

# JAMMUP

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As I think about November and the holiday season that is quickly approaching, I am thankful and blessed to live in

a country that allows us our many freedoms. Many have paid a price for those freedoms, for which I am eternally grateful! Due to the sacrifices many have made, I believe there are a few things that all of us could do every day to make this country an even better place.

There are many thoughts and ideas as to what those things could be. However, as I look back at the past couple of years and the next few years we are facing, I think there are some “Rules of Life” that we all could do to improve the state of our country. These “rules” are to go to start with simple thankfulness and consideration — both of which are free.

The first is to SMILE. Yes, that’s all. Give that mom in the grocery store a smile when she is juggling both groceries and her children, or the man behind the register. It says, “It will be okay!” or “Have a good day!” All of us benefit from small acts of encouragement, whether we realize it or not. My next rule is, DON’T GIVE UP! This is a tough one. There are those times in life when you feel as if everything is against you. In order to succeed in this world, giving up is not an option. You are the only one who knows exactly what you want. The feeling of success

you earn once you’ve reached a goal cannot be matched, especially when you had to overcome obstacles along the way.

Another rule of life, which I think is one of the hardest, is DON’T COMPARE. Each one of us have a different path in the world. Some talents and gifts we may share with others, but some are unique to each of us. This is the season to be thankful for the things that make up an individual’s personality, strengths, and yes — even weaknesses. The definition of happiness and success can also be tailored to individuals, so ensure that you aren’t chasing someone else’s dream, but what matters to you! The next rule is IDENTIFY THE POSITIVES. In this crazy thing we call life, it is natural to identify and focus on negatives. However, if you can identify positive events, progress or accomplishments, feelings of jealousy or inadequacy will begin to disappear.

My last two “Rules of Life” are ones that I feel are very personal. LEARN FROM YOUR PAST and TAKE CARE OF YOUR MIND AND

BODY. Time spent dwelling on past decisions can limit progress, but it’s important to grow from the decisions you’ve made. **Ronald E. Deasel** In order to make the most of the life you’ve been given, eating healthy and exercising is always a great rule, but creating time to enhance your mental health is just as important.

Some of these rules are more difficult to do than others, but if you can stick to them, I think they will begin to make a difference in your life, too! You may be able to recall a time when you received a helping hand or a smile from a stranger. Remember the difference it made in your life at that moment, and use that to achieve goals and find the positives in your life. It can start a chain reaction in your family or even your community! When you feel confident, kind and positive you can continue to spread a spirit of gratitude to those around you. Life is a big circle, in which we can learn to live together and make our piece of this world a better place, and be thankful for not only what we have, but who we are. It all starts with a SMILE.



*Touchstone Energy Classroom Empowerment Grant applications are due Thursday Nov. 10th*



## Southern Illinois Electric line personnel compete in Lineworker's Safety Rodeo

Line personnel from Southern Illinois Electric Cooperative (SIEC) participated in the annual Lineworker's Safety Rodeo coordinated by the Association of Illinois Electric Cooperatives (AIEC) on Wednesday, Sept. 28. Fourteen teams from 12 electric co-ops, one municipal electric utility, and one team of Lincoln Land Community College (LLCC) linework students participated in the friendly competition. The rodeo highlights the skills lineworkers use to work safely and efficiently.

Brent Taylor, Lyle McDowell and Jeff Roach represented SIEC at the rodeo, held at the LLCC Line School Yard in Springfield. They competed against teams from across Illinois in events using skills that focus on agility, speed and accuracy. While these skills are part of the judging criteria, above all, participants are judged on safe work practices.

Line personnel competed in four team and five individual events: a 40-foot climb, hurt man rescue, H-structure obstacle course, a

surprise written exam for the mystery event, and a head-to-head climbing challenge.

Scores for each event are based on completion time, proper execution of the task and safety. Deductions were made to a team or individual's overall performance score due to mistakes

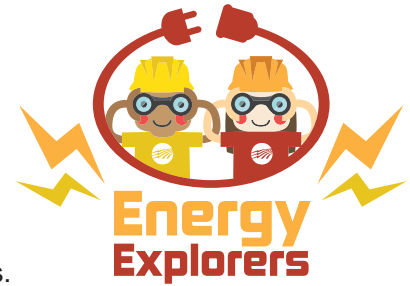
such as slipping when climbing poles, dropping tools or executing inappropriate procedures or methods.

At the end of the day, the SIEC team earned second place in the 40-foot climb event. Congratulations to our lineworkers on their team and individual efforts.



*From left: Lineworkers Brent Taylor, Lyle McDowell and Jeff Roach represented Southern Illinois Electric at the 2022 AIEC Lineworker's Safety Rodeo.*

# FALL SAFETY WORD SEARCH



Fall is finally here! The leaves are changing, the weather is cooler and the holidays are just around the corner. But Fall also brings greater risks of home fires and electrical hazards.

