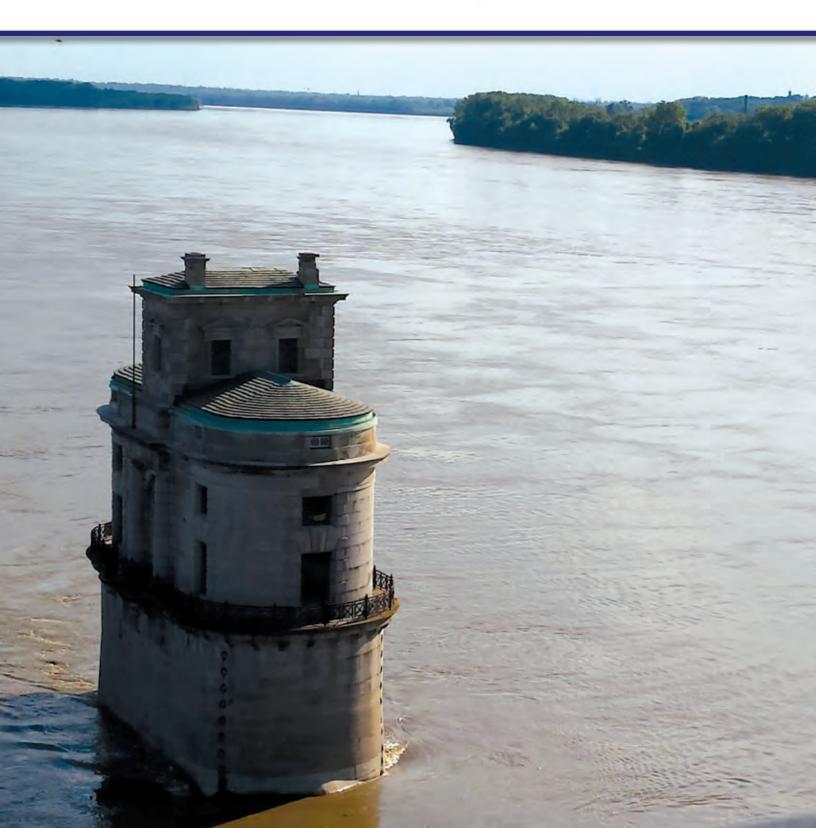


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Water Ways Volume XII - Fall 2015

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MISSION STATEMENT

"Protecting and preserving the water and wastewater resources of Rural Illinois through education, representation and on-site technical assistance".

On the Cover:

This picture was taken by Heather McLeod, IRWA Membership Services Assistant, at the Old Chain of Rocks Route 66 Bridge on the Mississippi River near Granite City, Illinois.

Water Ways is the official publication of the Illinois Rural Water Association, P.O. Box 49, Taylorville, Illinois 62568, and is published quarterly for distribution to members as well as other industry associations and friends. Our website is www.ilrwa.org. Articles and photographs are encouraged. Advertising and submissions should be mailed to the above address or e-mail us at *ilrwadb@ilrwa.org*.





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NRWA Annual Conference and More

Recently, most of our IRWA Staff and Board members, attended the National Rural Water Association annual conference, that was held in the Cox Convention Center in downtown Oklahoma City. It's been twelve years since the conference was last held in that city, and the state in which NRWA is located. The event is held annually for water and wastewater utility personnel from across the country which are part of their own state's Rural Water affiliate, as well as each State Rural Water Association's Staff and Board of Directors.

Personally, that was the 30th annual convention that I have attended (the event was cancelled in 2001 due to 9-11)... through the nearly 31 years of having worked in the Rural Water Association family. Over that time span, I have developed numerous friends and close colleagues. But, at the same time, I have unfortunately seen a lot of close friends and association personnel come and go.... Some through their own choosing, some not, and several that have passed away. I miss many of those people to this day, and always will.

But, I have seen a tremendous growth within all the state association affiliates and the national association, as a whole. Every year, there seems to be a continuous influx of n w state association staff, as well as new attendees coming to the conference.

