for our 14-state region. In other areas, individual electric utilities perform these tasks.

RTOs, ISOs and electric utilities act as air traffic controllers for the electric grid. They forecast when you, your neighbors and communities across a large region will need more power. These organizations take measured

steps to ensure there's enough supply to meet demand.

LOOKING AHEAD

As the energy sector undergoes rapid change, it's important for all consumers to understand the basics of electricity supply and demand.

Electricity use in the U.S. is expected to rise to record highs this year and next, with the demand for electricity expected to at least double by 2050. At the same time, energy policies are pushing the early retirement of always-available generation sources, which will undoubtedly compromise reliable electricity.

Flint Hills REC remains committed to providing safe, reliable and affordable energy to the members we serve. That's why we are preparing now for increased demand and other challenges that could compromise our local electric supply.

Managing the balancing act of electricity supply and demand is a complex job, which is why we have a network of utilities, power plant operators and energy traffic managers in place to direct the electricity we need and keep the electric grid balanced.

To learn more about Flint Hills REC's power supply, visit www.flinthillsrec.com.

ENERGY EFFICIENCY TIP OF THE MONTH

Taking steps to help your home heating system run more efficiently can reduce energy use and lower your bills. Check to see if any air vents around your home are blocked by furniture, curtains or other items. Obstructed vents force your heating system to work harder than necessary and can increase pressure in the ductwork, causing cracks and leaks to form. If necessary, consider purchasing a vent extender, which can be placed over a vent to redirect air flow from underneath furniture or other obstructions. **SOURCE: ENERGY.GOV**



Students Invited to Apply for Leadership Opportunities

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.

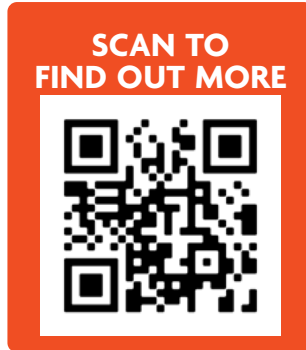
The **COOPERATIVE YOUTH LEADERSHIP CAMP** will be held July 11-17, 2025, and will be held near Steamboat Springs, Colorado. High school students from electric cooperative communities in Colorado, Kansas, Oklahoma and Wyoming participate in this leadership camp. Together, they will create a candy cooperative, 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, and is willing

to learn more about themselves and their communities, 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 <https://flinthillsrec.com/youth-tour>.



LOOK FOR THE **KANSAS COUNTRY LIVING** READERSHIP SURVEY IN YOUR EMAIL!

Kansas Country Living has engaged **INSIDE INFORMATION**, a research and data analytics company in Smithville, Missouri, to oversee a readership survey beginning this month. The

short, 21-question survey will be conducted through email and will help *Kansas Country Living* — the official

communication channel for your electric cooperative — measure reader engagement and perceptions about the publication and your electric cooperative's local pages.

The magazine is the most cost-effective way to share essential business information with our consumer-members, along with articles about legislative and regulatory issues potentially affecting our rural way of life, cooperative youth programs, outage and construction activities, features highlighting the great state in which we live, safe electricity tips for around the farm and home, plus ways to use electricity wisely. By law, some of this information must be received by members and verified, and the magazine fulfills that requirement in the most cost-effective way possible.

If you are one of the lucky randomly selected readers to receive the survey, the email will come from **SURVEY@KANSASCOUNTRYLIVING.COM** and the email headline will clearly indicate it is a survey from *Kansas Country Living* magazine.

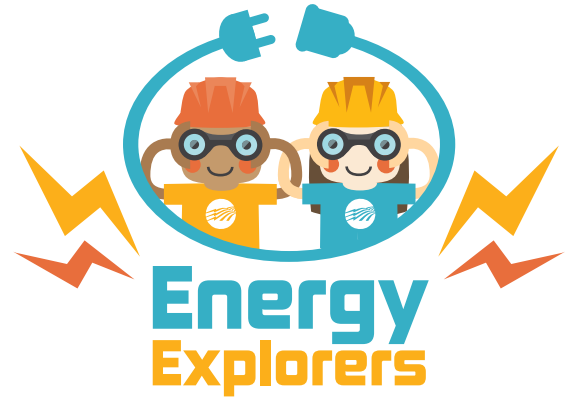
When you complete the survey, you will be entered into a drawing for ONE OF 15 \$25 GIFT CARDS as our thank you for helping us keep you informed of co-op-related matters as an owner of

FLINT HILLS ELECTRIC COOPERATIVE.



ENERGY SAVINGS SCAVENGER HUNT

Saving energy at home is a great way to help the environment (and save money). With the help of an adult, look for ways you can save energy around your home. Use the tips below to get started, then check off the areas where you've identified ways to save!



TASK: BRIGHT IDEAS

Ensure your home uses energy-saving LED bulbs. If you find incandescent or CFL bulbs, replace them with LEDs.



TASK: UNOCCUPIED ROOMS

Turn off lights and ceiling fans in unoccupied rooms to conserve energy.

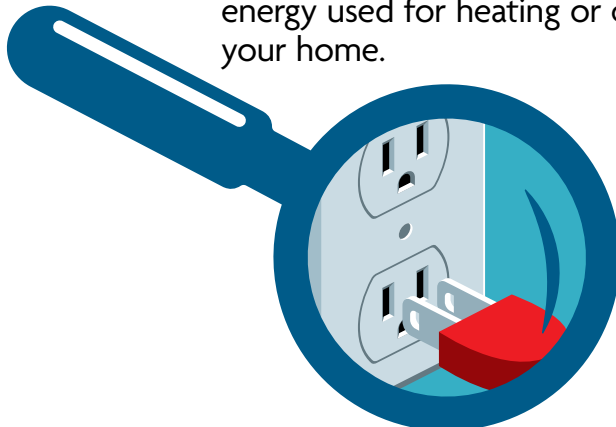


TASK: SEALED FOR SAVINGS

Check windows to make sure they are closed and locked. Sealed windows help prevent air leaks, which saves energy.

TASK: SET TO SAVE

Check the thermostat to see if it can be adjusted a few degrees (either lowered in winter or raised in summer) to conserve energy used for heating or cooling your home.



TASK: SLAY ENERGY VAMPIRES

Energy vampires are devices that consume energy even when they're not being used. Unplug these items, like phone chargers and tablets, when you're not using them.