

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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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.

By the Community, for the Community

When you think of October, pumpkins, Halloween and beautiful fall foliage naturally come to mind. But October is notable for another reason—it's National Co-op Month! This is the time of year when cooperatives across the country, including Ninnescah Rural Electric Co-op, celebrate who we are and more importantly, the members we serve.

Cooperatives are different than other types of businesses. When the market declines to offer a product or service or does so at a very high price, co-ops intervene to fill the need.

Similar to how Ninnescah was built by members who came together to bring electricity to our community, cooperatives are conveners for the common good. Your electric co-op exists to provide safe, reliable and affordable energy to you, the members of the co-op. Equally important is our mission to enrich the lives of the members we serve.

As a co-op, we are well-suited to meet the needs of the community because we are locally governed. Our leadership team and employees live right here in the community. Our board of directors, who help set priorities for the co-op, live locally on co-op lines. These board members have been elected to the position by neighbors like you.

We know our members (that's you!) have a valuable perspective. That's why

we are continually seeking your input. Whether through community events, our social media channels or the annual meeting, we want to hear from you.

Our close connection to the community ensures we get a firsthand perspective on local priorities, thereby enabling us to make more informed decisions on long-term investments, such as equipment and technology upgrades.

Another feature that sets our co-op apart from a traditional utility is one of our core principles, "Concern for Community." We partner with local organizations and other worthy programs. We participate in the Electric Cooperative Youth Tour, where we take our community's brightest young people to Washington, D.C., for a weeklong immersion to experience democracy in action.

Ultimately, the larger community benefits from these programs because of you and your neighbors. You empower the co-op through your membership and through your participation in and support of these programs.

We hope you will think of Ninnescah as more than your energy provider, but instead as a local business that supports this community and powers economic development and prosperity for the people.

We will continue to learn from our members about their priorities so that we can better serve you –because your electric co-op was built by the community, for the community.

6 HELPFUL TIPS WHEN THE POWER GOES OUT

- 1** Avoid carbon monoxide poisoning. Generators, camp stoves or charcoal grills should be used outside and at least 20 feet away from windows.
- 2** Plan ahead before an outage: Have alternate plans for refrigerating medicines, using power-dependent medical devices and charging cell phones.
- 3** Check on your neighbors if you can. Older adults and young children are especially vulnerable to extreme temperatures.
- 4** Go to another location with power if heat or cold is extreme and if conditions are safe to do so.
- 5** Keep refrigerators and freezers closed to maintain compartment temperatures as long as possible. When in doubt, throw food out.
- 6** Turn off or disconnect appliances, electronics or other electrical equipment. Power may return with momentary surges that can cause damage.

Smart Devices: They're Definitely Smart, But Not Always Secure

For many of us, buying and using technology to make our homes smarter and interconnected is as tempting as walking through a candy store as a kid. (Sour Patch Kids and Pixy Stix anyone?)

Although not found in every household, many U.S. homes have one or two components, such as a smart security system complete with cameras, a smart thermostat, or a know-it-all “voice assistant” such as Amazon’s Alexa. The rest of our homes range from doing things the old fashioned way without smart devices to having a home decked out in every smart technology one could imagine.

According to Statista, a company specializing in market and consumer data, North Americans are forecast to spend 63 billion dollars in the smart home market in 2022. And that’s nothing to sneeze at. (But if we do, millions of Americans may hear Alexa say “Bless you.”)

Although convenient, who doesn’t want a real-time glimpse of who is ringing the doorbell or hear Google Assistant recite a recipe—smart devices come with their own set of security concerns.

Canada’s CBC News hired hackers (ethically responsible ones, of course) to hack a family’s smart home and they got in, literally. “All it took was a white van, a team of three hackers and a phishing email to remotely unlock the front door.”

This eye-opening scenario is not

intended to scare people; rather we encourage you to give your smart devices serious thought before diving in. Security measures for smart devices are similar to the steps we should take in our daily life to protect us against seedy scammers and hackers everywhere.

For example, be leery of emails or calls asking for personal information such as login information or passwords. And although everyone loves to use the same passwords like “abc123” for everything, doing so can make your smart devices vulnerable. Note: it’s not a good idea to use “abc123.” Be creative and make them hard to crack. And although it seems obvious, never use the factory-set password; change it immediately.

Many tech companies are considering, and others have already switched, to two-step authentication for the smart devices they sell. Although the extra step can feel like a pain, the two-step process is a good thing; it is a valuable step in keeping you and your family safe and your conversations private.

