

Eight 2013 IEC Memorial Scholarships Available

Clay Electric Cooperative Executive Vice President / General Manager John Meng has announced that the Illinois electric cooperatives will again in 2013 award seven academic scholarships to high school seniors through a memorial scholarship fund designed to financially assist deserving students in the “electric cooperative family.” In addition, an eighth scholarship – to assist with costs in attending an electric lineworker school – will also be offered.

The eight scholarships of \$1,500 each will be awarded in 2013 through the Thomas H. Moore Illinois Electric Cooperatives (IEC) Memorial Scholarship Program.

Four scholarships will be awarded to high school seniors who are the sons or daughters of an Illinois electric cooperative member receiving service from the cooperative. A fifth scholarship, the Earl W. Struck Memorial Scholarship, will be awarded to a student who is the son or daughter of an Illinois electric cooperative employee. The sixth and seventh scholarships are reserved for students enrolling full-time at a two-year Illinois community college who are the sons or daughters of Illinois electric cooperative members, employees or directors.

A new eighth annual scholarship, the “LaVern and Nola McEntire Lineworker’s Scholarship,” was awarded for the first time in 2011. This \$1,500 scholarship will help pay for costs to attend the lineworker’s school conducted by the Association of Illinois Electric



Cooperatives in conjunction with Lincoln Land Community College, Springfield, Ill. Sons and daughters of co-op members; relatives of co-op employees or directors; individuals enrolled in the Lincoln Land lineworker’s school; and individuals who have served or are serving in the armed forces or National Guard are all eligible for the lineworker’s scholarship.

“We hope to assist electric cooperative youth while honoring past rural electric leaders with these scholarships,” says General Manager Meng. “Clay Electric and the other Illinois electric cooperatives are always seeking ways to make a difference in our communities. One of the best ways we can do that is by helping our youth through programs like this one. In addition, we are very pleased to offer the electric lineworker’s scholarship. It will benefit not only electric cooperative



youth but also those fine men and women who have served their country through their military service and may now be wanting to become a trained lineworker.”

For more information regarding the scholarships, contact Clay Electric Member Services Director, Doug Hockman. All necessary paperwork is being sent to area high school guidance counselors and is available for download at the cooperative’s website at www.ceci.coop.

Minutes of Board of Trustees Meeting

Regular meeting September 24, 2012

Trustees present were: Frank Czyzewski, Bill Croy, Neil Gould, Frank Herman, Kevin Logan, Bob Pierson, Richard Rudolphi, Danny Schnepfer and Greg Smith. Also present were Executive Vice President/General Manager John Meng, and Cooperative Attorney Melanie Pearce. The invocation was given by Bill Croy.

Approved the minutes of the regular meeting held August 27, 2012.

Accepted 10 new members for service.

Canceled 9 members no longer receiving service.

Approved work orders in the amount of \$141,818.48.

Discussed and Accepted the disbursement list for the month of

August, 2012.

Heard a report by Trustee Logan concerning the AIEC financials, and the Region 5 & 6 Meeting.

Heard a report by Trustee Herman concerning the recent SIPC Board meeting, including the financials, status of operation, and the status of EPA permit applications.

Approved the financial and maintenance reports, Reviewed Rate of Return percentage, Equity, Line Loss, Operating Expenses, Operating Statement, and Policy # 100-1 Business Ethics as presented by Gen. Mgr. Meng.

Discussed the past Clay Electric Cooperative Annual Meeting.

Approved revisions to Policy # 100-5 meetings of the Board.

Heard a report by Gen. Mgr. Meng on Right of Way clearing.

Reviewed Article 17 including Legislative History, in regards to ARES and CECI wholesale power contract.

Reviewed 5 sealed bids for a 2000 Chevrolet cooperative pickup, and Approved the high bid of \$1,250.00 submitted by Scott Rado.

Scheduled the regular December Board meeting for December 17, 2012 at 5 P.M.

Informed by Gen. Mgr. Meng that CECI must participate in a NRECA Benefit Plan audit.

Disbursed the October Embody Health Issue.

Adjournment.



