Clinton County
Connection
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November Area Meetings

A large crowd attended the Area Meeting held in Albers on Monday, November 7th. Members heard President and COO Jim Riddle talk about new construction going on during the past year, safety, tree trimming, and rates.

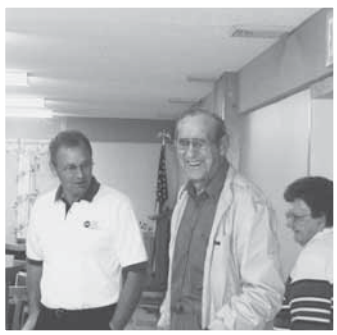
Members at the Carlyle Area Meeting listen as Jim Riddle tells them how important it is to read the Connections. "Every new program and every new idea is explained and discussed in the Connections. If you want to be informed members, read the Connections magazine," Riddle stated.

CCEC employee Ralph Kuhl and trustee Ron Becker watch as a member writes out a question to be answered at the Albers Area Meeting. Lots of questions were asked – and answered – at the meetings as Co-op manager Jim Riddle stressed the importance of being an informed member.

Members visit and renew old friendships while they wait for the Breese Area Meeting to begin. Sandwiches, chips and soda were served following each meeting.

Secretary-Treasurer of the Board of Trustees, Ron Becker, welcomes members to the afternoon meeting held in Breese on Tuesday, November 8th.

Jim Riddle watches as a member registers for the attendance prize drawing at the Breese meeting.



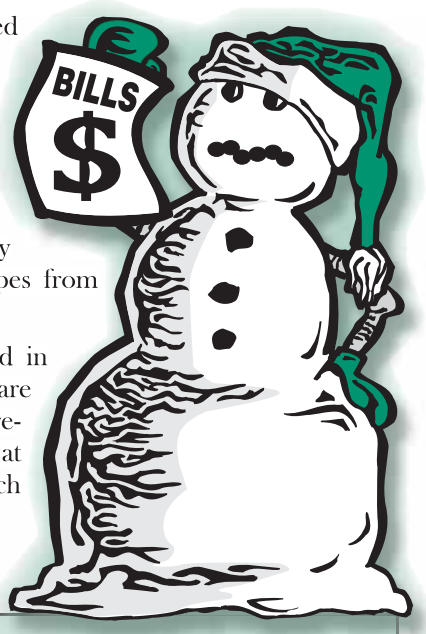
Jim Riddle chats with members before the start of the area meeting in Breese. Large crowds attended all three meetings and cash prizes were awarded at the close of every meeting. Each member also received a 2006 calendar and a night light upon registering.

Members and guests at all 3 area meetings heard reports on rates, cooperative programs and scholarships and more. Lively discussion during the question-and-answer period highlighted each meeting.

Why electric bills go up in WINTER

Every winter we get phone calls from members wondering why their electric bill is so high when they don't have electric heat. It's hard sometimes to pin down the exact reason because we all take electricity for granted and use it with little thought. Here are a few items that might contribute to higher bills this time of the year:

1. Extra holiday cooking and/or baking;
2. Using more lights because days are shorter;
3. Most heating systems require electric power in some way. Even gas furnaces need electricity to operate the fan. And heating systems run almost continuously when it's extremely cold;
4. Some people use electric space heaters in spare rooms, garages, workshops and pump houses;
5. Engine heaters for cars and tractors may be used;
6. Electric blankets are used to keep cozy;
7. Clothes dryers are used more in the winter;
8. Outdoor lights are on more in the winter as well as additional Christmas lighting;
9. Electric heat tapes may be used to keep pipes from freezing;
10. More TV is watched in the winter – re-runs are gone. Outdoor recreation and daylight is at a minimum – it's couch potato time!



Holiday Closings

Clinton County Electric will be closed on Monday, December 26th and Monday, January 2nd.

In case of an emergency, please call our 24-hour Answering Service at (618) 526-7282. The Answering Service mans the phones 24/7.

Have a safe and wonderful holiday! Drive Carefully.

