

SLEMCOPOWER

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SAY GOAT CHEESE!

**Wanda Barras crafts award-winning
cheeses at Belle Écorce Farms**

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Photo by P.C. Piazza

SLEMCO's 75th Annual Membership Meeting will be held on Saturday, June 2, at Lafayette's Cajundome. Attendees have a chance to win one of 27 prizes, including a new 2012 car or truck. Drawings will also determine who will receive \$40,000 in college scholarships (Lucky Account Number 4504348900).

The morning has a full schedule so our day begins early. Doors open at 6 a.m., with plenty of hot Community coffee as you visit with your friends and neighbors. Coffee is free and the Cajundome will have other refreshments available for purchase.

Music by Geno Delafosse & French Rockin' Boogie will start at 6:30 a.m., so wear your dancing shoes. United Blood

Services will hold its 10th annual blood drive at our meeting. Your continued generosity is appreciated because of increased demand for blood and reduced donations during summer.

Prize drawings begin at 8 a.m., and winning names will be drawn until our business meeting begins at 10 a.m. Brief reports from the company's officers and legal counsel will bring members up to date on SLEMCO operations.

When the business portion concludes, our scholarship drawing will award college funds of \$2,000 each to 20 lucky students. Then, to end our meeting on a high note, our grand prize drawing will allow one lucky winner a choice from among five new vehicles. ●



COMMERCIAL CUSTOMERS CAN ENTER PRIZE AND SCHOLARSHIP DRAWINGS

SLEMCO commercial customers wishing to participate in the prize drawings should drop off a letter naming their company's authorized representative to SLEMCO's main office by June 1.

After presenting ID on the day of the meeting, that representative will receive a card for the prize drawing (Lucky Account Number 3123864000).

Owners of commercial establishments who are SLEMCO customers may also sponsor their children, themselves or a spouse for the scholarship drawing, but only if they own more than 50 percent of the company, corporation or partnership.

Proof of ownership is required whenever a commercial business sponsors a scholarship applicant. ●

APPLY NOW FOR A CHANCE TO WIN A SCHOLARSHIP

A total of \$40,000 in college scholarships will be given away at our 75th annual meeting on Saturday, June 2. Twenty students will each win \$2,000 to help pay for their college education. The process is easy, but you must apply before the meeting.

Members connected to SLEMCO for one contiguous year prior to the May 3 entry deadline can sponsor themselves, a spouse, dependent children or legal wards. Grandchildren are eligible only if they are the legal dependents or wards of members.

Applications for the 2012 SLEMCO scholarship program will be included with all February and March SLEMCO bills.

You can also download the application from our website, www.slemco.com. This electronic version of the application is in PDF format. After filling it out, follow the directions on our website to e-mail it to SLEMCO or print a copy and submit it by mail (Lucky Account Number 1114426000).

Read the application carefully and follow all instructions.

Applications for the scholarships will be accepted until Thursday, May 3. Delivered entries and electronically submitted entries must be received by 4:30 p.m., May 3, and mailed entries must be postmarked by that day. Entries can be mailed to the SLEMCO Scholarship Program, P.O. Box 90866, Lafayette, LA 70509.

These funds can be used to attend any

Louisiana public university to pursue an undergraduate degree beginning this fall. Winners must have at least a 2.0 cumulative grade point average and plan to attend on a full-time basis (at least 12 hours) this fall. Technical colleges or private universities do not qualify and students must be at least high school seniors to enter.

IRS guidelines allow a parent to claim their college student child until the year he or she turns 24. We follow the same guidelines for awarding these scholarships. In order to sponsor a child, parents must still claim the applicant on their income tax return and the applicant must be under 24 years of age. Proof will be required.

Only one family member can win per year, but any eligible family member can enter every year. Winners aren't eligible to receive the scholarship again.

Even though the entry deadline is not until May, get your application in early so you don't forget. We've already received several hundred entries. If you have any questions, call SLEMCO at 896-5384. ●



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ENERGY SAVING IDEAS

SAVE ON YOUR WATER BILL WITH EVERY FLUSH

It's probably no surprise that bathrooms use more water than any other room in the house. But what may be surprising is that a quarter of all water usage in your home is flushed down the toilet.

Now's a great time to replace that old commode. Using 3.5 to as much as 7 gallons per flush (gpf), an old toilet is the biggest water waster in your home.

The days when low-volume toilets had poor flushing performance are long gone. With reengineered bowls and trapways, the newest models flush more efficiently with less water (Lucky Account Number 3232433002).

How much water can you expect to save? Replacing just one 3.5-gpf toilet with a 1.6-gpf low-flush toilet could save a family of four up to 15,000 gallons of water per year. In only a few years you'll pay for that new toilet with savings on your water bill.

To save even more water, check out high-efficiency toilets. These models use 20 percent less water than the 1.6-gpf.

If now's not the time to replace, check your hardware store for water-saving mechanisms such as water displacement devices or fill cycle diverters. Toilet tank flapper flush devices will cut your water use by half for every flush.

You can also check for leaks: add 10 drops of food coloring to the tank and wait 10 minutes. If the color appears in the bowl, your toilet has a leak. ●

APPLY FOR COLLEGE ASSISTANCE EARLY

SLEMCO scholarships are just one opportunity to help pay for your college education. High school seniors can often begin applying for many forms of college assistance as early as January of their senior year (Lucky Account Number 2326856900). Check with your high school guidance counselor to see what grants, loans or scholarships are available. ●





The GOAT CHEESE lady

**ST. MARTINVILLE'S WANDA BARRAS CRAFTS
ARTISAN FOOD FROM HER HERD AND FAMILY LAND**



Nestled along a gravel road near the Bayou Teche just outside of St. Martinville lies Belle Écorce Farms. *Écorce* is French for “bark” or “rind”—which alludes to both its half-century-old oaks and the handmade artisan cheeses aging in its climate controlled cheese “cave.”