*Clay Electric will be closed December 24 & 25, 2012
for the Christmas holidays.*

*The Board of Directors, and Employees of Clay Electric Cooperative
wish you and your family a Merry Christmas.*

*Clay Electric will be closed January 1, 2013 for New Years Day.
Have a safe, happy, and prosperous New Year.*

Clay County Water Update

Clay County Water, Inc. continues the construction of the Phase 3 waterline project. The remainder of the Phase 3 project includes water lines located in Stanford, and South Clay City Townships.

If you have not been contacted, or would like to sign up for water service to your location, please call. Do not put this off any longer, as fees will increase as the project proceeds.

Doug Hockman 662-6666, Sue Pettit 662-4305, Bob Pierson 662-7471, Kye Hemphill 662-4590, Bill Seelman 662-8479, Dwight Edgington 678-2782, Kevin Henry 618-838-6123, or Hank Hilmes 662-2388.

Tips for Unwrapping a Healthier YOU!

Party planning, creative dinner tactics, and generosity boost holiday health

Holidays are traditionally marked by celebration, family, and food. Here are some tips to help you enjoy the festivities while keeping a balanced and healthful diet.

Party Snacks:

- **Take control.** Before a holiday event, eat a snack or light meal. You will be less likely to fill up on high-calorie foods at the event. Fasting before an event may lead you to overeat.
- **Keep it lean.** Go for the vegetable platter and lean proteins, such as shrimp. Try to avoid creamy or fried appetizers.
- **Bring a dish.** Offer to bring a low-calorie dish to the holiday party. It will help your host and your waistline!

Holiday Dinner

- **Pile on the veggies.** Fill up on healthful items such as vegetables, salad, and even fruit before going for the more decadent sides.
- **Reduce your portions.** Choose items you want to try the most and eat a small portion of each. This will help you keep your calories down, while still enjoying holiday favorites!
- **Eat slowly.** It takes about 20 minutes for your body to realize you are full. Make sure you slow down and savor your meal to prevent overeating.
- **Take a walk.** After your meal, get moving! It will help your body

digest the food and use some of the extra calories you consumed during the meal.

Seasonal Sweets

- **Moderation is key.** Enjoy your favorite desserts during the holiday; just be mindful of portion sizes. Sample a small amount of your favorite items. The holidays only come once a year so you

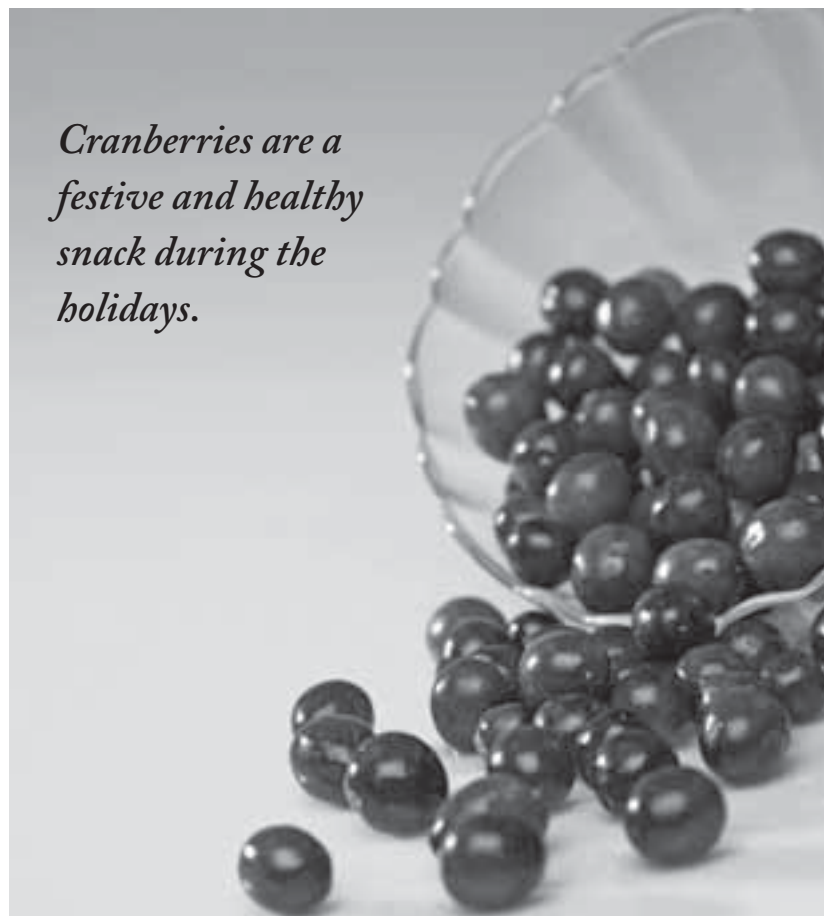
should take the opportunity to enjoy the occasional sweet!

