

the Co-op Connection

FEBRUARY 2022

NEWS AND INFORMATION FROM YOUR POWER PARTNER



Board of Trustee Elections

Central Florida Electric Cooperative is owned by its Members. As part owner of an electric power distribution cooperative, you have a say in who is elected to serve on the Board of Trustees. The following information from CFEC's By-laws outlines how Trustees are elected and who may serve in that role.

Article 3 – Meeting Of Members

Section 5. Voting

1. Trustees – Trustees shall be voted upon only by the members residing in the district of the Trustee seeking election. Each member residing in the district of the Trustee running for the Board shall be entitled to only one (1) vote per membership. No member shall be entitled to vote by proxy. Ballots shall be mailed no later than ten (10) days prior to the date they must be returned, all ballots must be returned to the Cooperative with a postmark of fifteen (15) days prior to the Annual Meeting date. The counting of the ballots will be by a teller committee appointed by the Board of Trustees prior to the election and the teller committee shall consist only of Cooperative members and shall not include any current employees or current Trustees.

Article 4 – Trustees

Section 1. General Powers

The business and affairs of the Cooperative shall be managed by a Board of nine Trustees which shall exercise all of the powers of the Cooperative except such as are by law, the Articles of Incorporation of these laws conferred upon or reserved to the members.

Section 2. Election and Tenure

The territory served or to be served by the Cooperative shall be divided into nine (9) districts, each of which shall contain as nearly as possible the same number of members. Each district shall be represented by one Trustee.

Not less than 60 days before any meeting of the members at which Trustees are to be elected, the Board shall review the composition of several districts, and if it should find inequities in representation, the Board shall reconstitute the



districts so that each shall contain as nearly as possible the same number of members.

Each Trustee shall be elected for a three (3) year term, as hereinafter described. At each succeeding annual meeting of the members, or any adjournment thereof, three (3) Trustees shall be elected by ballot by and from the members to take the place of those Trustees whose terms expire in that year to serve for a term of three years or until their successor shall have been elected and shall have qualified, subject to the provisions of these bylaws with respect to the removal of Trustees. The nominee from each district receiving the highest number of votes shall be declared elected as Trustee.

A newly elected Trustee's term of office shall commence on the day of his election and the first meeting at which he shall serve in his elected capacity shall be the regular meeting immediately after the annual meeting of the members as described in Article 5, Section 1, of these bylaws.



**Central Florida Electric
Cooperative, Inc.**

~YOUR POWER PARTNER~

Our mission is to be the finest example of an electric cooperative where excellent service, competitive rates and concern for the consumer, community and environment guide our every action.

Cover photo by: Jim Beauchamp, CFEC Operations Manager

Section 3. Qualifications

To become or remain a Trustee of the Cooperative, a person must have the following general qualifications:

- (a) Is a natural person or individual; (b) Is a member in good standing permanently residing in the District from which the Trustee is elected or chosen; and must use, receive and purchase electric service at the Trustee's primary residence;
- (c) Be a citizen of the United States of America;
- (d) Is not in any way employed by or financially interested in a competing enterprise or a business selling electric energy or supplies to the Cooperative or a business primarily engaged in selling electrical or plumbing appliances, fixtures or supplies to the members of the Cooperative;
- (e) Is not presently employed by and has not been employed for a period of at least five (5) years, by the Cooperative or any entity controlled by the Cooperative or an entity in which the Cooperative owns a majority interest;
- (f) Has the capacity to enter legally binding contracts;
- (g) Has not been convicted of a felony; and must be eligible to vote in state and national elections; for purposes of this section, the term "convicted" shall include a finding of guilt, a plea of guilty, a plea of nolo contendere or a verdict of guilty, whether or not adjudication was withheld or clemency had been granted;
- (h) May be subject to periodic random drug screenings administered by the Cooperative for its employees;
- (i) Not be a close relative of a Cooperative employee, Trustee, or any person in a position of trust with the Cooperative. For purposes of this section "close relative" shall include: aunt, uncle, parent, children or their spouse, grandparent, grandchild, brother, sister, husband, wife, step-parent, step-child, brother-in-law, sister-in-law, father-in-law, mother-in-law, son-in-law, daughter-in-law, half-sister, and half-brother.

