



A Touchstone Energy® Cooperative 

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FLINT HILLS RURAL ELECTRIC COOPERATIVE

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

Power in Your Hands



Chuck Goeckel

Whether we're training new employees or talking to members out and about, we always make it a point to discuss what makes electric co-ops different

from other types of utilities. This month, I'll share a few of the things we often discuss.

Flint Hills REC's decisions are made locally, by trustees who also live right here in our community. Everyone who pays to receive electricity from the co-op is a member. When you pay your electric bill each month, your money stays here — to pay for the electricity used, or to make improvements to

our local system to strengthen service reliability. The money you pay the co-op doesn't line the pockets of shareholders five states away. We're a co-op, and we exist to provide a service to you, our local members.

You may notice that throughout the year, we schedule opportunities for you to attend co-op events, like our annual meeting so we can hear from you. We conduct surveys to gather your feedback on co-op programs and services so that we can plan and adjust for the future.

Our success lies in your satisfaction, which is why we offer these opportunities to engage and listen to what you have to say.

Because you're part of an electric cooperative, you can count on our team to maintain local jobs, at-cost

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LABOR Day
Office Closing

In observance of Labor Day, our office will be closed on **MONDAY, SEPT. 4.**

Power in Your Hands Continued from page 12A ▶

electricity and first-class service, no matter what the economy — and supply chain issues — throw at us.

Flint Hills REC is striving to keep our costs as low as possible so we can keep more money in your pocket. We want to help you maximize the value you can get from our services and offerings. For example, we can help you save on energy bills through our efficiency rebates and our demand-based rate structure.

With our new demand component on your monthly bill starting on Oct. 1, 2023, you will have a chance to manage your energy bill by managing your electric demand. Your electric demand is calculated by taking the highest rate of energy used in any given hour in the billing cycle. The demand charge is influenced by your energy habits. To keep your demand charge low, avoid running high usage items (ovens, clothes dryers, dishwashers, etc.) at the same time. By managing or reducing your electric demand you can lower your monthly bill.

Please know that you, the members of Flint Hills REC, are at the heart of everything we do. Co-ops adhere to seven guiding cooperative principles that reflect core values of integrity, transparency, equity, inclusiveness and service.

We exist to serve you and provide the quality, reliable, friendly service you expect and deserve. While we've grown over the years, we're still driven by the same guiding principles to serve our community. We hope to see or hear from you soon. This co-op was created for you, the members. The power is in your hands.

Understanding Demand

What is demand and how is it different from your kilowatt-hour (kWh) usage? These terms, while similar, do have different meanings.

What is Usage?

Kilowatt-hour (kWh) usage is the total amount of energy used within a billing cycle. It is measured in kWh and can be viewed under “kWh used” on your bill. The amount of energy you use can fluctuate each month depending on weather and your energy habits, aging/old HVAC systems or appliances and other potential factors.

What is Demand?

Demand is the rate at which a person utilizes electricity. Demand increases when many large or power-hungry appliances operate simultaneously. In these instances, Flint Hills REC must have the infrastructure to ensure enough power is available to the members' home or business to satisfy their current need for immediate electricity. Flint Hills REC's system must be built to supply energy at maximum demand for each member. It is important to remember that demand is not the total amount of energy used; it is the rate at which it is being used.

Understanding Demand vs. kWh Usage

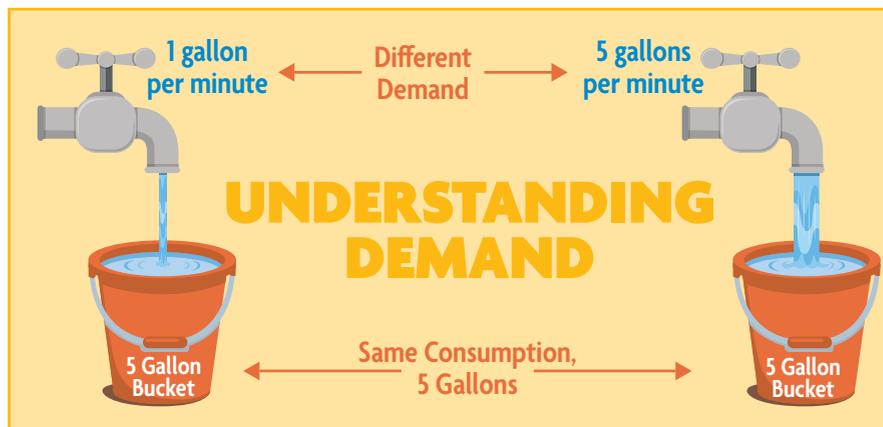
Another way of understanding demand and kWh usage is with a “filling the bucket” analogy. Suppose you want to fill a 5 gallon bucket with water. You can use an inexpensive hose connection to your

