

P.O. Box 967, Pratt, KS 67124
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www.ninnescah.com



NINNESCAH RURAL ELECTRIC COOPERATIVE

Watts Ahead

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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.

Time of Use Matters

Did you know you can help your electric co-op by simply glancing at the clock? The key to that help is a term used in the energy industry called “time of use.”

Electricity follows the basic economic laws of supply and demand—when a lot of people want something, it’s expensive; when they don’t, it’s cheaper. Energy is more expensive during certain times of the day because more people are using it.

Behind that statement, there’s a story of a complex industry that’s changing as fast as digital technology. The role you play can be as simple as washing and drying your clothes a couple of hours later than usual. Why would you want to do that? One reason has to do with the fact that as a co-op member, you and your neighbors own Ninnescah.

Peak Times for Power

By paying attention to times of energy use, you’re helping your co-op and you’re helping your neighbors.

But helping with time of use can be more than a feeling. It can translate to real dollars. To understand that, it helps to go to the basics of time of use, which involves the routines of our daily life. Allison Hamilton, senior principal for markets and rates at the National Rural Electric Cooperative Association, explains it this way:

“People wake up in the morning, they turn on their coffee makers, they

take showers, they get ready to go to work, they go to work, then all the computers and buildings are powering up, and there’s this peak demand for electricity that has to be met. The infrastructure has to be there to serve that demand. Then later in the day, people go home, turn on their lights, eventually go to bed, and then they aren’t using as much power, but there still needs to be the infrastructure there for the next morning when they get up and start all over.”

Ninnescah Rural Electric pays more for electricity during those morning and evening energy rush hours in two ways: either by having a power plant there to make sure enough electricity is available, or by actually paying more to purchase electricity from another utility with excess power at the time. And those peaks in energy use get even higher when it’s especially hot or cold outside, as air conditioners and heaters use extra power.

Help level out the pattern of energy peaks and valleys by simply adjusting when and how you use electricity.

Reduce your energy use during peak hours when electricity costs are higher.



5 to 8 a.m.



4 to 7 p.m.

COMMUNITY | LEADERSHIP | MEMORIES

COOPERATIVE

YOUTH LEADERSHIP CAMP

STEAMBOAT SPRINGS, COLORADO

Montgomery Attends Cooperative Youth Leadership Camp Hampton Returns as a 2019 Camp Ambassador

BROCK MONTGOMERY was selected to attend the 43rd annual Cooperative Leadership Camp in Steamboat Springs, Colorado, from July 12-18. Returning to camp this year was **ADISON HAMPTON** as a 2019 Camp Ambassador. They joined their peers from across Colorado, Kansas, Oklahoma and Wyoming, approximately 100 youth learned about the cooperative principles at the week long educational retreat.

“Ninnescah is proud to be a participating sponsor of the Cooperative Youth Leadership Camp and send our local youth to develop essential leadership and teamwork skills,” said Nancy Aschenbrenner, Ninnescah’s Youth Tour coordinator. “Through this trip, we hope our students learn how electric cooperatives work and how co-ops and their employees support local communities.”

The Kansas and Oklahoma participants met as they boarded the bus along its route to Colorado. When the bus arrived in Denver, the group was treated to an indoor skydiving experience and STEM educational lab at iFLY. When the group arrived at Glen Eden Resort, nestled in the Rocky Mountains, the campers immediately organized into their own cooperatives, starting daily membership

meetings where a general manager, board of directors and committees were selected. The weeklong experience also gave participants an authentic camp feel with a hike to Fish Creek Falls, river rafting, a volleyball tournament, swimming, a dance and a talent show.

Several demonstrations and presentations enhanced students’ knowledge on the cooperative business model and on operations at their electric cooperative. Campers competed to build a model transmission line out of craft supplies, toured Trapper Mine, Craig Power Plant and watched a high-voltage safety demonstration. The campers also raised \$293.13 to donate to the National Rural Electric Cooperative Association (NRECA) International Foundation. The money will be used to purchase backpacks and school supplies for students who attend school in Sillab, Guatemala.

“The speakers made the biggest impression on me,” Montgomery said. “They taught me things about myself that I didn’t know before.”

Overall, the campers said they left CYLC with a new sense of leadership and an understanding of how their local electric cooperative operates and how they contribute to improving the communities they serve.

“The way that certain kids really stepped up to the plate to take on leadership roles that wouldn’t have been in their comfort zone before definitely inspired me the most,” said Hampton.



Left: Addison Hampton (left) and Brock Montgomery pose in front of Elk River during camp.

Far left: Brock Montgomery puts on his safety gear before touring Craig Power Plant.

CAMP: An Insider's View

Brock Montgomery 2019 Camper

The Cooperative Youth Leadership Camp was a life-changing experience for me. It was absolutely the best trip I have ever participated in. This camp focused on leadership development, networking and personal growth. I made a lot of memories and friends along the way!

My bus stop was in Russell where I joined the group on a fancy tour bus. We headed on west, picking up more kids as we traveled to Denver. I got to meet a lot of new people on the bus and the rule was that every time we stopped you changed seats to meet someone new! We spent the first night in Denver and were able to experience iFLY. I quickly realized that skydiving requires a lot of calculations and math. We traveled onto the Glen Eden Resort in Clark, Colorado—it was our home base for the week.

We formed a “candy cooperative” and each small group organized different events during the week—you learned to work with everyone. Throughout

the week, we participated in a lot of great activities and tours, such as: Look-out Mountain, Steamboat Springs, Craig Station Power Plant, Trapper Mine, camp talent show, Colorado River raft trip, camp dance, Hawk Quest and the camp banquet.

