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Sedgwick County Electric Cooperative

**SEDGWICK COUNTY
ELECTRIC COOPERATIVE**

currentnews

Sedgwick County Electric Cooperative

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Director

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Director

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Director

Stan Theis
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Staff

Scott Ayres
General Manager/CEO

Lora Alloway
Office Manager

Kyle Pipkin
Line Superintendent

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FROM THE MANAGER

5 Holiday Stressors and How to Combat Them

Old songs call it the most wonderful time of the year, but the holiday season carries a high degree of stress for many people. The final months of the year include added pressures that may affect well-being, relationships, finances, and other factors that contribute to anything but a merry and bright time.

Common Causes of Holiday Stress

Although it sounds obvious, the best way to manage stressors is to remove or avoid them as much as possible. (This is often easier said than done.) Are there holiday-related events or tasks that are daunting? If so, consider the cost of not doing them (if there is a cost) versus keeping them on your list of obligations.

An overbooked holiday schedule is not the only thing that can cause strife and discontent, however. Here are other seasonal but common causes of stress, anxiety, or depression:

Seasonal Affective Disorder (SAD)

As daylight hours become shorter, the rates of depression increase. If you are diagnosed with SAD, follow your doctor's advice. Options include light therapy, counseling, and medication.

Unrealistic Expectations

These anxiety-producing thoughts and feelings can either come from external sources or ruminate in our minds. Out-

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Scott Ayres



Board of Directors Election Notification

The following territories will be voted on during the annual membership meeting currently scheduled for April 5, 2022.

▶ **TERRITORY 7**

East of 407th Street W. (170th Avenue), West of 295th Street W., South of US 54

▶ **TERRITORY 8**

East of 279th Street W., South of 109th Street N., West of 167th Street W., North of 29th Street N.

▶ **TERRITORY 9**

South of 109th Street N. (Irish Creek Road), West of 279th Street W., North of 29th Street N. (Smoots Creek Road)

The following cooperative bylaws describe director territories, election, and application processes.

SECTION 4.02. ELECTION AND TENURE OF OFFICE. Members of the Board of Directors shall be elected by the members of the Cooperative from nine (9) Director Territories and shall serve for a term of three (3) years, or until their successors shall have been elected. The Cooperative shall stagger Director Terms by dividing the total number of authorized Directors into groups of three (3) and Members must annually elect three (3) Directors.

The Cooperative members shall elect Directors by a plurality of the votes cast, and Cooperative members may not vote for write-in candidates, by proxy, and there shall be no nominations from the floor at the Annual Meeting.

Members of the Board of Directors shall be elected by ballot and from the members of the Cooperative. The individual presiding at the annual meeting shall announce the results of the election.

All persons desiring to run for an open seat on the Board of Directors shall submit an Application for Director to the Cooperative at least 60 days before the Annual Meeting. The Cooperative shall then post a list of candidates running for Director

Candidates requesting a Board of Director application should contact Executive Assistant Jo Luehrs at 316-542-3131 or www.jluehrs@sedgwickcountyelectric.coop.

on the Cooperative's website at least forty-five (45) days before the Annual Meeting of the Cooperative.

SECTION 4.03. QUALIFICATIONS TO BE A DIRECTOR CANDIDATE AND BE ELECTED AND REMAIN A DIRECTOR.

Any natural person shall be eligible to apply to be a director candidate, be elected and remain a Director of the Cooperative who:

(a) Is a member and bona fide resident in the area served or to be served by the Cooperative for at least three years; and

▶ (b) Has not been employed by the Cooperative within the past thirty-six (36) months; and

▶ (c) Is not in any way employed by or financially interested in a competing enterprise or a business selling energy, energy services or energy supplies to the Cooperative, or a business primarily engaged in selling electrical or plumbing appliances, fixtures or supplies to the members of the Cooperative, and

▶ (d) Is not closely related to an incumbent Director or an employee of the Cooperative. The term "closely related" means the relationship of spouse, father, mother, brother, sister, son, daughter, grandparent and grandchild existing by reason of blood, marriage or adoption; and

▶ (e) Other reasonable qualifications, procedures or policies approved by the Board.