Read the safety tips below, then find and circle the **bolded** words in the puzzle.

Adults should always stay in the **kitchen** while food is **cooking**.

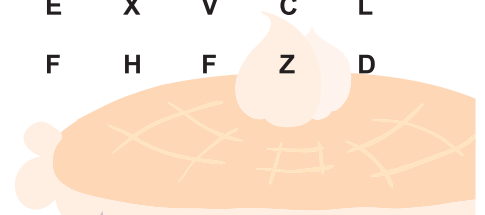
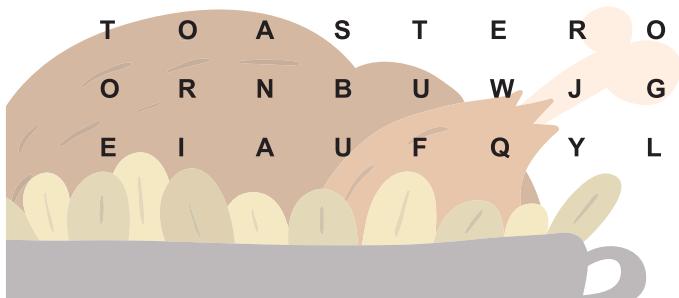
**Smoke alarms** should be tested monthly to ensure they're working properly.

**Batteries** should be replaced every year or right away if the alarm starts to chirp.

**Candles** should never be left burning when someone isn't in the room.

Keep flammable items away from the **stove, toaster** and other cooking **appliances**.

S	M	R	A	L	A	E	K	O	M	S	E	C	A	W
S	M	C	K	J	P	M	H	G	X	V	O	B	P	S
X	E	K	A	H	O	R	I	E	O	O	M	Z	P	C
R	B	I	X	T	F	O	A	T	K	H	C	U	L	N
P	O	Y	R	Y	U	G	S	I	T	G	X	M	I	K
K	E	G	K	E	L	L	N	L	V	F	H	K	A	C
T	I	W	U	D	T	G	R	I	C	D	S	H	N	H
S	W	T	D	Q	Q	T	M	E	K	Z	E	V	C	O
M	Q	Y	C	E	R	W	A	Z	X	S	L	K	E	Q
P	D	M	L	H	P	Z	X	B	E	W	D	N	S	Q
C	H	T	B	K	E	W	U	R	I	S	N	W	W	H
A	K	R	S	C	G	N	W	U	L	R	A	R	X	A
T	O	A	S	T	E	R	O	K	F	P	C	G	D	X
O	R	N	B	U	W	J	G	D	K	E	X	V	C	L
E	I	A	U	F	Q	Y	L	U	H	F	H	F	Z	D



## 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 Brent with your account number at **800-762-1400** to claim your prize.



## Keeping Pets and Energy Bills Comfortable

Most pet owners consider their four-legged companions part of the family. At Southern Illinois Electric Cooperative, we know many of you feel this way, too. That's why during the winter months, it's important to ensure the whole family, including our four-legged members, is cozy—without taking a big “bite” out of our budget.

This month, I'd like to share a few simple ways you can make your home more comfortable this winter, which can ultimately help you save on energy bills.

At the onset of the cold weather season, we replace the HVAC filter for better air quality and to help the unit operate more efficiently. You can also keep your home cozier by caulking and weatherstripping windows and doors.

If your home is particularly chilly, you can tape or affix heavy, clear plastic to the inside of your window frames to create an additional barrier against the cold. Ensure that the plastic is tightly sealed to the frame to help reduce infiltration.

We know winter can be “ruff,” so we set our thermostat at 68 degrees, a “purr-fect” temperature for people and pets. This is especially important for smaller, short hair and senior dogs—not just for warmth, but for their general health. Puppies, kittens and older pets with arthritis or other ailments may have a harder time controlling their body heat and need the additional warmth when it's chilly out.

Pets that sleep close to the floor can be subject to cold drafts that enter your home through windows and exterior doors. If your pet's bed is near a window or door that feels drafty, tightly roll up a towel and place it near the bottom of the door or window to eliminate the draft. Cutting down on cold drafts helps everyone feel more comfortable during colder months.

If possible, elevate your pet's bed so it's not placed directly on a cold floor. An old chair or sofa cushion works well. If you don't use a dog bed, take some old blankets, and create a donut shape on the cushion so the dog can snuggle and “nest” within the blanket. You can do the same for cats but on a smaller scale. Blankets enable pets to nestle into them, even when they aren't tired, and provide a comfortable place for dogs and cats to curl up.

During the day, open your blinds and curtains to allow sunlight to warm your home. Close window coverings at night for an added layer of insulation.

At SIEC, we want to help you save energy and money. Check out our website at [siec.org](http://siec.org) or follow our Facebook page to find more energy efficiency tips!

We can't control the weather, but we can provide advice to help you save energy and keep your family and furry friends more comfortable during the winter season.

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