All persons desiring eligibility to become or remain as a Trustee shall be required to (1) execute a document that affirms compliance with the qualifications as stated in our bylaws, and (2) provide a release for the Cooperative to investigate and acquire reports necessary to affirm such compliance in order to be deemed qualified.

Upon establishment of the fact that a Trustee is holding office in violation of any of the foregoing provisions, it shall

Trustee Terms Expiring in 2022



KYLE QUINCEY
District 4



ALAN MIKELL
District 6



HOUSTON "BO" MARKHAM
District 8

immediately become incumbent upon the Board of Trustees to remove such Trustee from office.

Nothing contained in this section shall affect in any manner whatsoever the validity of any action taken at any meeting of the Board of Trustees.

Section 4. Nominations

It shall be the duty of the Board to appoint, not less than thirty (30) nor more than ninety (90) days before the date of a meeting of the members at which Board members are to be elected, a committee on nominations consisting of not less than five (5) nor more than eleven (11) members who shall be selected from different sections so as to insure equitable representation. No member of the Board may serve on such a committee. The committee, keeping in mind the principle of equitable representation, shall prepare and post at the principle office of the Cooperative at least twenty (20) days before the meeting a list of nominations for each Board position to be filled by election.

Additional members may be placed in nomination for available Board positions by the filing of petition with the General Manager of the Cooperative at least fifty (50) days before the meeting. Said petition must be signed by at least fifteen (15) members residing within the district represented by the available Board position.

There shall be no nominations from the floor during the meeting.

For more information on Board of Trustee elections or serving as a Trustee, call CFEC at 352-493-6990 and speak to a Member Services Representative.

Best Wishes, Retirees!

After many years of service to CFEC's Members, **Ronnie Beach** and **Wayne Stalvey** decided it was time to step away from the cooperative and spend more time with family.

Ronnie Beach started as a meter reader Feb. 2, 1981. After working in that position for two years, he moved to the right-of-way department for eight years. From there, he worked at dispatch until 2008, working his way up to senior system controller. Beach retires as manager of system control.



"We had paper maps and hand wrote everything, every order, every repair, everything," Beach says of the early days. "Now, it's all on computers. You can ping meters, instantly map it; I was all about not having to write something."

In retirement, he plans to spend time with family, plus go hunting and fishing.

But Beach says he'll always be a co-opian. "It's one of the best places to work in the tri-county area."

With nearly 42 years of service, **Wayne "Cotton" Stalvey** retired from CFEC on January 3.

He started on Feb. 7, 1980, and spent most of his career in the right-of-way department, including as a tree trimmer and a right-of-way inspector. He helped troubleshoot problems with Members when the actual trimming was contracted out.

Stalvey says he will miss the people and the camaraderie with his friends.

"It's kind of a happy and sad situation in leaving. The co-op is like a second home after working there 42 years," he says.

Stalvey says he has no big plans for retirement except to work on his farm and basically do "whatever I want to."



On behalf of the trustees and employees, thank you for your hard work and dedication to the Members of CFEC. Best wishes in your retirement and future plans!

Know the Difference

Cardiovascular Disease, Heart Disease, Coronary Heart Disease



Cardiovascular disease, heart disease, coronary heart disease – what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

Cardiovascular Disease

The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



Heart Disease

A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind – all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



Nearly 650,000 Americans die from heart diseases each year.

About 11% of American adults (that's more than 1 of every 9) have been diagnosed with heart disease.