Wanda Barras, Belle Écorce’s owner, has deep connections with those trees and that land. As a child, she rode in a World War II-era Jeep, watering the young trees with her grandfather. Now, through her “micro dairy” on this same land, she artistically crafts award-winning cheeses from goat milk and other natural ingredients—a sculptor in curds and whey working to delight the palate with creations from spreadable creamy to hard and marbled.

She and her husband Kenny, a general contractor, have been living here on the farm since the early 1990s. As owner and cheese maker at Belle Écorce Farms, Wanda is assisted by a small staff. Her fresh, ripened and aged goat cheeses are crafted using French-Acadian artisanal methods; her unique seasoned *chèvre* (French for goat cheese) offers an opportunity for artistry beyond tradition.

For Barras, the first step was acquiring two goats in 1999. The does were pregnant; Barras found herself pondering what to do all the milk they were producing, so she acquired some cheese recipes. The next step was a trip in 2001 to a seminar at the Goat Lady Dairy, in Asheville, N.C. The hook was set. Soon she was poring over every resource she could uncover on goats and cheese making.

She had a few prejudices to overcome. Initially reluctant to try goat’s milk, she was surprised to find that the fresh milk from her carefully-fed and well-tended herd was delicate, subtly aromatic and similar to cow’s milk. Impeccably clean and fresh whole milk is essential for making fine cheese. At the risk of simplifying a

complicated art to three essential steps, the milk is first curdled, the whey (liquid) is partially drained and then the remaining curd is ripened through natural microbes.

Fromage de la Chèvre is the French name for thick, creamy smooth cheese from goat milk that can be served soft or molded into logs. Barras and her staff add sweet or savory flavors to some of the cheese; others might be decorated—and flavored—with fresh herbs and edible flowers (Lucky Account Number 1439606000).

The farm’s feta is made from pasteurized whole goat milk—white and crumbly with soft texture and pleasant saltiness, Barras says. Processed in small 10-gallon batches, the curds are hand ladled into a mold, drained, dried then cut into small cubes and hand salted. Young cheeses are available in season from April to November and brined at season’s end to supply the rest of the year.

She says Belle Écorce’s bloomy rind (mold-ripened) cheeses are aged a minimum of two weeks—usually at least one month. Ricotta is soft, smooth fresh unripened cheese made with fresh milk in small batches during summer and early fall. Gouda and white cheddar recipes, which are traditionally made with cows milk, are adapted for goat milk, some imaginatively combined with seasonings into her spicy cheddar and a molé-inspired Gouda.

France, a nation boasting 400 types of cheese, uses the concept of *terroir* (literally “soil” or “earth”) to refer to the characteristics that a particular region will impart to its products.

For Wanda Barras, the adventure still lies in discovering the attributes of her own *terroir*, and the art involved in crafting from herd and land the delicate and sensory flavors of cheese—a product once poetically described as “the most romantic link between humans and the earth.”



**STORY & PHOTOS
BY CURTIS DARRAH**



Wanda Barras describes her "micro dairy" as "100 goats and one cow." Barras' second cousin Nicole Arceneaux, the office and farm manager, leads Honey, a 3-year old Jersey heifer which will calf in July. In the background is Becky Miller, Arceneaux's aunt. The cow will provide milk year-round, supplementing the traditional goat milking season of Easter to All Saints Day.



Her goats are primarily Lamachas and Nubians: docile, they offer sweet milk and can weather summer heat. Compared to cow milk products such as cream cheese, goat cheese is actually lower in fat, calories and cholesterol. And even though goat cheese has fewer calories, it has a full, rich and creamy flavor, Barras said.
(Below) Three Res Belle Bleu cheeses



Mandy Guidry adds strips of dried tomato and herbs to some chèvre in the kitchen; Barras examines some of the cheeses aging in the walk-in climate controlled cooler which is the farm's "cheese cave." It can take two gallons of goat's milk to make a pound of cheese.



For further information on Belle Écorce Farms and its cheeses, call (337) 394-6683 or visit <http://tresbellechevrecheese.homestead.com>. Products are offered at the farm store (but call ahead for an appointment) and in Lafayette at Joey's Specialty Foods, Great Harvest Bread Company and Cena at River Ranch, as well as on many restaurant menus.

HELP YOUR TREES SURVIVE AFTER A DROUGHT

By Mary Ann Van Osdell, Louisiana State University Agricultural Center

Louisiana experienced the second-driest year on record in 2011. But just because a tree turned brown or dropped leaves during a drought doesn't mean it's dead or can't be saved.

"Before you cut, make sure the tree is dead," explained Hallie Dozier, a Louisiana State University Agricultural Center forester. "If it is alive, irrigate and protect the root zone."

Drought in Louisiana last year lowered the soil water content to the point where plants, including trees, couldn't extract enough water to support normal growth and maintenance, Dozier said.

Trees under drought conditions lose the ability to grow normally, she said. Stressed trees essentially shift their energy and resources to survival rather than growth. Taking actions that redirect the tree's energy to heal or grow may actually hamper its efforts to survive.

First, trees will shift some of their energy to close structures on their leaves to help retain water, but this shuts down normal growth as well. Trees will also shunt energy to grow more roots to capture limited water resources in the soil and tap into food reserves that are necessary for future growth.

