

## DONATE to Local Soap Drive

Kaw Valley Electric and Leavenworth-Jefferson Electric are sponsoring a soap drive for multiple food pantries across the area.

Food pantries function as direct community outreach to serve those who need assistance. The pantries rely on donors, volunteers and drives like this to stock their shelves and operate. Families and individuals can stop in to get food to eat, but often are also in need of personal care items.

We're asking our members to help us collect the following unused soap products:

- ▶ Liquid soap (hand and body)
- ▶ Bar of soap
- ▶ Shampoo
- ▶ Laundry detergent
- ▶ Dish soap

We will distribute items collected to Jefferson County Service Organization, Oskaloosa; The Good Shepherd, Tonganoxie; Auburn Community Food Pantry, Auburn; Stull United Methodist, Rural Douglas County; and Rossville Food Pantry, Rossville. Donations will be accepted at both co-op offices until Sept. 30.

Community involvement is the cooperative difference at work. If you are unable to donate items, please consider a monetary donation. No amount is too small. Checks can be made out to Kaw Valley Electric or LJEC, but must be a separate transaction from your monthly payment.

### Please send donations to:

Cooperative Soap Drive  
Attn: Sarah Farlee  
PO Box 70  
McLouth, KS 66654

Watch our Facebook pages to learn about more opportunities to donate! If you have questions, contact Sarah Farlee, public relations and marketing specialist, sarah.farlee@ljec.coop.

## LJEC Hosts 8th Annual Health Fair

Leavenworth Jefferson Electric Cooperative (LJEC) is hosting its 8th Annual Health Fair and Member Appreciation Day on **Tuesday, September Sept. 27, 2016**. The event will also include a soap drive to assist many area food pantries.

This event is open to LJEC and Kaw Valley members, as well as the area communities. Area businesses will be on hand to distribute information regarding physical, mental and financial health. Several organizations and local businesses have signed up to participate in the health fair, and more are expected to join the event.

There is no charge to attend, but members are encouraged to bring soap items to donate, or make a cash donation to the cooperative soap drive. Items collected at the health fair will then be distributed to food banks across the area.

The event opens at 4 p.m. and will conclude at 7 p.m., at the LJEC office at 507 N. Union in McLouth. A meal will be served. For more information, event visit [www.ljec.coop](http://www.ljec.coop) or contact Sarah Farlee at LJEC, sarah.farlee@ljec.coop or 913-796-6111.



### Participating Local Organizations:

- ▶ Jefferson County Health Department
- ▶ Jefferson County Friends of Hospice
- ▶ First State Bank & Trust
- ▶ LMH Sleep Center
- ▶ Lawrence Memorial Hospital Community Education
- ▶ FW. Huston Medical Center
- ▶ Vintage Park at Tonganoxie
- ▶ Bank of McLouth
- ▶ McLouth Dental
- ▶ The Willow Domestic Violence Center
- ▶ The Sexual Trauma and Abuse Care Center
- ▶ McLouth Medical Clinic
- ▶ Phillips Insurance
- ▶ Taylor Insurance
- ▶ McLouth Fire and EMS
- ▶ Sam's Club
- ▶ Damsel in Defense
- ▶ AdvoCare
- ▶ Jefferson County EDC
- ▶ Holland Eye Clinic
- ▶ The Good Shepherd
- ▶ Winchester Hardware
- ▶ United Country Heart of America Real Estate & Auction

## FreeState Participates in Local Parades

Last month, LJEC Area-man **MIKE JONES** drove a cooperative bucket truck displaying the new FreeState Electric Cooperative logo in the Jefferson County 4-H parade in Valley Falls and the Leavenworth County Fair parade in Tonganoxie.



LJEC Area-man Mike Jones represented FreeState at the Jefferson County 4-H parade in Valley Falls and the Leavenworth County Fair parade in Tonganoxie.

To show dedication to their communities, both co-ops donate to their county fair premium funds and to the Jefferson County Friends of 4-H fund. FreeState is eager to continue these traditions and become

an active member of Kaw Valley Electric's and LJEC's communities. We look forward to seeing you at more local events in the future.

## Providing Programs for Our Members

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strations for local schools, community events, and more. Our goal is to educate the public about potential electrical dangers, increase awareness of electrical safety, and demonstrate how to respond if faced with a dangerous situation.

Educators, outreach directors and first-responders—contact us today to set up a safety demonstration. Call our office at 913-796-6111 or email

Sarah Farlee, public relations and marketing specialist, at sarah.farlee@freestate.coop.

At Kaw Valley and LJEC, we know that the more people we have in our communities who are knowledgeable about electrical safety, the safer we all will be.

Your cooperative is committed to providing programs that engage and educate all of our members.

