

# Clay Electric News

A Touchstone Energy® Cooperative

7784 Old Hwy. 50 ■ P.O. Box 517 ■ Flora, Illinois 62839 ■ [www.ceci.coop](http://www.ceci.coop) ■ 618-662-2171 ■ 800-582-9012

## From the Manager

**A**s we continue to work towards providing reliable and affordable electricity, it's important for us to share some key concepts about how energy works. Two terms you might have heard us mention in the past are "consumption" and "demand." While they might sound similar, they refer to different aspects of your energy use. **12458-001**

Consumption is the total amount of electricity you use over a specific period, measured in kilowatt-hours (kWh). Think of it like the total distance a car travels on a trip. For example, if you run your air conditioner, lights, and appliances for several hours, your consumption is the sum of all the electricity those devices used during that time.

Demand, on the other hand, is about the rate at which you use electricity at any given moment, measured in kilowatts (kW). It's like the speed at which the car is traveling. High demand occurs when many devices are running simultaneously,

which can strain the electric grid, especially during peak times.

To illustrate the difference, consider two cars driving the same 100-mile route. One travels at 10 miles per hour for 10 hours, while the other speeds at 100 miles per hour for just 1 hour. Both cover the same distance (consumption), but the faster car needs a more powerful engine to handle the higher speed (demand).

By understanding how your energy use affects the grid, you can make informed decisions that help us maintain reliability and keep costs down for everyone. In future letters, we'll discuss how you can adjust your energy use to help reduce demand during peak times, which benefits the entire cooperative.

Here at Clay Electric Co-operative, we're working hard every day to maintain and improve the system that powers your homes and businesses. It's already been a stormy year, and our crews have been busy with preventative maintenance and storm



**Matt Conklin**  
CEO

recovery efforts. We appreciate your patience during outages and remind everyone to stay prepared and stay safe during severe weather.

Spring flew by, and before we know it, it will be time for the 81st Annual Meeting of the Members on August 21, 2025. We look forward to seeing you there!

Thank you for being a valued member of our cooperative. Be sure to keep an eye out for your member number in the center section of this magazine. There are three member numbers hidden within the pages of Clay Electric News. If you spot your number and give us a call, you will win a \$5 discount on your next bill!

## COMMUNITY SPOTLIGHT

**CECI 81st Annual Meeting will be held August 21st at Oil Belt Christian Service Camp with registration at 5:00pm and business meeting starting at 6:30pm.**

Activities Include:

- ◇ Pork Chop or Chicken Dinner
- ◇ Health/Vendor Fair with the Clay Health Department, Clay County Hospital, and others!
- ◇ A bill credit for all registered members
- ◇ Scholarship and Prize Drawings
- ◇ Director elections for Districts 1, 3, & 9 (Nomination packets available now at CECI headquarters)
- ◇ Cooperative updates and more!



**Clay Electric Co-operative, Inc.**

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7784 Old Highway 50  
PO Box 517  
Flora, IL 62839-4102

# Protecting workers from heat stress: How to stay safe and cool in extreme heat



**N**ationwide, we're experiencing hotter, longer and more frequent extreme heat events. Extreme heat is the leading cause of weather-related deaths in the U.S., according to the National Weather Service.

Heat can be dangerous for anyone, but some face greater risks. Outdoor workers face increased threat of heat stress due to hot temperatures, high humidity, intense radiation from full sunlight or limited access to air circulation or cooling. Those at risk include lineworkers, first responders, farmers, construction workers and landscapers.

People working indoors without air conditioning or near heat sources such as in kitchens, factories or foundries also face greater risks of heat-related illness.

While we can't control the weather, we can understand the hazards of heat stress and take precautions to ensure safety when temperatures and humidity are on the rise. **12114-002**

## Understanding heat stress

Heat stress occurs when the body cannot adequately cool itself through sweating. This can result from a combination of high temperatures, humidity, physical exertion and a lack of hydration. When the body overheats, it can lead to various heat-related illnesses, ranging from mild heat cramps to life-threatening heatstroke.

