

FARMERS Open Lines ELECTRIC COOPERATIVE

MONTHLY NEWSLETTER

JANUARY 2025



Energy Efficiency Tip of the Month

Taking steps to help your home heating system run more efficiently can reduce energy use and lower your winter bills.



Check to see if any air vents around your home are blocked by furniture, curtains or other items. Obstructed vents force your heating system to work harder than necessary and can increase pressure in the ductwork, causing cracks and leaks to form. If necessary, consider purchasing a vent extender, which can be placed over a vent to redirect air flow from underneath furniture or other obstructions.



P.O. Box 330
Greenfield, IA 50849
FarmersREC.com | (800) 397-4821

Apply Today for 2025 Youth Tour

Every year, Farmers Electric Cooperative encourages students to invest in their future by participating in the National Rural Electric Cooperative Youth Tour.

High school juniors with a passion for leadership and public service are invited to apply for a once-in-a-lifetime free trip to our nation's capital in June.

One high school junior will be selected from eligible candidates to attend the 2025 Youth Tour in Washington, D.C., June 15-21 along with 40 other student leaders from Iowa. All trip expenses will be paid by Farmers Electric.

The Iowa Youth Tour group will join with hundreds of students from across the country as they learn more about electric cooperatives and American history and come home with a greater understanding of their role as an American citizen.

Students will also learn about U.S. government and meet with their members of Congress. On the trip, students take in the sights of D.C. as they visit monuments, museums and historical landmarks. It's a great addition to a college application!

Process and Deadlines

Feb. 28: Application due to the cooperative. The application can be downloaded on our



Students can apply now for a free trip to Washington, D.C. June 15-21



Visit www.farmersrec.com to apply by Feb. 28

web site, farmersrec.com. Once the application is received, the candidate will be sent an open book test.

March 14: Deadline to return test to the cooperative. Four applicants who receive the top scores will be notified and interviewed by a panel of judges about the material covered in the test. A winner will be selected following the interviews. Three semi-finalists will receive a gift. Parents are invited to attend the interview.

Finalist interviews will be scheduled with each applicant and the winner will be announced in the May issue of this newsletter.

For more information, visit www.farmersrec.com/youth-tour.



Kintigh Honored for Co-op Service

Line Foreman Nick Kintigh was recognized for 25 years of service to Farmers Electric during the Iowa Association of Electric Cooperative's Annual Meeting in December.

"Nick's leadership skills are unmatched," said Farmers Electric CEO Holi Weston. "In a time when integrity and values matter most, Nick stands as a great example of what our cooperative represents."

Pictured, from left: Leslie Kaufman, IAEC Executive Vice President, Kintigh, Weston, and IAEC Board President Kenny Vandenberg.

TIPS TO AVOID ENERGY SCAMS ⚠️

Never make a utility bill payment to anyone calling you on the phone, coming to your door (unless that is a verified bill payment method used by your utility company), texting you or emailing you. Always call your utility company at the number provided on your bill or on the utility's website if you have a question about payment or billing information. Know your utility bill payment options—online, by phone, automatic bank draft, mail or in person.

Source: Utilities United Against Scams



NEED HELP WITH HEATING BILLS?

The Low Income Home Energy Assistance Program (LIHEAP) can help. Visit <https://humanrights.iowa.gov/dcaa/liheap> for details.



Required Notice

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, USDA, its Mission Areas, agencies, staff, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language) should contact the responsible Mission Area, agency, or staff office; the USDA TARGET Center at (202)720-2600 (voice and TTY); or the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form, AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at <https://www.usda.gov/forms/electronic-forms>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written

Put Your Energy Consumption on a Diet

Farmers Electric Cooperative is committed to helping our members save money by making smart energy choices. January 10 is National Cut Your Energy Costs Day and it's a good time to think about how you use energy and where you might be able to save a few bucks during these cold winter months:

1. Install a programmable thermostat. Just set it and forget it! You can program your thermostat to lower the temperature while you're asleep or away to help save as much as 10% per year. During the winter, the lower the interior temperature, the slower the heat loss. So the longer your house remains at the lower temperature, the more energy you save, because your house has lost less energy than it would have at the higher temperature.

2. Check those appliances. Old and inefficient appliances are not energy efficient. Almost all new appliances now come with the Energy Star rating, meaning they meet strict energy efficiency criteria set by the EPA or the U.S. Dept. of Energy.

3. Check your insulation. Winter is the best time to see how your insulation is holding up. If your eaves develop icicles, or there are large patches on your roof where the snow has melted, chances are you're losing heat through the roof. The investment in updating your insulation will save you money in the long run.