That is a good thing! This Association, through the National Rural Water Association, has made huge strides through those years, in the ability to provide onsite technical assistance and unmatched training, specifically for rural community ater supplies and wastewater systems. We (all the state rural water associations) "pull no punches", when we target and gear ourselves and our staff, to assist those systems throughout the nation, that would not receive the same kind of attention from other organizations, if we were not strong and viable technical assistance providers and trainers...let alone if we did not exist at all.

It is truly important, and relevant, that all of our existing member systems, here in Illinois...and any potential new members, remember that our power to continue the programs and services we provide comes from our utility membership. That strength through membership helps to continue our endeavors of working with USDA Rural Development, and the USEPA, through NRWA, to secure annual funding for most of our field sta f programs, as well as the ability for some state associations to secure other funding through each of their own states. Each state association's membership helps to provide the staggering number of utility members falling under the auspices of the National Rural Water Association. At this time, that number is well over 31,000 rural water and wastewater systems across the United States. NRWA, through its state association affiliates, is the la gest water and wastewater utility membership organization in the country.

by Don L. Craig, IRWA Deputy Director



Needless to say, state association utility members, are a part of very large and impactful organization, which has and will continue to work to assist the rural water and wastewater systems in the small cities, villages, towns, districts, coops, commissions, etc....throughout the nation. Take pride in that, and pride in our own organization, here in the state of Illinois. We value all our members, and ones to be, just as much as they value our Association, and the overall assistance we continue to provide. We appreciate all the good comments, and letters that systems continue to communicate to us, in regard to the good work our staff does in the field, at our training sessions and conferences, and in our office in Taylorville.

One final thing, in r gard to the NRWA annual conference.... each of those are set up several years in advance, in locations throughout the country. Next year's convention will be held in Orlando, Florida, followed by Reno, NV in 2017. The following year, in 2018, the event is to take place in Ft. Worth, TX. And, at this year's Conference, a decision to hold 2019's was discussed. At the time of my writing this article I am not sure which

continued on page 5

(4

NRWA Annual Conference and More

town was picked.... All I can tell you is that the location to hold that meeting was to be between Nashville, TN and New Orleans, LA. Either one would be a good spot to hold the conference...as we have been there in the past, and both were nice and fun places to be. If any of you get a

continued from page 4

chance to attend one of those upcoming NRWA Annual Conferences, please do so... as you will not be disappointed.



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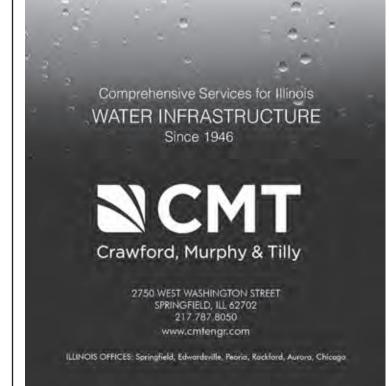
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by Phil Donelson, IRWA Training & Marketing

As I sit here thinking about what to include in my article for this edition of the WaterWays, I can't help but to think back on the last week and our NRWA National Conference in Oklahoma City, Oklahoma. In my opinion, WaterPro 2015 went very well. All of the IRWA staff and board members who were able to attend got to hear several good speakers, met with hundreds of vendors in the exhibit hall, and were treated to some of that great OKC hospitality! Even with all the great amenities that the conference offered, one of the greatest benefits of the conference is that you get the chance to network with Rural Water Associations from all over the country! The experience of getting to see old friends and making new ones is priceless. We also got to get out and see the sites a little bit in the area and many of us enjoyed a wonderful neighborhood called "Brick Town", which is roughly a 10-12 block area rich in restaurants, bars, shops, a ball park, and even a canal! In stark comparison, just a few blocks in the other direction was a very different OKC landmark.

