



P.O. Box 699, 530 W. Jones, Troy, KS 66087  
785-985-3523  
www.donrec.org

**DONIPHAN ELECTRIC  
COOPERATIVE ASSN., INC.**

# Co-op Connect

## Doniphan Electric Co-op Assn., Inc.

### Board of Trustees

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President

**Grant Foley**  
Vice President

**Norman Sigrist**  
Secretary

**Jacob Benitz**  
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Trustee

**Tim Hegarty**  
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**Michael Volker**  
General Manager

**Melissa Corriveau**  
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**Trevor Schmillie**  
Line Superintendent

**Janet Franken**  
Consumer Accountant

**Susie Williams**  
Accountant

**Daniel Kuhnert**  
Lead Lineman

**Scott Bennett**  
Lineman

**Todd Neibling**  
Lineman

### Contact Us

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### Office Hours

8 a.m.-4:30 p.m.  
Monday-Friday

## FROM THE MANAGER

# Baby, It's Cold Outside!

I hope you are staying warm so far in 2023. Being a bit of a numbers geek (I can hear the board sarcastically saying: “ya think?...”), I like to keep track of the temperatures in a month. Temperature has a great impact on our members’ bills. In Troy, December was the coldest December in 10 years! Baby, it was cold outside — but hopefully things are warming up. Here are some warm thoughts to get you out of the cold.

Let’s start with the annual meeting. In the next month, you will receive your annual meeting booklet and official notice. The annual meeting will occur on Thursday, March 30, at the Troy City Community Building on Last Chance Road in Troy. Registration starts at 5:30 p.m. with a meal served at 6 p.m. The business meeting begins at 6:45 p.m. We will have a number of special guests and announcements, and of course,

there will be prize drawings. Ahhh — and it warms the heart to visit with friends, neighbors and guests — some that you may not have seen since last year.

There is something else that we think is warmer still — that is the democratic process under which cooperatives are governed. As part of the annual meeting, you will have the opportunity to elect two trustees to the Doniphan Electric Cooperative Board. Or better yet (and this is downright hot!) — how about running for the board? Two (or three — depending on the year) trustees are elected for a three-year term each year as part of the annual meeting process. It is easy to run for the board by either being nominated



**Michael Volker**

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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.





## 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

## Baby It's Cold Outside! *Continued from page 12A* ▶

by the nominations committee, by petition, or by nomination at the annual meeting. The specifics for each of these nomination methods are detailed in the bylaws of the cooperative and we are happy to share that information with prospective trustees.

Please keep in mind that qualifications to be a trustee at Doniphan Electric Cooperative are also specified in the bylaws — and apply no matter the nomination process. Trustees must be a member in good standing, must have their primary residence on cooperative lines, must not work for a competitor, and must not work for a supplier. In addition to the bylaws, board policy requires that trustees are actively engaged. They are required to come to all meetings

of the board (with three misses in a year cause for dismissal). Trustees have three duties: a duty of loyalty, duty of obedience, and a duty of care. If you think you might be interested in being a trustee, we'd be happy to share any information we can with you regarding the nomination process.

One final warm thought: while spring hasn't exactly sprung just yet, severe weather is possible in northeast Kansas any time of year. Please know that our crews are always ready — winter, spring, summer and fall. It's not just what we do — it is who we are. We are your neighbors, friends and family. We will always do whatever it takes to get you out of the cold as soon as possible.

From all of us at Doniphan Electric Cooperative — stay warm!



## 5 Ways to Save During Winter

Winter weather typically means increased energy use at home. Keep your bills in check with these tips to save energy — and money!

**MIND THE THERMOSTAT.** If you have a traditional heating and cooling system, set the thermostat to 68 degrees or lower. Consider a smart or programmable thermostat for additional savings.

**GET COZY.** Add layers of clothing for additional warmth, and snuggle up under your favorite heavyweight blanket.

**DON'T BLOCK THE HEAT.** If your air vents or heating elements (like radiators) are blocked by furniture or rugs, your home isn't being adequately heated.

**TAKE ADVANTAGE OF SUNLIGHT.** Open window coverings during the day to let natural sunlight in to warm your home. Close them at night to block the chilly night air.

**BLOCK AIR LEAKS.** Seal windows and exterior doors with caulk and weather stripping to improve indoor comfort and decrease the amount of energy used to heat your home.

