



An Energy Update

from Nolin RECC



*Supporting a Special Event
Pool and Water Safety
Annual Meeting Time*



June 2018

Meet special people at the Special Olympics

As a Nolin RECC member, you play a role in supporting a variety of programs that improve the lives of people in our local communities and Kentuckians across much of the state. Your co-op and Kentucky's Touchstone Energy Cooperatives are again helping to sponsor the Kentucky Special Olympics Summer Games taking place June 1-3 at Eastern Kentucky University in Richmond. This event helps athletes with intellectual disabilities gain confidence through sports training and competition and it's a great place to meet many special people.

One special person is Tonya Cornett. She is exceptionally articulate and serves as an ambassador for Special Olympics, a role that requires strengthening her public speaking muscles right along with those she uses to flip and fly as a gymnast.

The ring tone on Tonya Cornett's mobile phone says it all. When friends and family call, the Olympic Games' theme song plays.

Nolin RECC and Kentucky's Touchstone Energy Cooperatives are proud to sponsor the 2018 Special Olympics State Summer Games.

"I've been a fan of the Olympics for as long as I can remember, and I always liked watching gymnastics," she said, explaining why she became a competitive gymnast.

The thrill of competition drives Cornett to adhere to a strict training regimen. For three to six hours a day, she's in the gym perfecting a skill set that includes strength, agility and no small amount of fearlessness necessary to accomplish high-flying gymnastic routines.



At age 47, Tonya Cornett will be among more than 1,400 athletes competing in the Kentucky Special Olympics Summer Games.

Such dedication has been rewarding. A collection of gold, silver and bronze medals decorate the gymnast's rural Bourbon County home. Cornett hopes to add a few more awards from this year's games.

Besides athletes, you can meet special people who volunteer their time to make the Summer Games possible. More than 60 electric co-op employees and their family members volunteered at last year's games. It's gratifying to sponsor an event that brings together some of Kentucky's most special people.



Special Olympics®

Pool safety: keep your family safe in the water

A California man died after jumping into a pool to save his daughter who was suffering electric shock in the water. She survived but sustained major injuries that were likely caused by faulty wiring.

With pool season about to begin, it is vital to stay safe and prevent tragedies like this.

If you own a pool, have the wiring and lighting inspected to ensure safe operation.

Pool lighting poses the greatest risk of electrical shock. Upgrade older pool lighting to modern safety standards. The older the lighting, the greater the chance of electric shock.

Make sure you hire a licensed electrician. That one step may save a life or prevent serious injury.

Know what you will do if your pool does become electrified. Identify where and how to shut off power to the pool immediately. The switch you need to flip may be an amp sub-panel close to the pool pump and filter.

In a pool emergency involving electricity, swimmers should exit the water without touching any metal on rails



or ladders, and bystanders should call 911. Never jump into the water to rescue someone who is being shocked.

Some pool accidents are caused by having electric drills, radios, hair dryers and other devices too close to the water. Anything that plugs in should be kept well away from water.

From an early age, we've been taught that water and electricity do not mix. Without proper precaution, the two can be deadly.

Nolin RECC cares about your safety. Enjoy your pool by staying safe at all times.

Never place a pool under power lines. All overhead lines must be no less than 25 feet from the inner edge of the pool. Underground wiring shall not be located under the pool or under the area extending 5 feet horizontally from the inside wall of the pool.

Annual Meeting Reminder...

Plan to attend the Nolin RECC Annual Meeting on Friday, June 22nd at John Hardin High School, Elizabethtown. The event kicks off at 5 PM, with member registration from 5:30 – 7 PM. The business meeting is at 7 PM, in the main gym followed by prize drawings.

Be sure to cast your vote in the director elections and return your ballot to Nolin RECC by 10 AM, Friday, June 22.
