

# Clay ELECTRIC News

A Touchstone Energy® Cooperative

7784 Old Hwy. 50 ■ P.O. Box 517 ■ Flora, Illinois 62839 ■ [www.ceci.coop](http://www.ceci.coop) ■ 618-662-2171 ■ 800-582-9012

## From the Manager

**T**he heat is here, and with summer high temperatures in full swing, we encourage our members to conserve power where possible. Setting the thermostat to a higher temperature during the heat of the day or when no one is home can help keep energy costs in check. Remember to set ceiling fans to spin counterclockwise to produce a cooling breeze. Try to avoid using high-power appliances in the middle of the day and turn off unused electronics to help limit the sting at bill time. **14433-001**

I'd like to again remind you that our 79th Annual Meeting will be held on Aug. 24 at Oil Belt Christian Service Camp west of Flora. This year we will draw three \$500 scholarships for the

children of our members. To be eligible, they should be members of the graduating class of 2023 with plans to attend an accredited two- or four-year college or trade school this fall. The form for the drawing can be found on page 6 and returned to the cooperative by mail or in person by Friday, Aug. 18.

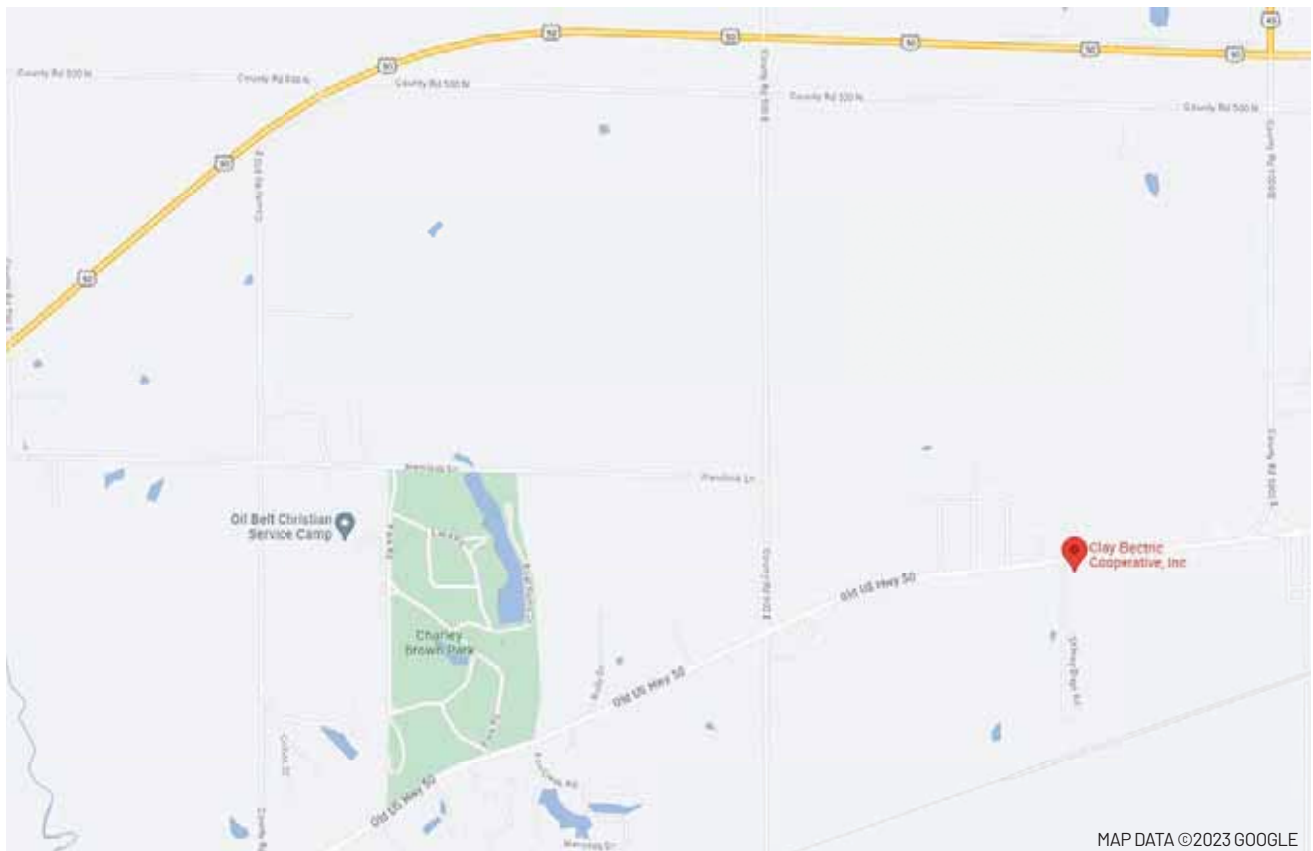
Your 79th Annual Meeting will be a fully in-person event. Registration begins at 5 p.m. There will be a health fair with the Clay County Health Department, Clay County Hospital and others. Dinner will be your choice of a pork chop or chicken dinner, topped off with a Klondike Bar. After the dinner portion, our business meeting begins at 6:30 p.m. After the meeting is adjourned, we will draw our