# Sleep is Good Medicine

## 11 tips for healthier sleep

Sleep can sometimes feel like self-care that can wait or a reward you need to earn. However, the opposite is true. When it comes to your health, sleep is just as important as physical activity and nutrition.

While you sleep, your body is busy healing and repairing itself, learning and actively preventing chronic diseases. For most adults, getting healthy sleep means sleeping for at least seven hours each night without waking up frequently, going to bed and waking up at roughly the same times each day, and waking up feeling refreshed. Healthy sleep helps the body boost immunity, manage weight, reduce stress and lower the risk of chronic diseases such as diabetes, cancer, heart disease and Alzheimer's disease.

"We know chronic insufficient sleep can have a detrimental impact on personal health and increase the risk of many diseases," said Jennifer L. Martin, a licensed clinical psychologist and professor of medicine at the David Geffen School of Medicine at UCLA. "Healthy sleep is also important for mood regulation and mental health, helping to reduce the risk of problems such as anxiety and depression."

However, according to the Centers for Disease Control and Prevention, about 1 in 3 adults in the United States report getting less than seven hours of sleep per night. Your daily routine — what you eat and drink, the medications you take, how you schedule your days and how you spend your evenings — can significantly impact the quality and duration of your sleep.

These tips from the American Academy of Sleep Medicine's "Sleep Is Good Medicine" campaign — which aims to emphasize sleep as a key pillar of health, equivalent with

nutrition and exercise — can help you create a healthy sleep routine to improve your health today and in the long run.

- ▶ Keep a consistent sleep schedule. Get up at the same time every day, even on weekends and during vacations.
- ▶ Set a bedtime early enough to get at least seven hours of sleep each night.
- ▶ Use your bed only for sleep and sex, or when you are sick. Watch TV and work outside the bedroom.
- ▶ Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- ▶ Reduce fluid intake before bedtime.
- ▶ Turn off electronic devices at least 30 minutes before bedtime.
- ▶ Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- ▶ Avoid drinking caffeine in the afternoon or evening.
- ▶ If you don't fall asleep after 20 minutes, get out of bed. Do a quiet activity without a lot of light.
- ▶ Avoid alcohol before bedtime.
- ▶ Keep a sleep diary. Over a two-week period, track when you go to bed each day, wake during the night and wake in the morning. Also track when you exercise, nap, take medication or have caffeine or alcohol.

Even if you don't think you have a sleep problem, talk to your doctor about your sleep and share your sleep diary. Together, you can figure out what healthy sleep looks like for you and how to get it. This can help prevent sleep difficulties before they become harder to treat.

Learn more about the role sleep plays in your health and find more tips to help improve your sleep habits at [www.sleepisgoodmedicine.com](http://www.sleepisgoodmedicine.com).

## Electric Co-ops Go the Extra Mile for You

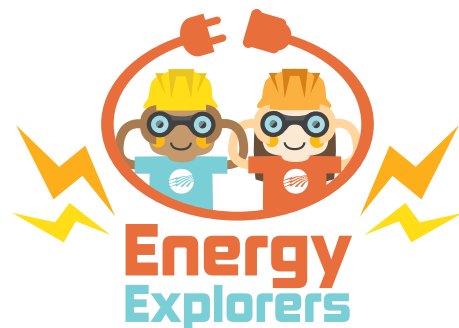
Kansas electric co-ops serve an average of **3 consumer-members** per mile of power line.

Other electric utilities serve **32 consumers** per mile. Even though we serve fewer consumers along the lines, that won't stop us from going the extra mile for you, our members, who we're proud to serve.

# ELECTRICAL SAFETY WORD SCRAMBLE

Electricity is essential for our daily lives, but it can also be dangerous if you don't play it safe!

Read the safety tips below and unscramble the **BOLDED** text to complete the phrase. Use the answer key to double check your work.



- ▶ Never place extension **RDSOC** under rugs or carpet.

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- ▶ Make sure electrical cords are not **YRAFDE** or broken.

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- ▶ Smoke **MAALSR** should be tested every month.

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- ▶ Place electrical cords in areas where you won't **ITPR** on them.

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- ▶ Keep flammable items at least 3 feet away from space **SHETEAR**.

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- ▶ Electricity and **rwtea** never mix.

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Answer Key: 1. cords 2. frayed 3. alarms 4. trip 5. heaters 6. water