sink providing 1 gallon per minute to do it, and it will take 5 minutes. Or you can get a more expensive large faucet that provides 5 gallons per minute and it will fill the 5 gallon bucket in just one minute.

The flow rate is equivalent to demand, and the 5 gallons of water is equivalent to kWh usage. In this example, filling both buckets has the same “kWh usage” but very different “demands.”

What Can Members Do to Manage Demand?

The demand needs of each member are not the same. The demand rate is a transparent look at each member's costs and allows each to see the direct impact of their energy habits. For some, convenience may outweigh the desire to reduce demand. However, those looking to reduce their demand may do so by evaluating their current energy habits. Take time to review if power-hungry tasks can be spread or done throughout the day rather than all at once. The goal is to balance and reduce the rate you are using energy to lower demand. To potentially reduce your demand costs, stagger the use of large appliances (dishwashers, laundry machines, clothes dryers, ranges, ovens, etc.) or use delay start or appliance timers to have them run throughout the day. For more information, please feel free to call our office at 620-767-5144.



Zimmerman Attends Cooperative Youth Leadership Camp



CARL ZIMMERMAN attended the 46th Annual Cooperative Youth Leadership Camp (CYLC) from July 14-20, 2023. The leadership camp was held near Steamboat Springs, Colorado, and hosted 43 student leaders from Kansas, Oklahoma, Colorado and Wyoming, sponsored by 25 participating cooperatives.



Cooperative Youth Leadership Camp attendees pose on top of Mount Werner near Steamboat Springs, Colorado. The 2023 CYLC hosted 43 student leaders from Kansas, Oklahoma, Colorado and Wyoming, sponsored by 25 participating cooperatives.

Zimmerman was selected by Flint Hills REC based on leadership skills, academic achievements, extracurricular activities, and character demonstrated during the Youth Tour contest. The contest consists of students taking a test about electric cooperatives and going through an interview process at the cooperative.

During the camp, Zimmerman learned how an electric cooperative is organized and operated by developing a model-cooperative with his fellow students, empowering the campers to elect a board of directors, appoint a general manager, establish committees, and attend daily membership meetings. Camp participants also attended educational seminars on leadership, online reputation management, conflict management, and co-op careers, in addition to presentations on high voltage electricity, raptors and avian protection with HawkQuest, and a tour of the Craig Power Station and the Yampa Valley Electric community solar array.

Along with its professional development programs, CYLC included a visit to Mount Werner and downtown Steamboat Springs, whitewater rafting on the Colorado River, and other fun activities such as a volleyball tournament, swimming, talent show and a dance.

“Flint Hills REC is proud to continue our sponsorship of our co-op’s student leaders at the Cooperative Youth Leadership Camp,” said Travis Griffin, member services manager. “It is an honor to help provide students opportunities to grow in their leadership potential and develop the knowledge to further engage in our cooperative community.”

Flint Hills REC sponsors the trip of one student each year. For more information on how to attend/send students to camp, contact Flint Hills REC and ask about the Youth Tour Contest.



Carl Zimmerman poses in front of the Elk River.



Carl Zimmerman (third from left) and other students tour Craig Power Station to learn about electricity and how it reaches electric co-op members.

HELP THE LINEWORKER RESTORE POWER

Occasionally, severe weather can cause power disruptions. When outages occur, our lineworkers get to work! They restore power as quickly and safely as possible.

Help the lineworker reach the transformer to fix the power outage.