▶ Upon establishment of the fact that a Director is holding office in violation of any of the foregoing provisions, the Board of Directors shall remove such Director from office. Nothing contained in this section shall affect in any manner whatsoever, the validity of any action

taken at any meeting of the Board of Directors.

SECTION 4.04 DIRECTOR TERRITORIES – Based upon geographic or other equitable considerations determined by the Board through a Board Resolution, the Board shall divide the general area in which the Cooperative provides electrical energy into nine (9) territories that equitably represent the Members. ("Director Territory") A Director Territory may not be substantially unequal with another Director Territory and should provide equitable representation on the Board throughout the Cooperative Service Territory. ("Cooperative Service Territory")

As necessary, the Board may revise the Director Territories to ensure that the Territories equitably represent the Members and that no Territory is substantially unequal with another Territory. Within 30 days following a Director Territory revision, and at least 30 days before the next annual Member Meeting, the Cooperative must notify in writing or electronically, Members affected by the Director Territory revision. Director Territory revisions are effective on the date the Cooperative releases written or electronic notice of the Director Territory revision.

Bylaws can be found on our website at www.sedgwickcountyelectric.coop/membership-handbook-and-co-op-bylaws. Territory Map can be found at www.sedgwickcountyelectric.coop/contact-us.

Candidates requesting Board of Director application should contact Executive Assistant Jo Luehrs at 316-542-3131 or jluehrs@sedgwickcountyelectric.coop.

5 Holiday Stressors and How to Combat Them

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side expectations from family members, children, bosses, friends, and others can leave you feeling like you are not enough or that you are spread way too thin. Internal expectations can push you to do more than is healthy or reasonable. Consider reframing your thoughts and anticipating unreasonable expectations by:

- ▶ Knowing your limits for work hours, budgets or patience with specific people or situations.
- ▶ Practicing or writing down polite refusals that you can use with others who pile on the pressure.
- ▶ Recognizing that it is OK to have negative thoughts and feelings sometimes.
- ▶ Realizing that while others may put their best holiday foot forward, this does not mean that they will have a perfect holiday season (which is also unrealistic). Social media posts are not always as they appear.

Financial Difficulties and Debt

Financial stress is often paired with unrealistic expectations. A Magnify Money

survey conducted in 2020, revealed that more than 30% of shoppers went into an average debt of \$1,380 for holiday gift buying and other expenses. This type of strain on your budget lasts far longer than the celebrations. Consider:

- ▶ Setting a limit before you begin to shop
- ▶ Tracking expenses
- ▶ Putting credit cards aside and using only cash for gift buying
- ▶ Setting aside money each month as a holiday fund

Loneliness and Family Issues

Memories of pleasant holidays or comparisons between your life and others enjoying the season can exacerbate loneliness. With so much focus on sharing time with others, people without positive familial or social connections can experience more sadness during the holiday season than during other times of the year. Think about:

- ▶ Creating new traditions with friends.
- ▶ Volunteering for an organization that helps others, such as serving food on Christmas Day.

- ▶ Getting help if you need it by seeking out counseling.

Tips to Alleviate Stress

If you find you are overstressed, that you just do not feel like yourself, or that all the joy has been zapped from the most wonderful time of the year, try these stress-alleviating techniques:

- ▶ Identify negative self-talk and immediately refocus on a more positive message.
- ▶ Maintain a healthy eating and exercise regimen to minimize physical stress.
- ▶ Keep your distance from toxic or negative people. Focus on quality relationships.
- ▶ Use positive affirmations and take the time to pamper yourself.

The holiday season may come with more stressors than at other times of the year, but self-care, tempering expectations, reaching out to positive people, and sticking to both financial and time budgets will help you avoid a blue Christmas and instead focus on the warmth of the season.

