



Steve Lucas, CEO

# THE POWER OF PREPARATION

**W**ith severe weather events occurring more frequently, now more than ever, it makes sense to be prepared. During a prolonged power outage or other emergency, this means having enough food, water, and supplies to last at least a few days.

In honor of National Preparedness Month in September, I want to remind members of our community about the power of preparation. While you don't have to achieve a "doomsday prepper" level of preparedness, there are several practical steps you can take to keep you and your family safe.

Even at a modest level, preparation can help reduce stress and anxiety and lessen the impact of an emergency event. We recommend starting with the basics.

Here are general guidelines recommended by the Federal Emergency Management Agency:

- Assemble a grab-and-go disaster kit. Include items like nonperishable food, water (one gallon per person, per day), diapers, batteries, flashlights, prescription medications, first-aid kit, battery-powered radio, and phone chargers.
- Develop a plan for communicating with family and friends (i.e., via text, social media, third party, etc.).
- Have some extra cash available; during a power outage, electronic card readers and cash machines may not work.
- Store important documents (birth certificates, property deed, etc.) in safe place away from home (for example, a bank safe deposit box).
- Keep neighbors and coworkers apprised of your emergency plans.
- Fill your car with gas.
- Organize your supplies so they are together in an easily accessible location that family members know about.

## Caring for Vulnerable Family Members

If you have older family members or those with special needs, make sure they have enough medication and supplies for a few days. If they don't live with you, arrange for a neighbor to check in on them. If a severe weather event is expected consider having your relative stay with you, if feasible, otherwise call them daily. If you have an

infant or young children, make certain that you have ample formula, diapers, medication, and other supplies on hand to weather an outage lasting several days or more.

## Keeping Four-Legged Family Members Safe

For families with pets, having a plan in place in the event of a prolonged outage or an emergency will help reduce worry and stress, especially if you need to make a decision during an emergency.

- Bring pets indoors at the first sign of a storm or other emergency. Pets can become disoriented and frightened during severe weather and may wander off during an emergency.
- Microchip your pet and ensure the contact information is up to date.
- Store pet medical records on a USB drive or in an easy-to-remember location.
- Create an emergency kit for pets (include shelf-safe food, bottled water, medications, and other supplies).

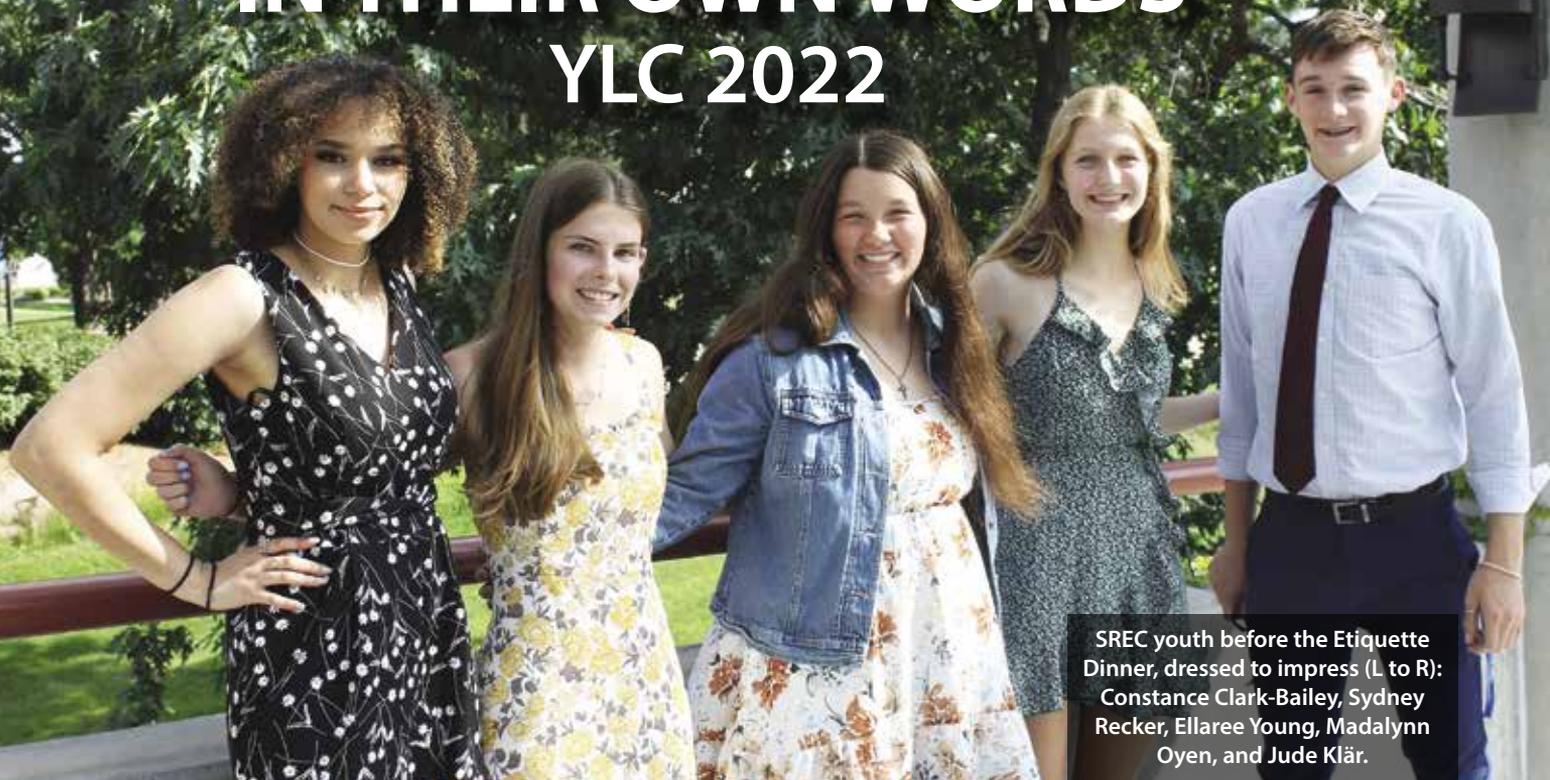
At Scenic Rivers Energy Cooperative, we care about your safety. Planning for an emergency situation today can give you more confidence to deal with severe weather and potential outages in the future.