IEC Scholarship Deadline

High school seniors pursuing a college education in the United States are eligible to participate in the Illinois Electric Cooperatives Memorial Scholarship program again this year. Five scholarships in 2006 will be awarded through the Illinois Electric Cooperative (IEC) Memorial Scholarship Program. Each of the scholarships will be worth $1,250.

Three scholarships will be awarded to the son or daughter of an electric cooperative member. A fourth award will go to the son or daughter of an electric cooperative director or employee. A fifth scholarship – new for 2006 – will be reserved for use at a two-year Illinois community college and sons and daughters of electric cooperative members, employees and directors are all eligible.

Contact your high school guidance counselor or the cooperative at 526-7282 for more information or for a scholarship application.

Remember – the deadline for submitting an application is Jan. 1.

What Are Capital Credits?

Some Clinton County Electric members will receive a "Capital Credit" Check in 2006. This is a unique part of being a member of a cooperative.

Approximately $200,000 has been approved to return to our members for Capital Credits earned on electric use for the balance of 1985 and a portion of 1986. An additional $75,000 has been earmarked to be paid for estates.

So, what is a Capital Credit?

One way to explain it is that capital credits are to cooperatives what shares of stock are to a for-profit company. When you own stock in a for-profit company, your stock may pay dividends based on the performance of that company. At Clinton County Electric, you accumulate capital credits based on how much revenue you pay to the cooperative. The difference between the two types of businesses is that the customers of an electric cooperative are also the owners. There are no outside investors to please, only the users of our products and services.

At Clinton County Electric, a member and owner are one and the same; you are a part owner in this organization. In essence, you have stock in the company. That "stock" is known as "capital credits."

Capital Credits are assigned to member accounts based on each member's purchases and the cooperative's operating margins. The capital credits are retained for several years to invest in the electrical distribution system. Your board of directors has authorized the return of the balance of 1985 and a portion of 1986 capital credits to those who earned them in that time frame.

Members who received electric service from the Co-op in that time frame will be issued capital credit checks and in the past could pick them up at the Co-op's annual meeting held in March of every year, and plans are in the making for that to happen again this year. Checks not picked up on that night will be mailed at a later date. If you know of someone who received service from Clinton County Electric in the years 1985-86 or if you know their heirs and we have not been able to contact them please ask them to call our office at (618) 526-7282 so we can update our records with their current address.

RECIPES

Photos by Catrina McCulley Wagner

Recipes taken from the January issue of Illinois Country Living magazine.

Pink Salad

Tammy Crossin

1 (8-oz.) tub Cool Whip
1 (20-oz.) can crushed pineapple, drained
1 C. marshmallows
1 C. chopped nuts
1 C. coconut
1 can cherry pie filling
1 can Eagle brand milk

Mix all ingredients together and refrigerate for several hours.

Cheesy Wiener Crescents

Sharon Riggle

8 hot dogs
8 strips of Cheddar or American cheese
8 refrigerated crescent rolls

Slit hot dogs lengthwise, almost to the end. Place a cheese strip in each one. Separate crescent rolls. Place hot dog in shortest end and roll up. Bake at 375° for 12 minutes.

Your Health

Cold and flu season:

This is the cold and flu season, but there is a lot you can do to stop the spread of cold and flu germs:

1. Cough or sneeze into a tissue and then throw it away.
2. Wash your hands often – with soap and warm water. Alcohol-based disposable hand wipes or gel sanitizes are also good.
3. Avoid touching your eyes, nose or mouth.
4. When you are sick or have flu symptoms, stay home, get plenty of rest and check with a health care provider as needed.
5. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food all year long to keep you healthy during the cold and flu season.

Tips For A Healthy Life

- Work at having a positive attitude. People with the sunniest dispositions are least likely to catch a cold.
- Running, swimming, gardening, walking or biking for up to 29 minutes a day significantly reduces the risk for stroke.
- Eat a carb-rich snack, such as a few crackers or a slice of toast, before bedtime. Such foods help produce serotonin, a feel-good, sleep-inducing brain chemical.
- To keep from over-eating at a party, eat two hard-boiled eggs 30 to 60 minutes ahead of time. They will fill you up.
- People who exercised four times a week for at least a half-hour fell asleep 12 minutes earlier and slept 42 minutes longer than those who didn't work out, one study found.