We had several speakers talk to us about cooperative careers, leadership skills, managing conflict, goal setting and personal responsibility. There was a high voltage display and presentation on electric systems.

This trip was nonstop busy and the camp ambassadors were great! After reflecting on that week, I think the speakers were the best part of it all. River rafting taught us teamwork and communication, which is valuable in the workplace, but I learned how to speak and approach a person in the best way possible. From the experience of forming a cooperative, we all



Brock Montgomery (right) takes a selfie with a fellow camper Katelyn Drake near Fish Creek Falls outside of Steamboat Springs.

learned how a co-op works and how it affects the community it operates in.

Thank you to the Ninnescah Electric for sponsoring this trip and supporting the youth in the community. Thank you for the opportunity to attend and it was the best leadership camp I have ever attended! I was nominated twice for a camp Exemplary Leadership Award from the camp counselors.

Adison Hampton 2019 Ambassador

I was beyond excited to go on this trip with a fresh perspective, no longer as a camper but as an ambassador. I thought I had it all figured out, I mean, I HAD been before, right? Wrong.

This year was so much different, yet JUST as much fun as last year. What I didn't know going into the trip this time around was how much of a lasting impact it would really have on me. I got to watch kids come to camp thinking they were shy, scared, or even just an outcast, but I got to see them leave as confident leaders who could do anything.

My goal for this year's trip was to somehow make an impact in someone's life just like the ambassadors last year did for me. I had no idea how I

was going to do this, but looking back, I don't think that's what matters. The campers ALL impacted me in their own way, and I think that is why this camp is now so close to my heart. I seriously cannot say thank you enough for allowing me to have the time of my life, not once, but twice! CYLC has been one of the best experiences of my life, and without Ninnescah Rural Electric and this wonderful opportunity I don't think I would be near the leader,

public speaker, or individual I am today. Thank you from the bottom of my heart for giving me lifelong friends, memories that I will never forget and THE trip of a lifetime.



Adison Hampton (third from right) with her fellow 2019 camp ambassadors.

Recipes

from Our
Members' Kitchens

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

Sausage Burritos

- ▶ 2 lbs. sausage
- ▶ 1 green pepper, chopped
- ▶ 1 dozen eggs
- ▶ 8 oz. shredded cheese
- ▶ 1 onion, chopped
- ▶ 2-2 ½ cups frozen hash browns
- ▶ ¼ cup milk
- ▶ Salt and pepper to taste
- ▶ 10 to 12 10-inch tortillas

Crumble and brown sausage with onions, hash browns and pepper. Drain. Beat eggs together with milk. Stir into meat mixture. Cook until eggs are done, stirring frequently. Heat all tortillas in microwave 30 seconds to make pliable. Keep them warm. Place several spoonfuls of egg mix on a tortilla in the middle. Top with cheese. Fold in each end of the tortilla and roll to the side. Place fold side down on a sheet of waxed paper until all are rolled. To freeze, place in freezer on baking sheet until frozen. Transfer to storage box or bag. Make 10-12 burritos.

Brenda Head, Byers

Chocolate Mayonnaise Cake

- ▶ 3 cups flour
- ▶ 1 ½ tsp. baking soda
- ▶ 1 ½ cups sugar
- ▶ 1 ½ cups mayonnaise
- ▶ ½ cup unsweetened cocoa powder
- ▶ 1 ½ cups water
- ▶ 2 ¼ tsp. baking powder
- ▶ 1 ½ tsp. vanilla

Preheat oven to 350 degrees. Lightly grease two, 9-inch layer pans. Mix flour, baking soda, baking powder, cocoa and sugar into a large bowl. Stir in mayonnaise. Gradually add water and vanilla and blend until smooth. Pour batter into prepared pans. Bake for 30 minutes. Cool, remove from pans and frost with your favorite frosting.

Marilyn Foster, Pratt

Chicken Alfredo Lasagna Rolls

- ▶ 9 lasagna noodles
- ▶ 2 ½ cups alfredo sauce
- ▶ 2 cups cooked, shredded chicken
- ▶ Oregano
- ▶ Garlic salt
- ▶ 3 cups shredded Mozzarella or cheese of your choice

Spray an 8x8 pan with non-stick spray and pour ½ cup alfredo sauce or just enough to cover the bottom of the pan. Boil 8-10 cups water in large pan. Cook lasagna noodle until al dente. (I usually cook 1 or 2 extra just because lasagna noodles always seem to break on me when I'm stirring them). Now, this is the important part! Drain and rinse the noodles with cold water to prevent from sticking to each other. Then, lay out each noodle individually and blot dry with a paper towel. Spread about 2 tablespoons alfredo sauce over each noodle – (if there is too much sauce you will have a big mess on your hands!) Sprinkle oregano and garlic salt on top of sauce. Take ⅓ of the shredded chicken and spread evenly over each noodle. Add approximately 3 tablespoons of cheese. To roll up, start at one end and roll the noodle over the toppings. You will need to lift the noodle a little to prevent squishing out the inside ingredients while rolling. Place the roll-ups in the pan, one by one, seam side down so they don't come undone. Once they are all in the pan, pour the remaining alfredo sauce over the top. Top with remaining cheese. Bake at 350 degrees for about 30 minutes or until cheese is completely melted on top. I sometimes broil mine the last 5 minutes to make the cheese toasty on top.

Brenda Head, Byers

Welcome New Members

Royce &/or Sarah Derley – *Lewis*
Mark &/or Kerrie Molitor – *Kingman*
Molitor Oil Inc. – *Wichita*

Lawrence J &/or Melissa M Thimesch – *Zenda*
Whitney A Rohlman – *Cunningham*