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4 RIVERS
Electric Cooperative
A Touchstone Energy® Cooperative 

4 RIVERS ELECTRIC COOPERATIVE, INC.

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FROM THE MANAGER

Strengthening Our Cooperative:

Board Elections and Commitment to Excellence

While the summer sun shines brightly now, December will be here before we know it, along with our board elections. Running for a seat on the board of trustees is a fantastic opportunity for member-owners to get involved and shape the future of our electric cooperative!

CONSIDERING RUNNING FOR THE BOARD?

We encourage you to step forward! Board members play a vital role in ensuring the cooperative operates efficiently and serves the best interests of its members. If you're curious about the responsibilities, attending a board

meeting is great way to learn more.

WE INVITE YOU TO JOIN US FOR OUR NEXT MEETING AT 6:30 P.M. ON MONDAY, JULY 15, AT OUR FREDONIA OFFICE.



Dennis Svanes

INVESTING IN EXCELLENCE: BOARD TRAINING AND SELF-EVALUATION

At the recent board meeting, we welcomed trainers from the National Rural Utilities Cooperative Finance Corporation (CFC), our lender, who provided industry updates and Commitment to Excellence program

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HELP US BEAT THE PEAK AND SAVE

During summer months, electricity demand is highest on weekdays from 3-6 p.m. That's when our members can help us "beat the peak" by reducing electricity use.

Simple actions like delaying laundry and EV charging, adjusting your thermostat, and turning off unnecessary lights and appliances can make a big difference.

How does this benefit members? By working together, we can reduce energy costs and ensure reliable service for everyone. Savings are passed on to members through the power cost adjustment on your bill or allocated to you in capital credits.

Thank you for your cooperation and commitment to our co-op community!



THE HEADER PHOTO ABOVE, HIGHLIGHTING THE BEAUTY OF OUR COOPERATIVE TERRITORY, WAS TAKEN BY MEMBER KIMBERLY STITHEM OF RURAL FREDONIA.

10 Things You Might Not Know About Power Restoration

As an electric provider, we are accustomed to members' questions about power outages and why it takes time to get the lights back on. Given our reliance on electricity, there is simply never a good time to be without it.

Educating our members about our restoration process can help them understand what may be happening behind the scenes. Here are 10 things you might not know about restoration:

1 WE NEED YOU. When your power goes out, it might be just at your home or small section of a neighborhood. There is a chance we may not know about it if no one has reported it. We rely on you to let us know if your power is out. We have multiple easy ways to report an outage, including our SmartHub mobile app and calling us at 620-364-2116.

2 OUR EMPLOYEES MIGHT BE AFFECTED TOO. Because 4 Rivers Electric is a local electric cooperative owned by the members we serve, our employees are local too. They are your neighbors, friends and familiar community volunteers. When you're without power, our people might be too.

3 IT'S A TEAM EFFORT. Every one of 4 Rivers Electric's employees are working to get your power restored as soon as possible. Our service representatives are taking your calls, engineers and field staff are surveying damage, our vegetation management team is clearing hazards, dispatchers are organizing crews, and communicators are keeping everyone informed of progress or potential dangers. When your power goes out, we all work together as quickly and safely as possible to get you back to normal.

4 WE ASSESS THE SITUATION FIRST. Every outage is different, and we don't know how dangerous it is or what equipment might need to be replaced. When responding to outages, we first need to see what happened, then figure out what materials we need and a plan to fix the problem(s) without compromising electric flow for the rest of our members.

5 RESTORATION IS NORMALLY PRIORITIZED BY THE LARGEST NUMBER OF MEMBERS WE CAN GET BACK ON IN THE SHORTEST AMOUNT OF TIME. Our crews focus on responding first to public safety issues and critical services like hospitals. Then we complete work that impacts the largest number of people first.

6 OUR EMPLOYEES FACE MANY DANGERS. Besides working around high voltage electricity, our crews are on alert for wild animals, weather elements, falling trees and fast-moving cars. (If you ever drive past one of our vehicles, please do so slowly.)

7 BLINKING LIGHTS ARE A GOOD THING. Some folks mistake blinking lights for outages, but these short temporary interruptions are helpful. They indicate our equipment worked and prevented a possible outage likely caused by wayward animals or stray tree limbs on the lines. However, multiple, constant blinking over a period more than a few minutes should be reported.

