



**FREESTATE ELECTRIC
COOPERATIVE, INC.**

The Outlet

FreeState Electric Cooperative, Inc.

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NOTICE

The FreeState offices will be closed on **MONDAY, SEPT. 4**, in observance of Labor Day. You can still call 800-794-1989 to report outages, or utilize the SmartHub app. Thank you!

FROM THE CEO

Unlocking Optimum HVAC Efficiency

We have seen an uptick in smart home devices, especially when it comes to thermostats. While summer is dwindling, the heat is sticking around, and there are some things you can do to achieve optimum energy efficiency and save you money in the long run.

Thermostats are the brain of the HVAC system, and control when and how much heating or cooling is delivered to your home. Many of us set it and forget it at a fixed temperature, but taking some time to learn how to use your thermostat effectively can significantly reduce energy consumption and save you money.

Smart thermostats have a variety of settings that can impact energy usage. Take advantage of these features to create custom schedules based on your routines. By raising or lowering the temperature during times when you're away or sleeping, you can save energy without compromising your comfort. Programming your thermostat is a simple, but impactful, way to optimize efficiency.

Investing in smart thermostats can be a game-changer in some homes. These devices learn your preferences, adapt to your lifestyle, and can be controlled remotely through your smartphone. They provide valuable insights into your energy consumption patterns and help you make smarter choices when it comes to energy efficiency and conservation.

The fan setting on thermostats is important when it comes to air circulation; using the fan only in moderate weather can maintain a comfortable environment without engaging heating or cooling systems.

Resist the urge to make drastic temperature adjustments to "heat up" or "cool down" your home faster. Your HVAC system works at a consistent pace, regardless of the desired temperature. Making drastic changes only leads to overshooting the target and wastes energy.

Also, don't forget regular maintenance. A well-maintained HVAC system keeps it running optimally, no matter what the temperature is outside.

By taking control of your thermostat and understanding its capabilities, you have the power to significantly impact your energy consumption and costs. Let's embrace smart thermostat usage and work together to save energy.



Chris Parr

“Smart thermostats can be a game changer for some homes.”



Virginia Parsons is the daughter of Amy and Rodney Parsons.

Leading the Way

I would like to thank the FreeState Electric Co-op trustees and members for supporting me in attending the Cooperative Youth Leadership Camp in Colorado. I became friends with several campers from Kansas, Oklahoma, Colorado and Wyoming. I learned a lot about how electricity works and how we get our power. We did activities that were both educational and fun.

We listened to several different speakers who provided key points to take into our time at camp and beyond. Saturday evening, we had a speaker who talked about the difference in confidence between 4-year-olds and high schoolers. A 4-year-old doesn't care what they look like or what other people think of them, they just do it. High schoolers don't want to get involved because they feel silly, or they are wondering what other people are thinking about them right then. Well, at camp we learned how to just be ourselves and step out to lead others.

We learned the importance of communication, compassion and cooperation from speaker Rodd Welker. We also did fun activities to practice those qualities. We did an activity about trusting the other people on our team.



“Thank you to the camp counselors, the ambassadors, and all the other students for making the week fun and encouraging me to step outside my comfort zone.”

Speaker Craig Hillier told us to turn our “yeah, but” moments into “yes, and” moments. He also talked about the five P’s: patience, persistence, perseverance, passion and purpose. By using the five P’s I will be able to succeed in my chosen career.

The most fun part of the trip was when we went rafting on the Colorado River. It was a wet ride down the river with lots of laughter and water fights (we splashed other rafts with the extra paddles). Several of us had never been rafting before so it was a whole new experience for us. Another fun event was a presentation on raptors and avian protection by HawkQuest. This speaker talked about hunting techniques and different body shapes of the peregrine falcon, bald eagle, barred owl and hawk. He told stories and did demonstrations about birds. They even took the hawk off its tether to show us how its flight patterns changed depending on how far it had to fly.

I am so grateful to everyone involved in making the week fun. Thank you to the camp counselors, the ambassadors, and all the other students for making the week fun and encouraging me to step outside my comfort zone.

Parsons learned how an electric cooperative is organized and operated by developing a model-cooperative with her small group.





The 2023 Cooperative Youth Leadership Camp delegates gather for a group photo near Steamboat Springs, Colorado. CYLC included 43 student leaders from Kansas, Oklahoma, Colorado and Wyoming, sponsored by 25 participating cooperatives.



Virginia Parsons (left) suited up for indoor skydiving at iFly.



Virginia Parsons took part in several leadership learning activities during CYLC.



Virginia Parsons travels to whitewater raft on the Colorado River.

