



A Touchstone Energy® Cooperative 

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FLINT HILLS RURAL ELECTRIC COOPERATIVE

NEWS



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This institution is an equal opportunity provider and employer

FROM THE MANAGER

Your Co-op is a Catalyst for Good



Chuck Goeckel

Peak Alert Rebate Program is a Big Success

This year's Peak Alert Rebate Program was a big success thanks to you, our consumer-members.

I want to thank those who participated. The Peak Alert Rebate Program is designed to share the savings Flint Hills Rural Electric Cooperative (Flint Hills REC) receives when consumer-members reduce their usage during our peak load hour.

We had 464 consumer-members who were successful in reducing their usage on our peak load hour. This resulted in Flint Hills REC returning over \$53,000 in savings to those participating consumer-members. Consumer-members who participated received an average rebate of \$114 on their October electric bill.

This savings also helps Flint Hills REC consumer-members because of the reduction in our wholesale power bill that

occurs when our consumer-members act. We will continue with this program in the future. If you participated this year, you are already signed up. If you missed out this year you will have the chance to participate next summer. Again, thank you and great job.

Your Co-op is a Catalyst for Good

Over the years, you've probably heard or read about Flint Hills REC's concern for our community. This is one of the core principles that sets cooperatives apart from other types of utilities and businesses. We've always taken this mission and responsibility to heart because it's who we are as a co-op.

Over the past few months, like so many of you, we've risen to meet new challenges and strengthen the safety net for our community, particularly for those who are most vulnerable. Because of the COVID-19 pandemic, we've made adjustments to programs and operations to maintain business continuity

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Offices Closed for Thanksgiving

Our offices will be closed Thursday, Nov. 26, and Friday, Nov. 27, in observance of the holiday. From our co-op family to yours, Happy Thanksgiving!





Be a Smart Cookie

Holiday Baking Tips

TEST SMOKE DETECTORS

Make sure they are working properly.

WATCH YOUR SLEEVES

Loose sleeves are not ideal when in the kitchen.

PUT A LID ON IT

Have lids handy in case of a grease fire.

OLD THINGS DON'T BECOME NEW

Don't use appliances in disrepair.

HOW THE COOKIE CRUMBLES

Consider having a fire extinguisher on hand.

WHERE THERE'S HEAT, THERE COULD BE FIRE

Keep flammables such as pot holders away from the stove.

NOT CHILD'S PLAY

Keep children and pets away from cooking areas.

KEEPING TIME

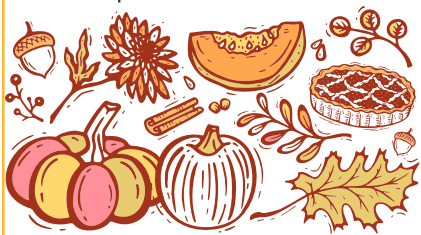
Use a timer when the oven or stove is on.

STAY WITH IT

Don't leave the room if you are broiling, frying or simmering food.

PAY ATTENTION

Take a nap after the feast.



Don't Bake Up High Energy Bills

Avoid high energy bills and long cook times by following a few oven-efficiency guidelines this holiday season.

- ▶ Prepare and chop all necessary ingredients before you turn on your oven! This includes defrosting items in the refrigerator ahead of time.
- ▶ Consider using a smaller appliance. Often times, you can use a counter-top oven, slow cooker or microwave to reheat or cook small meal portions, which saves energy by heating a smaller space. Microwave ovens may also reduce cooking energy by as much as 80%.
- ▶ Preheat the oven to the exact temperature required. Preheating is not necessary for foods that cook for several hours.
- ▶ Leave the oven door shut as much as possible. Opening the door lowers the temperature as much as 25°F.
- ▶ If your oven is outdated, consider switching to an ENERGY STAR® model that has a convection feature.

According to Energystar.gov, convection ovens use 20% less energy a month compared to a standard oven. Self-cleaning ovens are also more energy efficient because they have better insulation.

- ▶ When picking out cookware, brass, glass and ceramic versions conduct heat more efficiently than other materials, which can reduce cooking times.
- ▶ Regularly clean and maintain your kitchen appliances and cookware. Grime or grease builds up in your oven, and using warped pots and pans can increase baking times and energy use.
- ▶ If you have a self-cleaning oven, the best time to use the feature is just after you've cooked a meal — the oven will still be hot, and the cleaning feature will require less energy. More is less! If possible, prepare extra portions of your meal and cook them together. Reheating leftovers uses much less energy than cooking from scratch.

Your Co-op is a Catalyst for Good *Continued from page 16A* ▶

while staying focused on the bigger mission, helping our consumer-members during this turbulent time.

With the holidays fast approaching, these recent events have made me pause and think about the role we play in our community. While our purpose is to provide safe and reliable energy to you, the members, we have a greater mission — to be a catalyst for good.

You're probably aware of our youth programs, including Cooperative Youth Leadership Camp where youth learn about the cooperative business model and build leadership skills.

We also have a strong commitment to safety — not just for our employees, but for our community as well. We visit schools to teach children of all ages how to stay safe around electricity as we are able. We hold safety demonstrations at community meetings and other gatherings. Although we haven't been

able to do many demonstrations this year due to the pandemic, we are hoping to continue this education as long as it is safe to do so.

You'll also see our employees serving on local boards, coaching youth sports, and volunteering at charitable events. Because when you work at a co-op, you understand how important a strong community is — after all, without our consumer-members, the co-op wouldn't exist.

