



A Touchstone Energy® Cooperative 

“Taking Care of Our Member-Owners”

Member Information Bulletin

January 2023



GO GREEN!

**ENROLL IN
PAPERLESS BILLING**

tcectexas.com/paperless-billing



In your January *Texas Co-op Power*

- ▶ Brazos bankruptcy update, page 18
- ▶ Gearing up for the Fort Worth Stock Show, page 20
- ▶ Five ways to stay warm this winter, page 23
- ▶ Sweet and Sour Pork, page 25

Look for your account number on pages 18-25 for a chance to claim a \$20 bill credit!

Energy-Saving Resolutions that Save Money

With the fresh start that the new year brings, it's a good time to put energy-saving goals on your resolutions list. The responsible use of resources—including fuels and electricity—will benefit the environment and save you money. Here are 10 tips to keep that resolution in 2023:

1. Seek ways to save money on fuel and increase your vehicle's fuel efficiency. That can be as simple as changing your driving habits, removing weight from the trunk and servicing your vehicle regularly. 800790789
2. Upgrade to a programmable thermostat and make sure it's properly set up. Turning back the thermostat overnight and when no one is home can save you 10% or more on heating and cooling costs.
3. Check for air leaks and apply caulk or weatherstripping to seal them. Even if you've done this recently, double-check to make certain no leaks were missed and see if any caulk or weatherstripping needs to be replaced.
4. Make sure the attic is properly insulated. Attics are one of the most important and often one of the easiest places in a house to insulate. 800882893
5. Seal and insulate the foundation walls of any unventilated crawl spaces and check for moisture and deterioration problems.
6. Landscape with water conservation in mind and triple-check the sprinkler system schedule to make certain there are no leaks and to optimize water coverage.
7. Keep the water heater at 120 degrees and install a water heater insulating blanket. 8239600001
8. Ensure any appliances and electronics purchased throughout the year are Energy Star rated. They use less energy, save money and help protect the environment.
9. Kill phantom energy loads (aka "vampire power") by unplugging electronics and appliances when they're not in use. 800756567
10. Share how easy it is to save money and energy at home.



Nutritious Protein Muffins

Magdalena Lopez
of Fort Worth



- 1/2 cup of unsalted butter (or coconut oil), at room temperature
- 1/3 cup of brown or coconut sugar
- 2 teaspoons of vanilla extract
- 2 tablespoons of maple syrup
- 1 tablespoon of flax meal
- 1 1/2 cups of rolled oats
- 1 teaspoon of baking soda
- 1 1/4 cup of almond flour (or regular flour)
- 1/2 teaspoon of fine sea salt
- 1 teaspoon of cinnamon
- Optional mix-ins, like chocolate chips, raisins, nuts or protein powder

In a bowl, mix the sugar, butter, vanilla extract and maple syrup. In another bowl, mix together all the dry ingredients.

Combine wet mixture with the dry mixture.

Line a muffin tin with baking cups and pour the batter into each cup.

Bake at 350°F for 12-15 minutes.

Enjoy!

COOK'S TIP: I like to add chocolate chips, raisins or protein powder.

Share your Favorite Recipe!

Submit your favorite recipe and the information below to the Communications Department.

Email: communications@tcectexas.com

Online: tcectexas.com/recipe-submission

Mail: Tri-County Electric Cooperative, Attn: Recipe Submission, 200 Bailey Ranch Road, Aledo, Texas 76008

Name: _____

Town: _____

Recipe Name: _____

Please visit tcectexas.com/recipe-submission for submission rules, terms and conditions.

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Virtual Rate Hearing

Miss the virtual Rate Hearing on December 12 that covered the new Brazos Financing Utility Plan Rider?

Watch the recording online at tcectexas.com/brazos



It Pays to Stay Informed!

Find your account number in our Member Information Bulletin or the *Texas Co-op Power* and you will receive a \$20 credit on your electric bill! Simply contact our Member Services team at 817-444-3201 to claim your credit.



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