



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



NEWS

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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

How Extreme Summer Temperatures Impact Reliability

When outdoor temperatures soar, our electricity use increases. That's because our air conditioners are running longer and more often to counteract sweltering outdoor temperatures. Factor in that we all tend to use electricity at the same times — in the morning and early evenings — and that equals a lot of strain on our electric grid.

At Flint Hills REC, we work closely with Kansas Electric Power Cooperative, our local generation and transmission (G&T) cooperative in resource and infrastructure planning to ensure you have the power you need whenever you flip a switch, but the electric grid is

much larger than your local co-op and G&T.

In summer months, when even more electricity is being used simultaneously across the country, it is possible for electricity demand to exceed supply, especially if a prolonged heat wave occurs. If this happens, which is rare, the grid operator for our region of the country, the Southwest Power Pool (SPP), may call on consumers to actively reduce their energy use or initiate rolling power outages to relieve pressure on the grid. Flint Hills REC will always keep you informed about situations like this.



Chuck Goeckel

Continued on page 12D ▶

NOTICE TO MEMBERS: BOARD TO CONSIDER MODIFICATIONS TO DISTRIBUTED GENERATION RIDERS

The Flint Hills REC Board of Trustees will discuss and possibly vote upon modifications to its distributed generation riders. This meeting is to confirm the distributed generation riders and the cooperative's rules and regulations are compliant with the new state law that will take effect July 1, 2025. This meeting is open to Flint Hills REC members and will be held on **MONDAY, JUNE 16, 2025, AT 6:30 P.M.** at the cooperative's office at 1564 S. 1000 Road in Council Grove.

If you have questions or comments, and you are unable to attend, you may call the Flint Hills REC office on 620-767-5144 or send written comments to Flint Hills Rural Electric Cooperative Assn., Inc., PO Box B, Council Grove, KS 66846. Additional information will be posted to the Cooperative's website by June 13, 2025. Members have the right under K.S.A. 66-104d(h) (1) to petition the Kansas Corporation Commission for review of a rate change.

Understanding Energy Demand

Do you ever look at your electric bill and wonder what it all means?

If your answer to that question is “yes,” then you might be interested to learn how “demand” impacts your electric bill.

To start, it is important to understand how electricity is made and how it is delivered to your home.

Before Flint Hills REC can send electricity to your home, that electricity needs to be generated by power plants connected to a network of high-voltage transmission lines. Once generated, the electricity travels over the high-voltage transmission lines to substations, where the voltage is reduced to a usable level. The electricity then travels over distribution power lines owned by Flint Hills REC and finds its way into your home. So, while you pay your bill to us — your electric distribution cooperative — we don’t actually generate the electricity you use.

Part of Flint Hills REC’s job is to determine how much electricity and demand to purchase for our members to power their homes and businesses. Weather patterns and usage trends play a big part in determining how much electricity the power plants need to create in order to keep the lights on in our community. That is where these terms “consumption” and “demand” come in.

CONSUMPTION is the total amount of energy used within a given time frame.

DEMAND is the rate at which energy is utilized. Another way of understanding demand and consumption is with a “filling the water bucket”