- **Share your dessert.** Cut calories in half by sharing your dessert with a friend or family member.

Most importantly, enjoy yourself by making the focus of the holiday season your family and friends, not food.

Source: NRECA

Cranberries are a festive and healthy snack during the holidays.



Clay Electric Co-operative, Inc.

A Touchstone Energy® Cooperative 

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Office hours: 7:30 a.m. — 4:00 p.m.

www.ceci.coop

Use Precautions When Decorating Home for the Holidays

For millions of people every year, the holiday season comes with traditions of festive lights and decorations, extraordinary foods and lavish parties. Unfortunately, time-honored traditions can easily end in tragedy if precautions are not taken. A few years ago, Shawn Miller was one of these people.

His mother, Maria Worth, found her son on the ground with wisps of smokes coming from his body. Miller was unconscious and badly burned. He had been hanging holiday lights in the trees that lined her yard. As he tossed the lights up into the trees, 7200 volts of electricity entered his body, traveling from the overhead power lines through his strand of lights.

Shawn Miller “Power lines were the last thing on my mind that day,” says Miller. “I was just hanging Christmas lights at my Mom’s house like I do every year, only this time, I was decorating a new area, the trees that lined the front of the yard.”

Although Miller suffered 27 exit wounds, the loss of his left hand and a finger on his right hand, his survival was miraculous. He urges everyone to use caution this holiday season. Miller’s experience is the centerpiece of this year’s Safe Electricity’s Teach Learn Care TLC campaign, spreading awareness about the importance of electrical safety.

“Shawn Miller has a lot to teach us about electrical safety and we are grateful he is sharing his story through our Teach Learn Care TLC campaign,” says Molly Hall, Executive Director of Safe Electricity. “We want people to learn from his tragic experience and care enough to share it with those they love.”

“I’m lucky to be alive,” Miller adds. “I want everyone to be careful, be aware of power lines.”

Miller and Safe Electricity urge

everyone to follow these guidelines while decorating for the holiday season:

- Never throw holiday lights or other decorations into trees near power lines.
- Be especially careful when working near power lines attached to your house. Keep ladders, equipment and yourself at least 10 feet from all power lines.
- Use only lights that have been safety tested and have the UL label.
- Before use, check each light string for broken sockets, frayed cords, or faulty plugs. Replace damaged strings. Always unplug light strings while replacing bulbs.
- Outdoors, use only lights, cords, animated displays and decorations rated for outdoor use. Cords should be plugged into outlets equipped with GFCIs. Use a portable GFCI if your outdoor outlets are not equipped with them.
- Do not staple or nail through light strings or electrical cords, or attach cords to utility poles.
- Don’t string together more than three standard-size sets of lights.
- Make sure extension cords are in good condition, are UL-approved and rated to carry the electrical load you will connect to them.
- Match plugs with outlets. Don’t force a 3-pronged plug into a 2-pronged outlet or extension cord.
- Do not overload outlets. Use surge protector strips if multiple outlets are needed.



- Keep electric cords away from high-traffic areas, and don’t run them through doorways, or hide them under rugs or carpets.
- Don’t let children or pets play with light strings or electrical decorations.
- Place fresh-cut trees away from heat sources, such as heat registers, fireplaces, radiators and televisions; and water frequently.
- Always unplug lights before going to bed or leaving your home.

“After something life-changing happens, you become more interested and learn much more,” Miller said. “Had I known more before this happened, I might still have two hands and the job I loved. I have to find ways to move on with my life and help people learn from what has happened to me. Safe Electricity is helping me help others.”