

JAMUP

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Your Touchstone Energy® Partner 

You gotta love 'em ...

I'll bet you didn't know that Southern Illinois Electric Cooperative's (SIEC) linemen and forestry workers don't work alone on and around our power lines. Whether they are climbing 30-35 foot poles, restoring power, or clearing tree limbs to prevent future outages, they are never far from the hearts of the family members who love them and a support team of dedicated fellow employees ready to assist where needed.

At this time of year when most winter storms seem hopefully over, yet the possibility of thunderstorms, tornadoes and damaging high winds appear to loom over our heads almost on a daily basis. Every time a storm sweeps through our area our employees are some of the hardest workers I know. From the employees who answer the phones and manage the outage reporting systems, to the linemen and forestry workers out braving the elements to restore your power, down to our warehouseman who keeps ample supplies and materials stocked in our warehouses, as well as the employees who answer your many questions about your utility bills and concerns, they all have one common mission...to provide affordable, reliable, safe electric power to you our members.

Sometimes, when other electric cooperatives are in trouble after devastating hurricanes, tornadoes, fires, and floods, our linemen and



forestry workers have traveled as far as Alabama and Mississippi to bring the lights back on for complete strangers. Each time these brave employees leave home to help those in need, their families are left behind, praying for a safe return.

Working with high-voltage electricity, linemen and forestry workers find themselves in life and death situations on a regular basis. That's why SIEC always focuses on safety first.

Marrying into this profession isn't easy. All employees, especially linemen and forestry workers, are often on call, and must be ready to respond at a moment's notice if our members need them. This makes children's sporting events and family get-togethers hard to pull off sometimes. But the men and women who keep your power on do so because

they know without their commitment many of the things we've come to expect—hot and cold food, lights, computers, television—wouldn't be possible. By devoting their lives to working on utility lines, they connect all of us to a better way of life.

I'd like to take a moment to thank all of the employees of SIEC and their families who love and support the men and women who brave the elements and work long hours to keep the power on in our homes each and every day. Thank you for your commitment to "keep the lights on."

By Cathy Belcher
 Administrative Assistant



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Give blood, save lives during national Red Cross month

Are you ready to save three lives? Join your community as we celebrate the American Red Cross in 2014. SIEC marks the month of March with a kick-off to our upcoming blood drives in Alexander, Johnson, Massac, Pulaski and Union counties. Our first blood drive for 2014 is scheduled for Cypress Elementary School (Johnson County) on Monday, March 10 from 1 - 6 p.m.

President Franklin D. Roosevelt began the tradition in 1943, proclaiming March the month to recognize the work of the American Red Cross. The Blood Services Division of the Red Cross began during World War II. The President called on the public to help by giving blood, volunteering time, or donating money. Seventy-one years later, every U.S. president has echoed the proclamation. **Tammie Flowers**

The Red Cross collects 6.3 million units of blood a year from roughly 3.7 million blood donors. The group provides 40 percent of the nation's blood supply. Donors—called everyday heroes by the American Red Cross—may save up to three lives with each donation.

"It's a small thing to do, and it means a lot to a family in need," shares Jerri Schaefer, director of communications and a blood donor. "SIEC has a strong commitment to its local communities. We hope to save many lives by encouraging our employees, board directors and members to step forward by giving blood to the American Red Cross." **Each member household will**

receive a \$10 electric bill credit when a member from that household (must be 18 or older) gives blood at an SIEC scheduled blood drive.

Becoming a hero only takes about an hour from the time you arrive at the donation site until the time you leave. The donation process is also simple and relatively painless.

Prepare to Donate

- Visit redcrossblood.org to schedule your appointment in advance, or call SIEC to set the appointment for you at 1-800-762-1400. It is very important that your appointment is set in advance of the blood drive so that all donors are accommodated. Donors with appointments will be given preference.
- Eat iron rich foods for a couple of weeks prior to your blood donation to help boost your iron level.
- Eat a healthy meal that includes iron-rich foods. Avoid fatty foods; they can affect a blood test that you will be given to determine whether you are eligible to donate.
- Drink an extra 16 oz. of water before the donation.
- Bring identification: a recent SIEC electric bill AND a driver's license.
- Wear clothing with sleeves you can raise above the elbow.

Donation Process

- Register at the donation site and complete a brief confidential

health history.

- Staff will check your temperature, pulse, and blood pressure, before drawing blood to determine your blood type.
- A Red Cross staff member will collect the blood that will help another person.

