



NINNESCAH RURAL ELECTRIC COOPERATIVE

# Watts Ahead

## Ninnescah Rural Electric Co-op, Inc.

### Board of Trustees

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### Staff

**Teresa Miller**  
General Manager

**Robert Lamatsch**  
Manager of Operations

### In Case of an Outage

If your electricity is off for more than a few minutes, please call 800-828-5538. The office hours are 8 a.m. to 5 p.m., Monday–Friday. After hours, calls will be answered by dispatch and forwarded to our on-call personnel.

## Nomination Committee Selected

At the regularly scheduled board meeting held on Nov. 19, 2019, Ninnescah Rural Electric Cooperative's Board of Trustees selected a nominating committee.

### Those Appointed Were:

- ▶ **JACK DEVINEY**, Attica
- ▶ **WILBUR K. WOOD**, Haviland
- ▶ **GILBERT M. LARKIN**, Greensburg
- ▶ **KEN W. LEWTON**, Coats
- ▶ **STEVE MOORE**, Stafford
- ▶ **MORGAN J. TRINKLE**, Preston
- ▶ **JAY A. DERLEY**, Lewis
- ▶ **JON M. MCCLURE**, Stafford
- ▶ **TERAH LAMBERT**, Sun City

The nominating committee will meet at Ninnescah's office on Friday, Feb. 7, 2020, at 1:30 p.m. to select members of the cooperative to run for office. These nominees will be voted on at the

annual meeting to be held on Tuesday, March 17, 2020.

If anyone wishes to place a member's name into nomination (husband or wife if signed jointly), please contact any nominating committee member before the nominating committee meeting in February. The committee shall prepare and post a list of nominations for a trustee position at the office of the cooperative at least 25 days prior to the annual meeting. Any 15 or more members may make other nominations in writing over their signature not less than 20 days prior to the annual meeting and the secretary shall post the same at the same place where the list of nominations made by the committee is posted. Nominations may also be made from the floor the night of the meeting.

## Join Us for YOUR Annual Meeting

Mark Your Calendars  
for March 17 at 6 p.m.

The annual meeting will be held on Tuesday, March 17, 2020, at 6 p.m. at the Pratt Municipal Building. More details to follow in next month's issue of *Kansas Country Living*.

| March 2020 |    |    |    |    |    |    |
|------------|----|----|----|----|----|----|
| S          | M  | T  | W  | U  | F  | S  |
| 1          | 2  | 3  | 4  | 5  | 6  | 7  |
| 8          | 9  | 10 | 11 | 12 | 13 | 14 |
| 15         | 16 | 17 | 18 | 19 | 20 | 21 |
| 22         | 23 | 24 | 25 | 26 | 27 | 28 |
| 29         | 30 | 31 |    |    |    |    |

# Tips for Staying Safe at Work and Home

Electrical safety is often an overlooked topic for employee orientation and training, but following on-the-job electrical safety tips can protect both employees and employers. These tips aren't just for the office, either. They can apply at home too.

## In General

- ▶ Do not complete electrical work if you are not qualified. Employees asked to change light fixtures, repair wiring, install outlets or other types of electrical work have been injured and killed on the job. It is best to leave electrical work to a professional electrician.

## Indoors

- ▶ Do not talk on a landline phone during a thunderstorm. Many people think this is a myth but it is not — a bolt of lightning striking a telephone line can come through the wires and enter a headset. That jolt can burst your eardrum or even cause cardiac arrest.
- ▶ Use high-quality extension cords with appropriate gauge and length endorsed by a reputable laboratory.
- ▶ Do not run extension cords under carpet. Out of sight, out of mind, and the cords could get damaged under the carpet or overheat, causing a fire.
- ▶ Another reason not to place extension cords under carpet: They should be used as a temporary solution. If your workplace or home needs more outlets, have a professional electrician install them.
- ▶ Electrical cords can be a tripping hazard; use heavy-duty cord covers.
- ▶ Do not overload the electrical system by plugging in too many items or plugging in items that draw too much power.
- ▶ Speaking of drawing too much power, ask before using a space heater at work.

