



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 Effland
Secretary/Treasurer

Dale Andres
Trustee

Lee Floyd
Trustee

Trey Hinkson
Trustee

Terry Olsen
Trustee

Jim Witt
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.**

FROM THE MANAGER

Working Together to Lower Demand



Chuck Goeckel

When outdoor temperatures drop, electricity use naturally rises. Colder weather drives us indoors, where we rely more heavily on home heating systems, more lighting and household appliances. Heating systems run longer and more frequently to maintain comfortable indoor temperatures. Combine that with the fact that most people use electricity at the same times — typically in the mornings and early evenings — and the result is significant pressure on our electric grid.

Flint Hills REC works closely with Kansas Electric Power Cooperative, Inc., our local generation and transmission (G&T) cooperative, to plan for these seasonal weather patterns and

changes and ensure you have reliable power every day of the year. This partnership involves detailed resource and infrastructure planning to make certain electricity is available whenever you need it. However, it's important to remember that our local system is part of a much larger regional and national electric grid.

During the winter months, when homes and businesses across the country are using more electricity simultaneously, overall demand can approach — or occasionally exceed — available supply. This is especially true during severe weather events, such as ice storms, sudden temperature drops, or equipment malfunctions that reduce generation capacity. In rare cases when demand threatens to outpace supply, the regional grid operator, Southwest Power Pool, may call for temporary, controlled outages — often referred

Continued on page 12C ▶

NOMINATIONS FOR TRUSTEE

The Nomination Committee is scheduled to meet on **JAN. 6, 2026**. 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. 21.

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

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 13-19, 2026. 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 10-16, 2026, 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 current junior or sophomore student 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.

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.

MAKE YOUR MARK!
 JUNE 13-19, 2026
 VISIT WASHINGTON, D.C., ALL EXPENSES PAID!
 DISCOVER HISTORIC MEMORIALS, EXPLORE WORLD-CLASS MUSEUMS, CONNECT WITH ELECTED OFFICIALS AND BUILD YOUR RESUME.
 COORDINATED BY KEK KANSAS ELECTRIC COOPERATIVES, INC.
 COMMUNITY
 LEADERSHIP
 MEMORIES
 FIND OUT MORE

COOPERATIVE YOUTH LEADERSHIP CAMP
 MAKE YOUR OWN PATH
 JULY 10-16, 2026
 VISIT COLORADO ALL EXPENSES PAID!
 DEVELOP LEADERSHIP SKILLS AND EXPLORE THE COOPERATIVE BUSINESS MODEL THROUGH TEAM BUILDING, COLORADO RIVER RAFTING AND DISCOVERING STEAMBOAT SPRINGS.
 LEARN MORE

COMMUNITY
 Form a candy cooperative, lead camp activities, and connect with students from electric cooperative communities in Colorado, Kansas, Oklahoma and Wyoming.

LEADERSHIP
 Learn about the cooperative business model, strengthen leadership skills, and hear from nationally recognized speakers.

MEMORIES
 Raft the Colorado River, tour a power plant, and explore downtown Steamboat Springs. You'll be sure to make memories to last a lifetime.



SCAN TO APPLY

Working Together to Lower Demand

Continued from page 12A ▶

to as rolling blackouts — to prevent broader system failures. If such a situation arises, Flint Hills REC will provide updates and information to members on www.flinthillsrec.com, via email and on Facebook at www.facebook.com/fhreca.

To prepare for these scenarios and minimize risks, Flint Hills REC and our G&T partner take proactive measures to strengthen reliability year-round. These include routine system maintenance, investments in grid modernization and comprehensive disaster response planning. These proactive steps are designed to ensure our portion of the grid remains resilient even under extreme conditions. Yet, maintaining a reliable electric system requires a collective effort — and every member plays an important role in lowering demand when the grid is under stress.

You can help by taking simple actions during periods of high electricity use, especially on the coldest days of winter:

1 LOWER YOUR THERMOSTAT SLIGHTLY. Even reducing the temperature by a few degrees can help.

2 DELAY USING LARGE APPLIANCES DURING PEAK HOURS, WHICH ARE 5 A.M. TO 11 P.M. Run dishwashers, washing machines and dryers during off-peak hours.

