

P.O. Box 967, Pratt, KS 67124
620-672-5538 • 800-828-5538
www.ninnescah.com



NINNESCAH RURAL ELECTRIC COOPERATIVE

Watts Ahead

Ninnescah Rural Electric Co-op, Inc.

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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.

SAVE THE DATE

ANNUAL MEETING

84th
ANNUAL

Tuesday, March 15, 2022

at the Pratt Municipal Building

- ▶ Registration at 5 p.m.
- ▶ Dinner at 6 p.m.
- ▶ Meeting to follow

Don't miss this year's events!

- ▶ Announcement of Trustees and Scholarship winners
- ▶ Co-op reports
- ▶ Door prizes

Ballot Mailing

Your ballot will be mailed with your annual meeting information. Please mail them back or drop them by our office.

Join us
for a **FREE**
dinner!



7 Causes of Slips, Trips and Falls

27.5% of workplace accidents involve slips, trips and falls.

Most frequent injuries:

Sprains, strains, tears

If you recognize these common causes of slips, trips and falls at home or work, report or address them to prevent injury.



Spills and Debris



Wet/Slippery Floors



Poor Lighting



Loose Mats or Rugs



Clutter on Floor or Stairs



Uneven Floor Surfaces



Cables that Cross Walkways

Sources: National Safety Council and National Institute for Occupational Safety and Health

Why We Love Serving Our Members

February may be the shortest month, but it's packed with special observances like Presidents Day, Black History Month and Valentine's Day, in addition to a host of unofficial "national" days you've probably never heard of like "National Tater Tot Day." But they all have something in common. They were created to draw attention to a particular issue or theme.

Valentine's Day may seem like an observance originally created by a greeting card company, but over time, it's become a widely celebrated day generating millions of dollars spent on flowers, candy and of course, greeting cards professing our love. But Valentine's Day isn't just for the lovebirds. It's also the perfect time to let our friends, family, co-workers and other special people in our lives know we care about them — with or without a store-bought greeting card.

With that in mind, we've created the top five reasons why we love serving you, the members of Ninnescah Electric.

1 WE LOVE SERVING OUR MEMBERS BECAUSE WITHOUT YOU, THE CO-OP WOULDN'T EXIST. Our purpose is to provide you with reliable, responsible and safe electricity. Simply put, Ninnescah Electric exists to serve you. That's why we were formed in 1939 — to bring power to our local area when for-profit utilities would not.

2 YOU ENABLE US TO COMPLETE OUR MISSION BY SUPPORTING OUR EFFORTS TO GIVE BACK. A major part of our mission is to serve our community and look after the greater good. With your assistance, we're able to help our community.

3 MEMBERS OF OUR CO-OP ALSO SERVE ON THE BOARD OF DIRECTORS. They provide guidance for setting co-op priorities and helping make big decisions. Because our board members live in the area, they're able to

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serve as the pulse of the larger community and identify immediate and long-term needs. The broader co-op membership provides helpful input through their vote on director elections and by weighing in on co-op and community issues.

4 YOU HELP US GET IT RIGHT. NINNESCAH ELECTRIC MEMBERS ARE GREAT ABOUT KEEPING US IN THE KNOW.

We do our best to avoid power outages, but Mother Nature can occasionally throw us a curveball; our members are quick to report any power disruptions and are patient as our crews work to safely restore power. We know outages are frustrating, and your support as we work through storms means so much to our employees. We also appreciate your feedback on co-op programs and services. Your opinions are critical for the co-op's success, and we thank you for that.

5 YOU AND OTHER NINNESCAH ELECTRIC MEMBERS MAKE UP THE COMMUNITY WE SERVE — AND FOR US, IT'S ALL ABOUT COMMUNITY.

Our employees live and work here too and care about our community the same way you do. We're invested and work to help our area thrive. It's also why we invest in economic development, and why you'll see our employees volunteering at local schools and other charitable and community endeavors.

As a co-op, our mission is to enhance the quality of life in our community and look after its long-term interests. We love serving our members and our local community, and just like you, want to see it continue to thrive.

Every Step Counts

Take heart. February is American Heart Month and a good time to take stock of your activity, or, for some of us, the lack thereof.

Many people have good intentions to move more, but then the day unfolds with little else other than chair time.

You get to work and have that sit-down meeting, a nice co-worker brings in doughnuts ("What the heck?" that voice in your head reasons, and the heavy treat makes you sluggish), and the day is filled with several work fires to put out. You vow to move more tomorrow, but as they say, tomorrow never comes.

Instead of waiting for another day, find easy ways to increase movement today. The American Heart Association offers seven easy ways to boost your activity level with no gym membership required (although a gym is also a good way to get moving).

- ▶ Grab the leash and walk your dog. Both you and your four-legged friend will be healthier for it.
- ▶ Take your kid (or spouse or friend) for a walk. It is a great way to get face time without screens.
- ▶ Try a 10-minute home workout. Exercising in shorter increments can improve your health because the

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time spent moving adds up. People usually have an extra 10 minutes here or there throughout the day but may not find a solid 30 minutes or an hour to exercise.

- ▶ Walk and talk. Or walk and work. Talk while you are on the phone or use a walking desk at work. If it is nice outside, have a walking meeting.
- ▶ Tune into fitness. Walk or jog in place, lift weights, or do yoga while you binge watch your favorite episodes.
- ▶ Ditch the car. Park farther away from the building to get in extra steps. Or, bike or walk to your destination.
- ▶ Take the stairs, even if just for a floor or two. The elevator may go up, but your heart rate will not as you press the floor number and listen to the nondescript, piped-in music.

