

JAMUP

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A Touchstone Energy® Cooperative 

2021 Annual Meeting update



David A. Johnston
General Manager

Last year proved to be a difficult time for people, businesses and the economy. Your cooperative was no exception. Throughout this difficult time, our

focus continued to be what it has always been ... that we would safely and reliably provide you with exceptional power and service. Thankfully, we adapted and found new methods of doing business. While we were not always fully staffed due to illnesses, quarantines or even caring for loved ones, the dedicated employees at Southern Illinois Electric Cooperative once again stepped up and met the challenge.

Due to the Illinois gathering restrictions caused by COVID-19,

we were not able to hold our 2020 Annual Meeting of the Members where we would have elected directors, reported on previous year performance, and transacted other business that may have been presented at the meeting.

Now that Illinois has moved to Phase 5 of the state's Restore Illinois Plan, I am delighted to inform you that your Board of Directors has set October 7, 2021 as the date to hold a Special Meeting of the Members as well as the 2021 Annual Meeting of the Members.

The primary purpose of the Special Meeting of the Members will be to hold the elections that would have otherwise taken place at the 2020 Annual Meeting of the Members. Immediately afterward, the 2021 Annual Meeting of the Members will be called to order so director elections, previous year(s) reports and other business can be transacted.

The meeting will be held at the Shawnee Community College

gymnasium. As a visitor of the college, we will be required to follow the guidelines that it has in place at the time of our meeting. As these guidelines become available, we will communicate them to you.

We invite you to join us to learn about your cooperative, share your perspective and become informed about future opportunities and challenges. Whether you have attended in the past or have never attended, we would be delighted for you to join us at this year's meeting. When member owners come together to share and discuss ideas, the cooperative becomes even better. Now that we can once again have in-person large group gatherings, we look forward to seeing you there at 6 p.m. on Thursday, October 7, 2021!

As always, we will once again have door prizes, entertainment, scholarship drawings and plenty of other random prize drawings.

Big Truck Night

SIEC Forestry Journeyman Gabe Pecord preparing the forestry crew truck at the Egyptian Early Learning Center's Big Truck Night. This open house event allowed students to learn about various types of machinery used by different organizations in southern Illinois, from bulldozers to fire engines! We are always glad to educate our community's youth on what we do and how we do it here at Southern Illinois Electric Cooperative!





Live Line Demo

Recently, students from the 2021 Illinois Cooperative Council Youth Conference held on the SIU-Carbondale campus, learned about the functionality, operations and safety protocols of an electric cooperative. They were able to discuss what makes a cooperative unique from a municipality or investor-owned utility company. A special thank you to SIEC's own Crew Foremen Aaron Stover and Allen Plott, Journeyman Lineman Zach Zeigler, and Director of Member Services Brent Goforth for presenting the Live Line Demo to the students!



Electricity Camp

As part of the Electricity Camps held by the University of Illinois Extension Office and 4-H, students traveled to Shawnee Community College to work with SIEC employees Josh Kelley, Brent Goforth and Allen Plott to build their very own extension cords! This is a great and safe way for kids to be hands-on and learn how electricity is used to power everyday items in their own homes!



Feeling stressed this harvest season?

WHAT'S YOUR PLAN?

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

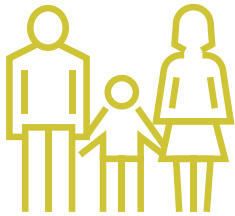
Have your PLAN in place to manage your stress for a safe and healthy harvest.



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?**

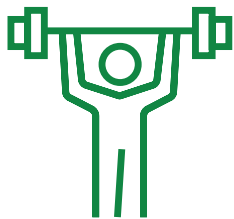


L

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



Need immediate assistance?

National Suicide Prevention Lifeline:
1-800-273-8255



Member prize

In this issue of the JAMUP, we printed the names of three SIEC members who are eligible to receive a \$10 credit toward their utility bill. If you find your name printed in this center section and it's not part of the story, call Bree with your account number at **800-762-1400** to claim your prize.

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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

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.

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. "James Synchronic" 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.

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

