

THE GRID

**P.O. Box 709
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Mattoon, Illinois 61938**

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or **Toll-Free:**
1-888-661-CMEC (2632)
Office hours:
Monday-Friday
7:30a.m. - 4:30p.m.

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**To Report an Outage
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Find Your Name and Win \$50

Find your name hidden inside this issue of The Grid and receive a **\$50 bill credit**. Credit must be claimed by the end of each month in which this newsletter is published.



Your Touchstone Energy® Cooperative 



Youth Tour 2026 Delegates

CMEC will once again sponsor two high school students for Youth Tour, an annual trip to Washington, D.C., organized by Illinois electric and telephone cooperatives. This year, Callen Lanham and Luci Barringer have been chosen to represent CMEC.

The 2026 trip is scheduled for June 15-22. Throughout the week, the students will visit Capitol Hill and meet with elected officials, explore historic landmarks such as Gettysburg, Arlington National Cemetery, the Supreme Court, and various memorials and museums, learn about the cooperative model, and develop valuable leadership skills.

Board Nominations

Board of Director nominations are due at our office at 104 Dewitt Ave. E., Mattoon, no later than July 1, 2026. Director districts to be elected in 2026 are two, four, five, and six. Nomination is made by the petition of members in accordance with the cooperative bylaws. Directors represent all members of Coles-Moultrie Electric Cooperative, serve three-year terms, and attend monthly board meetings. The co-op is divided into seven districts. We welcome any members from districts two, four, five, and six who are considering nomination to call our office at 217-235-0341 or email info@cmeccoop.

First Aid & CPR Certified: Our Employees Looking Out for One Another

By Anita Hoene, SHRM-CP, Director of Human Resources & Safety



Anita Hoene
Director of Human Resources & Safety

Ensuring a safe and prepared workplace is a top priority for Coles-Moultrie Electric Cooperative, and one of the most impactful ways we achieve this is by having all employees become First Aid and CPR certified. These essential skills not only empower individuals to respond effectively in emergencies

but also foster a culture of safety, confidence, and care throughout the organization.

First Aid and CPR certification equips employees with the knowledge and practical ability to act quickly when it matters most. In the event of an accident, medical emergency, or an unexpected health issue, the first few minutes are often critical. Having trained employees on-site ensures that immediate assistance can be provided while waiting for professional medical responders. Whether it's administering CPR, treating minor injuries, or stabilizing a more serious condition, certified employees play a vital role in protecting the well-being of their coworkers.

At Coles-Moultrie Electric Cooperative, employees frequently work in environments that may present unique risks, including fieldwork, equipment handling, and outdoor conditions. To further strengthen safety in these settings, each area serviceman and line-worker crew is equipped with an Automated External Defibrillator (AED) and a fully stocked First Aid kit while working in the field. Their trucks are clearly marked to indicate the locations of AEDs and First Aid kits, ensuring that lifesaving equipment can be accessed quickly and efficiently during an emergency. In addition, AEDs and First Aid kits are readily available within office facilities, providing immediate access to critical resources for all employees. By maintaining both certification and readily available resources across the workforce and facilities, the Cooperative enhances its overall emergency preparedness.

Beyond the workplace, these certifications extend their value into everyday life. Employees who are trained in First Aid and CPR are better prepared to assist family members and friends in times of need. This aligns with the Cooperative's commitment to the



phrase “You are your brother’s keeper,” reinforcing the idea that safety and care extend beyond ensuring your own safety to care for your co-workers’ safety, too. It also directly supports the cooperative principle of education, training, and information, demonstrating a commitment to the safety and well-being of our employees and their families.

Investing in employee training also reflects Coles-Moultrie Electric Cooperative’s dedication to continuous improvement and employee development. Providing opportunities for certification demonstrates a commitment to equipping staff with practical, life-saving skills while promoting a proactive approach to health and safety. It encourages teamwork, awareness, and a shared responsibility for one another’s well-being.

Having all employees First Aid and CPR certified is more than a safety measure — it is a powerful statement about the values of Coles-Moultrie Electric Cooperative. It shows a commitment to preparedness, responsibility, and continuing education and training. By prioritizing these certifications and ensuring access to essential emergency equipment in the field, the Cooperative not only enhances workplace safety but also equips our employees with the knowledge, ability, and confidence to keep their co-workers and families safe whenever and wherever emergencies arise.



Play It Safe Around Power Lines

Digging holes, climbing trees, flying kites — outdoor play often creates beautiful childhood memories. Before hitting the great outdoors, discuss electrical safety with your children.