Reflecting back on the conference and all the great activities, I would have to say the visit we made to the Memorial Museum comes to the forefront of my mind... As we all remember...on April 19, 1995, a truck-bomb explosion outside the Alfred P. Murrah Federal Building in Oklahoma City, left 168 people dead and hundreds more injured. The blast was set off by an anti-government militant and he was executed for his crimes. Until September 11, 2001, the Oklahoma City bombing was the worst terrorist attack

to take place on U.S. soil. If any of you have been to OKC and have gone to the memorial, this article may bring back some emotions and reminders of your visit to the site. If you have not been to OKC and decide to visit, I hope this article encourages you to make a stop at the Memorial Museum. It is not only a beautiful location, but it is thought provoking, educational, interactive, and inspiring all at the same time. The museum gave a very detailed account of the event and included all types of artifacts and news footage that made you part of the experience. Several places in the museum recognized the victims, not only the chairs in the courtyard, but pictures, bios of each person, and a reading of all the names. It is an unsettling reminder that almost all of them were there in that office uilding, like thousands of other office uildings across the country, starting the workday with no idea of what was about to happen. The whole experience of the memorial really allowed us a chance to travel back in time and remember an event that not only shook OKC but the entire country. It reminded us of a senseless act of violence, the immediate impact it had, the response and compassion of the human spirit, and the resilience of a city and a country not to give in to those who try to defeat the American spirit. It was a moving experience; I am glad I took advantage of the opportunity to visit the site of this American tragedy. May we always be vigilant and pray that we don't ever have to experience another event like it on American soil.



Now that the conference is over and we are back to work, let me share with you an update of what is going on with IRWA training.

As I mentioned in the last edition of Water Ways, I am now the IRWA representative that gets to head up the USEPA sponsored program. With that said, I would like to make sure you keep checking our website, and look for flyers. We have classes scheduled through June of 2016, so take advantage of them if you need training hours. These classes are free of charge to the attendee. Please look to our website for a class to be offered near you.

The next matter of business I want to address with you is the 3rd Annual IRWA Administrative Conference!! It is coming up soon! We are planning to go back to East Peoria and the ParaDice Hotel Casino on the 19th and 20th of November. There are lots of places to eat, shop, and of course there is the casino! The focus of this conference is on the administrative staff, board members, city officials, and any other clerical staff who works for municipalities or water systems. I have

continued on page 8

A Visit to OKC-NRWA National Conference A Time to Network and to Remember Also, a Fall Training Update

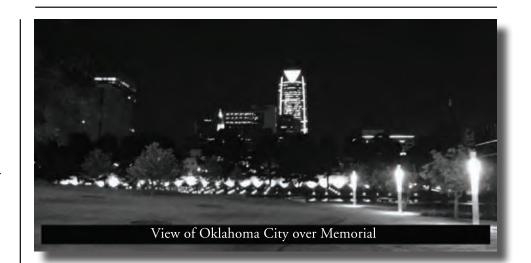
continued from page 7

included registration material in this publication so look for it and register soon! Also, as a little added incentive, we have a Buy One, Get One Half Off registration promotion. If a system pays for one regular priced registration, the second person from the same system is 1/2 off!! See you in East Peoria!!

My last note involves the IEPA Water Loss program that I have been promoting for the better part of a year. It is over at the end of October and I imagine that you will be breathing a sigh of relief... Now I can stop bugging you about the Water Loss Class! If you have noticed I have sent out tons of e-mails, fliers, and reminders about this program...sorry that I was a pest, but I pushed this class real hard because our partners with the IEPA wanted us to give you as many opportunities as possible to get to one of the sessions. I realize that I have not been offering hardly any of the fee based sessions we normally have in the past; but that is about to revert back to the way it was prior to the water loss sessions. Starting in October I will be offering at least one or two fee based sessions each month. Look for them on our website and via fliers.

Please be safe out there as we head into hunting season!!

In closing, please keep checking our website, look for the e-mails, and respond to our fliers to r gister for upcoming sessions of all types. Thanks again to all of you who support the training we do, whether it is through speaking or attending as a student! See ya soon in class!!