## SEPTEMBER Co-op Briefs

### Kaw Valley Removes the Cold Weather Rule

Effective Oct. 1, 2016, Kaw Valley Electric will discontinue the Cold Weather Rule. Once in effect, payment arrangements will no longer be made for members who are delinquent on payments from November to March. Kaw Valley encourages members to manage their payments by signing up for the PrePay Program (more information below) as an option to keep your service from being disconnected during the winter months.

### PrePay Program to "Go West"

This fall, Kaw Valley Electric Cooperative will offer members a PrePay Program. This pay-as-you-go option will allow members to make smaller payments, with a \$30 minimum, to keep their service connected. The PrePay Program will also offer members an option to make more frequent payments in smaller amounts to keep services on.

Kaw Valley will implement the pre-pay program on Oct. 1, 2016. If you are a current LJEC member and would like to activate a pre-pay account, sign up now by calling 913-796-6111.

More information regarding the dismissal of the Cold Weather Rule and the introduction of Kaw Valley's PrePay Program will be available in next month's Outlet. If you have any questions, please call 785-478-3444.

### Offices Closed on Labor Day

The Kaw Valley Electric (West District) and Leavenworth-Jefferson Electric (East District) offices will be closed Monday, Sept. 5, in observance of Labor Day. In case of an outage, call:  
**West District** – 785-478-3444  
**East District** – 913-796-6111

## Kaw Valley & LJEC Electric Cooperatives

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| <b>Randy Richards</b><br>West District Assistant Manager |  |

**Office Hours**  
Kaw Valley, West District Office  
7:30 a.m. - 4 p.m.

## FROM THE CEO

### Providing Programs for Our Members



Steve Foss

In addition to providing electric service, Kaw Valley Electric and Leavenworth-Jefferson Electric give back to our communities through educational programs such as the Electric Cooperative Youth Tour to Washington, D.C., and the Cooperative Youth Leadership Camp to Steamboat Springs, Colo. We also strive to provide educational opportunities for all of our members through initiatives such as live safety demonstrations.

### Promoting Leadership through Youth Programs

This summer, Kaw Valley and LJEC sent seven students on trips of a lifetime. The Electric Cooperative Youth Tour and the Cooperative Youth Leadership Camp are a just two ways we can take an active role in encouraging our youngest members to become engaged in their communities and, perhaps, take on future leadership roles with the cooperative.

Kaw Valley delegate **JACHIN DRINKARD**, Denison, and LJEC delegates **CAMRYN MATHIS**, Law-

rence, and **REBECCA STORMANN**, Topeka, represented the cooperatives at the Electric Cooperative Youth Tour this past June.

In July, LJEC campers **BECCA LIEBENO**, Tonganoxie, **LOUIS FALK**, Ozawkie, **CELIA TAYLOR-PUCKETT**, McLouth, and **BECCA LIEBENO**, Tonganoxie; and Kaw Valley camper **MITCH PORTER**, Topeka, participated in the Cooperative Youth Leadership Camp. Read more about their trips on pages 16-B to 16-D.

At the end of the camp, participants elected ambassadors from their group of peers who will return to camp next year as junior counselors. Porter, who was chosen as one of the three ambassadors and will help facilitate camp leadership activities in 2017. He will serve as a role model for the incoming campers.

We look forward to continuing our youth programs in the future as FreeState Electric Cooperative.

### Safety Demonstrations

As a cooperative, we hope to provide safety and educational programs not only throughout the summer for youth, but throughout the year for all ages. Kaw Valley and LJEC staff offer safety demon-

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## Co-op Youth Attend Leadership Camp

Four area students were selected to attend the 40th annual Cooperative Youth Leadership Camp (CYLC) in Steamboat Springs, Colo. From July 16-22, **LOUIS FALK**, **BECCA LIEBENO**, **MITCHELL PORTER** and **CELIA TAYLOR-PUCKETT** joined approximately 100 youth from Colorado, Kansas, Oklahoma and Wyoming for the week-long camp that combines education about the cooperative business model with traditional camp pastimes.

Falk, Oskaloosa High School; Taylor-Puckett, Bishop Seabury Academy; and Liebeno, Tonganoxie High School, were sponsored by LIEC. Porter, Rossville High School, was selected to represent Kaw Valley.

"LIEC and Kaw Valley are proud to be a participating sponsor of the Cooperative Youth Leadership Camp and send our local youth to develop essential leadership and teamwork skills," Steve Foss, CEO said. "Through this trip, we hope local students will learn how our electric cooperatives work and how co-ops and their employees support the communities they serve."

Liebeno came home with a new appreciation for cooperatives as a career option.

"I had no idea how vast the electric cooperative field is," Liebeno said. "Co-ops have jobs to fit almost any degree, and they also have internship opportunities, which I think is amazing."