After Your Donation

- Drink extra water or other non-alcoholic fluids for the next 24 hours.
- Keep the bandage on for the next several hours.
- Avoid heavy lifting or strenuous exercise for the rest of the day.



American Red Cross

2014 SIEC BLOOD DRIVES:

Johnson County: Monday, March 10 at Cypress Elementary School Gym from 1 - 6 p.m.

Alexander County: Friday, April 4 at Egyptian High School in Tamms from 12 - 5 p.m.

Pulaski County: Tuesday, May 27 at Cross Road United Methodist Church in Ullin from 1 - 6 p.m.

Massac County: Date to be announced soon

Union County: Date to be announced soon

Ways to Pay!


Save your stamps! Pay your bills on our secure website at www.siec.coop. Or, we can automatically deduct your bill each month from your checking account or credit card. Keep it simple by signing up for our budget billing program. We have many options for you. Give us a call today. Ask for Lisa or Lana.

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What would you do?



What would you do if you hit a utility pole and the lines and pole came down on or around your vehicle? Stay inside until help arrives! (Unless the vehicle is on fire). If you have to get out, jump away from the vehicle with both feet together, as far away from the vehicle as possible (like a bunny hop). Getting out of the vehicle, with few exceptions, is the wrong thing to do until the line has been de-energized.



Classroom Empowerment Grant

Congratulations Mrs. Swain at Egyptian School in Tamms! She applied for our teacher grant program and earned \$500 for her Project Boost class to create a school-wide newspaper that will serve students Pre-k through grade 12. The publication is called The Egyptian Journey. Students hope to boost school spirit and share news of school happenings. Pictured are some of her students working on the next issue of The Egyptian Journey. **Donald Double**

If you are interested in our Touchstone Energy Classroom Empowerment Grant program, watch for details coming this fall. We enjoy helping our local schools and our communities.

Co-op Connections® Card update



As you can see on page 9, more businesses are signing up each month to offer discounts to SIEC members on the free Co-op Connections Card. Please remember to show your card and take advantage of their offers. SIEC believes in SHOPPING LOCAL!

Not only are we saving you money at local businesses, don't forget about the pharmacy discount. Show your card to your local participating pharmacist, and see if your Co-op Connections Card can save you money. SIEC members saved over \$700 in December on prescriptions. A few members have expressed disappointment that our card did not provide them savings on their specific prescriptions. It may not help all of our members, but it will help some. We hope to add more vision centers, chiropractors and dentists soon.

Keep watching page 9 in this magazine for updates. Or, you can stay updated through our website siec.coop or on our Facebook page.



**“Like” Us
on Facebook and
“Follow” Us
on Twitter:**

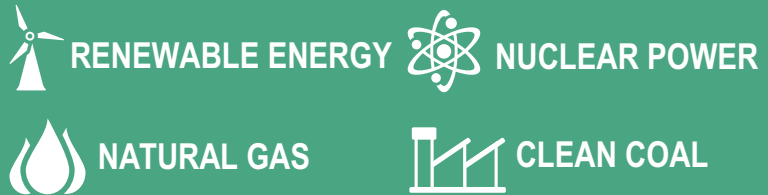
Once we reach 1,000 “likes” on Facebook, we are giving away a special SIEC promotional package which includes: SIEC cap, coffee mug, insulated lunch bag, t-shirt and a **\$25 electric bill credit**. To be eligible, you must be a member of SIEC and either “like” us on Facebook... **Southern Illinois Electric Cooperative (SIEC)** or “follow” us on Twitter... **@SIEC_Dongola**.

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Take action

SIEC urges you to take action to keep energy affordable. Join us in sending a message to the U.S. Environmental Protection Agency (EPA) that we need a common sense, balanced energy policy. The EPA’s proposed regulations would virtually eliminate new coal fired generation. We need an all of the above energy policy that includes our nation’s abundant energy resources, develops new renewable energy resources and, of course, encourages common sense energy efficiency. Go to www.action.coop now and sign the petition telling the EPA we need an energy policy that helps keep energy affordable.



**America needs an
ALL OF THE ABOVE STRATEGY
to keep electric bills affordable**

VISIT ACTION.COOP

**TELL EPA TO RECONSIDER
ITS “ALL-BUT-ONE” APPROACH**

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

Southern Illinois Electric Cooperative

7420 U.S. Highway 51 South • P.O. Box 100 • Dongola, Illinois 62926
618-827-3555 • Office hours: 8 a.m. — 4 p.m. • Web address: www.siec.coop

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