**September is National Preparedness Month. Make plans to keep you and your family safe during severe weather events.**

# IN THEIR OWN WORDS

## YLC 2022



SREC youth before the Etiquette Dinner, dressed to impress (L to R): Constance Clark-Bailey, Sydney Recker, Ellaree Young, Madalynn Oyen, and Jude Klär.

Five area students traveled to UW-Stout for the 59th Youth Leadership Congress (YLC) in July. Normally this is where I would write about what the students experienced, but instead, I'll let them tell you in their own words.

Meet **Jude Klär** of Cuba City. Jude was elected in 2021 to serve on the Youth Board. He traveled to Washington, D.C., for Youth Tour in June along with other Youth Board members. Jude was responsible for leading this year's YLC, the first one held in person since 2019. The camp includes get-to-know-you mixers and games. Also, sprinkled over the three days are sessions that teach about cooperative basics, history, culture, the business model and principles.

"I learned so much this week about how cooperatives support America and its citizens," Jude said. "I loved seeing the leadership growth in our youth at YLC. So many important aspects of leadership and the skills needed were addressed and spoken about. Then, the students can apply these skills to their lives. I recommend that everyone attend. We had a blast!"

Jude Klär leads an opening session at this year's YLC at UW-Stout.



**Madalynn (Maddie) Oyen** will be a sophomore at Fennimore High School this fall and learned a lot at YLC. Nationally acclaimed speaker Craig Hillier's session "Breakthrough Leadership" was "one that will stick with me for years," said Maddie.

Getting to know people and make friends was not a problem either:

"I LOVED the people at this conference! They do not lie when they say you will meet a ton of people," she said.

Maddie Oyen participates in a get-to-know-you activity with her signature smile.

Advice from Maddie—Everyone should go next year. You will not be alone or bored. "I had an AMAZING week at YLC and I hope to see this going for years to come."



Entering her senior year at Potosi High School is **Sydney Recker**. Sydney said she “learned some useful leadership skills that I can use in other aspects of my life” at YLC. However, her “favorite part was staying in the dorms and meeting new people. I wish people knew that going to YLC isn’t as scary as you would think because you make a lot of friends.”



**Sydney Recker** participates in the Youth Board vote.

Staying on campus at UW-Stout, eating in the cafeteria, using the dorm rooms and spaces are all valuable learning experiences from attending YLC. Did anyone tell you it is free? “SREC sponsored us all to go, provided a trip up and back and sent a chaperone,” Sydney said. “Anyone who has the opportunity should consider attending this event.”

Meet **Constance Clark-Bailey**, who will be a senior at Seneca High School this year. “During my time at YLC I learned what being a leader truly means and how bonds can be created in the span of just three days,” she said. The program encourages hands-on leadership training, team building, career exploration, and much more. Learning how co-ops are different from other utilities, and that there are many different co-ops in rural America, is just one of the basics students learn.



“I would recommend researching co-ops to better understand what they do in your community, which is a lot,” Constance said. “YLC is an amazing program. #GOWICO-OPS!”