At CYLC, the campers participated in daily membership meetings where they established committees and elected a general manager and board of directors. Campers also enjoyed visits to Fish Creek Falls and Steamboat Springs, river rafting and participating in activities such as volleyball, swimming and a talent show.



Thirty-four students from Kansas joined students from three states at the camp.

The youth also learned about the workings of co-ops by attending a high voltage safety demonstration, by building a model transmission system from craft supplies, and by touring Trapper Mine and Craig Power Plant.

"These places were intriguing, and the equipment was so interesting," said Falk, about the tours. Students coming together to explore leadership is the focus of camp, and the bonds formed are priceless.

"Going away from home for a week with people you have never met before, and leaving as great friends is something I will never forget," Liebeno said.

Students may leave camp with a new perspective on leadership, but often times find personal growth and learn more about themselves.

"One speaker told us that this camp was an opportunity to invest in you and that you are not defined by the label you had before this week," Taylor-Puckett said. "I took this to heart and have learned so much about myself. I learned to lead by example instead of by telling."

At the end of the camp, students elected six ambassadors who will return next year as junior counselors. Porter was elected as an ambassador and he will help facilitate activities and will serve as role models for next year's campers.

Porter, who will represent FreeState Electric Cooperative next summer, said seeing first-hand how co-ops value members was eye-opening.

"Seeing the focus on serving their members and giving back to their communities had the greatest impact on me," Porter said. "Being around other students who are all leaders in their own communities has inspired me to be a better leader in my own community."

Overall, the campers said they left CYLC with a new sense of leadership and a basic understanding of how their electric co-ops operate and contribute to the betterment of the communities they serve.

FreeState will continue to sponsor students in 2017. For more information, contact Sarah Farlee at sarah.farlee@jec.coop.

### Louis Falk



Louis Falk  
Oskaloosa High School

Afterward, we learned how electricity came about.

The next morning, we participated in a legislative simulation, and we created a commercial on Touchstone Energy. We also had a volleyball tournament and a barbecue cookout. Then, later in the evening, we watched sparks fly at the high voltage safety demonstration.

On Tuesday morning, we had meetings and then departed for the river rafting trip. At the end of the day, we had a dance back at camp. Overall, this was my favorite day because it was my first time water rafting.

On Wednesday, I gave a speech to tell the campers more about myself and why I wanted to be a 2017 ambassador. Many others also gave speeches to be elected as an ambassador. Sadly, I wasn't voted to be ambassador, but I did have fun at trying out for the role.

I helped during the presentation on avian protection by holding one of the signs, and I got my picture taken with the falcon. Later that day, we went to Steamboat Springs and toured Fish Creek Falls. We ended the day with a talent show.

On Thursday, we loaded school buses to tour Trapper Mine and Craig Power Plant. We ended our week at camp with a banquet and a ceremony for the 2017 ambassadors.

I would like to thank Leavenworth-Jefferson Electric Cooperative for giving me the opportunity. I had a really good time and wish I could go back again next year.

### Celia Taylor-Puckett



Celia Taylor-Puckett  
Bishop Seabury Academy

At the beginning of camp most of us were quiet and shy but by the end we were closer and knew more about each other than some of our friends back home. Cooperative Youth Leadership Camp is a once in a lifetime opportunity to leave all the labels you carry at the first step of the bus, to learn, and just have fun. Camp life moves fast; you are always doing something.

While at camp I learned about important qualities of a leader—such as

trust, integrity, and patience; the importance of cooperatives and how they operate; and how to work together as a team. In addition to seminars, practically every day there was an outing that allowed us to explore something new. This ranged from Craig Power Plant and Trapper Mine to the Colorado River for rafting.

Do not get me wrong, there were a multitude of fun activities at camp as well. Some of my favorites included the dance, volleyball tournament, and, of course, the hot tub and pool.

During camp there are ambassador elections for six campers to return and lead next year's camp. While participating in all of these activities we were surrounded by beautiful Colorado mountains and streams. In fact a stream ran with in 30 yards of the cabins. Camp is a wonderful opportunity to experience new things, learn, and make memories and friends that will last a lifetime.

### Mitchell Porter



Mitchell Porter  
Rossville High School

I enjoyed every bit of the Cooperative Youth Leadership Camp (CYLC). If I were to describe every fun and exciting experience and activity on the trip, I would have to write a book. Therefore, I decided to share my top five most memorable experiences of the trip.

**5 Rafting trip**—It was a blast rafting the Colo. River. The CYLC group had about a dozen rafts, and we constantly splashed each other as we floated down the river. Each camper's number one goal was to splash the ambassadors, which is a group of the previous year's campers elected by their fellow campers to return as leaders.

