



A Touchstone Energy® Cooperative 

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866-784-5500
www.twinvalleyelectric.coop

TWIN VALLEY ELECTRIC CO-OP

NEWS

TWIN VALLEY ELECTRIC COOPERATIVE, INC.

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OFFICE HOURS

Monday-Friday
8 a.m. to 4:30 p.m.

CONTACT US

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Ellison Retires, Martin Appointed

We recently welcomed **JASON MARTIN** as a new board member in our second district. Jason and his family live on the west end of our system and have been members for 11 years. Jason was appointed by the board to serve the remainder of the term recently vacated by Tom Ellison. Tom served on the TVEC Board of Directors for 23 years and recently decided to retire. We wish to express our sincere appreciation for Tom's service to the cooperative and its members.



Tom Ellison



Jason Martin

SAVING ENERGY DURING PEAK TIMES BENEFITS ALL

Conserving electricity during peak energy use times not only lowers your monthly bill, but it can also benefit our entire community.

"Peak times" refer to periods of the day when the demand for electricity is highest. Think early mornings when people are getting ready for work or school and evenings when families return home, cook dinner and unwind with electronics. When everyone uses energy at once, it adds pressure on the electric grid.

Twin Valley Electric works around the clock to ensure that electricity flows to your home whenever you need it. Behind the scenes, an enormous and intricate system is at work — one of the most complex machines in the world: the U.S. power grid. The grid is made up of three major interconnections that span the country, each managing supply and demand through regional authorities to keep the lights on and our economy running smoothly.

Electricity comes from a diverse mix of sources: hydropower, natural gas, coal, solar, wind and more. Some power plants can respond quickly to spikes in

demand, while others are less flexible. Once energy is generated, it travels through high-voltage transmission lines to local utilities, like Twin Valley Electric which then delivers it to your home or business through distribution power lines.

When electricity demand surges during peak times, it's more expensive to generate or purchase power. If supply can't keep up, the risk of outages increases. That's why using less energy during peak hours is more important than ever. It not only eases strain on the grid but also helps you save money.

So how can you "beat the peak"? Start by adjusting your thermostat a few degrees during peak hours. Smart thermostats can automate this for you. Delay using energy-hungry appliances like ovens, clothes washers and dishwashers until later in the evening. Charging your electric vehicle overnight instead of right after you get home can also help.

Small actions taken by many households can lead to big results. When we all work together to reduce energy use during peak times, we protect our power grid, help control costs, and ensure reliable electricity for our communities.

Twin Valley Electric Fuels Growth of Student Leaders at Cooperative Youth Leadership Camp

LUCY PEARSON, representing Twin Valley Electric Cooperative, recently participated in the 48th Annual Cooperative Youth Leadership Camp (CYLC) held July 11-17 near scenic Steamboat Springs, Colorado. The camp brought together 77 high school student leaders from Kansas, Oklahoma, Colorado and Wyoming, sponsored by 45 electric and agriculture cooperatives. Pearson was selected by Twin Valley Electric through a competitive application process including testing and an interview.

Throughout the weeklong camp, students gained hands-on experience in cooperative business operations by forming and managing a mock candy cooperative. They elected a board of directors, appointed a general manager, created committees and held daily membership meetings, mirroring the real-world structure of member-owned cooperatives. Educational sessions covered leadership development, conflict resolution, and co-op career opportunities. Highlights included electric safety demonstrations by cooperative linemen, a live raptor presentation from HawkQuest, and a tour of the Craig Power Station.

CYLC offered more than just professional growth opportunities; it fostered a sense of camaraderie and adventure. Students explored the

natural beauty at Mount Werner, experienced the charm of downtown Steamboat Springs, and braved the rapids of the Colorado River on a rafting trip. Recreational highlights included a volleyball tournament, swimming, a talent show and a dance.

Several students were recognized for their exceptional contributions during the camp. Issiah Melton, sponsored by Harmon Electric Cooperative, received the Exemplary Award for his positive influence. Charley Coffin, sponsored by FreeState; Cooper Springer, sponsored by 4 Rivers; and Mad-die Wiggin, sponsored by TCEC, were elected as Camp Ambassadors by their peers and will return to the 2026 camp as student counselors.