Flying fun

While flying kites, model airplanes, remote-control flying toys, and drones, stay in large, open areas (such as parks or fields), far away from power lines. If an item gets caught in a power line, teach children to never try to retrieve it. Instead, an adult should call their electric utility for help.

General outdoor safety tips

Other important safety guidelines for kids and adults alike include:

- Never throw objects at power lines.
- Stay far away from downed, damaged, or low-hanging power lines. An adult should call 911 to report a downed or damaged line.
- Be cautious after a severe storm that caused a power outage. Downed power lines could be hidden under water, snow, or storm debris. Wait to go outside until power has been restored.
- Do not climb, sit, or play on padmount transformers (green boxes).
- Do not climb trees that have overhead power lines near or running through them.

Richard Walk

Poolside

When spending time by the pool, look overhead when using pool skimmers or other long objects to be sure you are not getting close to an overhead power line. If you are swimming and feel a prickly or tingling sensation, do not stay in the pool. There could be a stray electric current from a downed power line or a damaged electrical device. Also, never play in a flooded street or ditch; a downed power line could be hidden by the water and fallen debris.

Prevention is key

Electric shock and injuries are often preventable. Empower your family with electrical safety knowledge to prevent electric injuries.



Congratulations to CMEC Director Andrew Fearn

Congratulations to Director Andrew Fearn for receiving his Director Gold credential from the NRECA! The Director Gold credential recognizes directors committed to continuing their education beyond the CCD and BLC and demonstrates their ongoing commitment to advancing their knowledge and performing their fiduciary duty to the best of their ability. NRECA represents the nation's almost 900 member-owned electric cooperatives, which provide electric service to more than 42 million people in 48 states.

**SAVE
the
DATE**

**86th Annual
Meeting & Member
Celebration**

**Friday, October 2nd
Peterson Park, Mattoon**

TIPS TO AVOID ENERGY SCAMS

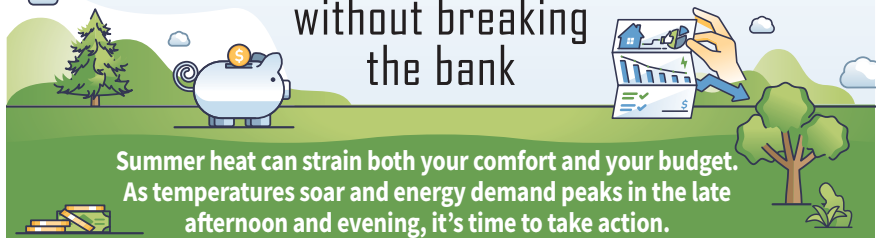
Protect your accounts by enabling multi-factor authentication (MFA) wherever possible. MFA adds an extra layer of security by requiring a second step—like a code sent to your phone or an authentication app—beyond just your password. Even if a scammer steals your login information through phishing or data breaches, MFA can stop them from accessing your account. Choose app-based authentication over text messages when available, as it's more secure. Taking a few minutes to turn on MFA for email, banking and additional online accounts can significantly reduce your risk of identity theft and financial loss.

Source: staysafeonline.org



STAY COOL THIS SUMMER

without breaking the bank



Summer heat can strain both your comfort and your budget. As temperatures soar and energy demand peaks in the late afternoon and evening, it's time to take action.

7 COST EFFECTIVE TIPS TO HELP LOWER ENERGY CONSUMPTION:

1. Request a home energy audit from your local utility to reduce energy loss.
2. Change your air filter regularly to help your HVAC system work efficiently.
3. Increase your thermostat by two degrees and set it to a higher temperature when you're away.
4. Install a smart or programmable thermostat for automatic temperature control.
5. Run dryers, washers and dishwashers during off-peak hours in the early morning or late evening.
6. Wash full loads of laundry in cold water. Detergent, not hot water, cleans the clothes.
7. Reduce indoor heat by limiting cooking and the use of heat-producing appliances during the hottest parts of the day.

Safe
Electricity.org®

72% of Lightning Fatalities OCCUR JUNE THROUGH AUGUST

Take extra care when enjoying outdoor sporting events and activities when weather turns threatening. If you hear thunder, lightning is close enough to pose an immediate threat. That is why the National Weather Service advises: "When Thunder Roars, Go Indoors!" Lightning can strike up to 10 miles away from rain, even if you don't see clouds.

Safe Electricity urges everyone to understand the importance of lightning awareness and how to stay safe. Learn more at SafeElectricity.org

Safe
Electricity.org®

Monthly Board Meeting Minutes can be viewed on our website: cmec.coop