

P.O. Box 967, Pratt, KS 67124  
620-672-5538 • 800-828-5538  
www.ninnescah.com



NINNESCAH RURAL ELECTRIC COOPERATIVE

# Watts Ahead

## Ninnescah Rural Electric Co-op, Inc.

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**Teresa Miller**  
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### In Case of an Outage

If your electricity is off for more than a few minutes, please call 800-828-5538. The office hours are 8 a.m. to 5 p.m., Monday–Friday. After hours, calls will be answered by dispatch and forwarded to our on-call personnel.

## Thank You for the Opportunity



**Trey Fisher**

This last June 7-14, 2018, I had the opportunity to represent Ninnescah REA as a delegate for the 58th Annual Electric Cooperative Youth Tour to Washington,

D.C. I met up in Topeka with 35 other delegates from across Kansas and four delegates from Hawaii.

We began with a meal and a hula dance led by the Hawaii delegates, then later toured the beautiful Kansas State Capitol. After learning about the electric co-op and the electricity that powers homes and farms across rural Kansas, I saw the Potomac River as we flew to Washington, D.C., which was the beginning of some breathtaking sites. While in D.C., we toured the National Zoo, Holocaust Memorial Museum, Smithsonian Museum, Mt. Vernon, Arlington National Cemetery, the National Cathedral, and the White House. We took a riverboat

down the Potomac River, we watched a theater performance at John F. Kennedy Center, attended a baseball game between the Washington Nationals and the San Francisco Giants, and ate breakfast at the Capitol before meeting with Senators Jerry Moran and Pat Roberts.

I met some great people and made lasting memories. I experienced everything from the delicious food and diverse cultures, to the memorials and their history. Learning more about our country and how coming together as one to fight to protect our freedom makes me feel so proud to be an American!

I have gained leadership skills, knowledge about electric cooperatives, and have turned strangers into lifelong friends along the way. This trip was so well organized and planned, I had no choice, but to enjoy every minute of it to the fullest!

Thank you to Ninnescah REA and everyone who made this trip possible for me. It is truly a trip I will never forget.

**Trey J. Fisher**

## HAPPY LABOR DAY

Hats off to our staff! In observance of Labor Day, our office will be closed on Monday, Sept. 3.



## COOPERATIVE YOUTH LEADERSHIP CAMP

## Camp Teaches Leadership, Teamwork, Inclusiveness: *the Pillars of a Cooperative*

Fitting in and being part of the group can be challenging for anyone, especially high school students. It is this sense of belonging, of being part of something bigger, that sets electric cooperatives apart from other utilities. The Cooperative Youth Leadership Camp (CYLC) in Steamboat Springs, Colorado, aims to bring high school students together in a collaborative setting to learn the cooperative principles while cultivating the students' leadership and teamwork skills.

This year's CYLC hosted 37 Kansas high school students and other hand-picked scholars from Colorado, Oklahoma and Wyoming from July 13-19. Ninnescah Rural Electric is pleased to have sponsored **ADISON HAMPTON** for this leadership opportunity.

At CYLC, the youth gained a greater understanding of how their electric cooperative operates by creating a candy cooperative. The students learned leadership and teamwork skills while participating in daily membership meetings, establishing committees, and electing a general manager and board of directors. They also learned about power generation by touring both Trapper Mine, a surface coal mine, and the neighboring Craig Station Power Plant.

To be selected for this trip, Hampton was chosen by Ninnescah Rural Electric through an application, quiz and interview process.

"Students are selected based on their leadership potential," said Teresa Miller, general manager. "This includes their academic achievements and community and extra-curricular activities, along with



Adison Hampton enjoys the beauty surrounding Elk River during Cooperative Youth Leadership Camp.

their attitude when faced with adversity."

While at camp, students participated in group activities and educational sessions while learning the importance of inclusivity and collaboration. Even the scheduled leisure activities offered learning opportunities as the students worked together maneuvering their river rafts down the Colorado River, competed in a volleyball tournament and showcased their entertaining skills at the annual talent show. The students also toured downtown Steamboat Springs, enjoyed an evening dance and swimming.

Hampton was elected as one of the 2019 Camp Ambassadors and will attend camp next year to help new campers reach their leadership potential.

Established in the 1970s, the CYLC is coordinated by Kansas Electric Cooperatives, Inc. KEC strives to represent the interests of the electric cooperatives of Kansas through its focus on state legislation, and by providing safety services and programs, and educational and leadership opportunities for the state's youth.

**I was able to have the amazing opportunity to run for the board of directors within camp, where I then got elected to be board president for the week. This has definitely been my biggest leadership role, as well as being my most humbling experience that I will forever be thankful.**

**ADISON HAMPTON**



Nearly 100 campers from Colorado, Oklahoma and Wyoming attended the Cooperative Youth Leadership Camp in Steamboat Springs, Colorado, from July 13-19.

# Get Smart about Smart Meters

Efforts to modernize the power grid require the use of smart meters. Like a traditional meter, they collect your electricity usage, but a smart meter can be read instantly and remotely by the electric co-op and the consumer-member. Smart meters reduce the need for estimated bills, which means consumers know precisely the usage and cost of their usage month to month.

Smart meters record energy usage in real-time, so consumers can see hour to hour what their home and appliances are using. Consumers can see when their usage goes up, hits its highest usage level and goes down, not only day to day but by season and time of year. This technology will help consumers cut their energy costs as they monitor energy use more closely.