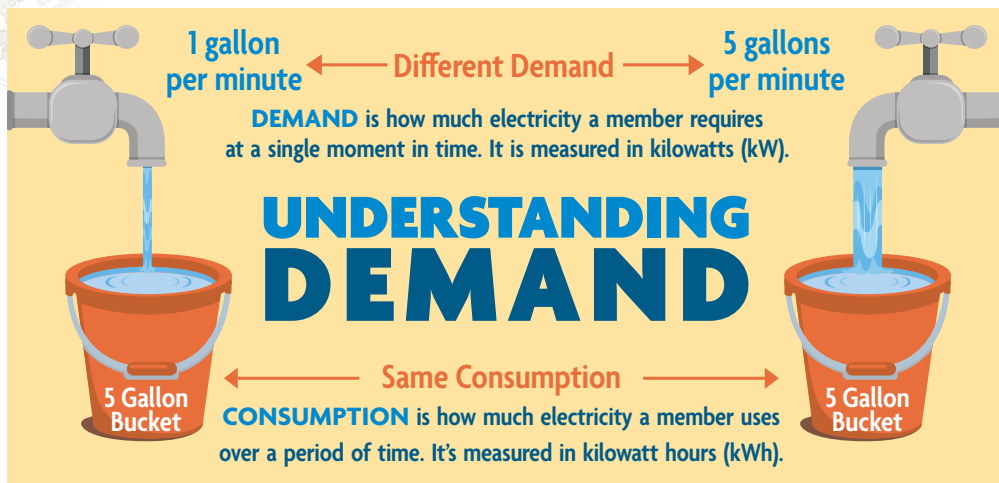
analogy. Suppose you want to fill a 5-gallon bucket with water. You can use an inexpensive small hose connection to your sink, providing 1 gallon per minute to do it, and it will take 5 minutes. Or you can get a larger expensive faucet that provides 5 gallons per minute, and it will fill the 5-gallon bucket in just one minute.

When Flint Hills REC is billed by our power suppliers, we have charges for total consumption (i.e., 5 gallons of water) and demand (i.e., special hose and size of the hose). The main demand charges that Flint Hills REC pays for are Peak demand and Transmission demand.

Peak demand refers to the time of day when the demand for electricity is the highest, typically between 3 p.m. and 6 p.m. on hot summer days. To help reduce our peak demand, we offer our **PEAK ALERT REBATE PROGRAM**. This is where Flint Hills REC will pass on the savings to participating members who make a qualifying reduction in their electric usage.

Transmission demand reflects the cost of getting the electricity from the generation plant to our distribution system. Transmission costs have increased over the past years. The increase is due to maintaining old transmission lines and building new where needed.

Demand is one reason your electricity bill fluctuates season to season and even year to year. Generating and distributing power can be a tricky and complicated business, but rest assured, Flint Hills REC will always strive to meet the necessary demand to provide safe, reliable and affordable electricity for your family.





Save on your bill when electricity demand is high. Sign up for the **PEAK ALERT SAVINGS** program and receive an energy credit when you lower your energy usage during peak hours.*

The lower your usage, the bigger the credit you could be eligible for. **SIGN UP BY JUNE 30.**

Every year Flint Hills Rural Electric Cooperative asks our members to help us save energy during the summer peak load hour, which occurs one hour during the months of July and August. That one hour costs the co-op approximately \$115 per kilowatt (kW) — that would be equivalent to you paying approximately \$2,000 per gallon of gasoline. This is why we created the **PEAK ALERT SAVINGS REBATE PROGRAM**.

Flint Hills REC would like to ask our members to help us save and we will pass that savings on to you if you qualify. This is a voluntary program that does not cost a thing to sign up. It's a win-win for everyone! Last summer we had over 1,200 members participate in our Peak Alert Savings Rebate Program, and Flint Hills returned over \$60,000 in rebates to the qualifying members' accounts.

The Peak Alert Savings Program is in effect during July and August, only Monday through Friday from 3-6 p.m. This program is engaged on peak load days, which typically occur when the temperature is forecast to be 95 degrees or higher.

Flint Hills REC offers a free notification service to let you know what days are considered peak load days. On these days, we will place a notice on our website, and we will send an email or text message to you. To receive

these notifications, you will need to select this option through SmartHub or the SmartHub app. The credit will be based on the actual peak hour regardless of whether a notification is sent.

Once you sign up, you are eligible to receive an energy credit by making a qualifying reduction of energy usage during our summer peak load hour. These reductions could be as simple as moving everyday household chores to a different time of the day. For example, run major appliances, (e.g., dishwasher, oven, washer and dryer) in the morning or later in the evening. One of the most helpful ways to cut back on usage during the peak load hour is to turn your thermostat up during the peak alert hours. You can do this manually or by utilizing a programmable thermostat. The more you lower your usage during the peak load hour, the bigger the credit you could be eligible for!