Stop putting off until tomorrow what you can do today. Look for opportunities to move more. Your heart will thank you, and every step counts!

Welcome New Members

Clark &/or Trisha Greene – *Garfield*

Darren Oeding – *Wichita*

Glory Harper – *St. John*

Jace McKinney – *Sylvia*

James M &/or Christopher J Eddy – *Colorado Springs, CO*

O J Stuckey – *Medicine Lodge*

Steve &/or Lori Whitesides – *Blackstock, SC*

Jacob &/or Meghan Cron – *Spivey*

Jean Terreblanche &/or Shelbie Smith – *Haviland*

ENERGY EFFICIENCY Tip of the Month

About 30% of a home's heating energy is lost through inefficient windows. Caulk and weatherstrip windows to seal air leaks. When running your home heating system, lock all operable windows to ensure the tightest seal possible.

SOURCE: DEPARTMENT OF ENERGY



small steps equal **BIG STRIDES**

Increasing activity improves your physical and mental health, stress levels, sleep productivity and more.

2.75 hours of walking each week for a year is like walking across the State of Kansas.

30 minutes of playing tennis (singles) is like walking a 5k.

1 hour of dancing every week for a year is like walking from Chicago to Indianapolis.



SOURCE: HEART.ORG

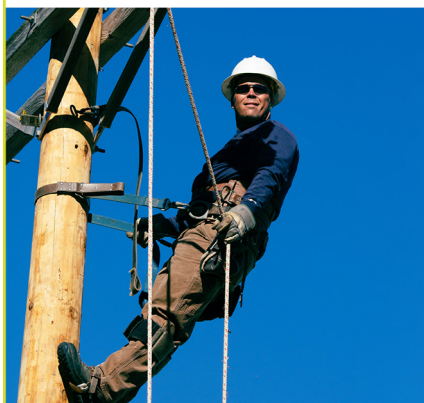
20 minutes of vacuuming is like walking one mile.

30 minutes of grocery shopping every other week for a year is like walking a marathon.

10 minutes of stretching is like walking the length of a football field.

Our Crews are Working to Serve You Help us keep them safe

- ▶ At a job site, don't ask crews what they are working on or when power will be restored. Crew members must give the repairs their full attention to ensure safety. Diverting their attention increases the amount of time it takes to resolve the issue.
- ▶ When driving by a utility truck (or any roadside vehicle with flashing lights), please move over and give them space. In a work zone, follow all signage, including speed limits. Drivers who travel through a work zone too fast endanger workers on the ground and up in the bucket.
- ▶ If one of our employees is in your yard or on an easement to address service issues, please secure your dogs. Also keep meters and pad mount transformers (green boxes) free from obstructions.
- ▶ Please be patient as we work on an outage or other issues. Safety is our top priority, for you and our employees.



Safety Steps: Prevent DIY Disaster

Without taking proper precautions, the enjoyment of a do-it-yourself project can quickly turn into disaster. You may have all the latest power tools, hand tools, hardware and materials, but if you do not put safety first, you may end up with a trip to the hospital instead of a new set of shelves, upgraded lighting in the kitchen or a trendy shiplap accent wall in the bedroom. Here are some fundamental workshop and electrical safety tips to help keep things running smoothly.

Wear Safety Gear, Glasses and Gloves

The first rule of workshop safety is to dress appropriately. Avoid loose clothing that can get caught in power tools. Never wear dangling jewelry or scarves. Roll up your sleeves or choose ones that are tight against your skin. Closed-toe shoes are a must, and steel-toed boots are recommended.

Safety glasses are necessary 100% of the time. Gloves are fine for handling materials. Before you reach for a belt sander or scroll saw, however, take the gloves off to minimize the risk of them getting caught and so you get tactile feedback in case anything goes wrong.

Observe Electrical Safety

Before you start any DIY project, inspect all your power tools and their cords for loose plugs, exposed wires or worn insulation. Fires are one of the top dangers when working with electric gear, especially if you have combustible materials around, such as sawdust.

If you must use an extension cord, choose one long, heavy-duty (appropriately rated) cord and keep it untangled and out of the way to prevent tripping and yanking your tools off the workbench. When you are done working, unplug everything from the extension cord and put it away.

Keep Your Workshop Clean

Anything left on the floor is a

tripping hazard, and you do not want to imagine what could happen if you trip while using a power tool. Anything cluttering up your worktable introduces obstacles that can get caught in a saw or drill mechanism or block your ability to move your project safely as you work on it. The byproducts of do-it-yourself work, such as sawdust, cast-off nails and screws, and rags or brushes with potentially combustible or hazardous fluids on them, increase the risk of fires and projectiles.

Keep Tools in Good Condition

Besides inspecting the cords and plugs for electrical safety, everything works better in the workshop if you have clean, sharp and well-lubricated tools. A dull saw blade brings a much higher chance of injury than a sharp one. It is less likely to cut smoothly through the wood or other material and more likely to kick back and cut you. Dull saws, routers or drill bits also run the risk of breaking during use. Use appropriate lubrication, such as WD-40 or others specifically created for power tools.

Know Your Limits

If you have a lot of experience as a do-it-yourselfer, there are projects you can tackle from memory. However, approach anything new as if you are a beginner for maximum workshop safety. Read instructions. Look up reputable guide videos to refresh your skills or learn something new. Most importantly, recognize when you are in over your head and leave those non-DIY projects to the professionals.