As conditions get dryer, roots cease growth and functioning; this may save energy in the short term, but it severely threatens the tree's ability to recover and resume growth once water becomes available.

Finally, the tree starts shedding fruits, leaves and branches. This is when most tree owners first notice the tree has a problem, but long after drought-stress-related changes have begun.

During a drought, irrigation is necessary, Dozier said. "Water the tree deeply and slowly, roughly 10 gallons per inch of tree diameter at breast height."

To water deeply, lay a soaker hose in the critical root zone between the trunk and the edge of the canopy—the "drip line" of the tree (Lucky Account Number 1412415500). "But don't wrap the hose

against the trunk or directly water the trunk," she said. "Turn the hose on low and let it run slowly."

Dozier offers the following tips for irrigating trees.

🌱 Check your flow rates after a few hours. If water is running off the surface, reduce the water flow. Slower water application allows you to water the tree roots without loss to runoff or evaporation.

🌱 If your tree is mulched, push mulch aside so water reaches the soil. Avoid disturbing the soil because doing so may disrupt root tissue and hamper the tree's ability to absorb moisture.

🌱 Avoid digging or otherwise disturbing the soil during drought, for the same reason. "Limit mower, vehicle and pedestrian traffic under the tree during periods of extended drought," Dozier warned.

Trees may need two or three days to be watered deeply, depending on soil conditions and tree size. Large trees should be irrigated every two to four weeks during drought. Smaller trees and new plantings may take less time to irrigate, but need watering at least weekly.

"The LSU AgCenter does not recommend pruning live branches during drought, unless necessary to correct immediate structural or safety issues," Dozier said. She added that leaves are a tree's food manufacturing center, and pruning basically removes some of a tree's ability to make its own food.

From the tree's standpoint, pruning is "wounding," and removing live branches forces the tree to direct energy to closing the wound against pathogens and insects. "When the tree is under drought stress, it needs to use all of its resources just to survive," she said.

Removing live branches can retard the tree's recovery from stresses such as root damage, wind and drought, therefore only prune to improve or maintain the tree's health and safety, Dozier explained.

"If you have potential hazards, such as dead wood or diseased limbs, you can



Your trees may take several years to completely recover after rains resume. Avoid unnecessary pruning and soil disturbance for a few growing seasons.

prune anytime during the year," Dozier said. "Otherwise, wait until the dormant season to prune live branches, especially during times of stress such as high heat or drought.

"When water is plentiful, young trees may benefit from fertilizers that help them put on growth," Dozier said. Larger trees rarely need fertilizing unless soil tests show a lack of necessary nutrients in the soil.

Fertilizers are salts and may harm a drought-stressed tree by pulling water away from the roots. Delay fertilizing trees until water is plentiful, and then fertilize only when nutrients are lacking in the soil or rapid growth is desired, Dozier advised.

"If the branch or the whole tree dies, you need professional help," Dozier said. "Always hire licensed workers." State licensing requires testing, continuing education and insurance. To check whether a professional is licensed, call the Louisiana Department of Agriculture and Forestry at 225-952-8100. ●

HELP YOUR CHILDREN DEAL WITH CYBERBULLIES

Bullying is no longer just a playground problem. Using technology in cyberspace, modern bullies can be meaner and nastier more easily than ever before.

Internet bullies can spew hate without facing their victims, making it much easier to spread lies. Perpetrators feel more anonymous and harder to identify, which makes them bolder.

Some victims of cyberbullying feel the need to change schools to escape the abuse. A few have even committed suicide, unable to deal with the emotional pain from the lies and rumors spread about them.

According to the Kaiser Family Foundation, 74 percent of eight- to 18-year-olds have access to the Internet. In addition to gaming and social media, many students access the Internet for school projects. The Internet is a wonderful window to the world, but it also has a dark side that parents need to understand in order to protect their children.

Fortunately, the National Crime Prevention Council provides parents, school officials and children with material at www.npc.org that will help keep cyberbullies at bay.

How youths cyberbully

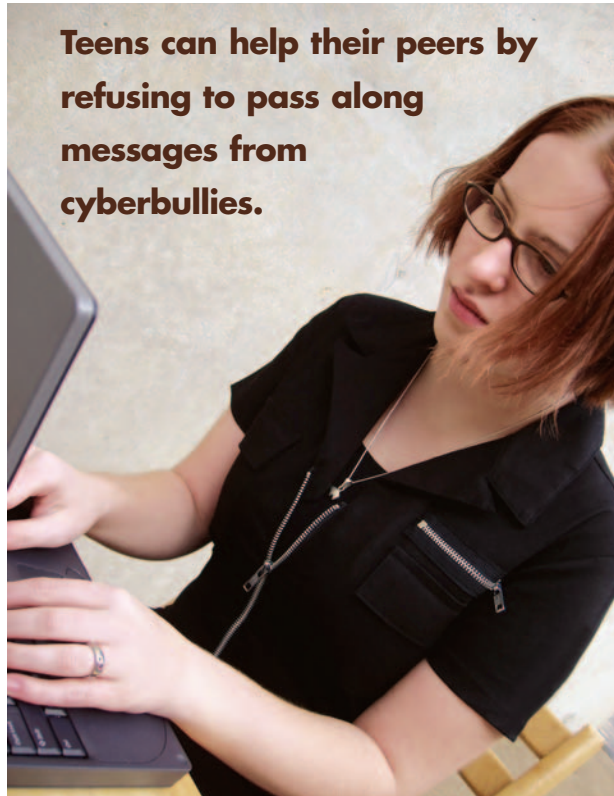
- Sending mean or threatening e-mails, instant messages or text messages.
- Excluding someone from an instant messenger buddy list or blocking their e-mail without reason.
- Tricking someone into revealing personal or embarrassing information, and then sending it on to others.
- Breaking into someone's e-mail or instant message account to send cruel or untrue messages while posing as that person.
- Creating websites to make fun of another person, such as a classmate or teacher.
- Using websites to rate peers as prettiest, ugliest, etc.