Without the code provided in the second security step, outsiders can’t access your device or account—even if they guessed your SweetHomeAlabama1973 password (or whatever).

For more in-depth technology advice, consult an IT professional. For more information, visit SafeElectricity.org. And if your password is actually SweetHomeAlabama1973, we apologize; it was used for illustrative purposes only.

Fall Back on Nov. 3

On Sunday, Nov. 3, remember to turn your clocks back one hour. It is also a good time to change the batteries in your smoke detectors and have a professional check your fire extinguishers.



SOPHOMORES AND JUNIORS—APPLY FOR THESE AMAZING TRIPS!

YOUTH PROGRAMS **BUILD** Leadership, Community, Memories

Ninnescah Electric will select two students to take an all-expenses-paid trip in the summer of 2020. If you are a high school sophomore or junior, submit your application for the chance to win one of these trips.

During both trips, students forge lifelong friendships and many become college roommates and professional colleagues. Most importantly, these youth programs inspire students to discover who they want to be.

Tour the Nation's Capital

Imagine—a chance to visit our nation's capital for one week, meet with more than 1,800 students from across the U.S. and visit with Kansas' senators and congressional representatives. Ninnescah will choose one winner to go to the Electric Cooperative Youth Tour in Washington, D.C., from June 18-25, 2020. The week-long trip to Washington, D.C., is jam-packed with sightseeing. Students will visit many of the major monuments and memorials, including the Lincoln Memorial, the Jefferson



During the Electric Cooperative Youth Tour to Washington, D.C., students meet with our elected officials. This year's tour will be June 18-25, 2020.



Each year, campers go rafting during Cooperative Youth Leadership Camp in Steamboat Springs, Colorado, which is scheduled for July 10-16, 2020.

Memorial and the Washington Monument. To see what's in store, visit <http://bit.ly/dcytvideo2015>.

Adventure in the Rockies

Ninnescah will also choose a winner to attend Cooperative Youth Leadership Camp in Steamboat Springs, Colorado, July 10-16, 2020. Rafting, hiking and building memories—it's not just another trip! At camp, you will join winners from other co-ops in Kansas, Colorado, Oklahoma and Wyoming to build valuable leadership skills. Learn more at <http://bit.ly/CYLCVideo>.

How to Apply

To apply for the Electric Cooperative Youth Tour or Cooperative Youth Leadership Camp, please complete the form below or download at www.ninnescah.com and return **BY DEC. 3, 2019**. Ninnescah will provide informational packets on which there will be a quiz and short interview (similar to a job interview) to select two winners. For more information, please contact Nancy Aschenbrenner at 800-828-5538.

Application for Youth Tour Contest – Due Dec. 3, 2019

To apply, please complete the application below and return to Ninnescah Rural Electric Cooperative, 275 NE 20th St., P.O. Box 967, Pratt, KS 67124, **BY DEC. 3, 2019**.

Applicant Name _____ Date of Birth _____

Phone _____ Email _____

Address _____ City _____ State _____ Zip _____

School _____ Year in School _____

Name of Parent(s) or Guardian(s) _____

Parent(s) or Guardian(s) Phone Number(s) _____

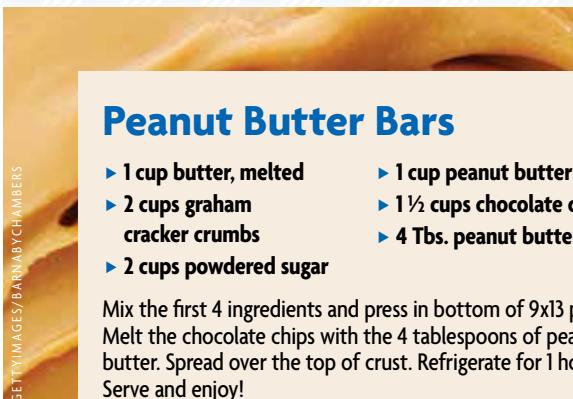
I agree that all information supplied in this application is accurate and true. **APPLICANT SIGNATURE** _____

I hereby grant permission for _____ to enter the 2020 Youth Tour competition sponsored by _____

Ninnescah Electric Cooperative, Inc. **SIGNATURE OF PARENT/GUARDIAN** _____

Recipes

from Our
Members' Kitchens



GETTY IMAGES/BARNABY CHAMBERS

Peanut Butter Bars

- ▶ 1 cup butter, melted
- ▶ 2 cups graham cracker crumbs
- ▶ 2 cups powdered sugar
- ▶ 1 cup peanut butter
- ▶ 1½ cups chocolate chips
- ▶ 4 Tbs. peanut butter

Mix the first 4 ingredients and press in bottom of 9x13 pan. Melt the chocolate chips with the 4 tablespoons of peanut butter. Spread over the top of crust. Refrigerate for 1 hour. Serve and enjoy!