Coronary Heart Disease

A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

About 366,000 Americans die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**



Strawberries and Cream Tart

INGREDIENTS

- 3-4 cups Florida strawberries, sliced thin
- ½ cup orange blossom honey
- 1 tablespoon pure vanilla extract
- 2 (9-inch rounds) prepared pie crust
- 16 ounces cream cheese, softened
- 1 egg, beaten
- Pinch of sea salt

PREPARATION

Preheat oven to 375 degrees. Using favorite cookie cutters, cut out shapes using 1 of the pie crusts. Place shapes onto baking sheet and set aside. Place other pie crust into a round baking dish (or small rectangle or square dish) and gently press into pan and up the edges. Prick bottom with fork, brush edges with egg wash, and bake both sheet pans for 11-13 minutes, or until cooked through and golden brown (the cut-out shapes may not take as long as whole pie crust). Remove from oven and allow to cool.

In a stand mixer, or by hand, whisk together the cream cheese, honey, vanilla, and salt until smooth. Spread, or pipe, cream cheese mixture over cooled pie crust. Arrange sliced strawberries in overlapping pattern over entire surface. Place baked pie cut-outs over strawberries. Served immediately or chilled.



Strawberry Tiramisu

INGREDIENTS

- 1 pound fresh Florida strawberries
- 2 tablespoons sugar
- 2 tablespoons honey
- 1 ¼ cups strawberry preserves
- 1 pound Italian mascarpone cheese, room temperature
- 1 cup heavy whipping cream, chilled
- 1 teaspoon vanilla extract
- 1 (7-ounce) package ladyfinger cookies

PREPARATION

In a large bowl combine softened mascarpone, sugar, and honey and mix thoroughly. In a separate bowl whisk heavy cream and vanilla until stiff peaks form. Gently fold heavy cream mixture into the mascarpone mixture.

Use individual bowls or small dessert dishes to serve. Place sliced strawberries in the bottom of the dish, followed by a dollop of preserves, next add crumbled lady fingers, then a dollop of the mascarpone mixture. Continue layering. Store in refrigerator until ready to serve.



Strawberry and Citrus Shortcake

INGREDIENTS

- 1 orange, zested and juiced, divided
- 1 pound strawberries, sliced
- 4 tablespoons sugar, divided
- 2 cups unbleached all-purpose flour
- 1 stick unsalted butter, slightly melted and cooled
- 1 cup milk, plus 2 tablespoons
- 1 tablespoon baking powder
- Pinch of sea salt
- ½ teaspoon fresh ground pepper
- 1 cup heavy cream
- 1 teaspoon vanilla extract
- 2 tablespoons confectioners' sugar
- 1 teaspoon cornstarch

PREPARATION

Shortcake

Preheat oven to 450 degrees. Combine flour, 2 tablespoons sugar, baking powder and a pinch of salt in a medium bowl. Next add melted butter, 1 cup milk, and half of the orange zest and juice. Stir until combined, do not overmix. Drop dough by tablespoonful onto parchment-lined baking sheet. Brush tops with milk and sprinkle remaining sugar on each shortcake. Bake for 12-15 minutes or until cooked thoroughly. Remove from oven and set aside to cool slightly.

Strawberry Sauce

In a small saucepot, combine strawberries, remaining orange zest and juice, ground pepper and cornstarch. Bring to boil and reduce to simmer for 5 minutes or until slightly thickened, stirring frequently. Remove from heat and set aside to cool slightly.

Whipped Cream

Using a whisk or hand mixer, beat cream, vanilla and confectioners' sugar until stiff peaks form. Assemble by cutting shortcake in half and topping with strawberry sauce and whipped cream.