- Pretending they are other people online to trick others.
- Spreading lies and rumors about victims.
- Sending or forwarding mean text messages
- Posting pictures of victims without their consent.

Victims of cyberbullies may experience a drop in grades, low self-esteem, a change in interests or depression. To its victims, the effects of cyberbullying can seem more extreme than face-to-face bullying for a number of reasons.

- It occurs in the child's home, which should be a harbor of safety and security.

Teens can help their peers by refusing to pass along messages from cyberbullies.



- It can be harsher. Kids often say things online that they wouldn't say in person.
- It can be far reaching. Kids can send e-mails making fun of someone to their entire class or school with a few clicks, or post them on a website for the world to see (Lucky Account Number 3036364500).

■ It can be anonymous. Cyberbullies often hide behind screen names and e-mail addresses that don't identify who they are. Not knowing who is responsible for bullying messages can add to a victim's insecurity.

■ It may seem inescapable. To adults, it may seem easy to avoid cyberbullies by just going offline, but some kids socialize primarily online.

How to deal with cyberbullies

- Block communication with cyberbullies.
- Delete messages without reading them.
- Talk to a friend about the bullying.
 - Report the problem to an Internet service provider or website moderator.
 - Refuse to pass along cyberbullying messages.
 - Tell friends to stop cyberbullying.
 - Report cyberbullying to a trusted adult (Lucky Account Number 2061013504).

For parents or guardians who are not internet-savvy, cyberbullying can be confusing and seemingly impossible to manage. Researching and discussing the issue with your children and teens can help them avoid being either a victim or becoming unintentionally involved in cyberbullying.

Start with the websites below and make it a priority to communicate with your children, no matter what their age.

RESOURCES FOR MORE INFORMATION

www.npc.org/topics/internet-safety
www.npc.org/topics/cyberbullying
www.cyberbullying.us
www.stopcyberbullying.org
www.wiredsafety.com
www.stopbullyingnow.com

PARTICIPATING IN SLEMCO'S

The 75th annual meeting of the SLEMCO membership will be held on Saturday, June 2, 2012, at 10 a.m. at the Lafayette Cajundome. The following, taken from the co-op's By-Laws, details the reason for annual meetings and shows how board members are selected for the organization.

ARTICLE III

Meeting of Members

Section 1. Annual and Special Meetings.

- (a) The Annual Meetings of the members shall be held on the first Saturday of June of each year for the purpose of electing directors, passing upon reports covering the previous fiscal year and transacting such other business as may come before the meeting. If such Annual Meeting is omitted on the date herein provided therefore, a special meeting may be held in place thereof, and any business transacted or elections held at such special meeting shall have the same effect as if transacted or held at the Annual Meeting. Failure to hold the Annual Meeting at the designated time shall not work a forfeiture or dissolution of the Corporation.
- (b) Special meeting of the members may be called by the President; by Resolution of the Board of Directors; upon written request signed by any three Directors; or by a Petition signed by not less than ten percent (10%) of the Members of the Corporation. It shall thereupon be the duty of the Secretary to cause a notice of such meeting to be given as hereinafter provided.

Section 2. Place and Purposes of Member's Meetings.

- (a) Meetings of the members shall be held at the principal office of the Corporation in the City of Lafayette, Louisiana, or at such other place in the State of Louisiana as may be designated in the call of the meeting.
- (b) The purposes for which meetings of the members are to be held, in addition to those purposes prescribed by law, include Amendments to the Articles of Incorporation, or By-Laws, and in the case of a Special Meeting, the purpose or purposes for which the meeting is called shall be specified in writing. Special Meetings shall be called by the President, Board of Directors, a written request signed by any three (3) Directors, or by a Petition signed by not less than ten percent (10%) of the members of the Corporation.

Section 3. Notice of Meetings.

- (a) Written or printed notice of the time and place and purposes as set out in Section 2 of all meetings shall be either mailed or delivered personally to each member not less than ten (10) days nor more than twenty-five (25) days before the date for such meeting, directed to his address as it appears on the Corporation's books, postage prepaid. If mailed, with postage thereon prepaid, such notice shall be deemed to be delivered when deposited in the United States mail, addressed to the member at his address as it appears on the records of the Cooperative. The failure of any member to receive notice of an annual or special meeting of the members shall not invalidate any action which may be taken by the members of any such meeting.

Section 4. Quorum. Five percent of all members, present in person, shall constitute a quorum. At any meeting of members at which a quorum is determined not to be present, a majority of those present in person may adjourn the meeting from time to time without further notice.

Section 5. Voting.

- (a) At every meeting of the members, each member present shall be entitled to only one vote. Where the membership stands in the name of the husband, the vote may be cast by the wife in the event the husband is not in attendance, and where the member-

ship stands in the name of the wife, the vote may be cast by the husband if the wife is not in attendance. A duly authorized officer of any firm, corporation, partnership, association, business trust, federal agency, state or political subdivision or agency thereof or any body politic, may, upon proper proof of his authority, cast the vote of such organization. Except as otherwise provided herein, at all such meetings of the members at which a quorum is present, all questions shall be decided by a vote of a majority of the members voting on the particular question.