We know that our core job is to keep the lights on; but our passion is our community. Because we live and work here too, and we want to make it a better place for all.

If there's anything we can do to help you, whether providing energy-saving advice to help lower your monthly bill or discuss payment plan options during these difficult times, please call us at 620-767-5144.

5 Electrical Safety Features to Be Thankful For

Most days, we go about our lives without thinking too much about the many electronic gadgets and electrical safety features that allow us to perform simple tasks at work and home without a second thought. This Thanksgiving, let's take a moment to be thankful for some of the devices that help make our daily tasks safer and more convenient.

For Your Safety: Built-In Devices

GFCIS: Ground fault circuit interrupters are inexpensive electrical devices that can either be installed in your electrical system or built into a power cord to protect you from severe electrical shocks. GFCIs are generally installed where electrical circuits may accidentally come into contact with water, such as kitchens, bath and laundry rooms, outdoors or in the garage. Be sure to test GFCIs monthly to make sure they are working properly.

AFCIS: Arc fault circuit interrupters could potentially prevent more than 50% of electrical fires that occur every year, according to the Consumer Product Safety Commission. These safety devices are typically found within your electrical panel or receptacles in the wall. An arc fault is a dangerous electrical problem caused by damaged, overheated or stressed electrical wiring or devices.

CIRCUIT BREAKERS: Usually found in a garage, basement or laundry room, circuit breaker boxes are an essential safety feature in your home, preventing electrical injuries and fires. Each box is filled with individual circuit breakers designed to 'trip,' or shut itself off when necessary to stop the flow of electricity. Circuits trip for several reasons, including overloaded circuits, drawing too much power from one circuit, ground faults, abnormal flow in a circuit, and short circuits when current travels along an unintended path.

Use Them Safely: Convenience Items

DEVICE CHARGERS: Whether for work or personal use, most of us can't go a day without accessing our favorite cell phone, tablet, laptop or other portable essentials. While we rely on our chargers to keep these items running, be sure to treat charging components with care and use them correctly. Here are some safety tips:

- ▶ Personal electronic devices should NOT be placed under

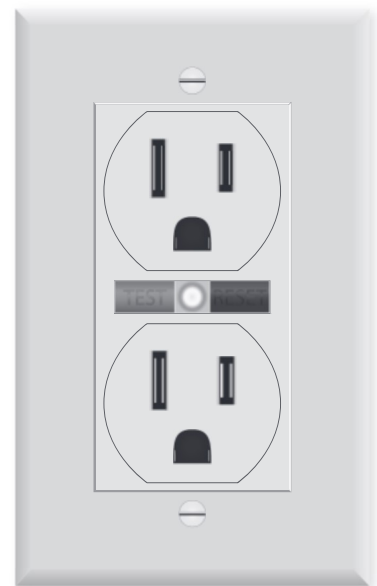
pillows or used on or underneath bedding.

- ▶ Do not leave cords plugged in when not in use because little ones or pets who put them in their mouths can get burned or shocked.
- ▶ Do not leave them around when not in use because toddlers might try to insert the wrong end into an electrical outlet and get shocked or burned. Remember to childproof your outlets as well if they are not the tamper-resistant versions.
- ▶ Don't use charging devices near water or in damp conditions.
- ▶ Replace original charging components with the same brand and type whenever possible. Using off-brand or generic versions can be dangerous if they are faulty.

EXTENSION CORDS AND MULTI-OUTLET POWER STRIPS: Extension cords and multi-outlet power strips or devices, while incredibly handy, should always be inspected for damage prior to use. Use them as a temporary fix, not a long-term solution, and use them safely:

- ▶ Plug them directly into an outlet, and not into another extension cord or power strip.
- ▶ If you are using a strip or extension cord outside, make sure it is rated for outdoor use.
- ▶ Never use an item that feels hot or is damaged in any way.
- ▶ Make sure these convenience items (cords and strips) are approved by a reputable independent testing laboratory like UL.
- ▶ When using an extension cord, make sure the wattage rating of the cord and the appliance match.

These are just a few electrical safety items to be thankful for this year.



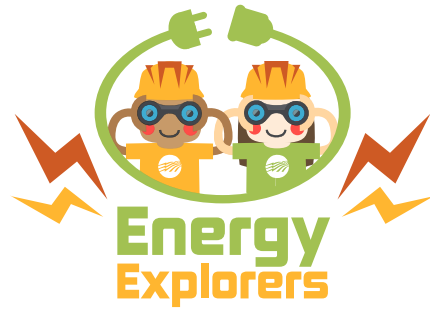
Energy Efficiency Tip of the Month

Keep cold air out to save energy. Seal air leaks around pipes and any gaps around chimneys and unfinished spaces behind cupboards and closets. Source: energystar.gov



ENERGY SAVINGS PLAN FOR THE FAMILY

There are several easy ways you and your family can save energy at home! Print this page, assign each energy-saving task, then place it on your fridge so your family can work together to save energy — and money.



WAY TO SAVE ENERGY	ASSIGNED TO:
Turn off lights in empty rooms.	
Replace any incandescent and/or CFL bulbs with LED bulbs.	
Turn off electronics that aren't in use (TVs, gaming consoles, etc.).	
Unplug phone chargers that aren't in use.	
Turn off ceiling fans in empty rooms.	
Adjust the thermostat when you leave the house. (Set it higher in the summer and lower in the winter.)	
Once a week, make a meal that doesn't require cooking in the kitchen. (Make PB&Js or cook outside.)	
Make sure all doors and windows are closed when the air conditioner or heater is running.	