scholarship recipients and door prizes. We hope you'll join us on the 24th for your annual meeting!

Don't forget to be on the lookout for your member number in the center section of this magazine. There are three member numbers hidden in Clay Electric News. If you find your number and give us a call, you win \$5 off your next bill!



**Matt Conklin**  
*CEO*



MAP DATA ©2023 GOOGLE

# Farmers: Getting proper rest can make 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," Rudolphi says. **18001-043**

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, all of which could impact health and safety, as well as productivity," Rudolphi says.

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, according to Rudolphi. "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," she adds.

For information about safety around electricity, including farm and ranch safety, visit [SafeElectricity.org](http://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.



### 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?**



### 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?**



### 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?**



### 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



# STAY SAFE AFTER A FIRE

After a fire, seek out a professional service to clean ash and debris. Contact your insurance company for guidance.

## What to wear

Wear long sleeves, pants, sturdy shoes, a proper mask and protective gear.

Once you get the go-ahead to return home, hazards will be present. **To help you stay safe:**

- Use caution around trees, power poles and other tall objects, which could easily fall.
- Check for the smell of gas, which smells like rotten eggs.
- If you do smell gas, leave the area and notify authorities.
- Do not ingest or breathe in anything that is damaged.
- Be aware of slip, trip, fall and puncture hazards.
- Know that hazardous chemicals could be present.
- Throw out any food that has been compromised.
- If running water is contaminated, do not use it.
- Do not use damaged or waterlogged appliances.

**Have major home systems inspected prior to use,** including solar, electrical, water, septic, heating oil tank and propane.

*Sources: Emergency Mgmt. of Sonoma County and CAL FIRE*

 Safe  
Electricity.org®



 **MEMBER  
PRIZES**

Every month we will have three member numbers hidden throughout Clay Electric News. If you find your member number that corresponds to the one found on the upper right corner of your bill, call our office and identify your number and the page it's on. If correct, you will win a \$5 credit on your next electric bill.

# Minutes of the Board of Trustees Meeting

June 26, 2023

The regular meeting of the Board of Trustees of Clay Electric Co-operative, Inc. (CECI) was held at the Clay Electric Cooperative Headquarters, Flora, Illinois beginning at 6:57 o'clock p.m. on Monday, June 26, 2023.

Trustees present were Bob Pierson, Neil Gould, Bill Croy, Kevin Logan, Richard Rudolphi, Frank Herman, Frank Czyzewski, Evan Smith and Josh Schnepfer. Also present were Matt Conklin, CEO, and Attorney for the Board Tyra Cycholl. The meeting was opened by Bob Pierson, who presided, and Neil Gould acted as secretary thereof.

