



Sedgwick County Electric Cooperative

**SEDGWICK COUNTY
ELECTRIC COOPERATIVE**

currentnews

Sedgwick County Electric Cooperative

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FROM THE MANAGER

Healthy Winter Habits to Maintain Health



Scott Ayres

Another cough and cold season calls for healthy preparation, and while there may not be a foolproof plan for escaping pesky germs, taking preventive

steps and practicing self-care can help protect your health.

"As much as we all would love a quick cure for the common cold, unfortunately, that doesn't exist," said Ian K. Smith, MD. "However, there are many options one can try to relieve cold and flu symptoms, including over-the-counter medications. These medications can provide fast and much-needed relief."

Reduce the chances you'll contract

a serious illness this cold season by following these tips from the experts at Mucinex:

Make handwashing a priority. Preventive measures like washing your hands often can significantly lower your odds of getting sick. In fact, handwashing is such a powerful tool against germs that the Centers for Disease Control and Prevention compared it to a "do-it-yourself vaccine." Wash regularly with soap and water for about 20 seconds, especially when handling food, caring for someone sick or after using the restroom.

Make overall wellness a way of life. Adopting healthy everyday habits means your body is in better condition to fight off potential attacks by germs and combat an illness more effectively

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ENERGY EFFICIENCY Tip of the Month

Do you have a home office? Set equipment like printers and scanners to automatically switch to sleep or energy-saver mode when not in use. In addition to saving energy, the equipment will stay cooler, which will help extend its life. Another way to save in the home office is to use energy efficient lamps for task lighting. Small lamps use less energy than whole-room lighting.



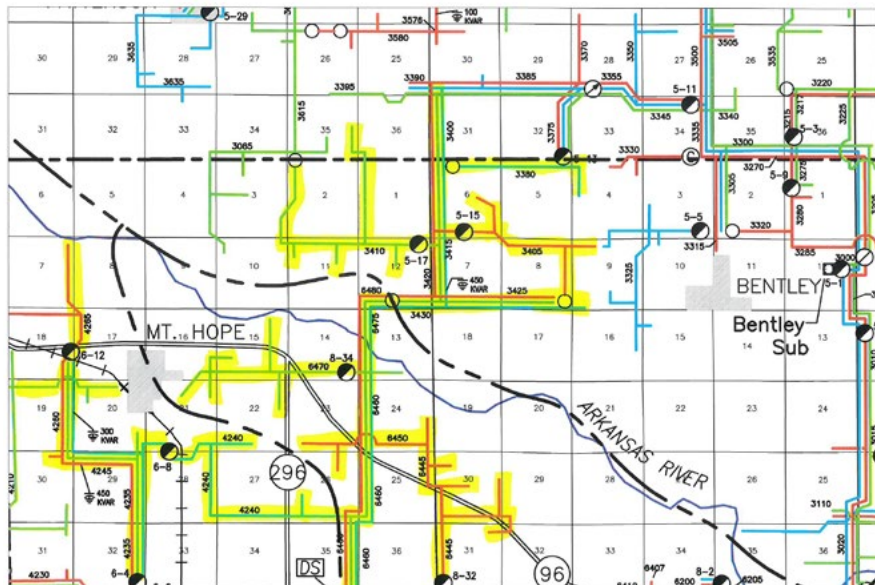
Why Pole Inspection, Treatment Is Necessary

As in the case with most electric utilities, Sedgwick County Electric Co-op is dependent on the use of wooden poles. Even though the poles we use are initially treated to resist decay, over time all wooden poles will deteriorate and ultimately need replaced. The decay rate varies depending on soil type, moisture levels, temperatures, and the type of wood the pole is derived from.

The pole inspection/treatment program determines if a pole is still useful and safe and if we can prolong its life. Sedgwick County Electric Co-op currently contracts with Global Utility Services to perform our pole inspections and treatment. While a visual inspection is valuable and essential in evaluating the overall condition of the pole, any internal decay below the ground line would go undetected if not for our pole inspection/treatment program.

Our inspection process involves a visual inspection/treatment of each pole in which we look for woodpecker holes, significant cracks, signs of termite and carpenter ant activity, or other defect with the pole that may result in a pole failure and/or rejections.

Inspectors then complete a sound and bore test of the pole, where they will expose the pole below the ground line, bore the pole at an angle in two different locations, determine the size of the decayed pocket below the ground line and sound the pole above the ground line with a hammer looking to see



if the decayed pocket extends above the ground line. The majority of decay in a wood pole occurs in the first 18 inches below the ground line. Wood preservative is applied to the pole to treat against external rot. If the integrity and strength of a pole is compromised and considered dangerous, the pole is replaced immediately.

By continuing our pole inspection/treatment and pole replacement program, we have extended the useful life of our wooden poles, reduced maintenance costs and increased the reliability and safety of our electric system for all our members. **GLOBAL UTILITY SERVICES WILL BE TESTING/TREATING POLES IN THE MOUNT HOPE AREA.**

Mark Your Calendars for Annual Meeting

The 2023 Sedgwick County Electric Cooperative Annual Membership Meeting will be held Tuesday, April 4, 2023, at The Cotillion Hall and Ballroom, 11120 W. Kellogg in Wichita. Doors will open at 6:15 p.m. and dinner will be served at 6:30 p.m. We hope to see you there!

