

April 2021  
Volume 2, Issue 4

# Electric League NewsLine

## 2021 Board of Directors

### Officers

President: **Kelly Hoss**,  
Power Equipment Sales

President-Elect: **Mary Kay Alitz**  
City of Independence

Secretary-Treasurer:  
**Courtney Connor**,  
Board of Public Utilities

Imm. Past President: **Mark Bishop**,  
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Evergy

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Distributors: **Steve Holland**,  
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Agents: **Nolen O'Dowd**,  
CBM, Inc.

Engineers: **Isaac Anderson**,  
Schneider Electric

Manufacturer: **Heather Eslick**,  
ABB

### Directors:

**Ryan Beaver**,  
Kansas City Electrical Supply

**Scott Croy**,  
Graybar

**Mike Hall**,  
R/B Sales

**Mike Meglio**  
Meglio Associates

**Electric League of  
Missouri and Kansas**  
10100 N Ambassador Dr.  
Kansas City, MO 64153  
816.561.5323  
[www.electricleague.org](http://www.electricleague.org)



**DATE:** Thursday, April 29, 2021

**LOCATION:** Chicken N Pickle  
1761 Burlington, North Kansas City, MO 64116  
\*\*\*Indoor Courts (entire facility)

**SCHEDULE:** 4:00pm - 6:00pm

**COURTS / PLAY:** 4 Courts Reserved (2/Tournament Set-up; 2/Free Play)

**COST:** \$20.00 (includes: 2 Drink Tickets, 4 Pickle Ball Courts, Prize to Winning Team)

**ALSO REGISTER:** Spouse / Significant Other / Co-Worker

**SPONSORS:**



**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.



[REGISTER ONLINE:](#)

**Deadline: Monday, April 26**

**ELECTRIC LEAGUE OF MISSOURI & KANSAS**

P.O. Box 419264, Kansas City, MO 64141-6264  
816-561-5323/phone; 816-561-1991/fax; [www.electricleague.org](http://www.electricleague.org); [kweitzel@westerneda.com](mailto:kweitzel@westerneda.com)



## EDUCATION | CEU | PDH PRODUCT DEMONSTRATIONS NETWORKING

### 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](http://www.electricleague.org)

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

- Mike Taylor and Mike Haley at CBM
- Mike Mitchell, Eileen Whisenant, Ed Picerno, and Bill Harlin at Kansas City Electrical Supply
- Ron Tiller, Danielle Breault, and Kip Springer at C&O Sales.

### Happy Anniversary to:

- Jenny Buckley, 25 years; Andrew DeLaughter 5 years; and Jamie Ulmer, 15 years at Kansas City Electrical Supply.

And congratulations and best wishes to Eileen Whisenant who is retiring from Kansas City Electrical Sales, in May, after 21 year of service.

Best wishes to all of you! Keep those emails coming in. This is YOUR column and we want to print YOUR news!



[www.edisoncu.com](http://www.edisoncu.com)

## 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](mailto:kweitzel@westerneda.com)



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# [REGISTER NOW!](#)

## **WEBINAR: Reading Electrical Construction Drawings**



**DATE:** Wednesday, May 26, 2021

**TIME:** 2:00pm – 3:30pm

**FORMAT:** Zoom Webinar



### **TOPIC:** Reading Electrical Constructions Drawings

Provide an overview of typical electrical construction drawings with explanations of standard symbols, legends, and schedules; associated with typical commercial projects. Explanations of branch circuits, equipment schedules, one-line diagrams and riser diagrams will be provided. It is intended to be an interactive review process.

#### Specific Items:

- Panel Board Schedules
- Light Fixture Schedules
- Distribution Equipment Schedules
- Feeder Schedules
- Drawing Symbols
- General Notes
- Plan Notes

### **SPEAKER:** Heather Eslick, Account Manager, ABB Electrification

Heather Eslick is an Account Manager for ABB Electrification, focused on commercial construction markets. She has been in the electrical industry for over 7 years. She began her career working for electrical distributors in the Kansas City area for 4 years. Seeking an opportunity to focus solely on sales and technical expertise, she applied for a sales role, was hired with ABB, formerly GE Industrial Solutions, and has been happily part of the ABB team for the last 3 years. Prior to her career in the electrical industry, she served 4 years on active duty as a military intelligence officer in the US Army. She served in Fort Carson, CO and completed a deployment to Iraq in 2011. Heather is married and has two smart and rowdy children, ages 8 and 4, two dogs, and (regrettably) a guinea pig. Though not originally from the Midwest, she has lived in Lee's Summit, MO for the last 5 years and has made Missouri her home.