8 YOU NEED A BACKUP PLAN. We do our best to help those who need it, but if you depend on electricity for life support purposes, you must have a backup plan — remember, we don't always know how long restoration efforts will take. If you're unsure what to do, call us so we can help you prepare an emergency location.

9 OUR EMPLOYEES NEED TO PLAN ... AND TO EAT. If you see our trucks in a parking lot while your power is out, know that sometimes crews huddle in a safe, common area to map their plan for restoring your power. Also, our crews work long, hard hours during outages and need to refuel with a meal at times.

10 SOMETIMES IT'S A WAITING GAME. Our portion of the power grid is connected to other electric utilities, and we maintain positive relationships with power providers interconnected to our system. If our outage is due to an issue from their feed into our system, we must let them do their repairs and be mindful of what they're going through to fix it.

We do our best to avoid power disruptions, but they are inevitable from time to time. If the lights go out, know that your co-op team is working as quickly and safely as possible to restore power. If you experience an outage, please let us know by reporting it through our SmartHub mobile app or calling us at 620-364-2116.

When responding to outages, we first need to see what happened, then figure out what materials we need and a plan to fix the problem ...

New EPA Power Plant Rules Threaten Grid Reliability

On April 25, the Environmental Protection Agency (EPA) released four major new regulations for the electric industry, including a much-anticipated rule to cut emissions from power plants, a sweeping move that will aggravate reliability concerns for electric cooperatives and other utilities nationwide.

“The path outlined by the EPA is unlawful, unrealistic and unachievable,” said Jim Matheson, CEO of the National Rural Electric Cooperative Association. “It undermines electric reliability and poses grave consequences for an already stressed electric grid.”

The power plant rule constrains existing coal and new natural gas plants by requiring them to install carbon capture and storage (CCS) technology that is not yet reliable or commercially available.

“The new EPA rules ignore our nation’s ongoing electric reliability challenges and are the wrong approach at a critical time for our nation’s energy future,” Matheson said.

The power plant rule will force the early closure of electricity generation sources that are available 24/7 and will also impede the construction of new natural gas plants. The timing of these sweeping new rules is particularly troubling as electric utilities face a surge in demand for electricity from factors like transportation electrification and

the rapid expansion of data centers to support artificial intelligence, e-commerce and cryptocurrency.

Under the new rule, existing coal-fired power plants that plan to operate past the start of 2039 must install CCS to capture 90% of emissions by 2032. The rule also requires new natural gas plants that operate more than 40% of the time to install CCS and capture 90% of their carbon emissions by 2032. These standards, and their reliance on unproven CCS technology, will undermine electric reliability.

4 Rivers Electric is a member of Kansas Electric Power Cooperative, Inc. (KEPCo), headquartered in Topeka. KEPCo, a not-for-profit generation and transmission cooperative (G&T), is responsible for securing reliable power for its distribution electric co-op members at a reasonable cost. To provide a long-term, reliable, economic power supply for its members, KEPCo has built a balanced and diverse power supply including nuclear, hydro, coal, wind, natural gas, diesel and solar resources.

Electric cooperatives understand the need to keep the lights on at a cost local families and businesses can afford. Clean energy technologies must be balanced with generation sources that are always available to ensure a reliable electric grid.

When Thunderstorms Appear

LIGHTNING IS NEAR

Every thunderstorm produces lightning, according to the National Weather Service. A storm with the presence of lightning is sometimes called an electrical storm.

WHEN THUNDERSTORMS ARE IMMINENT OR YOU GET CAUGHT IN AN ELECTRICAL STORM, REMEMBER:

- ▶ Do not stand near tall objects, such as trees or poles.
- ▶ Do not stand on a hilltop or in an open field.
- ▶ Take shelter inside a house, large building or hard-topped vehicle.
- ▶ If your hair stands on end, lightning is about to strike you.
- ▶ If you feel hair strands rising, drop to your knee and bend forward.
- ▶ If you are swimming or near water, get out of the water and away from it.
- ▶ Do not use an umbrella and stay away from metallic objects such as metal fences.
- ▶ Stay away from appliances, heating ducts, radiators and plumbing.
- ▶ Do not use electrical equipment such as hair dryers or appliances.

A person whose heart stops after being struck by lightning can often be revived.

TAKE LIGHTNING SERIOUSLY. IT CAN BE DEADLY.