A Few Fun Facts

1. One in 50 Americans is more than 100 pounds overweight.
2. One in 5 U.S. residents ages 5 and older speaks a language other than English at home. Twenty-eight million speak Spanish; 2 million, Chinese; 1.5 million, French; 1.4 million, German; and 1.2 million, Tagalog.
3. Sixty-six percent of Americans said they would be annoyed if someone at or near their table at a restaurant answered a cell phone. They also said a ringing cell phone in a public place annoys them.
4. Forty-one percent of Americans finish their holiday shopping in early December; only 8 percent before Thanksgiving; 2 percent on Thanksgiving weekend; and 32 percent wait until the last minute.
5. Having a positive attitude about your age can extend your life by nearly eight years, one study found. Embrace those birthdays and focus on the benefits, not negatives, of aging.
6. People who frequently eat breakfast out, instead of at home, double their risk for obesity, probably because of the types of food consumed and the sizes of the portions.
7. Remove the top piece of bread and eat your sandwich open-faced. You'll save bout 80 calories per sandwich.
8. Sixty-four percent of U.S. women said they would rather receive high-tech electronics than diamonds as gifts.
9. Learning to appreciate the little things in life will help make you happier. Revel in life's small treasures – for example, a stocked refrigerator or an evening snowfall.

How Much do you Know About High Blood Pressure?

High blood pressure has no symptoms you can see or feel. The only way to tell if you have it is to have your blood pressure checked by a doctor or other health care professional.

Uncontrolled high blood pressure can cause heart disease, stroke and kidney failure.

It is estimated that 40 percent of Americans have hypertension (high blood pressure) but are not being treated for it.

Heredity, age, race and gender are all uncontrollable risk factors for high blood pressure.

Leading a sedentary lifestyle, drinking too much alcohol and being overweight are all controllable risk factors for high blood pressure.

Lifestyle changes that can lower your blood pressure are regular exercise; not smoking and reducing your intake of sodium. Avoiding high-salt foods, such as soy sauce, chips and canned

(Continued on page 4)

Your Health *(Continued from page 3)*

soups; not adding salt to food at the table; and eating more potassium-rich foods, such as bananas, cantaloupe and strawberries reduce your sodium intake.

Diuretics, beta blockers and calcium channel blockers and ACE inhibitors are commonly prescribed, either in combination or alone, for high blood pressure.

To gain the optimum benefits from high blood pressure medication you should take your pills at the same time everyday, take all medications as prescribed, and never skip a day or a dose.

The blood pressure reading 120 over 80 – which until recently was considered to be in a healthy range –now signals the beginning of prehypertension. Prehypertension means that someone has a high risk of developing high blood pressure.