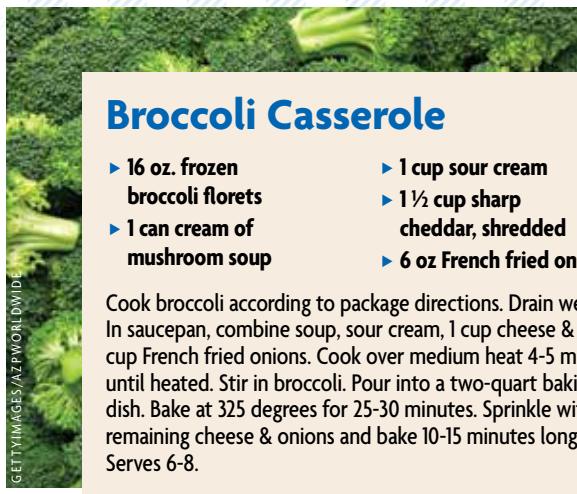
Marilyn Foster, Pratt

Please Consider Submitting Your Favorite Recipe

In your submission, include the following:

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

Email your entry to: naschenbrenner@ninnescah.com OR Mail your entry to: Ninnescah Rural Electric, Attn: Recipes, P.O. Box 967, Pratt, KS 67124



GETTY IMAGES/AFWPWORLDWIDE

Broccoli Casserole

- ▶ 16 oz. frozen broccoli florets
- ▶ 1 can cream of mushroom soup
- ▶ 1 cup sour cream
- ▶ 1½ cup sharp cheddar, shredded
- ▶ 6 oz French fried onions

Cook broccoli according to package directions. Drain well. In saucepan, combine soup, sour cream, 1 cup cheese & 1¼ cup French fried onions. Cook over medium heat 4-5 minutes until heated. Stir in broccoli. Pour into a two-quart baking dish. Bake at 325 degrees for 25-30 minutes. Sprinkle with remaining cheese & onions and bake 10-15 minutes longer. Serves 6-8.

Brenda Head, Byers

Avocado Chicken Enchiladas

Sauce

- ▶ 1 Tbs. butter
- ▶ 3 garlic cloves, minced
- ▶ 1 Tbs. flour
- ▶ 1 cup chicken stock (you could use vegetable stock)
- ▶ 2 tsp. cumin
- ▶ ¼ tsp. salt

- ▶ ¼ tsp. fresh ground pepper
- ▶ ½ cup chopped cilantro
- ▶ 1 cup mild or medium salsa verde
- ▶ ½ cup fat-free sour cream

Enchiladas

- ▶ 3-4 cup cooked chicken breasts, chopped or shredded
- ▶ 2 cup shredded Mexican blend cheese
- ▶ 3 avocados, peeled and chopped
- ▶ 8 flour tortillas

Preheat oven to 375 degrees. In medium saucepan, saute garlic in butter about 1 minute on medium-high heat. Stir in flour, let cook about 2 more minutes. Stir in the chicken broth, cumin, salt, pepper and bring to a simmer. Remove from heat. Stir in sour cream, salsa verde and cilantro until smooth (or as smooth as you can). Prepare a 9x13 baking dish with non-stick spray. Add about ½ cup sauce to the bottom of the pan, spreading out until the bottom of the dish is coated. Lay out a tortilla on plate and add chicken, shredded cheese and avocado to the end of tortilla and roll. Place the rolled tortilla seam side down and repeat until the pan is full. Pour the remaining sauce over the enchiladas. Cover with a cup of cheese and bake for about 20 minutes or until the cheese is bubbling.

Brenda Head, Byers

Welcome New Members

Jesus M. &/or Alicia Ibarra Jr. – Pratt
Christina Bohrer Estate – Pratt
Roger Angell – Medicine Lodge

Adrianna R. &/or Salvador Torres – Kinsley
Vernon L. Mathes – Harper