To sign up for the Peak Alert Savings Program, please call our office or email us at memberservices@flinthillsrec.com. This program cannot be combined with any other load management offer. If you have questions about the program you can visit our website at www.flinthillsrec.com or call our office at 620-767-5144.

**SIGN UP BY
JUNE 30**

**MEMBERSERVICES
@FLINTHILLSREC.COM**

620-767-5144

**Some program restrictions apply. Credit only valid for reductions in the months of July and August, Monday-Friday from 3-6 p.m. (excluding July 4). This program will be active on peak load days when alerts are sent to participating members. Visit www.flinthillsrec.com for a full list of program details.*

5 WAYS to Reduce Use During Extreme Heat

During periods of extreme heat, the demand for electricity can skyrocket, placing additional strain on the grid. By working together to lower our electricity use, we can reduce pressure on the grid.



Here are five effective ways to lower usage at home.

1. Raise your thermostat setting a few degrees higher than usual. Every degree can reduce cooling energy consumption.
2. Cook with smaller appliances to save energy and reduce heat gain in the kitchen.
3. Keep blinds, curtains and shades closed during the hottest part of the day to block direct sunlight.
4. Use fans to circulate air, which can make you feel cooler without needing to lower the thermostat.
5. Shift activities that require a lot of energy consumption to off-peak hours when demand is lower.

How Extreme Summer Temperatures Impact Reliability

Continued from page 12A ▶

We work proactively with our G&T to create a resilient portion of the grid and ensure electric reliability in extreme weather, including regular system maintenance, grid modernization efforts and disaster response planning; but it takes everyone to keep the grid reliable.

To help keep the air conditioner running for you, your family and neighbors, here are a few things you can do to reduce your demand and relieve pressure on the grid during times of extreme summer heat:

- ▶ Select the highest comfortable thermostat setting and turn it up several degrees whenever possible. Your cooling system must run longer to make up the difference between the thermostat temp and the outdoor temp.
- ▶ **PRO TIP:** Seal air leaks around windows and exterior doors with caulk and weatherstripping. Air leaks and drafts force your cooling system to work harder than necessary.
- ▶ Run major appliances such as dishwashers, ovens and dryers during off-peak hours when the demand for electricity is lower.
- ▶ **PRO TIP:** Start the dishwasher before you go to bed and don't run high usage items like your oven and dryer at the same time.
- ▶ Use ceiling fans to make yourself feel a few degrees cooler.

Remember, ceiling fans cool people (not rooms), so turn them off in unoccupied rooms.

- ▶ **PRO TIP:** During summer months, set ceiling fan blades to rotate counterclockwise, which pushes cool air down for a windchill effect.
 - ▶ Close blinds, curtains and shades during the hottest part of the day to block unwanted heat gain from sunlight.
 - ▶ **PRO TIP:** Consider blackout curtains with thermal backing or reflective lining to block heat and light.
 - ▶ Use smaller appliances, such as slow cookers, air fryers and toaster ovens to cook meals.
 - ▶ **PRO TIP:** Studies have shown that air fryers use about half the amount of electricity than a full-size oven. Air fryers are smaller and use focused heat, which results in faster cooking times, less heat output and lower energy use.
- As we face the challenges posed by soaring summer temperatures, understanding the impact on energy demand is crucial for maintaining a reliable power supply. By adopting energy conservation practices during periods of extreme heat, not only can you save money on your electric bills, but you can also contribute to the resilience of the grid, keeping our local community cool and connected.

ENERGY EFFICIENCY TIP OF THE MONTH

Take advantage of the warmer weather to reduce home energy use. Avoid the oven and fire up a grill instead. You will save electricity and avoid raising the temperature inside your home, reducing the need for additional air conditioning. Get creative in the kitchen and explore new ways to save energy, like making tasty no-bake recipes!

SOURCE: WWW.ENERGY.GOV