The invocation was given by Richard Rudolphi and was followed by the Pledge of Allegiance. **11753-001**

The following proceedings were had [all action being first duly moved and seconded, and all action taken being upon the unanimous vote of the Board or without dissenting vote of abstention unless otherwise stated]:

**APPROVED**, the Suggested Agenda.

**APPROVED**, the Consent Agenda including the following:

- **APPROVED**, the prior meeting minutes;
- **APPROVED**, (a) to admit to membership those applicants

connected for service since the last such review by the board, and (b) cancel those former members shown on the Manager's Report since the last such review by the Board, said members no longer taking service;

**REVIEWED**, the Consent Agenda including the following:

- **REVIEWED**, the Work Orders;
- **REVIEWED**, the Disbursements;
- **REVIEWED**, the Credit Card Statements;
- **REVIEWED**, the Attorney Retainer;
- **REVIEWED**, the Account Summary Report;
- **REVIEWED**, the CFC Report from the Board.

**APPROVED**, the write-offs as presented

**APPROVED**, the Agreement for Purchase of Power with Greg Volk.

**APPROVED**, the CFC Line of Credit resolution and CFC Line of Credit Agreement.

**WERE INFORMED** of the NRECA Clean Audit report.

**WERE INFORMED** of the open NRECA Illinois Director Position.

**REVIEWED**, the NRECA Certification of Voting Delegates.

**HEARD**, a report by Bob Pierson regarding SIPC Board Meeting.

**HEARD**, an update by Kevin Logan regarding AIEC.

**DISCUSSED**, upcoming AIEC Annual Meeting and Board Training and Region 5 meeting.

At 7:49 entered into Executive Session to discuss Personnel.

At 7:54 exited Executive Session.

**HEARD and APPROVED**, a financial report by Matt Conklin as to the following:

- Monthly Reconciliation;
- SIPC Power Delivered in May 2023;
- May 2023 Cash Flow;
- Line Loss;
- May 2023 Form 7;
- May 2023 Balance Sheet;

**HEARD**, the Managers Report on Safety.

**REVIEWED**, the Quarterly Safety Committee meeting held June 13, 2023.

**REVIEWED**, the Safety Report for the month of June.

**REVIEWED**, the Monday morning Safety meeting.

**HEARD**, the Managers Report on Cybersecurity.

**REVIEWED**, the Strategic Planning Cyber Security goals.

**WERE UPDATED**, on the Meridian Carbon Black installation.

**REVIEWED**, the Cybersecurity Draft Policy.

**REVIEWED**, a draft of the Cyber Incident Response Plan.

**HEARD and APPROVED**, the Manager's report by Matt Conklin on the following topics:

- Flora Schools Baseball Diamonds;
- New MSR;
- New Dur-A-lift truck;
- Operations Report;
- Communications Report;
- Upcoming meetings.

**WERE INFORMED**, our crews helped install lights at the Flora Baseball Fields.

**WERE INFORMED**, the Member Services Representative Tyla Knapp started June 5.

**WERE INFORMED**, the new Dur-A-Lift truck has arrived.

**REVIEWED**, the Operations Report.


**REVIEWED**, the Communications Report.

**WERE REMINDED**, of upcoming meetings on July 24, 2023; Aug. 28, 2023; Sept. 25, 2023; and Oct. 23, 2023, at 7 p.m. and the Annual Meeting on Aug. 24.

**REVIEWED**, a thank-you note from the Logan Family.

There being no further business to come before the Board, said meeting was declared adjourned at 8:45 p.m.

## Clay Electric Co-operative, Inc.

A Touchstone Energy® Cooperative 

7784 Old Hwy. 50,  
P.O. Box 517,  
Flora, Illinois 62839  
618-662-2171  
800-582-9012

Office hours:  
7:30 a.m. — 4:00 p.m.

[www.ceci.coop](http://www.ceci.coop)  
[facebook.com/ceci.coop](https://facebook.com/ceci.coop)