8



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Village of Good Hope

There comes a time when the life expectancy of water plant equipment comes to an end. Such is the case in Good Hope, a small village in McDonough County. With a population of 400 people and 214 connections. Good Hope also provides water to the neighboring Village of Sciota, population 196. It was time to replace the two iron filters, treatment plant piping, and ma e repairs to the aeration and ground storage tanks. Good Hope pumps 45,000 to 50,000 gallons per day with Sciota taking approximately 4500 gallons per day, plus a backwash of 2500 gallons per filter every third day. The existing filters were

installed in 1963 with a life expectancy of fifty years. Problems started occurring when water meters stopped working due to filter media getting into the ater meter measuring chambers and stopping the meter. After investigation it was discovered that the under drain system had deteriorated thus allowing sand to pass thru the filters and ended up in the distribution system. New Tonka filters are scheduled to be installed in late October or early November. These filters will be fully automatic with air actuated valves. Total repiping of the pump house, and repairs to the ground storage tank is also scheduled. The total cost of the project is

by Gale Moore, IRWA Circuit Rider



\$480,000 using a bank loan and a grant. Also a total water meter replacement program was completed at a cost of \$130,000 with radio read mag meters.













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Featured Sessions

"Digital Communications & Social Media"

Ann C. Barron, attorney with the firm of Heyl, Royster, Voelker, & Allen will be discussing social media in light of FOIA, Open Records Act, and Identity Theft. Ann has great experience and will be able to not only inform you about the subject and potential concerns, but also plans to allow time for Q&A.

"Video Surveillance for Liability, Employees, and Security"

Michael Antoline, from the Law Office of Michael Antoline, will be going over issues involving video surveillance. He will touch on aspects to consider when using video surveillance and tips on how to approach it if you have contemplated using video in your system.

"Workers Compensation Laws"

Michael Antoline will also be discussing current workers compensation laws, and taking questions from the group.

"Benefits of AMI Metering"

Utility Services will be discussing the benefits of automated meter reading. This presentation gives a very common sense approach of how AMI can benefit your system in terms of increased revenue and improved customer service.

"Electronic Payment Options"

Charli Jo Ledgerwood with CUSI-Electronic Payment options are expected by today's utility customers. Integration of electronic payments benefit the utility by eliminating the need to manually post the payments. Options include ACH, Customer Web Portal (online), Bank Check Elimination, IVR and more.

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"Personnel Files, Payroll Rules, Flex Time, Overtime, General HR etc..."

Joy Duce with Sikich will be covering a number of HR topics including personnel files, payroll rules, flex time, overtime, as well as other general HR concerns. There will be time for Q & A as well.

"Affordable Care Act and Cost Effective Strategies"

Brian Jablonski from CBIZ Benefits and Insurance will be updating us on the affordable care act compliance and showing IRWA members more cost effective strategies.



Conference Agenda

Thursday, Nov. 19

8:00-8:30 a.m.	Registration and Welcome
8:30-9:15 a.m.	Digital Communication &
	Social Media
9:15-9:30 a.m.	Break
9:30-10:15 a.m.	Digital Communication &
	Social Media (cont.)
10:15-10:30a.m.	Break
10:30-11:15 a.m.	Video Surveillance
11:15-11:30 a.m.	Break
11:30-noon	Workers Compensation Laws
Noon -1:00 p.m.	Lunch Provided
1:00-1:45 p.m.	AMI Metering
1:45-2:00 p.m.	Break
2:00-2:45 p.m.	Electronic Payment Options
2:45-3:00 p.m.	Break
3:00-3:50 p.m.	Utility Billing Software Security
4:00-5:30 p.m.	Hospitality Reception
Friday, Nov. 20th	
8:30-9:15 a.m.	Personnel Files and General HR
9:15-9:30 a.m.	Break
9:30-10:15 a.m.	Payroll Rules, Flextime, & Overtime
10:15-10:30 a.m.	Break
10:30-11:15 a.m.	Affordable Care Act & Strategies
11:15-11:30 a.m.	Final Break
11:30-12:00 p.m.	Drawings and Recap



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Registration Hours:

Thursday, Nov. 19, 2015

8:00 a.m. - 8:30 a.m.

Registration:

Registration and badges are required for all conference attendees.

Pre-Registration:

To pre-register just complete the registration form and mall with payment to:

IRWA PO Box 49 Taylorville, IL 62568

Or on-line at www.linwa.org for credit card or PayPal payments only.

