



LEAVENWORTH-JEFFERSON ELECTRIC COOPERATIVE

The Powerline

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Tip of the Month

When it's hot outside, appliances and lighting can actually heat up our homes more than we think. To save energy, minimize the activities that generate additional heat, such as burning open flames, continuously running a computer, or using hot hairstyling devices like curling irons. This will ultimately keep your house cooler.

FROM THE MANAGER

Electricity Remains a Good Value

In today's world, you won't find many items that cost less than \$5. You can purchase a gallon of milk, a gallon of gas or a Big Mac® meal from McDonald's. But did you know that an average day's worth of electricity costs less than \$5?

Even in our country's shifting energy climate, electricity remains a good value. In fact, electricity has the lowest cost per day of any of the items listed above. And not all of those items are necessary for daily life!

As General Manager of LJEC, I urge you to think about your daily necessities (electricity and gasoline, to name a couple), and then think about the cost of the special treats we allow ourselves to purchase on a weekly basis (maybe even on a daily basis for some items!). We don't often question the cost of a Big Mac® meal—it costs over \$1 more to buy a Big Mac® meal than it does to purchase a day's worth of power. And yet, we frequently become upset if our electricity rates rise.

It makes sense; we have become increasingly reliant upon electricity. Electricity has, for many of us, gone from a luxury com-

modity to a necessity and an expectation. We expect the lights to come on when we flip the switch, and we expect our power to stay on during the best and worst conditions. How else would we keep our food fresh, our homes cool in the summer or warm in the winter? It is easy to cut a Big Mac® out of your spending routine here and there to save a few dollars. But we cannot simply cut electricity out of our budgets if times get tough or we decide that we want to scale back our spending in order to save.

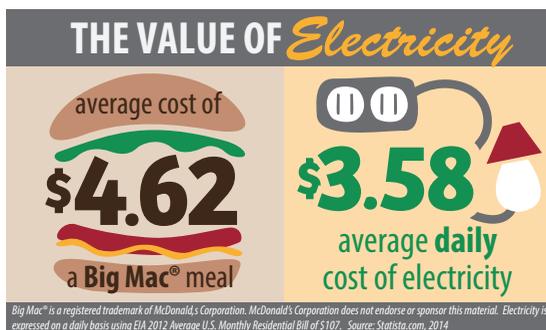
Perhaps that is why it is so upsetting to us when our rates increase, even if only in small increments. It is nearly impossible for us to think about what our lives would be like if we did not have electricity. If at times it doesn't seem that electricity is affordable, remember—even as the demand for electricity grows—annual cost increases still remain low, especially when compared to other consumer goods such as medical care, education, gasoline and, yes, even Big Macs®.

Electricity is still a great bargain. And also remember this: as the General Manager of LJEC, your local electric cooperative, I am committed to making sure that you and your family always have safe, reliable and affordable electric service in your home.

So the next time you crave a Big Mac®, remember your electric bill, and think about what a great deal you're getting for your dollar!



Steve Foss



Jo Ann Emerson, CEO of NRECA, Visits LJEC

It's not every day that the Chief Executive Officer of your national organization stops in for a visit. That's just what happened on August 4 at LJEC. **JO ANN EMERSON**, the CEO of the National Rural Electric Cooperative Association (NRECA), LJEC's national organization, stopped by for a visit. She was in the area to attend the Summer Board Meeting of our statewide organization, Kansas Electric Cooperatives (KEC).

Emerson visited LJEC's Stranger substation (just northeast of Tonganoxie) so she could see firsthand how the cooperative is saving money by having installed a peak shaving generator at that substation. The generator runs at the hottest part of peak days to reduce the amount of electricity LJEC pulls from the grid.

Emerson then stopped by the LJEC office for a quick tour and visited with a few of our board members.

It was then off to Fort Leavenworth to visit LJEC's outpost building and tour some of the projects the cooperative currently has underway at the Fort. It was a unique opportunity for Emerson to see one of the few military installations that has privatized the operations and maintenance of their electrical infrastructure. LJEC's contract with the Fort spans 50 years and is funded through a monthly payment from the government to LJEC.

During her time with board members in attendance, Emerson stressed that government regulation (both federal and EPA regulation) will be the biggest hurdle to produce and distribute affordable electricity. She encouraged our board and membership to get involved with the discussion by visiting www.action.coop to make sure your voice is heard.



Steve Foss, Manager, gives Emerson a tour of LJEC's peak shaving generator.



Jo Ann Emerson stopped by the LJEC office for a tour on August 4. From left: Board members Marty Shaw, Mark Gratny, and Larry Meadows; Jo Ann Emerson, NRECA CEO; Jeanne Murphy, Board Member; and Steve Foss, Manager.

Drinkard & Ernzen Return from Cooperative Leadership Camp



Tamara Drinkard (left) and Madison Ernzen enjoy the view of the Elk River near camp.

Two local students, **TAMARA DRINKARD** (Valley Falls High School) and **MADISON ERNZEN** (Lansing High School) recently joined over 100 other high school students from Kansas, Oklahoma, Colorado and Wyoming for the Cooperative Youth Leadership Camp, near Steamboat Springs, CO.

LJEC has sponsored local high school students to take part in this annual leadership camp since 1978. The focus of the camp is to teach leadership skills by creating a working cooperative, electing a board of directors and taking part in leadership activities.