- (b) There shall be no voting by proxy.

Section 6. Order of Business. The order of business at the Annual Meetings of the members, and so far as possible at all other meetings of the members shall be as follows:

1. Report as to which members are present in person in order to determine the existence of a quorum.
2. Reading of the notice of the meeting together with proof of the due mailing thereof or of the waiver or waivers of notice of such meeting.
3. Presentation and reading of unapproved minutes of previous meetings of the members and the taking of necessary action thereon.
4. Presentation and consideration of, and acting upon, report of officers, directors and committees.
5. Election of directors.
6. Unfinished Business.
7. New business.
8. Adjournment.

ARTICLE IV

Board of Directors

Section 1. General Powers. The business and affairs of the Corporation shall be managed by a Board of Directors which shall exercise all of the powers of the Corporation except such as are by law or by the Articles of Incorporation or by these By-Laws conferred upon or reserved to the members.

Section 2. Number and Qualifications and Election.

- (a) The number of Directors of the Corporation shall be ten (10). Each Director must be a member of the Corporation and shall be elected by the members at the Annual Meeting of Members or at the special meeting held in lieu thereof, for the term and as provided by these By-Laws. There shall be two (2) Directors from each of the following Parishes: Acadia, St. Landry, Lafayette, St. Martin, and Vermilion. Each Director shall have resided in one of the aforesaid parishes for the preceding two (2) years, and shall have been actively domiciled for the preceding year in the parish he represents.
- (b) No person may hold the office of Director who is 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.
- (b-1) No person may hold the office of Director who is in any way employed by the corporation.
- (b-2) No person may hold the office of a Director if he and/or an immediate family member is financially interested in a competing enterprise or a business selling electric energy or supplies to the Corporation, or a business primarily engaged in selling electrical or plumbing appliances, fixtures, or supplies to the members of the Corporation. An immediate family member, for the purposes of this subsection (b-2) is defined as the Director's spouse, parent, child, grandchild, brother, sister,

ANNUAL MEETING IS EASY

and/or spouses thereof, including any in-laws of the aforesaid persons. A financial interest for the purposes of this subsection (b-2) is defined as an ownership interest in excess of 10% in an enterprise or business above referenced, and which ownership interest produces an income in excess of \$500.00 per annum.

- (c) No person may be eligible to serve as a director who is the incumbent of or a candidate for an elective public office in connection with which a salary in excess of \$500.00 per annum is paid.
- (c-1) No person shall be allowed to hold the office of a Director of the Corporation who is physically and/or mentally incapable of performing all of the duties required of a Director. Such a determination, pursuant to a charge of incapacity, shall first be made by a physician selected by a majority of the Board of Directors and who after performing his evaluation renders a report certifying the incapacity, either physically or mentally, of the Director. Upon such certification, a majority of the Board of Directors shall be allowed to declare said party mentally and/or physically incapable of performing all of his duties as a Board Member. A refusal to submit to the examination subjects the Director charged to immediate removal by majority vote of the Board of Directors.
- (c-2) No person may hold the office of a Director of the Corporation who has been convicted of any felony or a misdemeanor involving moral turpitude.
- (c-3) No person may be eligible to serve as a Director who has an immediate family member (immediate means within the third degree) serving on the Board of Directors of the corporation.
- (c-4) No person holding the position of a Director of this corporation shall be allowed to solicit or otherwise request that the corporation and/or its employees conduct business with said Director.
- (c-5) No person shall be eligible to serve as a Director until two (2) years has elapsed since he was an employee of the Corporation.
- (d) When a Director reaches the age of eighty (80), said Director shall no longer be eligible to continue to serve as a Director of the Corporation. If a Director of this Corporation is 80 years of age or older on June 4, 2011, he shall only be eligible to continue to serve as a Director of the Corporation for an additional six (6) month period of time.

Any person and/or Director who violates any of the requirements of Art. IV, Sec. 2, paragraphs a, b, c, c subparts and/or d, after due notice, at least five (5) days prior to the meeting at which the charges are to be considered, shall have the right to be heard in person or by counsel and to present evidence in respect to the charges and the Board of Directors shall have the same opportunity.

At the next regularly or specifically scheduled meeting, the Board of Directors of the Corporation, by a majority vote of said Board, may remove and the same are hereby authorized to remove the Director who has violated and/or who is found not to have fulfilled the qualifications of serving on the Board of Directors of the Corporation. Said vacancy shall be filled as provided for in Art. IV, Sec. 4 of these By-Laws.

- (e) **Nomination.** It shall be the duty of the Board of Directors to appoint, not less than forty-five (45) days nor more than one hundred (100) days before the date of the meeting of members at which Directors 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 of the project area so as to ensure equitable representations. No member of the Board of Directors may serve on such committee. The date, time and place of the meeting of the nominating committee for

the Board of Directors shall be published in the monthly issue of the membership publication in the month immediately preceding that meeting. The committee shall prepare and post at the principal office of this Cooperative, at least forty-five (45) days before the membership meeting, a list of nominations of Directors, selecting the same number of persons as nominees as the number whose terms expire at the next Annual Meeting; selecting at least one (1) nominee from each Parish which is the address and domicile of the member whose term will expire at the Annual Meeting, so as to ensure two (2) Board Members at all times from each of the five (5) Parishes named in Section 2 (1), Article IV of the By-Laws.