**COST:** \$35/Members; \$50/Non-Members

**DEADLINE:** Tuesday, May 25, 2021

**SPONSOR:**



**[REGISTER ONLINE: CLICK HERE](#)**

Deadline: Tuesday, May 25, 2021

**ELECTRIC LEAGUE OF MISSOURI & KANSAS**

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**REGISTER**

at [electricleague.org](http://electricleague.org)

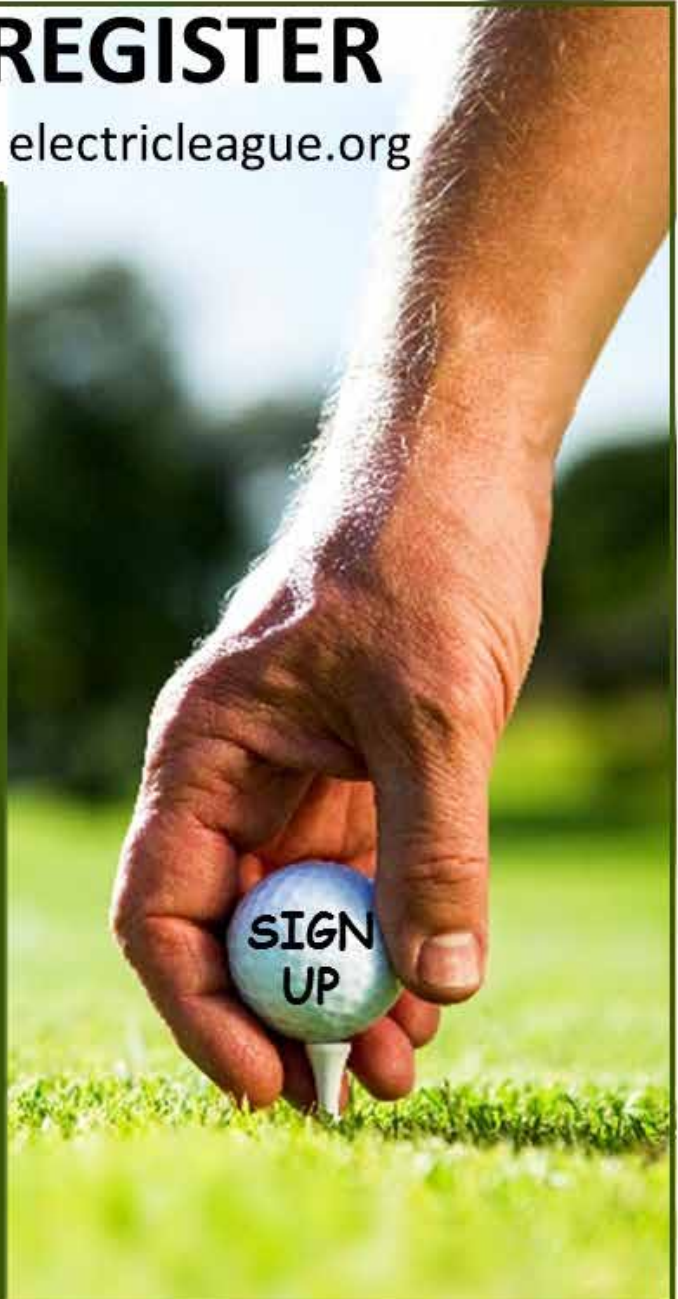
**THURSDAY,  
May 20, 2021**

**FALCON LAKES  
GOLF COURSE**

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

**11:00AM  
SHOTGUN**

**\$500  
PER FOURSOME**



**PAY OUTS (WOW!)**

(2) Flights: 1<sup>st</sup> & 2<sup>nd</sup> 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.

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# How to Manage Your 2021 Expectations

by Courtney Rubin, published December 26, 2020

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

## Find Flexibility and Tolerance

In a case of science confirming common sense, a series of studies published in October in the journal *Frontiers on Psychology* looked at how uncertainty makes it hard to persevere. In one study, some participants were told they would be giving a speech (meant to be an anxiety-inducing task in itself), others that they would be rating speeches and a third group that there had been a glitch and they'd find out later what they were doing. All the groups then worked on complex anagrams, and the group that didn't know what task they had to do the fewest attempts to solve the puzzles. (Those who thought they had to give a speech made the next fewest.)

One theory explains this by assuming that when things are uncertain "people are saving all their energy for the thing they don't know is coming," said Jessica Alquist, an associate professor of psychology at Texas Tech University and the study's lead researcher. "Uncertainty might just be a cue to our brains to lock everything up."

People who experience the least brain freezing, who handle uncertainty best, are those who are flexible, said Dr. Teachman, who has also studied uncertainty. If you find yourself spinning out, ask yourself if you're jumping to conclusions or assuming the worst. Is

there another way you might think about your situation? You can also think about somebody who you admire in terms of the way they handle stress, and ask yourself how they might respond to this situation. Glass-half-empty people, don't worry: This doesn't mean you always need to assume things will go well. "There is no one right way to think about situations because our context is constantly changing and the demands are constantly changing," Dr. Teachman said.

Uncertainty tolerance is also something you can improve – even in lock down. (New Year's resolution, anyone?) Here's how: Try something new you haven't tried before, preferably something that scares you a little. Dr. Teachman has tried skydiving and bungee jumping in an effort to push herself, but you don't have to go that far. It could be something like messaging someone you met who you thought might become a friend but never followed up on, or giving feedback to someone when you'd normally stay quiet. The idea is to do something where you don't quite know how it's going to turn out, because this forces you to tolerate uncertainty. You can do it, "Dr. Teachman said. "It's uncomfortable but it's not dangerous." ) Well, not unless you choose skydiving.)



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



**Mark Your Calendar**  
*Don't sit on the sidelines...Get involved!*

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>
April 29	Pickleball Event	Chicken N Pickle
May 20	Spring Golf Tournament	Falcon Lakes GC
May 26	Reading Electrical Drawings	Webinar
August 26	Bowling Event	College Lanes
September	Fall Golf Tournament	TBD
October 14	Clay Shooting Event	Powder Creek
November 11	Electric League Expo	Overland Park CC

**www.electricleague.org**