# **ELECTRIC COOPERATIVE** MONTHLY NEWSLETTER **JUNE 2025**

The Farmers Electric Cooperative office will be closed Friday, July 4

#### **Energy Efficiency** Tip of the Month

Take advantage of the warmer weather to reduce home energy use. Avoid using your oven and use a grill instead. Not only will cooking outdoors eliminate the electricity used to

power the stove, but it will also avoid raising the temperature inside your home, reducing the need for additional air conditioning. You can also avoid using the oven with tasty no-bake recipes. Get creative in the kitchen and explore new ways to save energy!

Source: energy.gov

## Farmers Electric Cooperative, Inc. A Touchstone Energy® Cooperative

#### SEEKING LEADERS FOR CO-OP BOARD

One of the biggest advantages of being a member of an electric cooperative is the opportunity to have a say in how your co-op is run.

Co-op board members are elected by and from the membership and are invested in the financial health of the cooperative because those important decisions affect them, too. Anyone who is a member of Farmers Electric can serve on the board of directors. Board members provide input on fiscal matters, set goals, approve budget items and stay informed of regional and national utility industry trends that may affect their fellow co-op members.

The nine-member board of directors includes three directors from each of three districts. Every year, a nominating committee of volunteers seeks individuals from their district to run in the election, held during the annual meeting in September. Nominees must be co-op members who reside in the district for which they are running. If you are unsure which district you are in, call our office at (800) 397-4821.

Directors in the West and Central districts will seek re-election this year. They are:

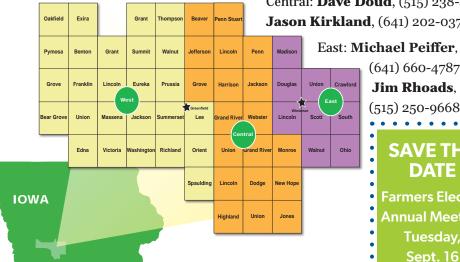
• West District: Dan Westphal • Central District: Cary Gilman

• East District: Open

#### **Nominating Committee**

West: Roger Jensen, (641) 745-5957 **Kent Stender**, (712) 779-3405

Central: **Dave Doud**, (515) 238-4207 Jason Kirkland, (641) 202-0379



West District Central District

Farmers Electric Cooperative, Inc. serves portions of Audubon, Cass Adair, Union, Guthrie and Madison counties.

(641) 660-4787 Jim Rhoads. (515) 250-9668

### SAVE THE DATE **Farmers Electric Annual Meeting** Sept. 16

#### **SHOW YOU CARE WITH RECARE**

Even though summer is on the way and will bring warmer temperatures, many Farmers Electric members are struggling to catch up on winter heating bills.

As an electric cooperative, Farmers Electric is invested in helping our communities thrive, and that means supporting our low-income members, too.

RECare is a nationwide program exclusive to rural electric cooperatives that encourages fellow members to make a one-time or monthly donation

that can help alleviate the stress for other members struggling to pay their winter heating bills. Funds may also be used to weatherize the recipient's home to make electricity use more efficient in both winter and summer temperatures.

And don't worry; your donation is directed to a local community action agency for distribution to low-income families in your community.

You can feel good that the dollars you donate are helping your friends and neighbors. It's an easy way to show you care!



# YOUTH TOUR WINNER

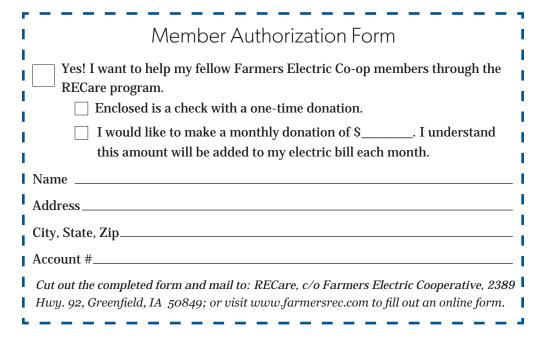
Brooke Davis, a junior at Winterset High School, has been selected to represent Farmers Electric Cooperative on this year's Youth Tour.

Farmers Electric is one of several participating cooperatives across Iowa that will send a student representative to Washington, D.C. June 15-21. Iowa's delegation is coordinated through the Iowa Association of Electric Cooperatives, who plan for student visits to U.S. representatives' and senators' offices, federal agencies and other educational and sightseeing activities.

In addition to the planned statewide activities, NRECA coordinates several multistate activities focusing on leadership development and electric coop advocacy, including Youth Day.

During the program, delegates meet each other and hear featured speakers who provide insight into electric cooperatives' important roles in their communities.

Brooke is the daughter of Chris and Traci Davis of Peru.



#### **SEE YOU AT THE FAIR!**

Coupon good at any of the following vendors:

Adair Co. Fair Board Stands | Adair Co. Fair | July 9-13

Ashley's Kitchen & Katering | Audubon Co. Fair | July 15-20

4-H Food Stand, Madison Co. Pork Producers or Madison Co. Cattleman Stand | Madison Co. Fair | July 16-20

Cass Co. Fair Foodstand, ChuckWagon or the Food Trailer

Cass Co. Fair | July 24-29



\*Coupon not redeemable for cash. No cash back.

CLIP & SAVE

#### LIGHTNING SAFETY **WEEK JUNE 22-28**

National Lightning Safety Awareness promote lightning safety education and awareness.