## Personal risk factors

Certain factors can increase an individual's susceptibility to heat stress, including:

- **Age and health:** Older workers and those with preexisting health conditions are at greater risk.
- **Hydration levels:** Dehydration can impair the body's ability to cool itself.
- **Acclimatization:** Workers who are not accustomed to hot conditions are more prone to heat stress.
- **Clothing:** Wearing heavy or nonbreathable clothing can restrict heat dissipation.

## Effects of heat exposure on health

### Heat cramps:

- **Symptoms:** Muscle pain or spasms, usually in the arms, legs or abdomen.
- **Response:** Rest in a cool place, hydrate with electrolyte-rich fluids and gently stretch the affected muscles.

### Heat exhaustion

- **Symptoms:** Heavy sweating, fatigue, nausea, dizziness, irritability, pale/cool skin and a rapid, weak pulse.

- **Response:** The condition is usually due to loss of water and salt from excessive sweating. Move to a cooler area, loosen clothing, sip water slowly and apply cold compresses or cool water to the skin. Seek medical attention if symptoms persist.

## Heat stroke

- **Symptoms:** High body temperature, throbbing headache, hot/dry skin, confusion, slurred speech, rapid and strong pulse, and possible loss of consciousness.
- **Response:** Heat stroke can be fatal, as it restricts the body's ability to cool itself. Call 911 immediately. While waiting for medical help, move to a cooler environment, and lower body temperature with cool water or ice compresses. Remove any unnecessary clothing.

## Preventing heat stress

Prevention is key to protecting workers from heat stress. Here are some essential tips:

- **Hydrate frequently.** If you wait until you're thirsty, you've waited too long. You should drink water every 15-20 minutes. Consider adding electrolytes, and avoid caffeinated or sugary beverages and heavy, hot meals.

- **Take frequent breaks.** Schedule breaks in shaded, air-conditioned or cooler areas.
- **Acclimatize and gradually increase heat exposure.** Allow new or returning employees time to adjust.
- **Adjust work schedules.** Plan heavy activities for cooler parts of the day and gradually increase workloads to help workers acclimate to the heat.
- **Wear appropriate clothing.** Opt for lightweight, loose-fitting and light-colored clothing. While necessary for safety, be aware that personal protective gear can increase body heat.
- **Wear sun protection,** including a hat and sunglasses. Apply sunscreen regularly.
- **Know the signs and watch out for each other.** Ensure all workers are aware of the risks, symptoms and treatments for heat stress.

OSHA's Heat Illness Prevention guide at [www.osha.gov/heat](http://www.osha.gov/heat) offers resources for employers and workers about heat hazard awareness and prevention to keep workers safe. You can also download OSHA's Heat Safety App at [www.osha.gov/heat/heat-app](http://www.osha.gov/heat/heat-app) to calculate the heat index for a work-site and get reminders about protective measures that should be taken at that risk level to protect workers.

By understanding the dangers of extreme heat and implementing proactive measures, outdoor workers can significantly reduce the risk of heat stress. Staying informed, hydrated and vigilant can make all the difference in maintaining health and safety on the job.



## KEEP PETS SAFE IN THE *Summer Heat*

Protect your furry friend when temperatures rise:

- 🐾 Provide access to fresh, cool water at all times.
- 🐾 Ensure there are shaded spots outdoors.
- 🐾 Keep paws away from hot pavement.
- 🐾 Limit activity and exercising on hot, humid days.
- 🐾 Never leave pets in cars, where temperatures can rise fast.
- 🐾 Supervise pets around water or a pool.
- 🐾 Watch for signs of overheating: panting, labored breathing, red or pale gums, disorientation or collapse. Get immediate veterinary help if needed.

For more pet safety tips, visit:

**Safe Electricity.org**



Every month we will have three member numbers hidden throughout Clay Electric News. If you find your member number that corresponds to the one found on the upper right corner of your bill, call our office and identify your number and the page it's on. If correct, you will win a \$5 credit on your next electric bill.



# Minutes of the Board of Trustees Meeting

April 28, 2025

The regular meeting of the Board of Trustees of Clay Electric Co-operative, Inc. (CECI) was held at the Clay Electric Co-operative Headquarters, Flora, Ill., beginning at 6:54 p.m. on Monday, April 28, 2025.