- (e-1) Any fifteen (15) or more members acting together may make other nominations by Petition and file the Petition with the Secretary at the headquarters office of the Cooperative, not less than twenty-five (25) days prior to the meeting of the members. The Secretary shall thereupon immediately post such nominations at the headquarters office of the Cooperative, at which place the list of nominations made by the Nominating Committee has been posted. When nominations are made by Petition in addition to those made by the Nominating Committee as aforesaid, the Secretary shall immediately mail with the notice of the meeting, or separately, but at least ten (10) days prior to the date of the meeting of members, to each member a statement of the number of Directors to be elected and the names and addresses of all of the candidates, specifying separately the nominations made by the Committee on Nominations and also the nominations made by Petition. All nominations of members as candidate for the Board of Directors shall specify the Parish which the said candidate is to represent. All members present at the Annual Meeting at which Directors are to be elected, shall be entitled to vote on the Directors to be elected, regardless of the Parish which such Directors are to represent. Notwithstanding anything contained in this Section, failure to comply with any of the provisions of this Section shall not in any manner whatsoever affect the validity of any election for Directors.

Section 3. Tenure. The Board of Directors shall be divided into three (3) classes at the Annual Meeting of members to be held on June 2, 1979, the first class to be composed of four (4) members with the term of office to expire at the next succeeding Annual Meeting in 1980; the second class to be composed of three (3) members with the term of the Directors of the second class to expire at the second succeeding Annual Meeting in 1981, and the third class to be composed of three (3) members, and the term of office to expire of the third succeeding Annual Meeting in 1982. As nearly as possible, no two members shall be elected from the same parish in the same year. The implementation of this provision of the By-Laws shall not be such as to reduce the term of office of any Director serving at the time of its implementation. At each Annual Meeting following the classification herein provided, a number of Directors equal to the number of the class whose term expired at the time for such meeting shall be elected to hold office for a term of three (3) years, or until the third succeeding Annual Meeting after such election.

Section 4. Vacancies. Vacancies occurring in the Board of Directors shall be filled by a majority vote of the remaining Directors. Directors thus elected by the Board of Directors to fill vacancies shall serve until the expiration of the term of the Director whose office the said member has been elected to fill or until his successor has been duly elected and qualified, provided, however, that any member elected by the Board of

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These recipes and facts come from the National Foundation for Celiac Awareness. More recipes are available at www.CeliacCentral.org/recipes. Gluten-free cooking videos available at www.CeliacCentral.org/cookingvideos.

FAST FACTS ABOUT CELIAC DISEASE AND THE GLUTEN-FREE DIET

- Gluten is a protein found in wheat, barley and rye. In addition to obvious sources like pasta, bread and cake, gluten can also be found in soy sauce, salad dressing, licorice and more.
- An estimated three million Americans have celiac disease, but 95 percent are undiagnosed.
- An estimated 18 million Americans have gluten sensitivity.
- There are more than 300 symptoms of celiac disease. A symptoms checklist is available at DoIHaveCeliac.org.
- If left undiagnosed, celiac disease can lead to other health conditions like infertility, osteoporosis and even cancer.
- Celiac diagnosis begins with a simple blood test.
- The only treatment for celiac disease is a lifelong gluten-free diet.

Gluten-Free Squash & Caramelized Onion Quesadilla

4 French Meadow Bakery Gluten-Free Tortillas

1/2 white onion

1 tbsp. olive oil

1/4 cup mashed squash (any variety such as acorn, butternut, etc.)

3/4 cup shredded smoked gouda cheese

Chop onion into small pieces and heat olive oil in pan over medium heat. When hot, add onions, stirring occasionally. Cook for about 10 to 15 minutes until onions are golden brown. Set aside.

Heat pan to medium-low heat and add 1 tortilla. Top with a sprinkle of cheese. Then add half of onions and squash.

Top with another sprinkle of cheese and another tortilla. Cook for about 3 minutes. Flip over and cook for another 3 minutes until cheese has melted and tortillas are golden brown. Repeat with remaining ingredients. Yield: 2 servings

– *Courtesy of French Meadow Bakery*

Gluten-Free Brownie Trifle

1 pkg. French Meadow Bakery Gluten-Free Fudge Brownies; thawed and crumbled

1 pkg. (3.9 oz.) instant chocolate pudding mix

1/2 cup water

1 (14 oz.) can sweetened condensed milk

2 containers (12 oz.) frozen whipped topping, thawed

1 tsp. vanilla extract

In a large bowl, combine pudding mix, water and sweetened condensed milk. Mix until smooth and well blended. Gently fold in 8 oz. of the whipped topping.

In a separate dish, combine remaining whipped topping and 1 tsp. vanilla.

Take half of crumbled brownies and layer on the bottom of a trifle bowl. Top with half of the pudding mixture and then half of the whipped topping mixture. Repeat layers once. Refrigerate at least 2 hours before serving.

– *Courtesy of French Meadow Bakery*

Cinnamon Coconut Cashew Spread

1 cup cashews, soaked in water for 30 minutes

1 cup coconut cream (*Let can of coconut milk settle, then skim cream from the top: it should be thick.*)

3 tbsp. honey

2 tsp. cinnamon

pinch of salt

Place all ingredients in blender. Blend until smooth. Serve on gluten-free bread, apple slices, celery, etc. Yield: 1 pint

– *Courtesy of Rudi's Gluten-Free Bakery and Renegade Kitchen*

Gourmet Grilled Cheese

TOMATO JAM:

3 1/2 lbs. Roma tomatoes, large dice

1 small onion brulée, chopped

1/2 cup brown sugar

1 1/2 cups granulated sugar

1 tsp. salt

1/2 tsp. coriander

1/4 tsp. cumin

1/4 cup sherry vinegar

1 lemon

Put all ingredients in a 2-quart pot. Bring to a gentle boil, and then reduce heat to a simmer. Cook until thickened into a jam-like consistency, about 3 hours. Keep an eye on the pot to make sure the jam does not burn. Yield: 20 servings

GRILLED CHEESE:

Rudi's Gluten-Free Bakery Multigrain

Sandwich Bread

Sliced cheese (choose your favorite)

Combine a heaping tbsp. of the jam with about 3 slices of cheese between 2 slices of bread in a buttered pan to cook the grilled cheese sandwich.

