



COLQUITT EMC NEWSLINE

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5 REASONS WHY WE LOVE SERVING OUR MEMBERS

February may be the shortest month, but it's packed with special observances like Presidents' Day, Black History Month and Valentine's Day, in addition to a host of unofficial "national" days you've probably never heard of like "National Tater Tot Day." But they all have something in common. They were created to draw attention to a particular issue or theme.

Valentine's Day may seem like an observance originally created by a greeting card company, but over time, it's become a widely celebrated day generating millions of dollars spent on flowers, candy and of course, greeting cards professing our love. But Valentine's Day isn't just for the lovebirds. It's also the perfect time to let our friends, family, co-workers and other special people in our lives know we care about them—with or without a store-bought greeting card.

So, in that vein, we've created our list of top five reasons why we love serving you, the members of Colquitt EMC.

- **We love serving our members because without you, the co-op wouldn't exist.** Our purpose is to provide you with reliable, responsible and safe electricity. Simply put, Colquitt EMC exists to serve you. That's why we were formed in 1936—to bring power to our local area when for-profit utilities would not.

- **You enable us to complete our mission by supporting our efforts to give back.** A major part of our mission is to serve our community and look after the greater good. Through Unclaimed Capital Credits, we're able to help fund education programs such as Bright Ideas Grants for Teachers and the Colquitt EMC Scholarship.

- **Members of our co-op also serve on the board of directors.** They provide guidance for setting co-op priorities and helping make big decisions. Because our board members live in the area, they're able to serve as the pulse of the larger community and identify immediate and long-term needs. The broader co-op membership provides helpful input through their vote on



director elections and by weighing in on co-op and community issues.

- **You help us get it right.** Colquitt EMC members are great about keeping us in the know. We do our best to avoid power outages, but Mother Nature can occasionally throw us a curveball; our members are quick to report any power disruptions and are patient as our crews work to safely restore power. We know outages are frustrating, and your support as we work through storms means so much to our employees.

- **You and other Colquitt EMC members make up the community we serve—and for us, it's all about community.** Our employees live and work here too and care about our community the same way you do. We're invested and work to help it thrive. That's why Colquitt EMC donates to local charities, schools and youth programs. It's also why we invest in economic development, and why you'll see our employees volunteering at local schools and other charitable and community endeavors.

As a co-op, our mission is to enhance the quality of life in our community and look after its long-term interests. We love serving our members and our local community, and just like you, want to see it continue to thrive.

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- BRIGHT IDEAS / SCHOLARSHIP
- Prevent High Power Bills
- Quick Tips on Quick Pay



BRIGHT IDEAS GRANTS AND COLQUITT EMC SCHOLARSHIP APPLICATIONS AVAILABLE APRIL 1ST

Bright Ideas awards money to teachers for innovative lessons and projects to energize students learning abilities. The Bright Ideas program will award grants of up to \$1,000 to winning teachers. Public and private school teachers, teaching grades k-12, in any subject area are eligible to apply. Schools in the areas that Colquitt EMC serves may submit more than one application. However, teachers are eligible to submit only one application per school year. The grants are not for professional development. Applications are due June 1, 2022. Visit colquittemc.com.

Since 2006, Colquitt EMC has awarded scholarships to students to help fund their education. This is made possible by Colquitt EMC's unclaimed capital credit fund. Applicants must reside in the household of a Colquitt EMC member and must be enrolled in a college or technical college with campus locations/degree offerings within Colquitt EMC's service area. Undergraduate and graduate students may apply. Previous scholarship recipients are not eligible. Applications are due June 15, 2022. Visit colquittemc.com.

The screenshot shows the Colquitt EMC Quick Pay portal. At the top left is the Colquitt Electric Membership Corporation logo. To the right is a 'Sign In' button. Below the logo is a navigation menu with links: ACCOUNT OVERVIEW, MY ACCOUNT, MY PAYMENTS, CREATE NEW USER, and MORE. There are also social media icons for Facebook and Instagram. The main heading is 'Quick Pay'. Below it is a progress bar with four steps: Account Information (highlighted), Confirmation, Review and Continue, and Payment Redirect Notice. The 'Account Information' step contains two input fields: 'Account Number' and 'Phone Number (last 4 digits)'. A 'Continue' button is located at the bottom right of the form.