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On-Site Registration:

All conference attendees must obtain a name badge and conference material at the registration desk. If you do not preregister, please make sure that you register as soon as possible after you arrive at the Convention Center. Please note that onsite registration is \$25.00 higher than pre-registration.

Cancellation & Refunds:

Refunds are issued only in the event of an emergency or hospitalization. We must have a written notice of cancellation to issue a refund.

Hospitality Reception:

Thursday, Nov. 19th

4:00-5:30 p.m.

Please join us after the days sessions for munchies, beverages, and a good time sure to be had laughing with your peers! It should be a good time to get warmed up for a night out shopping and dining in the area.

2015 Annual Fall Administrative Conference

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Must be completed for all attendees

(Please photo copy for each additional attendee)

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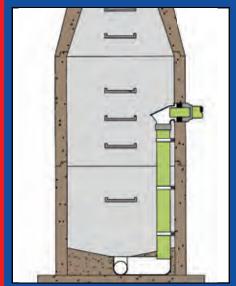
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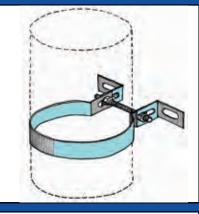
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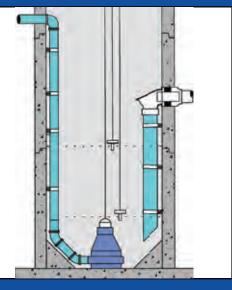


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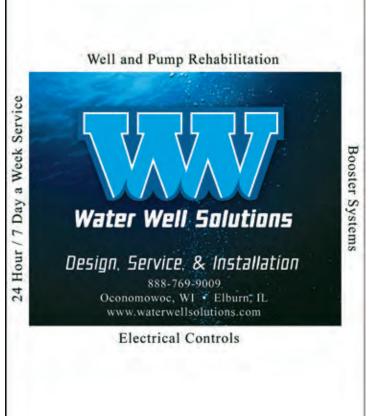
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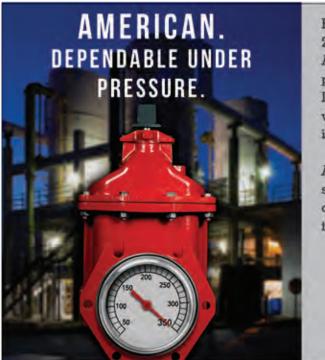
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- 1. When Muhammad Ali beat Joe Frazier in 1971, what was the fight dubbed?
 - a. The Thrilla in Manilla
 - b. The Fight of the Century
 - c. The Battle of the Titans
 - d. The Event of the Year

2. Who teamed up with Dionne Warwick in 1974 on her hit "Then Came You?"

- a. Jackson 5
- b. Whispers
- c. Earth, Wind & Fire
- d. Spinners

3. Who used to beg customers, "Please don't squeeze the Charmin?"

- a. Mr. Whiffl
- b. Mr. Whipple
- c. Mr. Whippet
- c. Mr. Carson
- 4. Which toy answered user's questions with replies like, "it is certain" or "Reply hazy, try again"?
 - a. Talking Barbie
 - b. Ouija Board
 - c. Magic 8 Ball
 - d. Talking Elmo

5. How did Jamie Sommers become bionic?

- a. She received bionic parts after a serious injury from a horse riding accident
- b. She received bionic parts after a serious injury from a car accident
- c. She received bionic parts after serious injury during an earthquake
- d. She received bionic parts after a

serious injury from a parachute accident.

- 6. What did The Chief nickname Starsky's car on Starsky and Hutch?
 - a. The Striped Tomato
 - b. The Red Wonder
 - c. The Black Hawk
 - d. The Clown Car
- 7. He dedicated a song to tennis pro Billie Jean King. Name the artist and Song.
 - a. Stevie Wonder; "I Wish"
 - b. James Taylor; "Fire and Rain"
 - c. Elton John; "Philadelphia Freedom"
 - d. Tom Petty & Heartbreakers;"American Girl"

8 . Which pro football team won four Super Bowls in the 70s?