Smart meters play an integral role in improving power outage detection and notification. Smart meters can electronically report the location of outages to your utility, in some cases before you ever have to pick up a phone. This aids in restoring service more promptly, and makes status notification to the consumer efficient and easier.

Despite the many benefits, there are smart meter myths that unnecessarily concern consumers. One such myth is whether they are safe to use. "We take safety of our co-workers and customers very seriously," says Ryan Ellen, Utility Director of Advanced Metering Infrastructure. "The smart meters use radio frequency for the two-way communications technology, and use less than what is used by smart phones or baby monitors," Ellen said. "We follow the guidelines set by the Federal Communications Commission and we test our meters to make sure they are safe for installation."

Another unfounded concern is that of data being used to violate privacy. Smart meters assist with wireless billing but they do not store any personal

By 2020 more than  
**90 million Smart Meters**  
will be in use in the  
United States.



*research collected from the  
Electric Company Smart Meter  
Deployments Foundation for  
A Smart Energy Grid*

**Safe  
Electricity.org**

identifying information that would violate the privacy of a customer. Some electric co-ops offer smart meter programs that allow the customer to share their energy usage data with a third-party vendor, but customers must authorize such access.

Electric co-ops across Kansas have installed smart meters to integrate smart grid technology. How do you know if you have a smart meter? A smart meter will have a white face with an LCD display, similar to displays on digital watches. In most cases, if you still have a meter reader visiting your house once a month, then a smart meter has yet to be installed at your home. For more information on smart meters, visit [SafeElectricity.org](http://SafeElectricity.org).

## Energy Efficiency Tip of the Month

Turn off kitchen, bath and other exhaust fans within 20 minutes after you're done cooking or bathing. When replacing exhaust fans, consider installing high-efficiency, low-noise models.

Source: [energy.gov](http://energy.gov)



## WELCOME New Members

**Stevens Cattle LLC – Haviland**

**Peter B. &/or Polly A. Thompson –  
Richardson, TX**

**Gustavo Chavez – Greensburg**

**Clayton Kessler – Pratt**

**Adam Weseloh – Haviland**



# Recipes

from Our  
Members' Kitchens

## Zucchini Walnut Bread

- ▶ 1 cup chopped walnuts
- ▶ 4 eggs beaten
- ▶ 2 cups sugar
- ▶ 1 cup vegetable oil
- ▶ 3 ½ cup flour (unsifted)
- ▶ 1 ½ tsp. baking soda
- ▶ 1 ½ tsp. salt
- ▶ 1 ½ tsp. cinnamon
- ▶ ¾ tsp. baking powder
- ▶ 2 cups grated zucchini (if frozen use liquid too)
- ▶ 1 tsp. vanilla

Beat eggs. Stir in sugar, then oil. Combine all dry ingredients and add to the egg mixture. Add squash, stir in vanilla and walnuts. Divide into two greased loaf pans. Bake for 55 minutes or until it tests done. Let sit for 10 minutes. Then remove from pans. Freezes well.

*Mary Francis, Harper*

## Swedish Meatballs

- ▶ 1 pound ground beef
- ▶ 1 Tbs. dry minced onion
- ▶ ¾ tsp. salt
- ▶ 2 Tbs. flour
- ▶ 1 egg
- ▶ ¼ cup light cream (I use milk)
- ▶ 1 can consomme

Combine all ingredients except consomme and mix well. Form into 1-inch balls and brown in skillet. Drain off excess fat and add can of consomme. Simmer 10 minutes or so. Make a light to thick thickening of milk & flour and add to skillet, stirring till thick. If it is too thick you may thin it with water to desired consistency. Makes 2-3 dozen meat balls.

*Virginia Russell, St. John*

*(Recipe given to her by Peggy White, St. John)*

## Cucumber Slices

- ▶ 1 cup sugar
- ▶ ½ cup vinegar
- ▶ ¼ cup oil
- ▶ Salt and pepper

Mix sugar, vinegar and oil together. Add salt and pepper. Slice cucumbers thin and add to sugar and vinegar mix. Enjoy!

*Bonnie Seidel, Pratt*

## Want to share your recipe?

Your submissions help continue this feature.

Please consider submitting your favorite recipes for all to enjoy. In your submission, include the following:

- ▶ Your name and contact information;
- ▶ Ninnescah account number; and
- ▶ The recipe (clearly printed or typed).

### Mail your entry to:

Ninnescah Rural Electric  
Attn: Recipes  
P.O. Box 967, Pratt, KS 67124

### Or email your entry to:

naschenbrenner@ninnescah.com

**Thank you!**

## Coffee Cake

- ▶ 2 ½ cups flour
- ▶ 1 cup brown sugar
- ▶ ¾ cup white sugar
- ▶ 1 tsp. cinnamon
- ▶ ¾ cup vegetable/canola oil
- ▶ ½ tsp. salt

Mix above ingredients. Remove one cup of the crumbly mixture to use as topping.

### Add to above mixture:

- ▶ 1 tsp. baking soda
- ▶ 1 cup buttermilk
- ▶ 1 tsp. baking powder
- ▶ 1 egg

Pour into a greased 9 x 13 baking pan. Sprinkle the crumbly mixture on top. Bake at 350 F for 30–40 minutes.

*Lynette Freeman, Pratt*