Board territories, map and descriptions are located at www.sedgwickcountyelectric.coop. Territories and directors up for reelection are: Territory 1 – North of 109th St. North, (Irish Creek Road) – **CINDY FOSTER**. Territory 2 – South of 109th St. North, North of US 54, East of 167th St. West.

– **ALAN SMARSH**; and Territory 3 – East of 167th St. West, South of US 54. – **REX SMITH**.

If you live in one of the above territories and would like to be put on the ballot for the board of directors, please contact Jo Luehrs at 316-542-3131 or jluehrs@sedgwickcountyelectric.coop. **DEADLINE TO SUBMIT AN APPLICATION IS FEB. 3, 2023.**

Member-owners attending the annual membership meeting will receive updates regarding the following:

- ▶ Cooperative news and updates.
- ▶ Board of director elections.
- ▶ Youth Tour, Camp and scholarship awards.
- ▶ Employee recognition.
- ▶ Door prizes.

APRIL

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Healthy Winter Habits to Maintain Health

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if you do get sick. A well-balanced diet that includes moderate portions from each of the major food groups can help ensure you're getting the nutrition and nutrients your body needs. Staying physically active can help promote a stronger immune system. Getting enough sleep and making sure you're drinking enough water can also ensure your body is ready for whatever the season brings.

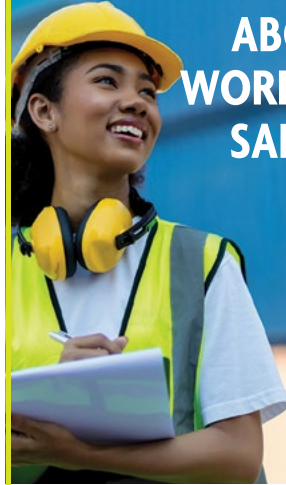
Stock up on necessary supplies. If you do get sick, the best place for you is at home, where you can nurse yourself back to health. That means having the essentials on hand, like over-the-counter medications to treat uncomfortable cold and flu symptoms. Be sure to check last year's leftover meds, as some may have expired. A shopping list to fight common cold and flu symptoms should include pain relievers, fever reducers, decongestants, antihistamines, throat lozenges and cough suppressants, as well as plenty of facial tissue, a working thermometer and humidi-

fier. Also update your supply of hand sanitizer and disinfecting cleaners and sprays to protect family members in your home.

Relieve bothersome symptoms. When you're under the weather, treating your symptoms gives you a reprieve and lets your body rest so you can get back to feeling better. A cough is a common cold symptom, and relieving chest congestion that causes you to cough frequently can make a big difference. If symptoms persist, contact your health care professional.

Do your part to prevent spreading germs. If you do get sick, take steps to protect those around you. Simple acts like covering your nose and mouth with a tissue when you cough or sneeze and using your elbow if you don't have a tissue can be effective in preventing the spread of germs. It's also important to wash your hands well and keep a distance from others to help prevent the spread of your illness.

SPEAK UP ABOUT WORKPLACE SAFETY



IDENTIFY HAZARDS IN THE WORKPLACE

Speaking up about unsafe or hazardous work conditions help keep everyone safe. Workplace hazards can be chemical (such as a spill), physical, biological (e.g., bloodborne pathogens) or ergonomic.

The National Safety Council Recommendations:

- ▶ Wear proper personal protective equipment.
- ▶ Avoid distracted walking.
- ▶ Use caution in high-traffic areas.
- ▶ Store heavy objects on the floor.
- ▶ Check workstations for exposed cords.
- ▶ Ensure cups and glasses have spill-proof lids.
- ▶ Replace burned out lighting.

In addition:

- ▶ Immediately report/address unsafe conditions.
- ▶ Always observe lockout/tagout procedures.
- ▶ Use tools, equipment and machinery properly.
- ▶ Be aware of your surroundings.

SOURCE: NATIONAL SAFETY COUNCIL

Working on the Line Sedgwick County Conducts Annual Inventory



Equipment Operator/Groundman Josh Wood (left) and Journeyman Lineman Tommy Hill help with yearly inventory.

ATTENTION HIGH SCHOOL SOPHOMORES & JUNIORS

Please submit the application below to Sedgwick County Electric Co-op, P.O. Box 220, Cheney, KS 67025 or scan and email to jluehrs@sedgwickcountyelectric.coop by **FEB. 3, 2023**. Please complete the application below or complete the application online at www.sedgwickcountyelectric.com/youth-programs.

Name of Applicant: _____

Address: _____ City: _____ State/Zip: _____

2022-2023 Grade: _____ School: _____

Gender: M or F Home Phone: _____ Cell Phone: _____

Student's Email: _____

I AGREE THAT ALL INFORMATION SUPPLIED IN THIS APPLICATION IS ACCURATE AND TRUE.

Applicant Signature: _____

I HEREBY GRANT PERMISSION TO THE ABOVE APPLICANT TO COMPETE IN THE YOUTH SCHOLARSHIP COMPETITION.

Parents Name: _____ Signature of Parent or Guardian: _____

List activities you have participated in at your school and any special honors you have received, such as class officer, plays, music, activities, etc.

ACTIVITIES	YEARS	REMARKS & HONORS

List extracurricular activities you have participated in, such as FFA, 4-H, church, community, etc.

ACTIVITIES	YEARS	REMARKS & HONORS

List any hobbies, talents, special interests, etc. _____

What are your future plans? _____

Anything else you'd like to tell us about yourself? _____

What is the greatest energy issue facing your generation and how can today's youth be a part of the solution?