**4 Craig Power Plant**—We had the opportunity to tour a coal-fired power plant near Craig, Colorado. I learned that coal-powered plants are more complex than they seem because they actively maintain the chemistry of the water and coal so the power plant can run as efficiently as possible. I was still puzzled after learning that the power plant has to predict the future energy needs of the grid so that the power output can be adjusted accordingly. On a less technical note, the power plant is painted green and is the closest thing to Emerald City I've seen in real life.

### Becca Liebeno



Becca Liebeno  
Tonganoxie High School

The first day started with meeting the bus at 7 a.m. At first, it was awkward because no one knew each other. But as the day continued, we played games and got to know more people.

When we arrived at camp on the second day, we split up into our small groups. I think my group was the best. Everyone was so diverse, but we all bonded quickly.

We listened to an intriguing presentation over electricity. Did you know that LED lights are the most efficient and power saving type of light bulbs compared to fluorescent or incandescent ones? Afterward, we met up with the committees we chose (I chose the talent show committee).

The third day was busy. We had a political simulation. I am horrible at politics, but the activity was fun and it helped me understand how issues are voted on. We then learned about Touchstone Energy and made commercials.

Motivational speaker Richard Fagerlin talked to us about leadership. I was intrigued by what it takes to be a leader and why it is important to trust people. He spoke about personal accountability, balance, change, communication, leadership and trustworthiness.

We then had a volleyball tournament and a barbecue. Unfortunately, my group ended up losing our volleyball game but we had a lot of fun. After dinner, Yampa Valley Electric linemen showed us a demonstration on how powerful and dangerous powerlines can be. They electrocuted a hotdog, a pickle, and a chicken leg. It was so cool!

Day four was the most fun. We departed camp for the Colorado River Our rafting guide, Ashley, was really funny. At first, the water was chilly so no one jumped in. Then, we came upon

rapids that we were allowed to jump into and ride down. Even though the water was freezing, I did it. It was so worth it in the end. That night we had a dance. One of the ambassadors, Liz, taught us how to dance to Footloose.

Day five was a blast. We started the day with an avian presentation from HawkQuest. The speaker taught us why wildlife is important and how some birds can get hurt in powerlines. A cool fact was that owls have 14 vertebrae in their necks, which is why they can turn their heads around. Humans, dogs, giraffes and other animals only have seven vertebrae in their necks.

Next, we learned about how much energy appliances and other electronics use.

Each small group then built an electric system from craft items such as pipe cleaners and Styrofoam. Seeing everyone's end project was remarkable. We then departed for a hike at Fish Creek Falls. When we arrived, the scenery was surreal. We then went to downtown Steamboat Springs to do some souvenir shopping.

After shopping, we returned to learn about co-op careers. I had no idea how vast the electric cooperative field is. Co-ops have jobs to fit almost any degree and they also have internship opportunities which I think is amazing. After listening to the different types of occupations that co-ops provide, the talent show took place. I laughed the entire time.

We started the last day with a tour of Trapper Mine. The machines and equipment they operated were incredible. Next, we toured Craig Power Plant. The power plant is bigger than it seems. We got to go on the roof and overlook the coal procession area. It was intriguing how the process of electricity is generated.

We had an end-of-camp banquet and then were surprised by one last dance. Ending the camp with a dance was possibly the best thing ever.

I would like to thank LIEC and everyone who made this trip possible. It truly was life changing. I have never bonded with anyone as well as I did with these campers. I will never forget this trip and it most definitely was the highlight of my summer.

**3 High Voltage Demonstration**—One of the camp counselors, Andy, works as a lineman for one of the Y-W Electric Cooperatives in Colorado. He brought a trailer to the camp that had a short span of power line. He used the trailer to demonstrate the destructive power of the same voltage of electricity supplying our homes. The electricity made a hot dog burst into flames, a pickle and a grapefruit light up like a light bulb, and it made the muscles in a chicken leg tense up so much that it broke the bone. The same thing happens to humans. The demonstration taught me not to even think about messing with power lines.

**2 Campground**—The campground at Glen Eden is beautiful and it offers many activities such as swimming, tennis, basketball, and fishing. My cabin was as nice as any hotel I have stayed in.

There was an open area called the glen, where we had most of our camp activities and small group breakout sessions.

**1 Bus ride**—I was lucky enough to be voted back next year as an ambassador. One of my co-ambassadors said in his campaign speech that "We arrived strangers, we became friends, and we left family." I think this quote applies perfectly to the bus ride because, when we first got on the bus, we all were silent and just stared out the window. By the time we got close to Steamboat Springs, we were all talking. At every bus stop on the ride home, there wasn't a dry eye as the people slowly walked off the bus giving everyone a hug as they left. Everyone on the bus felt as if they were saying goodbye to a family member they would not see for a while.