3 ADJUST YOUR WATER HEATER. Setting it to 120 degrees and spacing out showers helps conserve both energy and hot water.

4 UNPLUG UNNECESSARY DEVICES. Power used for lighting and electronics adds up and accounts for a significant portion of home energy use. Disconnect unused items to reduce energy waste.

Understanding how winter weather impacts electricity demand is key to maintaining system reliability. By practicing simple energy conservation habits at home, you not only save money on your monthly bill — you also help strengthen the resilience of the grid that powers our community. Together, through small actions and shared awareness, we can ensure that our homes remain warm, our lights stay on, and our local grid continues to serve us reliably throughout the season.

ENERGY EFFICIENCY TIP OF THE MONTH

Winter weather can cause your home heating system to work overtime. Check for air leaks and drafts around doors and windows, then seal them with weatherstripping or caulk. Close fireplace dampers when not in use, and consider installing insulating curtains to help keep warm air inside. You can also save energy by lowering your thermostat a few degrees. Even small adjustments like these can reduce heating costs and improve comfort during the coldest months. SOURCE: NRECA



HEATING SAFETY TIPS FOR WINTER



Simple precautions can help you avoid **FIRE HAZARDS** and **ELECTRICAL DANGERS.**

There is nothing like curling up by the fire on a cold winter day. But heating equipment is one of the leading causes of home fire deaths. With a few simple steps, you can prevent most heating fires from happening.

STAY COZY AND SAFE THIS WINTER:

- ▶ Maintain a 3-foot zone around heating equipment like furnaces, radiators, fireplaces, electric or wood stoves and space heaters where no items, kids or pets enter.
- ▶ Plug heaters and electric fireplaces directly into wall outlets and only one appliance into an electrical outlet at a time.
- ▶ Turn off and unplug portable heaters when leaving the room or going to bed.
- ▶ Never use your oven to heat your home.
- ▶ Test smoke alarms every month.
- ▶ Hire a qualified professional to install or service stationary heating equipment and water heaters.
- ▶ Have your heating system, vents and chimneys cleaned and inspected every year by a qualified professional.

SMART TIPS

- ▶ Install and test smoke and carbon monoxide alarms to alert you before it's too late.
- ▶ Create your home fire escape plan and practice it with your family.

SOURCE: WWW.SAFEELECTRICITY.ORG

Happy New Year!

From our co-op family to yours,
wishing you a peaceful new year!



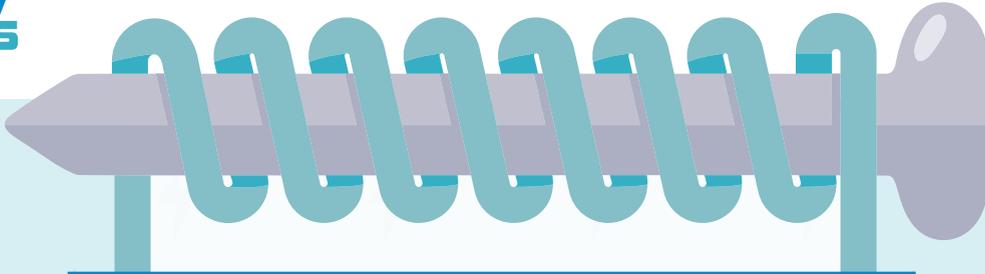
OUR OFFICE WILL BE CLOSED ON JAN. 1.



Energy Explorers

POP QUIZ ELECTRICITY TERMS

How well do you know terms related to electricity? Test your knowledge! **Read the definitions below. Then, look at the word bank to match the correct terms to the definitions.** You can only use the words once, so choose carefully. Check your work in the answer key.



WORD BANK

- | | | |
|----------------|--------------------|-----------|
| Conductor | Circuit | Insulator |
| Volt (Voltage) | Static Electricity | |

1. A complete path that electricity flows through.

2. Something that allows electricity to pass through, such as metal or wire.

3. The standard unit of measurement for electricity.

4. Something that does not allow electricity to pass through easily, such as rubber.

5. Electricity build-up caused by rubbing two surfaces together.



Answer Key:
 1. Circuit
 2. Conductor
 3. Volt (Voltage)
 4. Insulator
 5. Static Electricity