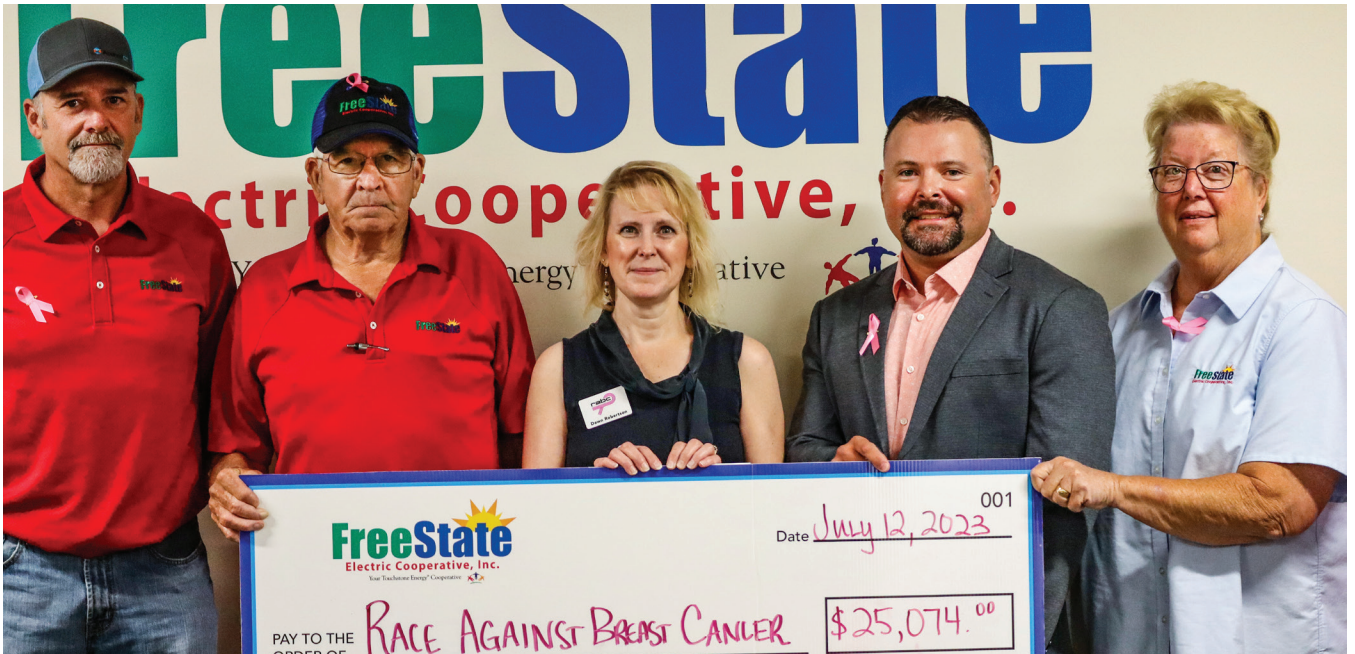


Rafting down the Colorado River is a highlight of the trip for campers.



Groups built electric grids using craft supplies to learn how electricity works.

Lighting the Way for the Race Against Breast Cancer



Trustees presented a check to The Race Against Breast Cancer on July 12. FreeState employees and trustees raised \$15,074, and an additional \$10,000 was matched through the CoBank Sharing Success program. Pictured from left are Bill Conley, trustee; Ralph Phillips, trustee; Dawn Robertson, Race Against Breast Cancer; Chris Parr, CEO; and Karol Lohman, trustee.

The transformative power of philanthropy sparked raw emotion on July 12 when FreeState Electric Cooperative employees and the board of trustees **DONATED \$25,074 TO THE RACE AGAINST BREAST CANCER (RABC).**

The cooperative began raising funds in May. Each year, the FreeState Board of Trustees challenges employees to donate to a local charity.

CoBank, FreeState's lender, enhances the annual giving program through a dollar-for-dollar matching grant. FreeState exceeded the match, raising \$15,074 before the \$10,000 match.

"Every single one of our employees and trustees participated," said CEO Chris Parr.

Parr added that this year, RABC will partner with FreeState to expand the reach of breast cancer education and awareness.

"Breast cancer is something that every one of our employees and trustees has been impacted by, and it does not discriminate," Parr said.

Breast cancer is a formidable adversary that affects not only those diagnosed but also their families, friends, workplaces and communities.

"Our employees and trustees came together to raise funds internally because we wholeheartedly believe in the race's mission," said Parr.

The gift of \$25,074 will help fund RABC's no-cost mammography program. The program aims to provide vital

mammography screenings to individuals in medical and financial need across northeast Kansas.

"We can't do what we do without the support of our communities," said Dawn Robertson, RABC administrator, who was blown away by the gift cooperative employees and trustees presented. "All of these funds stay local, the lives touched of not only men and women, but their families."

The program has been instrumental in providing accessible screenings to individuals who may not otherwise have the means to undergo this vital examination. By removing financial barriers, RABC ensures that residents in Northeast Kansas can access timely and potentially life-saving mammograms. FreeState's substantial contribution will enable the organization to continue expanding its outreach.

"This is the cooperative difference," said Parr. "Empowering individuals and families to fight and run the race."



Dawn Robertson, RABC administrator, was blown away by the gift presented by employees and trustees.

This is the co-op difference. Empowering individuals and families to fight and run the race.

CHRIS PARR, CEO