SOURCE: WWW.SAFEELECTRICITY.ORG

ENERGY EFFICIENCY Tip of the Month

Electricity used to operate major appliances accounts for a significant portion of your home energy use. To save energy when using your clothes dryer, add a clean, dry towel to damp clothing before starting the cycle. The towel will absorb excess water, reducing drying time. Remove the towel after 15 minutes. If your dryer lacks an autosense drying feature, reduce the timer to about half a normal cycle. **SOURCE: WWW.HOMESANDGARDENS.COM**



Strengthening Our Cooperative: Board Elections and Commitment to Excellence Continued from page 12A ▶

training. The Commitment to Excellence program provides a framework for developing strong financial practices. The training covered key areas like:

- ▶ **LEADERSHIP AND BOARD DUTIES:** Understanding the responsibilities and roles of board members in ensuring sound decision-making for the cooperative.
- ▶ **ETHICS AND CONFLICT OF INTEREST:** Maintaining ethical conduct and addressing potential conflicts of interest to ensure fairness and transparency.
- ▶ **FINANCIAL OVERSIGHT:** Effectively overseeing the cooperative's finances and making informed decisions about resource allocation and investment.

Following the training, the board engaged in a self-evaluation exercise, which assessed strengths and

identified areas for improvement. Exercises and evaluation like these ultimately strengthen our effectiveness in serving you, our member-owners.

WHY ARE TRAINING AND EVALUATION IMPORTANT?

The answer is simple: a strong, well-informed board is essential for ensuring the cooperative's long-term success. By investing in our knowledge and practices, we can make informed decisions that benefit our entire membership, keeping your electric service reliable and affordable.

So, as we enjoy the summer months, keep an eye out for information about board elections in December. Consider getting involved and join us in building an even stronger cooperative for our communities.

COOL IDEAS: K-STATE EXPERT URGES FARMERS TO FOLLOW SAFETY TIPS ON HOT DAYS

BY K-STATE RESEARCH AND EXTENSION NEWS SERVICE

Light clothing, cooling vests should be part of safety equipment

Summer's hottest days are likely still ahead in Kansas, but Tawnie Larson knows that "farm and ranch work won't stop during hot weather."

So, Larson — a project consultant for agriculture health and safety in Kansas State University's Carl and Melinda Helwig Department of Biological and Agricultural Engineering — is putting in some sound advice for farmers this summer.

"Wear lightweight, long-sleeved, light-colored clothing, or a cooling vest and take short, frequent breaks in a shaded or cool area to stay cool while working outdoors," Larson said.

She said that technical cooling vests "are essentially like wearing air conditioning."

"The vests use specialized fabric and fibers to circulate cooling products to keep body temperatures low during hot days," she said.

Larson also suggests using equipment with a canopy, such as a Rollover Protection Structure, known as ROPS, with a sunshade.

"Usually, the ROPS with canopies cannot be folded down, which in turn provides more safety for operators because the ROPS is always activated," Larson said. "Equipment that has an enclosed cab often times comes with air conditioning and has a built-in ROPS. Both of these options provide safety from rollovers and can help prevent heat-related illness."

Larson notes that everyone reacts differently to hot days, so

it's important to listen to your body. "Take frequent breaks and stay inside during the hottest part of the day," she said.

According to the Kansas Mesonet, the hottest part of the day in Kansas is between 3 and 6 p.m.

The U.S. Centers for Disease Control and Prevention recommends drinking 1 cup of water every 15-20 minutes, and before becoming thirsty. The CDC also recommends keeping sugary and alcoholic drinks to a minimum. Replace salt and minerals with snacks or a sports drink.

Heat stroke symptoms include high body temperature; hot, dry, red or damp skin; fast, strong pulse; headache; dizziness; nausea; confusion; and lack of consciousness.

Larson said that if a person is suffering from heat stroke:

- ▶ Call 911 immediately.
- ▶ Move the person to a cooler place.
- ▶ Lower the person's temperature with cooler clothes.
- ▶ Do not give the person anything to drink.

"Heat exhaustion is different and usually not as serious," Larson said, noting that symptoms of exhaustion may include heavy sweating; cold, pale and clammy skin; fast, weak pulse; nausea; tiredness; headache; and fainting.

"If this occurs, take action by moving to a cool place, loosen clothing, get cool, sip water and seek medical attention if symptoms last longer than an hour or get worse," Larson said.