SCAN TO FIND OUT MORE ABOUT YOUTH TOUR

ELECTRIC COOPERATIVE
YOUTH TOUR
WASHINGTON, D.C.
JUNE 16-23, 2022

SCAN TO FIND OUT MORE ABOUT CAMP

COOPERATIVE YOUTH
LEADERSHIP
CAMP
COLORADO
JULY 15-21, 2022

BROUGHT TO YOU BY YOUR LOCAL ELECTRIC COOPERATIVE

SAVE THE DATES

Deck the Halls Safely

There's nothing like putting up lights and decorations to get in the holiday spirit. It's something that many do each year without incident, yet the holidays are also one of the most hazardous times of the year when it comes to electrical fires and accidents.

Safe Electricity Offers Several Tips as You Deck the Halls this Season:

- ▶ When decorating outside, look up and around for power lines. Never throw lights or other decorations into trees near power lines.
- ▶ Keep ladders, equipment, and yourself at least 10 feet from power lines.
- ▶ Match plugs with outlets. Do not force a three-pronged plug into a two-pronged outlet or extension cord.
- ▶ Never string more strands of lights together than recommended by the manufacturer.
- ▶ Outside, use only lights, cords, animated displays and decorations rated for outdoor use. Follow the

manufacturer's instructions on how to use them. Ensure outdoor outlets or extension cords are equipped with ground fault circuit interrupters (GFCI).

- ▶ Do not staple or nail through light strings or electrical cords. Use plastic or insulated hooks to hang lights.
- ▶ Do not attach cords to utility poles.

The Outside of Your Home is Not the Only Place Where You Need to be Cautious of Electrical Dangers

- ▶ Use care when placing and decorating trees inside your home. Place fresh-cut and artificial trees away from heat sources such as registers, fireplaces and radiators.
- ▶ Water fresh-cut trees frequently.
- ▶ Turn lights off before you go to sleep.
- ▶ Set your lights up with a traditional timer or connect them to a smart speaker to allow for easy shut off. Safe Electricity and Sedgwick County Electric Cooperative wish you and your family a safe and happy holiday season.

All Members Entered to Win a Chance for \$20 Off Your Bill!

October was Cooperative Month and Sedgwick County Electric Co-op wanted to take a moment to thank YOU, our member-owners! If you recall in previous years, we held a drawing for one bill credit during the month of October that required submittal of a ticket to be placed in the hopper. This year to minimize foot traffic in the office and decrease coronavirus risk, each membership was entered into a random drawing for the chance to win one of 25 \$20 bill credits.

\$20 Bill Credit Winners Are:

- ▶ Daryl Bilby
- ▶ Ron Bingham
- ▶ Bluestem Pipeline LLC
- ▶ Kent A. Brand
- ▶ David Burford
- ▶ Jennifer Cashman
- ▶ Greg Chavez
- ▶ Merle E. Furry
- ▶ Doug Henning
- ▶ Jay Hess
- ▶ Jayhawk Pipeline
- ▶ Gerald Lampe
- ▶ Jeff Livingston
- ▶ Lukas Longbine
- ▶ Carl L. Losey
- ▶ Ronald D. McAninch
- ▶ Susan G. Mills
- ▶ Tim Nelson
- ▶ Drew Rhoades
- ▶ Thomas J. Seiwert
- ▶ Jonathan Sisemore
- ▶ Greg Smarsh
- ▶ Stanton Smith
- ▶ Kevin Stuhlsatz
- ▶ Fred L. Trego

MERRY AND BRIGHT

Don't add stress to your holiday season. Knowing how to properly use and hang lights could prevent injury or fire. Consider LED lights when replacing old strands. LEDs use 80-90% less energy than incandescent bulbs.



Make sure your home's electrical system can handle the load.

Do not use cords or plugs that are frayed or cracked.



Unplug light strands before changing a bulb or string fuse.

Only use lights certified by a reputable testing lab (UL).