**Constance Clark-Bailey** takes part in the team-building games.



“I learned what being a great leader entails and how much work it takes to be a good leader,” said **Ellaree Young** of Soldiers Grove. Ellaree will be sophomore at Kickapoo High School this fall and loved meeting new people and getting out of her comfort zone. Attending the Etiquette

**Ellaree Young** addresses the whole YLC during candidate speeches.

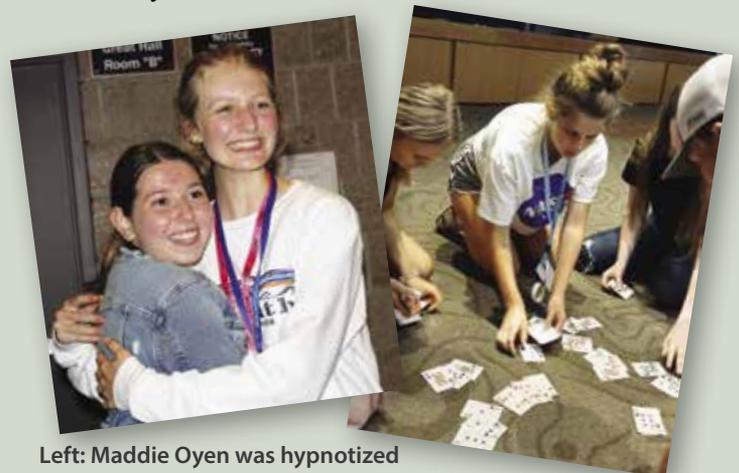
Dinner was a new experience that introduced her and the other attendees to important life skills. Dr. Kristal Gerdes of UW-Stout’s Hotel, Restaurant and Tourism Management program taught the students proper etiquette for dining out

in a professional setting. After the formal dinner, a different doctor entertained the students. Dr. Al Snyder, hypnotist, challenged several dozen students to join him on stage and be hypnotized, another new experience for most of the students and one that pushed many out of their comfort zones.

“I would not change anything about this camp because it was very fun,” Ellaree said.

One of the main topics taught at camp is the Cooperative Business Model. Co-ops are owned by the members, and managed by a board of directors, elected by the members. The model is taught by having campers run for the Youth Board. Constance Clark-Bailey will represent SREC on the board during the coming year after she obtained signatures from fellow campers via petition to run for the board. She then gave a speech to the group and won the election. She will return to UW-Stout in July 2023 to help run YLC for a new group of cooperative students. Ellaree, Maddie, Sydney, Constance, and Jude all hope you’ll be there too!

*Want to learn more? Follow YLC on Instagram at [Wisconsinylc](#) or SREC on Facebook.*



Left: Maddie Oyen was hypnotized and is hugging a “fan.” Right: Sydney Recker isn’t just playing cards—she’s learning cooperation skills.

## MEMBER PHOTO OF THE MONTH



The winning photo for September in SREC's 2022 Member Photo Contest is "Sunset Silhouette" by Deb Gates of Eastman. Winning photos are featured in our 2022 Member Photo Calendar.



SREC offices will be closed Monday, September 5.

Have a safe and happy holiday weekend!

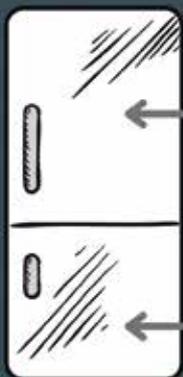
## COMING IN OCTOBER

SREC Member Appreciation Giveaways



## Keep Food Safe During and After a Power Outage

Refrigerated or frozen foods may not be safe to eat after a power outage. Use these tips to minimize food loss and reduce risk of illness.



4

Refrigerated food will last four hours. After four hours, place refrigerated foods in a cooler with ice.

24 OR 48

Food in a half-full freezer will last 24 hours. Food in a full freezer will last 48 hours.

### Food Safety Tips

1. Keep refrigerator and freezer doors closed as much as possible.
2. Throw out any food with an unusual odor, color or texture.
3. Throw out perishable food in your refrigerator after four hours without power or a cold source (like a cooler with ice).

When in doubt, throw it out!

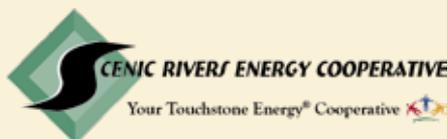


## Energy Efficiency Tip of the Month

Our faucets and appliances use a lot of hot water. You can lower your water heating costs by using less hot water in your home. Water heating accounts for a large portion of home energy bills.

To save energy (and money!) used for water heating, repair any leaky faucets, install low-flow fixtures, and insulate accessible hot water lines. When it's time to purchase a new washing machine or dishwasher, look for models that are ENERGY STAR®-certified.

Source: Department of Energy



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