Trustees present were Bob Pierson, Neil Gould, Bill Croy, Frank Herman, Frank Czyzewski, Richard Rudolphi, Evan Smith and Josh Schnepfer. Also present were Matt Conklin, CEO, and Attorney for the Board Tyra Cycholl. Kevin Logan was present via conference call. The meeting was opened by Bob Pierson, who presided, and Neil Gould acted as secretary thereof.

The invocation was given by Bob Pierson, and was followed by the Pledge of Allegiance. **10518-001**

The following proceedings were had [all action being first duly moved and seconded, and all action taken being upon the unanimous vote of the Board or without dissenting vote of abstention unless otherwise stated]:

**APPROVED**, the Suggested Agenda.

**HEARD**, the Manager's Report on Safety.

**REVIEWED**, the Monday Morning Safety meeting held April 21, 2025.

**APPROVED**, the Consent Agenda including the following:

- **APPROVED**, the prior meeting minutes;
- **APPROVED**, (a) to admit to membership those applicants connected for service since the last such review by the board, and (b) cancel those former members shown on the Manager's Report since the last such review by the Board, said members no longer taking service.

**REVIEWED**, the Consent Agenda including the following:

- **REVIEWED**, the Work Orders;
- **REVIEWED**, the Disbursements;
- **REVIEWED**, the Credit Card Statements;

■ **REVIEWED**, the Attorney Retainer;

■ **REVIEWED**, the Account Summary Report.

**APPROVED**, the retirement of capital credits for the following Estates:

- Rose Birch as requested by Rose Ann Jackson in the amount of \$1,660.34;
- Charles Zimmerman as requested by Sheila Mattox in the amount of \$1,154.85.

At 6:59 p.m. approved going into executive session.

At 7:13 p.m. approved exiting executive session and returning to the regular meeting.

**APPROVED**, hiring a new employee to be trained by Mike Winka and giving Matt Conklin the ability to post and hire for such a position.

**REVIEWED** and **APPROVED**, policy revision to Policies 200-1 and 200-3 and policy reviews to Policies 200-4, 200-5, 200-6 and 200-7.

**REVIEWED** and **DISCUSSED**, the Cost-of-Service Study.

**REVIEWED**, the Federated Member update.

**HEARD**, a report by Bob Pierson regarding SIPC.

**HEARD**, a report by Kevin Logan regarding the Lobby Days in Springfield and Washington, D.C., as there was no AIEC board meeting for the month.

**DISCUSSED**, upcoming Board Training and Events including:

- ACES Conference;
- AIEC Annual Meeting.

**HEARD** and **APPROVED**, a financial report by Matt Conklin as to the following:

- Monthly Reconciliation;
- SIPC Power Delivered in March 2025;
- March 2025 Cash Flow;
- Line Loss;
- March 2025 Form 7;
- March 2025 Balance Sheet.

**REVIEWED**, the Cybersecurity Report.

**HEARD** and **APPROVED**, the Manager's Report by Matt Conklin on the following topics:

- Sealed Bid of Trailer;
- Farming Contract Renewal;
- Operations Report;
- Communications Report;
- Upcoming meetings.

**DISCUSSED**, the Sealed Bid for Trailer.

**REVIEWED**, the farming contract renewals for Wyman and Hout.


**REVIEWED**, the Operations Report.

**REVIEWED**, the Communications Report.

**WERE REMINDED**, of upcoming meetings on May 27, 2025 at 7 p.m. (moved to Tuesday due to the holiday), June 23, 2025 at 7 p.m., July 28, 2025 at 7 p.m. and August 25, 2025 at 7 p.m. and the annual meeting Aug. 21, 2025 at 5 p.m.

**REVIEWED**, a thank-you note from Full Armor Christian Academy. There being no further business to come before the Board, said meeting was declared adjourned at 8:35 p.m.

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Flora, Illinois 62839  
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800-582-9012

Office hours:  
7:30 a.m. — 4:00 p.m.  
[www.cecicoop](http://www.cecicoop)  
[facebook.com/cecicoop](https://facebook.com/cecicoop)