- a. Baltimore Colts
- b. Los Angeles Rams
- c. Chicago Bears
- d. Pittsburgh Steelers

9. In 1971 the government banned TV advertising of what kind of products?

- a. Tobacco
- b. Artificial Sweetener
- c. Alcohol
- d. Aerosol

10 .Which year did the Doobie Brothers album Takin' It To The Streets debut? a. 1971

b. 1975

- c. 1977d. 1976
- 11 .Who won a 1978 Grammy for Best Country Vocal Performance, Female for "Here You Come Again"?
 - a. Linda Ronstadt
 - b. Dolly Parton
 - c. Emmylou Harris
 - d. Allison Krause

continued on page 20



Just For Fun

- 12 .Which show featured two young women who shared an apartment and worked in a bottling factory?
 - a. Three's Company
 - b. Laverne and Shirley
 - c. Joanie Loves Chachi
 - d. B. J. and the Bear

13 . In which show did Angie Dickenson portray Sgt. Pepper Anderson?

- a. Baretta
- b. Get Christie Love!
- c. Hart to Hart
- d. Police Woman

14 .Name the handheld slide viewer that allowed users to look at 3D images inserted in paper disks.

- a. View-Master
- b. View-Disk
- c. Opti-View
- d. Dymo-View

15 ."Gee Your Hair _____ Terrific"

- was a popular shampoo in the 70's.
- a. Feels
- b. Smells
- c. Looks
- d. Shines

16 .In what year did Louise Brown

become the first Test Tube Baby?

- a. 1977
- b. 1979
- c. 1972
- d. 1978

17 .To make this subcompact car,

American Motors literally took an AMC Hornet, cut off the trunk section, and added a glass hatch. What was this car?

- a. Pacer
- b. Gremlin
- c. Matador
- d. AMX

- 18 .The advertising for what 70s personal luxury car boasted of interiors in "rich Corinthian leather"?
 - a. Chrysler Cordoba
 - b. Pontiac Grand Prix
 - c. Lincoln Continental Mark IV
 - d. Ford Thunderbird
- 19 .This gaming system was the first to be introduced into homes across America in 1977 where countless hours were spent playing "Pong".
 a. SE 200 GAMER
 - b. ATARI 2600
 - c. BEEMAN 260
 - d. APPLE 660
- 20 .On October 25, 1975, Evil Knievel successfully jumped over fourteen ______ at the Kings Island theme park in Ohio on his Harley-Davdison.
 - a. Theme Park Train Cars
 - b. Semi Trucks and Trailers
 - c. Greyhound Buses
 - d. Sharks
- 21 .Coach Lute Olson began coaching Iowa Hawkeye Men's Basketball in 1974. Which squad won the Big 10 Conference title under his coaching?
 - a. 1978-79
 - b. 1977-78
 - c. 1975-76
 - d. 1779-80

22 . What two teams played in the XIII Super Bowl of 1979 and who won?

- a. Kansas City Chiefs and Chicago Bears; Bears
- b. Pittsburgh Steelers and Chicago Bears; Steelers
- c. Denver Broncos and Dallas Cowboys; Cowboys

continued from page 19

- d. Pittsburgh Steelers and Dallas Cowboys; Steelers
- 23 .Magic Johnson's debut NBA game with the LA Lakers was on
 - ? a. October 22, 1978
 - b. October 12, 1979
 - c. October 15, 1974
 - d. October 18, 1976
- 24 .Beginning in 1972, which TV show topped the ratings for fi e years?
 - a. The Brady Bunch
 - b. All in the Family
 - c. 60 Minutes
 - d. Mork & Mindy

25 .In 1973, who resigned from political office or tax evasion?