Reflecting on her experience, Pearson shared:

- ▶ “Being on the board has been so influential. The job has reminded me of the work ethic required to make operations work.”
- ▶ “I was inspired by the people! The ambassadors and campers alike are so kind and hard working.”
- ▶ “I wish I had known to be open to everything and to pack light!”

“The Cooperative Youth Leadership Camp is a meaningful way to invest in the future of our communities,” said Angie Erickson, CEO at Twin Valley Electric Cooperative. “We’re proud to support opportunities like this that help young people grow as leaders, build confidence and bring those skills back home to make a difference.”

For more information about this camp and other youth programs, contact Marsha Moses at 866-784-5500.



Lucy Pearson represented Twin Valley Electric Cooperative at the 2025 Cooperative Youth Leadership Camp near Steamboat Springs, Colorado.



Lucy Pearson (top left) and fellow campers build a human pyramid on top of Mount Werner.

Keep Food Safe Before, During and After a Storm

TOP TIPS

- ▶ Keep appliance thermometers in your fridge and freezer.
- ▶ Limit the opening of appliance doors.
- ▶ Use coolers and ice for outages longer than 4 hours.
- ▶ Never taste food to check safety. When in doubt, throw it out.

Storm season can bring power outages, putting your food at risk of spoiling. You can keep your groceries safe and reduce waste with a little preparation.

BEFORE THE STORM

TAKE A FEW PRECAUTIONS:

- ▶ Use appliance thermometers in your fridge and freezer. Safe temps: 40 F (fridge), 0 F (freezer).
- ▶ Freeze water containers to help maintain cold temperatures.
- ▶ Keep coolers, ice packs or ice ready in case of long outages.
- ▶ Consider filling plastic containers with water, leaving an inch of space inside each one, to help keep food cold if the power goes out.

STOCK UP ON READY-TO-EAT FOODS THAT DON'T NEED REFRIGERATION INCLUDING:

- ▶ Bottled water
- ▶ Canned goods such as veggies, fruits, beans and tuna.
- ▶ Don't forget a manual can opener
- ▶ Instant mashed potatoes or oatmeal for carbs and energy
- ▶ Crackers and nuts
- ▶ Dry cereal and powdered milk

DURING AN OUTAGE

In the event of a disaster, it is important to follow a specific sequence for using your available food supply. Start with perishable foods and items from the refrigerator. Following that, turn your attention to the freezer, then

begin using nonperishable foods and essential staples.

Losing a fridge full of food is costly, inconvenient and can be dangerous if you're running low on rations. While you may not be able to save everything, here are ways to preserve food as long as possible:

- ▶ Keep doors closed. A fridge keeps food safe for up to 4 hours; a full freezer, up to 48 hours.
- ▶ Use a cooler if the power is out for more than 4 hours. Layer frozen items with fridge foods and ice for a more consistent temperature.
- ▶ If you don't have a cooler, you can use your freezer. Put ice in bowls and place them around the food to prevent melting ice from flooding your freezer. Use blankets to insulate the freezer, but ensure that air vents are unobstructed.
- ▶ Monitor temperatures with a thermometer. Food must stay below 40 F to stay safe.
- ▶ Never taste food to test safety. If it smells, looks or feels off — throw it out.
- ▶ Don't use food that touched floodwater unless it is in waterproof packaging.

AFTER THE POWER RETURNS

- ▶ Frozen food is safe if it still contains ice crystals or has stayed under 40 F.
- ▶ Don't refreeze or cook food that got too warm.
- ▶ Throw out anything questionable.

Use the U.S. Department of Agriculture's guide to learn more about foods you can keep or should throw out after a power outage: www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage.

Staying prepared can help you avoid illness, waste and added stress during a storm.

SAFETY TIP

MAKE A PLAN. Talk with your family about where you will go and how you will stay in touch during an emergency.

BUILD AN EMERGENCY SUPPLY KIT.