Bylaws specify nomination procedure

Section 4.06. Nominations. It shall be the duty of the Board of Trustees to appoint, more than ninety (90) days before the date of a meeting of the members at which Board trustees are to be elected, a committee on election and credentials consisting of not less than five (5) nor more than nine (9) members with at least one (1) member from each district from which a trustee is to be elected. No employee, trustee, Officer, known candidate, or close relative (as hereinafter defined) of any of the above may serve on such committee. The purpose of the committee is to review the qualifications of petitioning nominees and to conduct the election of trustees. To be nominated by petition, a candidate for trustee must file a petition for nomination signed by at least twenty-five (25) members, but not more than fifty (50) members. Signatures may come from the entire Cooperative membership. A joint membership constitutes only one member. Nominations by petition must be picked up and filed not more than ninety (90) days or less than forty-five (45) days before the date of a meeting of the members at which trustees are to be elected. The Election and Credentials Committee, or subcommittee of same must meet to determine if the candidates meet the qualifications for trustee. Upon establishment of the fact that a nominee for trustee lacks eligibility under these Bylaws, it shall be the duty of the Election and Credentials Committee to disqualify such nominee. If there are no nominations by Petition for trustee in any district in which a trustee is to be elected, it is the duty of the Board of trustees to appoint a member to serve in that position. At least thirty (30) days prior to the meeting of members, the Election and Credentials Committee shall certify a list of nominees for trustee to the secretary. The secretary shall then post at the principal office of the Cooperative, at least thirty (30) days prior to the meeting of members, a list of the nominations for trustee to be elected, listing separately the nominee(s) for each trustee district. The secretary shall also be responsible for mailing, with the Notice of Meeting or separately, but at least five (5) days before the date of the meeting, a statement of the number of Board members to be elected and the names and addresses of the nominees. No nominations may be made from the floor. Nominees' names from the same district may be rotated on the ballot so that each nominee's name is on the ballot in the same position as equal number of times as possible. Notwithstanding anything in this section contained, failure to comply with any of the provisions of this section shall not affect in any manner whatsoever the validity of any election of trustee. The Election and Credentials Committee shall elect its own chairman and secretary at its initial meeting. It shall be the responsibility of the committee to establish or approve the manner of conducting any ballot or other voting, to pass upon all questions that may arise with respect to registration of members in person, to count all ballots or other votes cast in any election or in any other manner, to rule upon the effect of any ballots or other votes irregu1arly or indecisively marked or cast, to rule upon all questions that may arise relating to member voting in the election of trustees and to pass upon any protest filed with respect to election or to conduct effecting the result of the election. In exercising the responsibility, the committee shall have available to it the advice of counsel provided by the Cooperative. In the event a protest or objection is filed concerning any election, such protest or objection must be filed not more than three (3) business days following the adjournment of the meeting in which the voting is conducted. The committee shall thereupon be reconvened, upon notice from its chairman, not less than seven (7) days after such protest or objection is filed. The committee shall hear such evidence as is presented by the protestor(s) or objector(s), who may be heard in person, by counsel, or both, and any opposing evidence; and the committee, by a vote of a majority of those present and voting, shall, within a reasonable time but not later than thirty (30) days after such hearing, render its decision, the result of which may be to affirm the election, to change the outcome thereof, or to set aside. The committee's decision (as reflected by a majority of those actually present and voting) on all matters covered by this Section shall be final. The committee may not affirmatively act on any matter unless a majority of the committee is present.

For a list of Election and Credentials Committee members, date of meeting, a petition or any other information concerning the nominations procedure, please contact: James B. Riddle, President, Clinton County Electric Cooperative, Inc., 475 N. Main Street, Breese, IL 62230, (618) 526-7282.

Minutes of the 2005 Annual Meeting of Members

The 67th Annual Meeting of the Members of the Clinton County Electric Cooperative, Inc. was held at the Central High School gymnasium, Route 50 West, Breese, Illinois, on Thursday, March 17, 2005, beginning at 7:30 pm.

The meeting was called to order by Joseph A. Voss, Chairman of the Cooperative, at 7:30 pm. Ronald L. Becker, Secretary-Treasurer of the Cooperative, acted as secretary and kept the minutes thereof.

Chairman Voss informed the members of how the meeting would be conducted and that Robert's Rules of Order would prevail.

The invocation was given by Kevin Kampwerth, a trustee from district 2.

Secretary-Treasurer Becker then reported there was a quorum present.

Chairman Voss introduced special guests present at the Annual Meeting.

Secretary-Treasurer Becker then read the official notice of the meeting and informed the members in attendance that proof of mailing of the meeting notices and number of members is evidenced by receipt of mailing from the U.S. Postal Service.

Upon a motion by Oscar Dickhaut, seconded by Richard Holubek and a vote taken thereon, the minutes of the 66th Annual Meeting were approved, as they appeared in the December 2004 issue of the Cooperative newsletter, Clinton County Connections.

Chairman Voss introduced the guest speaker, John Freitag, Vice-President of Operations for the Association of Illinois Electric Cooperatives. John discussed the Youth Day and Youth Tour programs.

At this time, Chairman Voss addressed the membership. In his comments he briefly reported on the financial condition of the Cooperative, the affect of fuel cost at SIPC, the Cooperatives favorable interest rates and told the membership that the Cooperative is seeing growth and that the Co-op added about 9 miles of line last year and had 5,496 active accounts at the end of 2004. Voss concluded his report by thanking the employees of the Cooperative, the Advisory Committee members, the Board of Directors and all the members in attendance.