- a. Vice President Spiro T. Agnew
- b. President Richard Nixon
- c. Alabama Governor George Wallace
- d. Vice President Nelson Rockefeller

26 .Whose 1977 single "My Way",

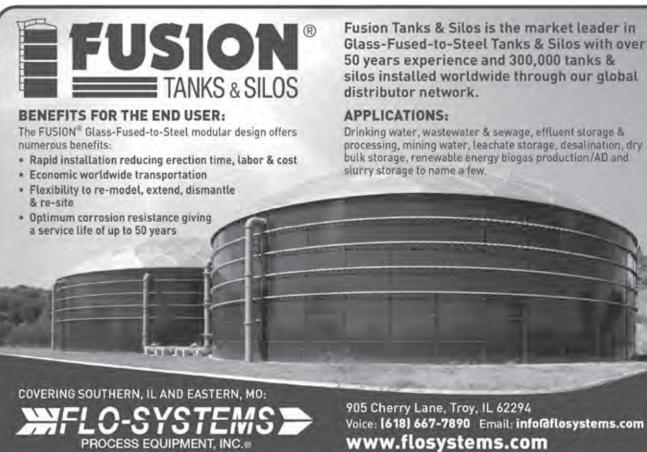
became his final gold ecord?

- a. Frank Sinatra
- b. Sammy Davis Jr.
- c. Paul Anka
- d. Elvis Presley

In 1979, who became the first pope to visit the United States?

- a. Pope Pius XII
- b. Pope Paul XI
- c. Pope John Paul I
- d. Pope John Paul II
- 27 .Which singer/songwriter launched into the 70's with the jazzy song "Moondance"?
 - a. Eric Clapton
 - b. Eddie Van Halen
 - c. Van Morrison
 - d. Tom Petty 💧

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Member utilities should contact their State Rural Water Association to access the Rural Water Ford Fleet Program. Vehicles may be purchased at your local dealer or through the national fleet

auto group, get all the details you need online at: <u>www.nrwafleet.com</u>. Incentive discount pricing is available on fuel efficient cars, vans, SUVs and trucks. Systems can save up to \$5800 off factory invoice per vehicle. Happy shopping!

2016 Program Details



- Entities must be current members of State Rural Water Associations to be eligible
- · There is no limit to the number of vehicles that can be purchased under the program
- · Incentive pricing is deducted off the factory invoice
- Fleet vehicles must be in service for a minimum of 12 months or 20,000 miles
 - · Vehicles must be registered and operated in the United States
 - Call your State Association today to get your Fleet Identification Number (FIN)

Eligible Vehicles	Incentive	Exclusions
Focus	S1400	BEV
Fusion	\$2400	Hybrid Energi
Taurus	\$3300	Police Interceptor
Econoline	\$4500	
Edge	\$2500	
Escape	\$1800	
Expedition	\$4000	

Eligible Vehicles	Incentive	Exclusions
Explorer	\$2700	Police Interceptor
F-Series Super Duty F250-F550	\$5800	
F150	\$5500	
F150 4x2 Reg Cab	\$3900	-
Transit	\$3500	
Transit Connect	\$1500	



Fall/Winter Cleaning

by Jeff McCready, IRWA District 1 Board Member

We all talk about and do (time willing) spring cleaning at home and at work. Fall is always a time for us as Water System Specialists to do cleaning. Our equipment is in need of a good cleaning after a busy summer of new construction, routine maintenance, and now getting ready for winter. There is also some cleaning that some us may need to do as Operators that may be long over due. I know I need to! I'm talking about file cabinets. File cabinets full of years of water test results. Some file cabinets are so full you can't get another file in the dr wer. I'm sure that there are a lot of Operators / Managers that keep their results on your computers and do not keep paper copies any more. I'm sure there are a lot of new Operators that have taken over a system that was ran by an operator that has been there for years. They may have or not have a file cabinet full of results

Some can be shredded and some need to be kept. Below are the EPA's regulations for "Record Maintenance".