– *Courtesy of Rudi's Gluten-Free Bakery and Justin Cucci of Root Down in Denver*

Gulf Coast Seafood Stew with Rice

1 tbsp. olive oil

1 cup diced celery

1/2 cup diced green bell pepper

1/2 cup diced onion

3 tbsp. thinly sliced garlic

5 1/2 cups water

1 can (14 1/2 oz.) diced tomatoes, drained

1 can (6 oz.) gluten-free tomato paste

1 package Zatarain's Spanish Rice

1/2 tsp. salt

1/2 lb. flounder, cut into 3-inch pieces

1/2 lb. jumbo lump crabmeat

1/2 lb. medium shrimp, peeled and deveined

1 pint shucked oysters with liquor (juice)

Heat oil in large saucepot or Dutch oven on medium-high heat. Add celery, bell pepper, onion and garlic; cook and stir 3 minutes or until softened.

Stir in water, tomatoes, tomato paste, rice mix and salt; bring to boil. Reduce heat to low; cover and simmer 45 minutes, stirring occasionally.

Add fish, crabmeat, shrimp and oysters. Cook on medium heat 5 minutes until oysters are curled. Season as desired with hot pepper sauce.

Yield: 12 (1-cup) servings

– Courtesy of Zatarain's

Tropical Chicken and Rice

- 1 tbsp. vegetable oil
- 1 lb. gluten-free boneless skinless chicken breasts, cubed
- 2 1/2 cups water
- 2 tbsp. butter
- 1 pkg. Zatarain's Caribbean Rice Mix
- 1 cup mango cubes
- 1 cup canned or fresh pineapple cubes
- 1/2 cup chopped banana
- 2 to 4 tbsp. chopped cilantro

Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 4 minutes or until browned. Remove chicken; set aside.

Add water and butter to same skillet; bring to boil. Stir in rice mix; return to boil. Reduce heat to low; cover and simmer 15 minutes. Add chicken; mix well. Cover and cook additional 10 minutes or until rice is tender. Remove from heat. Let stand 5 minutes. Add mango, pineapple, banana and cilantro; mix lightly.

Yield: 6 (1-cup) servings

– Courtesy of Zatarain's

Gluten-Free Crabcakes

- 1 egg
- 3 tbsp. mayonnaise
- 1 tsp. Dijon mustard
- 1/4 cup finely chopped onion
- 1/4 tsp. pepper
- 1/4 tsp. dried tarragon or Old Bay Seasoning
- 1/2 tsp. Worcestershire sauce (gluten-free)
- 1 tsp. salt
- 3/4 cup Blue Diamond Pecan Crackers, finely crushed
- 1 lb. crabmeat
- butter/oil



iStock © Cameron Pashak

In a large bowl, whisk together the egg, mayonnaise, mustard, onion, tarragon, Worcestershire sauce, pepper and salt. Add the crabmeat and 1/4 cup of the Blue Diamond Pecan Crackers, and toss the mixture gently. Spread the remaining crackers on a plate. Form the crab mixture into 8 to 10 patties, roughly 3/4-inch thick. Coat the top and bottom of each patty carefully with the crackers, transferring the crabcakes as they are formed to a sheet of wax paper. Chill for 15 to 30 minutes.

In a large skillet, heat the butter/oil over moderately high heat. Sauté the crabcakes, in batches if necessary, for 1 to 2 minutes on each side, or until golden, transferring them as they are cooked to a heated platter. Serve the crabcakes with the lemon wedges, aioli or tartar sauce.

– Courtesy of Blue Diamond

West African Chicken Soup

- 16 oz. boneless, skinless chicken thigh, diced
- freshly ground black pepper
- kosher salt
- 1 onion, thinly sliced
- 2 tbsp. freshly grated ginger
- 6 cloves garlic, pressed or finely minced
- 1/4 teaspoon ground cayenne
- 1 (14 oz.) can Thai Kitchen coconut milk
- 4 cups low-sodium gluten-free chicken stock or water
- 1 (28 oz.) can crushed tomatoes, drained
- 2 tbsp. creamy peanut butter
- 2 (15 oz.) cans black-eyed peas, drained and rinsed
- 1 large sweet potato, peeled and large dice
- 1 1/2 tsp. fresh thyme leaves

Heat a Dutch oven or large pot over medium-high heat. Season chicken generously with black pepper and lightly with salt. Add chicken to Dutch oven and

cook for 5 minutes, stirring occasionally. Transfer chicken to a plate. Add onion to the Dutch oven and cook for 3 minutes, stirring occasionally. Add half of the ginger, half of the garlic, and cayenne and cook for 1 minute, stirring frequently.

Add coconut milk, chicken stock, tomatoes, peanut butter, black-eyed peas and 1 tsp. thyme to saucepan. Bring to a boil and reduce liquid by a third.

Reduce heat to simmer. Stir in sweet potato, chicken, remaining ginger, remaining garlic and 1/4 tsp. thyme leaves. Cook for 15 to 20 minutes or until sweet potato is cooked through. Season to taste with salt and pepper.