**Quick Tips
on Quick Pay**
**The New Colquitt EMC
Portal offers a Quick
Pay option to pay
your bill hassle-
free!**

From the colquittemc.com homepage, click "Quick Pay." Input your Colquitt EMC Account Number and the last four numbers of the phone number associated with your account. From there, you will be able to pay your bill without the hassle of logging into the account portal.

Manage Alerts

Alerts Sent To

Email

IMAMEMBER@COLOQUITTEMC.COM

Home

(999) 999-9999

Mobile (Opted In)

(888) 888-8888

Use for Voice Alerts



Smart Devices



MY iPhone



iPhone



Balance & Usage Notifications

HIGH ENERGY USAGE ALERT - DAILY

Alert me when my daily usage reaches \$

Text Message



Email



Voice



Push Notification



PREVENT HIGH POWER BILLS WITH USAGE ALERTS

Unexpectedly high power bills are an unwelcome surprise. Malfunctioning appliances or issues with your home's electrical system can go unnoticed until a costly power bill arrives. With Colquitt EMC's **Energy Usage Alerts**, you can know exactly how much power is being used each day.

To set up usage alerts, visit ColquittEMC.com.

Click on the **PAY MY BILL** icon on the home page and sign in to your account (First-time users may need to create an account).

Click on **MY ACCOUNT** from the menu at the top of the screen to display the **MY ACCOUNT OPTIONS** icons. Then click on the **MANAGE ALERTS** icon to open the Manage Alerts page.

Review the email address and phone numbers in the **ALERTS SENT TO** section. To make any changes, click on the pencil icon on the right-hand side of the screen. To receive text messages, you must opt-in since some mobile providers charge for text.

Click on the **BALANCE & USAGE NOTIFICATION** banner to open the high energy usage alert section. In the spaces provided, be sure the "\$" symbol is displayed and enter the minimum DAILY energy usage amount that will trigger a notification. To calculate the daily energy usage amount, divide your peak desired monthly power bill amount by 31 (the average # of days of your billing period). *For example, if your peak desired power bill is \$100, divide \$100 by 31 to get \$3.23. Enter \$3.23 as the amount that will trigger a usage alert.*

Click the toggle buttons at the bottom of the page to activate your usage notification. Be sure to click the **SAVE** button!

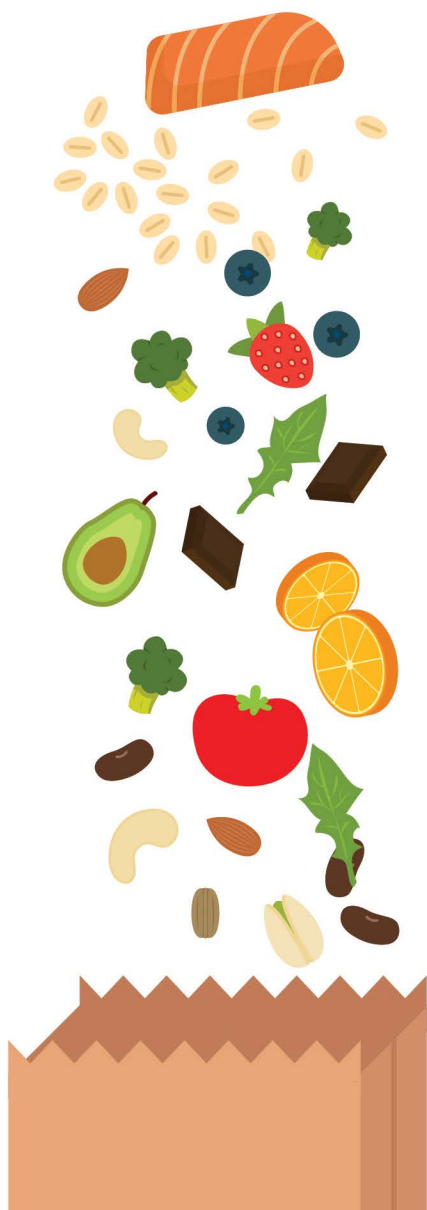
With Energy Usage Alerts, you will always be in the know. If you suspect your home is using more energy than it should, contact your local Colquitt EMC office to set up a free, in-home energy audit or visit colquittemc.com/energy-audits to receive suggestions on improving your home's energy efficiency.

