

The SOUTHEASTERN Light

SouthEastern Illinois Electric Cooperative

A Touchstone Energy® Cooperative 

President's Comments



Dustin Tripp
President/CEO

The Seven Cooperative Principles

SouthEastern Illinois Electric Cooperative is a Touchstone Energy Cooperative which means your cooperative is part of an alliance of more than 700 cooperatives in 45 states that collectively deliver energy solutions to more than 30 million members every day. Touchstone Energy Cooperatives own and operate transmission and distributions systems consisting of over 2.6 million miles of line that serves approximately 56 percent of the land mass in the United States.

As a member of this alliance, your cooperative firmly believes in the seven principles of Voluntary and Open Membership, Democratic Member Control, Member Economic Participation, Autonomy and Independence, Education, Training and Information, Cooperation Among Cooperatives and Concern for Community.

Voluntary and Open Membership

Membership in a cooperative is open to all persons who can reasonably use its services and stand willing to accept the responsibilities of membership, regardless of race, religion, gender or economic circumstances.

Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. Elected representatives (directors/trustees) are elected from among

the membership and are accountable to the membership. In primary cooperatives, members have equal voting rights (one member, one vote); cooperatives at other levels are organized in a democratic manner.

Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital remains the common property of the cooperative. Members allocate surpluses for any or all of the following purposes: developing the cooperative, setting up reserves, benefiting members in proportion to their transactions with the cooperative, and supporting other activities approved by the membership.

Autonomy and Independence

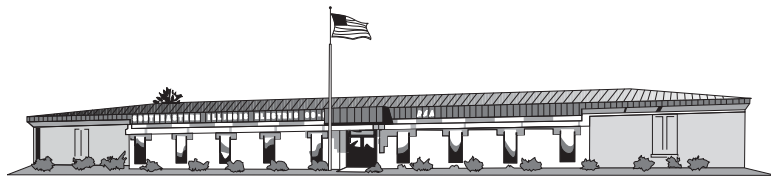
Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control as well as their unique identity.

Education, Training and Information

Education and training for members, elected representatives (directors/trustees), CEOs and employees help them effectively contribute to the development of their

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READERSHIP PRIZE WINNER:
Linda Fulkerson, Simpson, IL

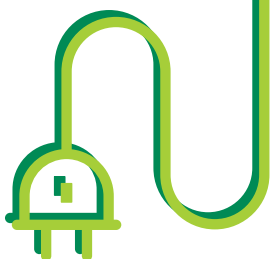


Energy Efficiency Tip of the Month

When shopping for new light bulbs, know the difference between lumens and watts. Lumens measure the amount of light produced by the bulb. Watts measure energy consumption.

Energy-saving LEDs come in a variety of colors and brightness levels and last 15-25 times longer than incandescent bulbs.

Source: energy.gov



Proper rest makes a huge difference in staying safe during harvest

For many farmers, fall requires long days in the field and little rest. The pressure to harvest as much as possible, combined with fatigue and looming deadlines, increases the risk of injury. In fact, most injuries occur during the spring and fall when stress and fatigue are common among farmers.

The safety and health of workers, including making time for sleep, should be a priority when considering a farm's productivity, according to Josie Rudolphi, University of Illinois Extension associate research scientist. "Rushing and cutting corners can lead to injury, which no one has time for, especially during the harvest," she says.

Rudolphi grew up on a farm and understands the pressures of harvest season. She says that getting proper rest can make a huge difference in staying safe, but during the time crunch of harvest season, farmers sacrifice sleep to work late into the night.

"Sleep deficiency has been associated with increased injury, reduced reaction time, and reduced concentration," Rudolphi says. "All of which could impact health and safety, as well as productivity."

The demands of harvest are stressful, and a lack of sleep can intensify that and lead to errors in the fields or even on the roads.

To improve sleep, Rudolphi advises farmers to go to bed and wake up at regular times when possible. They can use rainy days to catch up on sleep.

Other sleep health tips include:

- Create a bedroom environment that encourages sleep; keep it quiet, dark and cool.
- Limit electronic device use.
- Avoid large meals, caffeine and alcohol before bedtime.