Balancing Electricity Supply and Demand

Electricity is essential for nearly every aspect of daily life—so essential that we rarely think about how it's produced and delivered to our homes. You might be surprised to learn that behind the scenes, a network of experts is working daily (and even by the minute) to anticipate how much electricity you need before you even use it.

We're all connected to the electric grid, so ensuring the right amount of electricity for all involves a complex process of forecasting energy demand, planning for capacity and securing enough supply to meet needs.

First, electricity must be generated at a power plant using either traditional sources, such as coal, natural gas or nuclear energy, or from renewable sources, such as solar, wind or hydropower.

Farmers Electric works closely with Central Iowa Power Cooperative (CIPCO), our local wholesale power partner, to secure enough electricity for our communities. By maintaining a diverse energy mix of wind, solar, coal, natural gas and hydropower, Farmers Electric has options to ensure reliable power at a competitive cost.

Across the country, other electric utilities are managing the same task of balancing supply and demand, which is why we have a larger network of key players in place to ensure enough power is delivered across the grid.

In most cases, the amount of electricity generated and how much is sent to specific areas are coordinated and monitored by regional transmission organizations (RTOs) and independent system operators (ISOs). In other areas, individual electric utilities perform these tasks.

RTOs, ISOs and electric utilities act as air traffic controllers for the electric grid. They forecast when you, your neighbors and communities across a large region will need more power. These organizations take

measured steps to ensure there's enough supply to meet demand.

Electricity use in the U.S. is expected to rise to record highs this year and next, with the demand for electricity expected to at least double by 2050. At the same time, energy policies are pushing the early retirement of always-available generation sources, which will undoubtedly compromise reliable electricity.

Your cooperative remains committed to providing affordable, reliable energy to the members we serve. That's why we are preparing now for increased demand and other challenges that could compromise our local electric supply.

Managing the balancing act of electricity supply and demand is a complex job, which is why we have a network of utilities, power plant operators and energy traffic managers in place to direct the electricity we need and keep the electric grid balanced.



HOLI WESTON
CEO

Nondiscrimination...from pg. 2

description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of the alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

(1) Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C., 20250-9410; or

(2) Fax: (833) 256-1665 or (202) 690-7442; or

(3) Email: program.intake@usda.gov

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Start off the New Year Right

New Year, New You: Get a jump on your health in the new year with this month's recipes!

Monster Cookie Energy Balls

- 3 c. whole old-fashioned oats
- 1 c. creamy or crunchy peanut butter
- 1/2 c. honey
- 1 tsp. vanilla extract
- 1/2 c. mini chocolate chips
- 1/2 c. mini M&Ms®



ambitiouskitchen.com

Grease a large mixing bowl and set aside. In separate, small microwave safe bowl, microwave peanut butter 15-20 seconds to soften. Combine all ingredients in mixing bowl. Using a spoon or scoop, scoop mixture and shape into 1" balls and place on small cookie sheet lined with parchment paper. Refrigerate for 30 minutes to set. Store leftovers covered in the fridge.

Tempting Tuna Bake

- 12 slices whole wheat bread
- 1 1/2 c. 2% shredded sharp cheddar cheese
- 3 5 oz. cans chunk white tuna packed in water, drained, flaked with fork
- 1/3 c. chopped onion
- 3/4 c. chopped celery
- 1/2 c. thin, round carrot slices
- 3 T. butter
- 3 c. skim milk
- 3 eggs
- 3/4 tsp. salt



food.com

Preheat oven to 350. Spray 9x13 pan with nonstick spray. In bottom of pan, place 6 slices of bread in a single layer. Sprinkle 3/4 cup of cheese evenly over bread. Place remaining 6 slices of bread in a single layer on top of cheese and then sprinkle with the remaining cheese. Sprinkle all the tuna evenly on top of the final layer of cheese. Set aside. In saucepan, melt the butter and add onion, celery and carrots, sauteing until tender. Remove from heat. In a 4-cup measuring cup, whisk together the milk, eggs and salt. Add to the pot of vegetables and stir. Carefully pour this sauce evenly over the tuna. Place pan in preheated oven until puffy, around 50 minutes.

Jessica Rosener, Creston



Want a chance to get \$5 off your next electric bill? Enter our recipe contest!

Mail your entry with your bill to: P.O. Box 330, Greenfield, IA 50849; or e-mail it to: HWeston@farmersrec.com.

FEB: Chocolate Lovers

MAR: Brunch

APR: Pasta



Farmers Electric Cooperative

A Touchstone Energy® Cooperative

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The mission of Farmers Electric Cooperative, Inc., is to deliver safe, reliable, affordable electricity and other services to improve the quality of life within our communities. This institution is an equal opportunity provider and employer.