Local. Dependable. Serving YOU!



SHOW YOUR HEART SOME LOVE!

February is National Heart Month. Make a heart-healthy choice by eating whole grains, fruits and vegetables, and lean proteins. For starters, here are 10 foods to keep in mind when making your next grocery list:



- 1 **Salmon:** Omega-3 fatty acids
- 2 **Oatmeal:** Soluble fiber to lower cholesterol
- 3 **Blueberries** (and other berries): antioxidants
- 4 **Dark Chocolate:** Antioxidants
- 5 **Citrus Fruits:** Antioxidants, vitamins and minerals
- 6 **Tomatoes:** potassium and antioxidants
- 7 **Nuts:** Monosaturated (good) fats, fiber and vitamin E
- 8 **Beans:** Protein, Fiber, Iron
- 9 **Green Veggies** (*Broccoli, spinach and kale*): Antioxidants, fiber, vitamins and minerals
- 10 **Avocado:** Monosaturated fats and antioxidants

Did you know?

- **Omega-3 fatty acids** lower the risk of irregular heartbeat and slow plaque build-up in arteries.
- **Antioxidants** prevent or stop cell damage that can lead to cancer or other illnesses

Recipes OF THE MONTH



Citrusy Kale Salad

INGREDIENTS

Serves: 4

1 bunch curly kale
2 tablespoons extra virgin olive oil
3/4 teaspoon sea salt
1 lemon, juice and zest of
1 orange, juice and zest of
1 teaspoon honey (or alternative sugar)
1/2 avocado, cubed
1 cup fresh blueberries
2 tablespoons pepitas (toasted)

DIRECTIONS

Variations-Instead of blueberries and pepitas try any of the following: blackberries and walnuts, sliced strawberries and pecans, raspberries and sliced almonds, marionberries and hazelnuts. Remove kale leaves from the stem and chop into bite sized pieces (or tear using hands). Place kale in a large bowl and drizzle 1 tablespoon olive oil and salt into leaves, massaging with hands. Set aside. (Leaves should begin to wilt a little). Whisk together lemon and orange juice and zest, remaining 1 Tbsp olive oil and honey. Season with a small amount of salt and pepper to taste. Pour dressing over the kale leaves. Add the avocado, berries and seeds and toss all together. Do not add the dressing, avocado, berries or seeds to the salad until just before serving.



Salmon and Asparagus in Foil

INGREDIENTS

Serves: 4

4 sheets aluminum foil, wrap (12" x 18")
4 (5 ounce) salmon fillets
1 lb asparagus
1 fresh lemon
fresh ground black pepper
seasoning salt
lemon wedge (to garnish)

DIRECTIONS

Preheat oven to 450°. Snap the ends off asparagus spears and divide into 4 equal portions. Spray the center of each foil sheet with non-stick cooking spray. Place one salmon fillet in the center of each sheet, top with a asparagus and drizzle with lemon juice. Sprinkle with fresh ground pepper and salt or seasoning blend as desired. Bring up the sides of foil and fold top over twice. Seal ends, leaving room for air to circulate inside the packet. Place packets on a cookie sheet and cook in oven for 15-18 minutes or until salmon is opaque. Serve with lemon wedges on the side. Please use caution when opening the foil packs, as the steam is very hot.

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