In addition to improving sleep, managing stress is an important component to injury prevention, health and safety. "By using the 'Four A' Method of avoid (planning ahead), adapt (changing expectations), alter (changing the situation when you can) and accept (acknowledging that a situation is what it is), farmers can successfully manage the stress of long hours and unpredictability," Rudolphi adds.

For information about safety around electricity, including farm and ranch safety, visit SafeElectricity.org.

Feeling stressed this harvest season? WHAT'S YOUR PLAN?

Breakdowns. Long hours. Setbacks. There is no way to predict what harvest will bring.

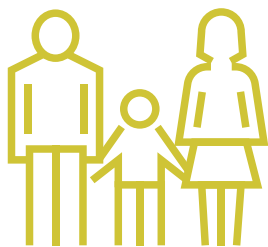
Have your PLAN in place to manage your stress for a safe and healthy harvest.



P

Prepare for the season

With preparation, some stress can be avoided. Anticipate the demands of harvest and plan ahead. For example, prep healthy meals, fuel equipment and perform routine maintenance ahead of schedule. What can you do to prepare?

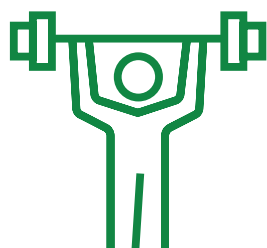


L

Lean on loved ones

Seeking support from others rather than taking on everything yourself can help reduce stress. Text or call a friend or family member when you need support.

Whom can you lean on?



A

Activate coping mechanisms

Coping mechanisms can help manage stress. They include engaging in physical activity, finding ways to make yourself laugh and carving out time for hobbies.

Which coping mechanisms will you use?



N

Nip negative self-talk

Negative self-talk leads to decreased morale and feelings of hopelessness. When your inner critic nags, be kind to yourself and remember thoughts are not reality.

How will you tell your inner critic to take a hike?

Content developed by Josie M. Rudolphi and Courtney Cuthbertson, University of Illinois Extension



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cooperatives. Communications about the nature and benefits of cooperatives, particularly with the general public and opinion leaders, helps boost cooperative understanding.

Cooperation Among Cooperatives

By working together through local, national, regional and international structures, cooperatives improve services, bolster local economies and

deal more effectively with social and community needs.

Commitment To Community

Cooperatives work for the sustainable development of their communities through policies supported by the membership.

SouthEastern Illinois Electric Cooperative is very proud to be one of a number of businesses in our area that remain locally owned, locally

governed and locally operated for the past 83 years in southern Illinois. Your cooperative remains committed to finding new and better ways to serve its members. Your cooperative will continue to work diligently to improve and enhance the level of service and reliability that you receive while keeping rates affordable.

See you next month and as always, "We'll keep the lights on for you."

POWER OUTAGE

If your power goes off, we offer these suggestions

1. Check the fuses or circuit breakers in your service panels. If you have breakers, make sure they are in the "ON" position.
2. If you have a meter pole, check the main breaker panel just below the meter socket. If the breaker is in the "OFF" position, check all of your wiring from the meter pole to your various buildings. If the wiring appears to be okay, reset the breaker to the "ON" position.
3. If you still do not have power, check with neighbors to see if they have power.
4. To report a power failure or other emergency, please phone 1-877-399-8405. This phone number is monitored around the clock, 365 days per year to accept your outage and emergency calls.
5. Your phone call will be handled by SouthEastern's automated outage reporting system and will be identified automatically through ANI (Automatic Number Identification). An outage record will then be generated for your location. Please note that the phone number

from which you place the call will be the number used to generate the record. If the system fails to recognize your phone number, members having touch-tone phones may simply enter their seven-digit phone number (without area code) in order to report the outage. Members not having touch-tone phones will be asked to leave a message. It is important you leave your name, phone number and location of the outage. Retrieving messages and entering them into the system is time consuming; therefore, please leave only a message that will help in restoration of electric service. Do not remain on the line for an operator because a live operator is not there to respond. In order to keep a current listing of all numbers, it is important that you notify the Cooperative of any changes in your telephone number.

6. Handling outage calls electronically allows you to report power failures very quickly. Once your outage has been reported, it will be dispatched to repair personnel who will restore your outage as soon as possible. Calling back repeatedly will not shorten the length of the outage, but may hinder the efforts of other members who are trying to report outages.

OUTAGE CALLS ONLY 1-877-399-8405



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Electric Cooperative

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