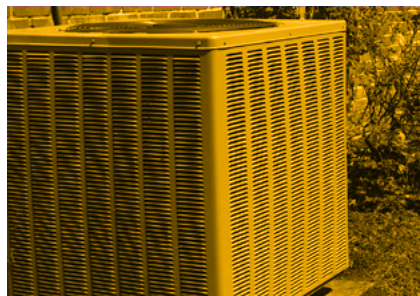
Gather supplies like water, non-perishable food, flashlights, batteries, medications and first-aid supplies.

STAY INFORMED. Sign up for local weather alerts and updates from your cooperative.



Never run a generator in a garage, even if the garage door is open, because generators give off deadly carbon monoxide. Portable generators come in handy during long-term power outages. But if you don't to use them properly, they can be deadly.

SOURCE: WWW.SAFEELECTRICITY.ORG



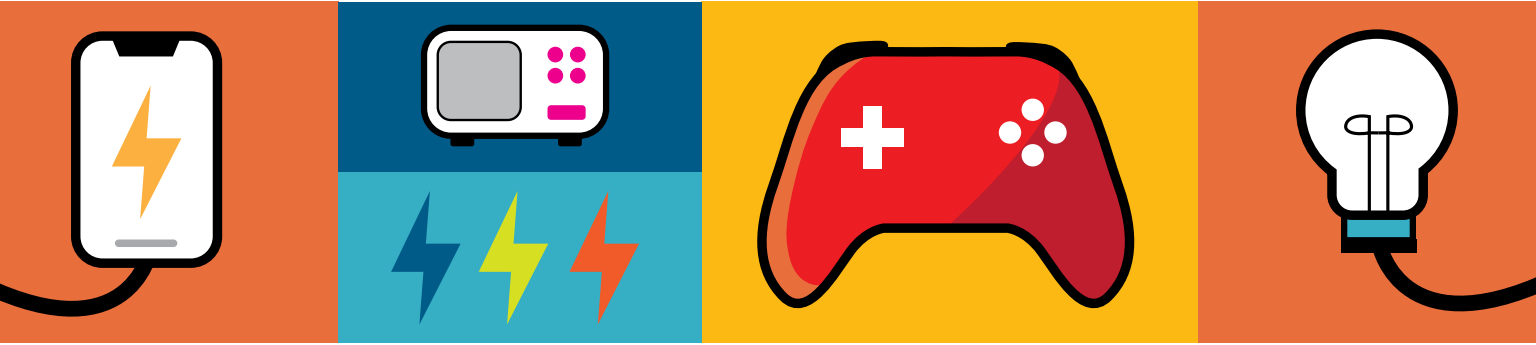
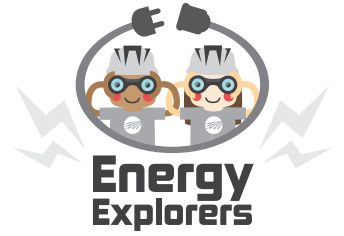
SCHEDULE HVAC MAINTENANCE

Now is the perfect time to schedule maintenance for your heating system. HVAC techs are less busy in the fall, making this an excellent time for any necessary updates or repairs. A qualified tech can clean filters, check for leaks and make sure your system is in tip-top shape to keep you cozy this winter.

The Value of Electricity

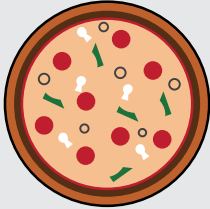
Did you know the average daily cost of electricity is about \$5? When you think about all the ways we use electricity every day, that's a great value!

A DAY'S WORTH OF ELECTRICITY POWERS: HOME HEATING/COOLING, ELECTRONICS, LIGHTING, MAJOR APPLIANCES AND MORE.



Look at the everyday items below, then add a plus (+) sign next to the items you think cost more than daily electricity. For items you think cost less than daily electricity, add a minus (–) sign.

1.



Large Pizza

2.



1 Movie Ticket

3.



Candy Bar

4.



Video Game

5.



Ice Cream Cone

6.



Plush Toy

ANSWER KEY 1. + 2. + 3. - 4. + 5. - 6. +