- ▶ Do not use damaged cords, plugs, outlets or outdated electrical equipment.
- ▶ Do not yank on an electrical cord to unplug something; grasp the plug instead.

## Outdoors

- ▶ Be vigilant about power line locations. Window washers, roofers, painters and other workers have been injured and killed after making contact with power lines either with a tool or object they were holding or by direct contact.
- ▶ If your employer asks you to trim trees, do not trim any foliage or limbs within 10 feet of a power line in any direction (20 feet is better!). Trimming near power lines should be left to OSHA-certified line clearance workers.
- ▶ If you operate farm machinery or drive a truck that has a hydraulic bed or lift like a dump truck, a grain truck or arms/extensions like a garbage or concrete truck, always be aware of power line locations and use a spotter. Contact with a power line can kill. If your truck, tractor or equipment does come in contact with a line, DO NOT get out. Call 911 and wait for crews to de-energize the power so you can exit safely.
- ▶ If you use scaffolding or a boom lift to raise you up, always be aware of power line locations.

## Around Water

- ▶ Water and electricity should not mix and it greatly increases the chance of shock. Keep all electrical equipment away from standing water or damp conditions indoors and outdoors and do not operate equipment with wet hands.
  - ▶ Make sure any outlet that is near a water source and all outdoor outlets are ground-fault circuit interrupter protected.
- If you have questions about electrical safety at work, contact Ninnescah Electric at 800-828-5538.

## JAN. 4

### Cut Your Energy Costs Day

By sealing uncontrolled air leaks in your home, you can save **10%-20%** on heating and cooling bills.



# When Power Goes Out, We Are Working Hard to Restore It

We hate it when the power goes out just as much as you do. When there is an outage, we work hard to resume service as quickly and safely as possible.

Many times, the reasons for outages are beyond our control. Here are the main reasons the power goes out:

- ▶ **Storms** – Conditions brought on by storms such as high winds, ice and lightning can interrupt service. Lightning itself does not impact outages as much as people think, but it can strike trees and cause branches or even whole trees to fall on distribution lines. Lightning can cause a problem if it strikes substation equipment, such as a large transformer. Strong high winds and ice that accumulates on lines can also impact distribution.
- ▶ **Trees and Vegetation** – Branches, limbs or trunks can fall on lines and vegetation (such as vines) can grow around poles, lines or other equipment. Ice and wind can make matters worse. This is why we continuously work to keep rights of way near power lines and equipment clear.
- ▶ **Animals** – It is estimated that 11% of all outages are caused by our furry friend the squirrel. They love

to chew on the weatherproof coating around lines. Other critters like turkeys, snakes and seagulls can interfere with service too. We put non-harmful devices on our equipment and lines to make it less comfortable for animals to perch, rest or make a nest. A bird on a wire is harmless and safe as long as it touches the line and nothing else.

- ▶ **Accidents** – Cars, trucks and farm equipment that collide with a utility pole can cause an outage.
- ▶ **Public Damage** – Unsafe digging, equipment or line damage, vandalism or theft can all cause interruptions in the energy chain.
- ▶ **Overload** – This happens where demand spikes, such as when too many air conditioners run on a hot summer day, causing blackouts or brownouts.
- ▶ **Equipment issues** – We maintain and inspect all of our lines and equipment regularly; however, sometimes equipment malfunctions and we address those problems as soon as they happen.

Please contact Ninescah Electric at 800-828-5538 with questions about outages or to learn more about the steps we take to provide reliable service.

## Welcome New Members

**PARTHENA OWENS**, Oklahoma City, OK

**SARAH SWENSON**, Dodge City

**STANLEY T. &/OR  
RHONDA R. HOSS**, Pratt

**SHYLA &/OR  
JORGE HOLGUIN**, Lewis

**MEGAN &/OR LANCE NELSON**,  
Greensburg

## WHY IS MY POWER OUT?

When the power goes out, we work hard to resume service as quickly and safely as possible.