Payment Options:

- **In Office / Drive-Through** – Payments can be made at any CFEC location during working hours. Payments can also be placed in the drop-box at each location after hours.
- **By Mail** – Mail payments to: Central Florida Electric Cooperative, Inc., P.O. Box 9, Chiefland, FL 32644. Please allow sufficient time for delivery or payment may be received as late.
- **Phone / Online** – Payments can be processed through our third party provider, SEDC. A \$2.50 service fee will be charged by SEDC per \$500 transaction and is NOT a CFEC charge. Payments made through SEDC are posted to the member's account at the time of payment. Pay By Phone at 352-493-2515 or toll free at 844-434-3962. Pay online at www.cfec.com.
- **Bank Draft** – Payments can be made automatically by bank draft by filling out a form and mailing or dropping it off at any CFEC office. The form can be found at cfec.com under the "Documents" tab. Returned checks or payment arrangements cannot be processed by these banks.
- **Bank Locations** – Payments can be made at any Drummond Community Bank location or at the Lafayette State Bank in Bell, Fla., during their normal working hours. Returned checks or payment arrangements cannot be processed by these banks.



Central Florida Electric Cooperative, Inc.

~ YOUR POWER PARTNER ~

MEETING NOTICE:

The Board of Trustees for Central Florida Electric Cooperative, Inc., meet on the fourth Monday of each month at 5 p.m. at the Cooperative's main office in Chiefland. Members are always welcome to attend.

Lights Out? *We Need To Know.*

Outdoor lighting fixtures help light up dark areas near your home or business. Outdoor lights operate automatically by coming on at dusk and going out at daylight.

At times, the outdoor light can malfunction or become inoperative. If this happens, please contact the cooperative so that we can repair the light in a timely manner.



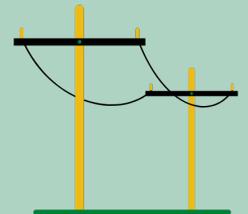
WHEN REPORTING THE PROBLEM, CFEC NEEDS TO KNOW THE FOLLOWING:

1. A specific street address of where the outdoor light is located.
2. A description of where on the property the outdoor light is located.
3. A description of the type of problem with the outdoor light.
4. Information, including your name, address, telephone number and account number.

To report an inoperative or malfunctioning outdoor light on CFEC's lines, call (352) 493-2511 or toll-free at 1 (800) 227-1302.

To Report A Power Outage:

- Call: 1-800-227-1302 or 352-493-2511, follow the prompts of the Automated Outage Response system.
- Use the CFEC Connect App: On the Home page, click "Report An Outage," select the issue causing your outage and the information will be submitted.
- Online: Click on the "report outage" button located at the top of the website. Fill in the "Identify Outage Location," form and click "submit."





PRSRT STD
U.S. POSTAGE
PAID
ORLANDO, FL
PERMIT NO. 3937

MAIN OFFICE

11491 NW 50th Ave.
Chiefland, FL 32626-3247
352-493-2511
or 800-227-1302
www.cfec.com

Physical Address/Payment Locations

MAIL ADDRESS

P.O. Box 9
Chiefland, FL 32644-0009

CROSS CITY OFFICE

207 NE 210 Ave.
Cross City, FL 32628
352-498-7322

INGLIS OFFICE

167 Highway 40 West
Inglis, FL 34449
352-447-3553

ADDITIONAL PAYMENT LOCATIONS

Drummond Community Bank
Lafayette State Bank (Bell only)
*For a complete listing of payment locations,
go to www.cfec.com.*
*This institution is an equal opportunity
provider and employer.*

In This Issue:

How Trustees Are
Elected page 2

Best Wishes To Our
Retirees page 4

It's Heart Health Month page 5

Strawberries Are In Season page 6



**Attention Seniors:
It's Scholarship Time!**

The Central Florida Electric Cooperative Educational Charity, Inc. has opened the 2022 scholarship program for applications.



To be eligible, an applicant's parents or legal guardian must be an active member of CFEC.

Scholarships are awarded in the amount of \$2,000 at \$1,000 per semester to be used within one year. Applications are available on the CFEC website at www.cfec.com.

For more information, visit the website or contact your school's guidance counselor.

The deadline for applications is March 18, 2022.