Basically keep all water test records for at least 10 years except bacti's which

A supplier must retain on its premises or at a convenient location near its premises the following records:

- a) Records of bacteriological analyses made pursuant to this Part must be kept for not less than five years. Records of chemical analyses made pursuant to this Part must be kept for not less than ten years. Actual laboratory reports may be kept, or data may be transferred to tabular summaries, provided that the following information is included:
 - 1) The date, place and time of sampling, and the name of the person who collected the sample;
 - 2) Identification of the sample as to whether it was a routine distribution system sample, check sample, raw or process water sample or other special purpose sample;
 - 3) Date of analysis;
 - 4) Laboratory and person responsible for performing analysis;
 - 5) The analytical technique or method used; and
 - 6) The results of the analysis.
- b) Records of action taken by the supplier to correct violations of this Part must be kept for a period not less than three years after the last action taken with respect to the particular violation involved.
- c) Copies of any written reports, summaries or communications relating to sanitary surveys of the system conducted by the supplier itself, by a private consultant, by USEPA, the Agency or a unit of local government delegated pursuant to Section 611.108, must be kept for a period not less than ten years after completion of the sanitary survey involved.
- d) Records concerning a variance or adjusted standard granted to the supplier must be kept for a period ending not less than five years following the expiration of such variance or adjusted standard.
- e) Copies of public notices issued pursuant to Subpart V of this Part and certifications made to the Agency pursuant to Section 611.840 must be kept for three years after issuance.

only need to be kept for 5 years. Check with your local regional office to be sure. I also suggest that any records of wells (active or in-active) be kept forever so those records can be of use any time a new well is drilled in the area or if there is a problem with an existing well in the area.

Keep up the good work and be safe.

Learning how to create successful habits is imperative if you are going to succeed in the long run, in business or in life. Everyone has habits that over the years they have formed, which essentially set the groundwork for the person you will become. Now these habits are not always positive habits that push you in the direction of what you want to achieve. Some are completely destructive and can prevent you from living a successful and prosperous life, others may not really make much of a difference, and then others are very positive and allow you to keep on improving as a person.

Now it is not a quick thing to do, forming a positive habit, they are formed through consciously making the effort to do something every single day for many weeks, months and sometimes even years, until you begin to start doing them without thinking about it. Your subconscious mind takes control and this is when you know that you have successfully made it a habit.

You can also break bad habits too and one of the best ways to do this is changing the person you believe yourself to be. You consciously make an effort to change your self-image by no longer seeing yourself as the person who smokes or the person who drinks or the person who is lazy and never exercises. You begin to think every day about the person you have decided to be and get that clear in your mind. You begin to hold yourself as that person and if you ever speak about yourself, you always refer to yourself as that new person with better habits.

So you know that habits form the person you become, I now want to take some time to go through 4 habits that I have applied in my life to great effect and I feel have benefitted me mass vely in improving my self-image, selfconfidence, health and g ven me personal power to go after all of the my goals.

Run Every Day

This is such a simple practice that you can initiate immediately in your daily routine and if you can form a habit of doing this every day, then you are well on the way to becoming far more healthy in the long term, lowering the risks of common diseases and also giving you far more energy during the day. This will make you much more effective in your life, your business, whatever it is you choose to put your efforts into. It's just a bonus that you will also look very aesthetically pleasing if that get into this, I mean come on, how bad does that sound?

Healthy Home Cooked Meals

Now I am not going to go deep into detail about this one as there is a lot to cover when it comes down to it, but what I want to say with this is that healthy eating can be made far easier with preparation, so cooking your meals the day before and having them ready to go the next day is a great way to ensure you know what it is going into your food and leading a far more healthy lifestyle with far less processed foods.

Visualise The Person You Want To Be

Put yourself in the shoes of the person that you want to become. See yourself as the person who reaches all their goals, has the life you want and do it in vivid detail. You need to train your own mind to believe that you are already this person, then your subconscious mind will always be looking at ways to make it happen. So there are some great habits to form on a daily basis. Eventually you will realize the amazing potential in creating some simple habits on a daily basis and learning how to create successful habits isn't that hard after all.

About the Author

If you would like to know more please visit: http://joeptsearle.yourmarketingsystem.net/



Member Services

GPS/GIS MAPPING SERVICES

Through the implementation of GPS & GIS technology, IRWA can effectively produce hard copy and digital maps. With this new service available from IRWA, utilities can attain new and accurate maps to better manage their infrastructure assets.

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Payment for services is determined by a charge per each system feature located. The amount charged for a Map Book will be \$50 plus \$5 per page; and a wall map is billed at \$100 per map. More information is also posted on our website at www.ilrwa.org or you may call our office at 217-287-2115.

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