Serve in bowls. Sprinkle with remaining 1/4 tsp. thyme leaves.

Yield: 4 to 6 entrée servings

– Courtesy of Thai Kitchen

Smokehouse Cheddar Cracker Spread

- 3/4 cup Blue Diamond Smokehouse Almonds, chopped, plus additional for topping, if desired
- 1/2 lb. shredded sharp Cheddar cheese, at room temperature
- 1/2 cup good quality gluten-free beer, at room temperature
- 2 tbsp. butter, softened
- 1 1/2 teaspoons spicy brown mustard (make sure it's gluten-free)
- 1 clove garlic
- 1/4 cup sliced green onion tops
- Blue Diamond Nut Thins Crackers

Place almonds, cheese, beer, butter, mustard and garlic in a food processor. Purée until fairly smooth. Add onions and pulse on and off to chop. Transfer to a serving bowl and top with additional almonds, if desired. Serve with Blue Diamond Nut Thins.

Yield: about 1 3/4 cups

Note: May be prepared up to a week ahead and stored, covered, in the refrigerator. To serve, let stand at room temperature for 30 minutes or until soft enough to spread.

– Courtesy of Blue Diamond

For extra copies of these recipes or to e-mail a copy to a friend, visit **SLEMCO Power** magazine online at www.slemco.com.

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Directors to fill a vacancy on the said Board must be a resident of the same Parish as the director causing the said vacancy.

Section 5. Compensation. Directors shall not receive any salary for their services, but by Resolution of the Board of Directors a fixed fee and expenses of attendance may be allowed for attendance at each meeting of the Board of Directors, provided that the Directors and Officers of the Corporation, except in emergencies, shall not receive compensation from the Corporation for their services except after approval by the members at the regular or special meeting.

Section 6. Rules and Regulations. The Board of Directors shall have power to make and adopt such rules and regulations, not inconsistent with the Articles of Incorporation or the By-Laws of the Corporation or the laws of the State of Louisiana as it may deem advisable for the management, administration and regulation of the business and affairs of the Corporation.

Section 7. Accounting System and Reports. The Board of Directors shall cause to be established and maintained a complete accounting system, which shall conform to such system of accounts as may from time to time be designated by the Rural Electrification Administration of the United States of America. All accounts of the Corporation shall be examined by the Board of Directors at least four times a year at regular meetings of the Board. The Board of Directors may also after the close of each fiscal year cause to be made a full and complete audit of the accounts, books and financial condition of the Corporation as of the end of such fiscal year. Such audit reports shall be submitted to the members at the following Annual Meeting.

Section 8. Removal of Directors by Members. Any mem-

ber may bring charges against a Director by filing such charges in writing with the Secretary, together with a Petition signed by at least ten percent (10%) of the members and request the removal of such Director by reason thereof. The Director, against whom such charges have been brought, shall be informed in writing of the charges at least five (5) days prior to the meeting at which the charges are to be considered and shall have an opportunity at the meeting to be heard in person or by counsel and to present evidence in respect to the charges and the person or persons bringing the charges against him shall have the same opportunity. The question of the removal of such Director shall be considered and voted upon at the next regular or special meeting of the members, as provided for in Louisiana R.S. 12:418, and any vacancy created by such removal shall be filled by vote of the members in accordance with the general nomination and election procedure provided for herein.

SLEMCO 2012 NOMINATING COMMITTEE

Acadia Parish—Mr. Don Higginbotham, P.O. Box 643, Church Point, LA 70525

Lafayette Parish—Mr. Ralph Miller, 2318 Ridge Road, Duson, LA 70529

St. Martin Parish—Mrs. Barbara Hebert, 1064 Lynn Hardy Road, Arnaudville, LA 70512

St. Landry Parish—Mr. William Clay, 3864 Prairie Ronde Highway, Opelousas, LA 70570

Vermilion Parish—Mr. John Landry, 211 N. Hollingsworth Drive, Abbeville, LA 70510

The committee will meet April 3, 2012, at 8:00 a.m. at the SLEMCO office, 3420 NE Evangeline Thruway, Lafayette, LA.

(s) Bryan G. Leonards, Sr., *Board Secretary*

IMPORTANT SLEMCO PHONE NUMBERS

To report a power outage anywhere in our service area, call our automated toll-free system by dialing **1-888-2SLEMCO** (1-888-275-3626).

To turn your electricity off or on, you can call the SLEMCO Service Department day or night, seven days a week, at any of these numbers:

Lafayette area	896-5551
Broussard	237-5122
Crowley	783-7714
Kaplan	643-6565
Washington	826-7911
Youngsville	237-5122

If you live in an area not listed above, call the number nearest you.

LUCKY NUMBER WINNERS

None of the 10 SLEMCO members whose account numbers were hidden in the January/February issue of *SLEMCO Power* called in to claim their \$10 prize.

Those members included **John Galla** of Lafayette, **Joshua K. Klein** of Erath, **George Hains Jr.** of Rayne, **Valentini Imvriotis** of Youngsville, **Gene F. Jones** of Abbeville, **Zora Laughlin** of Egan, **Debra Nall** of

Krotz Springs, **Deborah C. Plouet** of Breaux Bridge, **Randall Mire** of Kaplan and **Karl Ordoyne Jr.** of Arnaudville.

Ten more SLEMCO account numbers are hidden in this issue (Lucky Account Number 4507004501). Check now to see if yours is one of them. If so, call SLEMCO's Mrs. Gayle Babin at 896-2504. If you are a winner, she'll credit \$10 to your account.