Secretary-Treasurer Becker then presented the annual financial report of the Cooperative, ending Dec. 31, 2004.

President Jim Riddle discussed Clinton County Electric rates and W.P.C.A.; current and future wholesale power cost; Illinois electric utility deregulation; Southern Services, LLC; the Cooperative's scholarships and donations; and the new check 21 law and its effects on the Co-op and the members. He concluded his report by thanking the Advisory Committee, then Board of Directors, the employees and the members.

Upon a motion by Regis Voss, seconded by Nelson Arrowsmith and a vote taken thereon, all of the reports presented thus far were accepted.

Chairman Voss then informed the members that, according to the Bylaws of the Cooperative, an Election and Credential Committee was officially appointed by the Board of Directors at the regular monthly meeting on Nov. 23, 2004, per Article 4, Section 4.06 of the Cooperative Bylaws.

Chairman Voss gave the report of the Election & Credentials Committee that met on Jan. 31, 2005.

Since there were no contests for trustees in any of the districts, the rules to vote by ballot were waived and, upon a motion by Richard Holubek, seconded by Regis Voss and a vote taken thereon, the election of three trustees nominated by acclamation was accepted unanimously by the members. The following trustees were elected and will serve a term of three years, beginning on March 17, 2005.

DISTRICT NO. 1 – TIMOTHY D. HANKE
DISTRICT NO. 2 – KEVIN KAMPWERTH
DISTRICT NO. 3 – RANDY RENTH

Years of service awards were given to Doug Vonder Haar for 15 years and Harry Buller for 30 years of service.

There being no further business to come before the 67th Annual Meeting of the Clinton County Electric Cooperative, Inc., upon a motion by Regis Voss, seconded by Jim Klingelhoefer and a vote taken thereon, the meeting was adjourned at 8:30 PM by Chairman Voss.

Following adjournment, four cash prizes were awarded.

_____
Joseph A. Voss, Chairman

_____
Ronald Lee Becker, Secretary-Treasurer

Survey To Determine Annual Meeting Interest

According to law, and per Cooperative ByLaws, Clinton County Electric Cooperative must hold an annual meeting. Keeping this in mind, we would like to know your thoughts concerning your annual meeting. We are asking that you complete the survey below and return it to us in your yellow bill reply envelopes. Please mail only one survey per membership. When you return this survey, you will be entered in a drawing. You will be eligible to win one (1) of four (4) $25 bill credits to be given away. If you win, this credit will appear on your January 2006 electric bill. In order to be entered in the bill credit drawing, you must give us your name, address, etc. at the bottom of this survey. If you wish to give us your thoughts/comments, but want to remain anonymous, please return the survey without your name. We want to know what you think. We will read all surveys, with or without name, and take all suggestions and comments into consideration.

(PLEASE CIRCLE THE APPROPRIATE RESPONSE)

1. What is your age group?

30 & Under 31-45 46-60 61-75 over 75

2. How many years have you been a Clinton County Electric Coop member?

Less than 6 6-10 11-20 21-40 over 40

3. Do you regularly attend the Clinton County Electric Cooperative annual meeting?

YES NO

4. Choose the ONE item that would most likely make you want to attend the Clinton County Electric Cooperative annual meeting. (circle ONE only):

Speaker
Other entertainment (specify) _____
_____
Attendance/door prizes
Bill Credit (amount) $_____ (be realistic)
Babysitting
Does not matter, **would not** attend anyway
Does not matter, **would** attend anyway

5. Which time would make it most likely for you to attend the Clinton County Electric Cooperative annual meeting (circle ONE only):

Thursday evening (as it is now)
Saturday morning
Saturday afternoon
Sunday afternoon
Does not matter, **would not** attend anyway
Does not matter, **would** attend anyway

6. Are there subjects you would like discussed?

_____
_____
_____
_____

7. Please give us your other comments & suggestions regarding the Clinton County Electric Cooperative annual meeting.

_____
_____
_____
_____

To be entered in the bill credit drawings you MUST give the following information as it appears on your Clinton County Electric Cooperative electric bill:

Name & address _____
_____
_____
Phone number:
(day) _____
(evening) _____

Return by December 31, 2005

Financial Information

BALANCE SHEET

As of October 31, 2005

ASSETS (What We Own):	
Total Utility Plant	18,388,449
Less: Accumulated Depreciation	7,243,856
Net Utility Plant	11,144,593
Cash & Temporary Investments	204,659
Investments in Associated Organizations	619,618
Accounts Receivable	116,297
Materials & Supplies	351,982
Prepayments & Other Deferred Expenses	2,172,126
Total Assets	**14,609,275**
MEMBERS' EQUITY & LIABILITIES (What We Owe):	
Members' Capital Credits	6,259,956
Other Equities	210,731
Long-Term Debt	7,620,605
Consumer Deposits	99,039
Other Liabilities & Deferred Income	418,944
Total Members' Equity & Liabilities	**14,609,275**

STATEMENT OF OPERATIONS

For the Ten Months Ended October 31, 2005

INCOME:	
Sale of Electricity & Other Services	9,366,153
Other Income	65,680
Total Income	**9,431,833**
EXPENSES:	
Cost of Electric Power	6,541,004
Operations & Maintenance Expenses	697,354
General & Administrative Expenses	773,079
System Depreciation	443,263
Interest Expense	315,836
Total Expenses	**8,770,536**
NET MARGINS	**661,297**

Youth To Washington Tour and Youth Day in Springfield

Clinton County Electric will again sponsor up to 12 area sophomores or juniors on a day in Springfield to be held on April 5, sponsored by the co-op and the Association of Illinois Electric Cooperatives. Of these 12, two will be selected to go to Washington DC in June 2006 for an all-expense paid tour.

WHO MAY ENTER? All applicants must be sons or daughters of Clinton County Electric Cooperative members. If you meet that criterion, then you must be a high school sophomore or junior and attending one of the many high schools in the cooperative service area. Immediate members of the families of Clinton County Electric board of directors or employees are not eligible.

YOUTH TO SPRINGFIELD. A panel of judges will choose up to 12 students who will participate with more than 125 other youths from other Illinois electric cooperatives in Illinois Rural Electric Youth Day in Springfield set for Wednesday, April 5, 2006.

The day's activities in Springfield will include touring the state Capitol complex, visiting with legislators and a luncheon. The two Washington tour winners will be selected from these 12 students.

WASHINGTON TOUR. The two local winners will join some 50 other Illinois students, winners of similar contests sponsored by other Illinois electric cooperatives, at Springfield on June 9. They will travel on air-conditioned buses, returning June 16. While in Washington, they will visit such attractions as the White House, U.S. Capitol, Smithsonian Institution, Arlington National Cemetery, Lincoln Monument and many other national monuments and places of interest.

For more information, call Clinton County Electric's Ahren Langhauser, Sue Laux or Jim Riddle at 526-7282. To apply, all you need do is come in and pick up an application or call the co-op and we will mail you one or complete the coupon below and mail it to us or bring it in to the office. Applications must be returned to the co-op no later than January 31, 2006.

PLEASE SEND ME AN APPLICATION AND MORE INFORMATION ON "YOUTH DAY IN SPRINGFIELD" AND "YOUTH TO WASHINGTON"

Name:_____

Age: _____Phone: _____

Parent's Name: _____

Address: _____

I attend (name of high school) _____

Class year: (check one) Sophomore _____ Junior _____

Mail or bring to: Clinton County Electric Cooperative, Inc. P.O. Box 40, 475 N. Main St., Breese, IL 62230
Applications must be returned to the co-op no later than January 31, 2006

The Trustees and Employees of Clinton County Electric wish everyone a very Merry Christmas and a Happy and Prosperous New Year.

Ronald Becker

Cary Dickinson

Tim Hanke

Kevin Kampwerth

Randy Renth

James Tebbe

Richard Timmerman

Joseph Voss

John White

Gary Albers

Ryan Beckmann

Harry Buller

Allan Deiters

Mike Faust

Douglas Vonder Haar

Myron Johnson

Bob Kroeger

Ralph Kuhl

Ahren Langhauser

Sue Laux

Cathy Markus

Dale Nordike

Mike Rainey

Mary Jane Richter

Jim Riddle

Brian Taylor

Scott Toennies

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