The cooperative the students create functions much like a regular cooperative. Students establish a board of directors and "hire" a general manager early during the camp. Daily membership meetings are held to

discuss any matters associated with the business of the cooperative.

The students' cooperative "business" was that of selling snacks at the camp canteen. During the camp profits accumulated and students decided that in lieu of receiving a capital credit refund (much like LJEC members do), they donated the camp profits to a barbecue for the entire camp to enjoy.

"This trip was an incredible opportunity," Ernzen said. "What impacted me the most was the atmosphere. I've never been around so many different people with such a wide array of skills and abilities and managed to work together. Being able to interact and form a sense of community with total strangers was amazing and I will

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6th Annual Member Appreciation Day & Health Fair

September 23 from 4-7 p.m. at the LJEC Office

It's time to get your physical and financial orders in shape! Join us on Tuesday, September 23, 2014, for the 6th Annual Health Fair and Member Appreciation Day.

This year's health fair includes various exhibitors that will be distributing information and answering questions about your physical and financial health. LJEC members and their family can also eat dinner for free!

We host our health fair at this time of year specifically to coincide with the beginning of flu season. We'll have the Jefferson County Health Department on hand to administer flu shots. The Health Department is able to file insurance for Blue Cross/Blue Shield, Medicare and Medicaid only. Bring a valid insurance card and

I.D. to present at the time of your shot. It is always recommended that you call the customer service number on the back of your insurance card to ensure that flu shot(s) are covered.

The Centers for Disease Control recommends that you get your flu shot a full two weeks before flu season typically begins, as it takes that long for antibodies to build up that give your body the ability to fight the flu. LJEC has been advised that this year's flu shots will cover four strains of flu, instead of the typical three.

For those that are uninsured, shots will be approximately \$30. At the time of this publication, the Health Department has not received exact pricing.

McLouth Medical Clinic and Lawrence Memorial Hospital will be pairing up to provide basic screening services including blood pressure and cholesterol screenings, height weight and Body Mass Index (BMI) information.

Other attendees include: Holland Eye Clinic, McLouth Dental, A&D Hearing Center, McLouth Emergency Services, Phillips Insurance, First Bank & Trust and many more. In addition, Sam's Club will be in atten-



Volunteers from Lawrence Memorial Hospital help LJEC members understand test results and distribute educational information.



Volunteers assist members with blood pressure (above) and cholesterol testing (below).



dance offering discount memberships and renewals.

Bring an Item for Food Drive

We'll also be conducting a food drive during the event. Bring non-perishable food items and they will be distributed to local food banks. Last year, LJEC member donated in excess of 260-pounds of food to help the less fortunate.

Join us for a FREE Meal

If you've ever been interested to see the inner workings of your cooperative, here's your chance! Come by and say hello, enjoy a free meal, get your annual flu vaccination and collect valuable financial and health information... and enjoy a free dinner too!

If you have questions, call Jennifer Fisher at 888-796-6111.



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continue to strive for that at home.”

Campers took part in legislative presentations, a high-voltage safety display and a competition to build a transmission line out of craft supplies. They explored Steamboat Springs; rafted the Colorado River and toured the Craig Power Plant and Trapper Coal Mine.

Drinkard said the trip was unforgettable. “This trip was an amazing opportunity for me to show others who I am and find out more about myself. It had an impact on me in the way that everyone could be themselves and not be afraid to stand out,” she said.

Drinkard and Ernzen were selected from a group of applicants whose parents/guardians are LJEC members. Students were tested on their electric cooperative knowledge and interviewed by judges who were previous trip winners.

“LJEC is proud to support the programs that benefit our local students,” said Steve Foss, LJEC’s General Manager. “The Cooperative Leadership Camp is an excellent forum for students to learn valuable leadership skills while also gaining knowledge about how the cooperative system works.”

For additional information contact LJEC at 888-796-6111 or visit www.ljec.coop



Students from four states met at this year's Cooperative Youth Leadership Camp.



Local linemen gave a high voltage safety demonstration to teach campers about safety around power lines.

57th Annual McLouth Threshing Bee—Sept. 19-21

The 2014 McLouth Threshing Bee is scheduled for September 19-21 at the Threshing Bee Grounds in McLouth. This is one of the longest-running threshing bees in the nation and will have daily threshing demonstrations and many antique tractors and engines will be on display. Other activities include:

Daily Events

- ▶ Breakfast served (8-10 a.m.)
- ▶ Steam Threshing (10 a.m. and 2 p.m.)
- ▶ Saw mill running throughout the day
- ▶ Antique Car & Truck Show
- ▶ Flea Market

- ▶ Earth Moving Demonstration
- ▶ Cat Club work weekend

Saturday

- ▶ Antique & Classic Tractor Pull (11 a.m.)
- ▶ Parade of Power (1 p.m.)
- ▶ Kids Pedal Tractor Pull for ages 3-12 (5 p.m.)

Sunday

- ▶ Garden Tractor Pull (1 p.m.)



Antique farm equipment will be on display and used in many demonstrations.

This event helps to keep alive the art of planting, harvesting, threshing and storing of grain forage crops along with the domestic arts, tools, implements, instruments and machinery showing the culture of pioneer days. The educational and historical exhibits and displays are illustrated through reenactments with working machinery.

This year's event will be a working weekend where the ACMOC (Antique Caterpillar Machinery Owners Club) and the HCEA (Historical Construction Equipment Assoc.) will be demonstrating their equipment.

Additional information about the event can be found at www.mclouththreshingbee.com.