

February 2021
Volume 2, Issue 2

Electric League NewsLine

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**Electric League of
Missouri and Kansas**
10100 N Ambassador Dr.
Kansas City, MO 64153
816.561.5323
www.electricleague.org



Lower Your Business Exposure to Risk This Friday Attend this 30 Minute Webinar for FREE



DISTRACTED DRIVING

A **MUST** Attend for Anyone that Drives for their
Company or Drives a Company Vehicle.

FEBRUARY 19 | 10:00AM -10:30AM | FREE WEBINAR

Distracted Driving - What is important to you? Not only is distracted driving a serious problem, it is an epidemic. With each new mobile device, the **potential for behind the wheel distractions increase and so does your business's exposure to risk.** This discussion will address how to implement a mobile device/driving policy at your company, educate your employees on this hazard and introduce you to technology solutions that can aid you in restricting your mobile phone use in vehicles. It's up to each of us to make this a priority and end distracted driving.

**REGISTER for this FREE EVENT
at**

www.electricleague.org

**The Electric League is
proud to partner with:**

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EXPO 2021 – NEW DATE

In order to keep our member's and vendor's safety at the forefront of our concern, the board of directors is moving the 2021 EXPO date from March 30, 2021 **to November 11, 2021**. As large events and venues start to open-up, we wanted to move the date to the fall; allowing for the best safety measures to be in place. This postponement was again necessary.

New Expo dates and times:

EXPO 2021:

November 10, 2021:

12:00pm – 9:00pm: Exhibitor Move in

November 11, 2021:

7:00am – 9:00am: Final Exhibitor Move in

8:00am – 4:30pm: Education Sessions

10:00am – 8:00pm: Show Hours

8:00pm – 12:00am: Exhibitor Move Out

November 12, 2021:

9:00am – 12:00noon: Final Exhibitor Move Out

Same Location: Overland Park Convention Center (6000 College Blvd., Overland Park, KS 66211)

As for now, mark your calendar and continue to monitor our website for further communications and updates: www.electricleague.org

If you have any questions at this time, please direct them to the association office, Kim Weitzel (kweitzel@westerneda.com) or Jane Male, CAE, (jmale@westerneda.com).

Thank you for your continued support and commitment to the Electric League Expo. We look forward to seeing you in November for a successful show!

Kelly Hoss
President
Electric League of MO & KS

People Column

Happy Birthday to:

- Jeff Taylor at Square D.
- Cindy Hopewell, Kevin O'Neill, and Jeff Clark at C&O Sales.
- Cori Conway at Crescent Electric Supply.

Happy Anniversary to:

- Shelly Olervio (2 years); Kip Springer (2 years); Jeff Clark (8 years); and Cindy Hopewell (8 years) at C&O Sales.

Congratulations and Best Wishes to all of you. Keep your emails coming in. This is YOUR column and we want to print YOUR news. Stay Safe!

In Memory

William Thorp

William Thorp, 81, passed away on January 7th in Georgia. Bill was raised in the Kansas City area and graduated from Shawnee Mission East High School and attended K-State University. He also served in the U.S. Navy. He had a successful career in the electrical lighting industry for 50 years, starting at his father's company, Kornfeld-Thorp then Appleton Electric retiring two years ago.



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How to Manage Your 2021 Expectations

by Courtney Rubin, published December 26, 2020

Editor's note: This is the second installment of a series of articles on the topic of defining your expectations for the new year.

Stay in the Moment

Endurance sports psychology tells us that the body is capable of far more than the brain believes. (If someone had told you in March how long the pandemic would last, would you have thought you could handle it?) So focus on the moment, not the big picture.

Anxiety comes from casting yourself into the future, but "if you keep your energy in the present moment, and you're not contemplating how many more miles you have, it can feel easy at times," said Jo Daniels, a senior lecturer in clinical psychology at the University of Bath, in England, and an author on a study about what causes anxiety and depression in lockdown.

How do you stay in the moment? There are all kinds of mindfulness exercises, but one is to list five things for which you're grateful, however small – yes, a hot cup of coffee counts. When you're feeling overwhelmed, think only about what you need to do to get through the next hour or the next day – not the next week or the next month.

Dr. Daniels' pandemic study found negative coping strategies – like repeatedly overeating and excess drinking – had more of an impact on people's levels of anxiety and distress than more positive coping strategies, like seeking support. "The message is, 'Try to do the good things, but definitely don't do the bad things,'" Dr. Daniels said. No one is suggesting your end-of-day cocktail of afternoon cake needs to go. Problems arise if you use these things repeatedly to change your mood – and you feel guilty about that afterward, she said.

Be sure to read next month's installment where we explain how taking control plays an important role in managing expectations.

REPORT CHANGES

- Have you **CHANGED** jobs?
- Have you **CHANGED** your phone number?
- Have you **CHANGED** your email address?

Report all changes to your association office so we can stay connected.

To Make Changes, Contact:
Kim Weitzel, Associate Executive Director
816-561-5323; kweitzel@westerneda.com



Get Connected with **LinkedIn**

Connect with Just "2" Steps:

- Scan QR Code with camera from your phone or with QR scanner app.
- Hit: "Follow" Electric League of MO & KS

Kim Weitzel Elected to ILEA Board of Governors

ANNOUNCING NEW 2021 BOARD

PRESIDENT
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Electric League of the Pacific Northwest

VICE PRESIDENT
Sarah Hagy
Electrical Association of Philadelphia

SECRETARY / TREASURER
Ali Novinger
Electric Association of Chicago

EASTERN DIVISION GOVERNOR
Terri Hanna Wiehn
Electrical League of Ohio

WESTERN DIVISION GOVERNOR
Kim Weitzel
Electric League of Missouri & Kansas

SCHOLARSHIP OPPORTUNITY 2021

The purpose of the Electric League of Missouri & Kansas Scholarship Fund is to provide annual scholarships to both entering and continuing college students who are employees of member companies, their children or grandchildren. The fund was established in 1996 to provide an ongoing service to members of the Electric League.



Award or Awards will be in the \$250 to \$1,500 range.

If you have questions, please contact
Kim Weitzel: 816-561-5323;
kweitzel@westerneda.com

John McDermott

Who Will Take Home the Top Honors of the John McDermott Scholarship Award in 2021?



**Online Application at:
www.electricleague.org**

Deadline: April 9, 2021



THURSDAY,
May 20, 2021

FALCON LAKES
GOLF COURSE

10:00AM
CHECK IN,
DRIVING RANGE &
BOX LUNCHES

11:00AM
SHOTGUN

\$500
PER FOURSOME



PAY OUTS (WOW!)

(2) Flights: 1st & 2nd Place
(5) \$50 Cash Prize Contest Holes
Skins Game
Charity Hole & Betting Hole (1/2 the Pot)

SCHOLARSHIP OPPORTUNITY:

When Registering Online, You'll have
the Opportunity to Donate to the
Scholarship Fund.

SAFETY MEASURES:

We will be doing our part with safety measures to lessen the COVID-19 spread; including face masks and social distancing where required. No Onsite Registration Available, No Money Exchange, Boxed Meal, Shields at Concession Stand and Pro Shop, and Cart Sanitization.

P.O. Box 419264, Kansas City, MO 64141 | 816-561-5323 | www.electricleague.org | kweitzel@westerneda.com