There is no safe place outside when thunderstorms are in the area. If within striking distance of the storm. Just remember, "When Thunder Roars, Go Indoors!" Too many place when thunderstorms approach. In 2024, lightning caused 12 fatalities in the U.S., according to the NLSC.

The best way for you to protect yourself from lightning is to avoid the threat. You simply don't want to be

If you wait until it starts raining, you're putting your life in jeopardy. the rain area in a thunderstorm. If you can hear thunder, you are likely within striking distance of the storm and need to get to a safe place

Have a lightning safety plan, and cancel or postpone activities early if thunderstorms are expected. Monitor weather conditions and get to a safe place before the weather becomes threatening. Substantial buildings options. Rain shelters, small sheds,

When inside, do not touch anything outlet, plumbing, and corded phones. Cell phones and cordless phones are safe. Also, keep away from outside doors and windows.

#### YOU DESERVE RELIABLE POWER

You've heard me say it many times before: Our members deserve power that is safe, reliable and affordable. At the local level, Farmers Electric strives to maintain or replace aged utility poles and wires as our budget allows. We make an effort to do our part to keep the grid stable. On a larger scale, we rely on the diversity of power generation resources, interconnected transmission lines and pipeline infrastructure to deliver your power.

The U.S. electric grid has undergone major changes over the last decade. The share of electricity generated from coal plants has declined significantly, while the share from natural gas and intermittent wind and solar generation has grown. Fuel diversity means that your electricity is supplied by a variety of generation technologies, each with their own characteristics and performance capabilities over different weather and seasonal conditions.

Dispatchable technologies can be turned on and off as needed. Large steam generation plants (most commonly using coal or nuclear fuels) are generally considered "baseload," meaning that they are designed to run efficiently 24/7 to serve as the base of the electricity mix. However, steam plants are less capable of ramping output up or down to meet the various peaks and dips as grid conditions change.



**HOLI WESTON CEO** 

Natural gas is the most versatile fuel, powering large combined-cycle plants that can operate as baseload but are also more flexible ramping up and down. These capabilities are essential for meeting demand on the hottest and coldest days, and for balancing intermittent renewable energy sources, such as solar and wind, which only supply power when the wind is blowing or the sun is shining, and production can vary widely according to the season.

Ultimately, our electric grid is most reliable when a wide range of technologies is available. When conditions lead to lower generation from one type of source, others can help compensate, and that means you can have the power you need when you need it.

### **NOMINATE A LOCAL VOLUNTEER AND THEY COULD WIN \$3,000 FOR** THEIR FAVORITE CHARITY!

Contest entries accepted at IowaShineTheLight.com



## **REC**ipes



kaleforniakravings.com



retrorecipebox.com

## AVOCADO LIME SHRIMP SALAD

14 oz. jumbo cooked shrimp, peeled and deveined, chopped

11/2 c. tomato, diced

4 1/2 oz. avocado, diced

1/4 c. jalapeno, seeds removed, diced

1/4 c. chopped green onion

2 T. lime juice

1 tsp. olive oil

1 T. chopped fresh cilantro

1/8 tsp. salt

1/4 tsp. fresh pepper to taste

In a small bowl combine green onion, lime juice, olive oil, pinch of salt and pepper. Let them marinate at least 5 minutes to mellow the flavor of the onion. In a large bowl combine chopped shrimp, avocado, tomato, and jalapeno. Combine all the ingredients together, add cilantro and gently toss. Adjust salt and pepper to taste.

Barbara Jean Funke, Greenfield

## CLASSIC CUCUMBER SALAD

3-4 cucumbers, thinly sliced and peeled if preferred

1 tsp. salt

1/2 red onion, thinly sliced

1-2 tsp. dried dill weed (or 1-2 T. fresh)

3/4 c. white vinegar

1/4-1/2 c. sugar

1/2 c. water

1/4 tsp. pepper

Place cucumbers in bowl and sprinkle with salt. Stir to coat. Place in fridge for 1-2 hours. Remove and drain. In small sauce pan, heat the vinegar, sugar and water over medium heat. Start with ½ c. sugar and taste before adding to salad; add more for sweetness if desired. Pour hot liquid over the cucumbers and toss to coat. Cover with plastic wrap and put in fridge for 1-2 hours minimum to marinate (overnight is best). Add pepper and stir; add salt if desired. Serve cold.

#### TIPS TO AVOID ENERGY SCAMS

If a Farmers Electric employee or authorized contractor needs access to your home, we will schedule an appointment in advance, and proper identification will be provided for your review.

#### **CALL FOR RECIPES**

Each month, Farmers Electric invites readers and members to submit their favorite recipe for publication in this newsletter and a chance to get \$5 off their next electric bill.

To enter, mail your recipe with your bill to: Farmers Electric Cooperative, P.O. Box 330, Greenfield, IA 50849; or email it to: HWeston@farmersrec.com.

**JULY: Grilling Month** 

**AUGUST: Vegetables** 

#### **ABOUT US**



Farmers Electric Cooperative, Inc., is a not-for-profit, member-owned electric cooperative, governed by an elected Board of Directors. This institution is an equal opportunity provider and employer.

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.

#### **BOARD OF DIRECTORS**

President Dan Westphal

Secretary Kevin Tanner

Vice President Mark Earhart

Treasurer RoxAnn Rhoads

Steve Chandler Cary Gilman Janelle Peiffer Kris Petter Kevin Stender

CEO: Holi Weston