Here are some common reasons the power goes out:

### STORMS



Mother Nature can interfere with power delivery.

### VEGETATION



This is why we work hard to keep power lines clear.

### ANIMALS



Curious animals can cause damage, especially squirrels.

### ACCIDENTS



Run-ins with a utility pole or other equipment can cause an outage.

### PUBLIC DAMAGE



Unsafe digging, equipment or line damage, vandalism or theft can all interfere.

### OVERLOAD



This happens when demand spikes, like on a hot summer day.

### EQUIPMENT ISSUES



We maintain and inspect equipment regularly, but sometimes malfunctions occur.

Thank you for your patience during outages.

# Recipes

from Our  
Members' Kitchens

## Easy Yummy Western Soup

- ▶ 1 lb. lean ground beef
- ▶ 1 onion, chopped
- ▶ 1 can diced green chilies and tomatoes
- ▶ 1 can whole kernel corn
- ▶ 1 can minestrone soup
- ▶ 1 can diced tomatoes
- ▶ 1 can mixed vegetables
- ▶ 1 can western style beans
- ▶ 1 large can tomato sauce

Brown the ground beef and chopped onion. May want to flavor with a scant dash of pepper if desired (there is enough sodium in the canned goods to cause edema for a week!) Open the cans listed and pour them into the pot – do not drain the liquid. Simmer for 45 minutes, serve and enjoy!

*Brenda Head, Byers*

## Beer Biscuits

- ▶ 4 cups baking mix
- ▶ ¼ to ½ cup sugar
- ▶ 1 12 oz. can of beer
- ▶ 2 Tbs. butter, melted

Preheat oven to 400 degrees. Mix all ingredients well. Add ¼ to ½ cup of sugar depending on how sweet you like biscuits. Drop into well-greased muffin pans. Bake 15-20 minutes.

*Brenda Head, Byers*

## Ham 'N' Cheese Sliders

- ▶ 1-2 pkg. Hawaiian sweet rolls
- ▶ 1 stick butter
- ▶ 1 onion, minced
- ▶ 3 Tbs. Dijon mustard
- ▶ 2-3 tsp. Worcestershire sauce
- ▶ 3 tsp. poppy seeds
- ▶ 1 ½ lbs. shaved deli ham (or more depending on how thick you want them)
- ▶ 8-10 slices Swiss or American cheese

In a saucepan melt butter. Add onion and cook until soft. Add mustard, Worcestershire sauce and poppy seeds. Simmer for 5 minutes. Slice the rolls down the middle. Place bottom half of rolls in pan lined with foil. Place ⅓ of saucepan mixture on bottom of rolls. Add ham on top of sauce, then cheese. Place the top half of rolls on top of cheese. Coat the top of the rolls with the remaining ⅓ saucepan mixture. Bake for 20 minutes at 300 degrees. Cut where the lines are in the Hawaiian rolls and you now have perfectly melted sliders. Enjoy!

*Brenda Head, Byers*

## Stew

- ▶ 1 lb. hamburger, browned, drained
- ▶ 1 pkg. dry onion & mushroom soup mix
- ▶ 1 15 oz. can mixed vegetables
- ▶ 1 15 oz. can Great Northern beans and liquid
- ▶ 1 ½ cups vegetable juice (like V8)

Put into crock pot. Cook on low 4 to 6 hours.

*In Memory of Marilyn Foster*

## Please consider submitting YOUR favorite recipes for all to enjoy.

To submit your recipe please send or e-mail the following information:

- ▶ Your name, contact information and Ninnescah account number
- ▶ The recipe (clearly printed or typed)

Send your entry to: Ninnescah Electric, Attn: Recipes, P.O. Box 967, Pratt, KS 67124 OR email to: [naschenbrenner@ninnescanh.com](mailto:naschenbrenner@ninnescanh.com)

We hope you are enjoying the recipes from your neighbors.