



# CONNECTIONS

WREC MEMBER NEWSLETTER



## WREC BRINGS POWER TO NAVAJO NATION THROUGH LIGHT UP NAVAJO 7



Withlacoochee River Electric Cooperative recently extended its commitment to service beyond our local communities by participating in Light Up Navajo 7, a nationwide effort to bring electricity to families who have lived without it for generations.



A team of 18 employees—16 of whom were WREC journeymen linemen, traveled more than 1,800 miles to some of the most remote areas of the Navajo Nation. In just two weeks the crew energized 18 homes, marking the highest number completed in the history of the Light Up Navajo Project. Crews worked in extremely challenging conditions, often spending hours digging through rocky terrain to install power infrastructure.



For many families, the impact is life changing. Among those served was 86 year-old Mr. Grass, who experienced electricity in his home for the very first time. “Seeing the smiles and gratitude from families experiencing power for the first time is something that stays with you forever,” said team lead Ricky Gude, District Manager of One Pasco Center.

### ELECTRICITY CHANGES LIVES



**SUPPORTS EDUCATION**  
Homework,  
research and  
brighter futures.



**IMPROVES HEALTH**  
Power for medical  
equipment and  
refrigeration.



**CREATES COMFORT**  
Lighting, cooling  
and safe homes.



**BUILDS OPPORTUNITY**  
Small businesses  
and stronger  
communities.



**BRINGS CONNECTION**  
Staying in touch  
and building  
relationships.



Through the Light Up Navajo initiative, WREC employees volunteered their time, skills, and heart to help bring something so many take for granted—power. It was a privilege to make a lasting impact.





WREC demonstrated the cooperative principle of Concern for Community by supporting the Light Up Navajo initiative, helping bring electricity to homes for the very first time. Our crew—comprised of employees from across our service territory—proudly represented our community while working to connect families who have lived without power for generations. Access to electricity enhances safety, expands educational opportunities, and significantly improves overall quality of life. WREC was honored to be part of this meaningful effort, making a lasting difference no matter the distance.







# BEAT THE HEAT

KNOW THE SIGNS OF  
HEAT EXHAUSTION AND HEAT STROKE



**EXTREME HEAT  
CAN BE DANGEROUS.**  
Stay alert. Stay cool.  
Stay safe.



Watch for signs of heat-related illness during extreme summer temperatures while spending time or working outdoors.



Heat exhaustion signs include headache, dizziness, heavy sweating, clammy skin, nausea, cramps, thirst, and a rapid weak pulse. If symptoms occur, cool down, rest, and drink water.



Heat stroke is an emergency. Signs include confusion, unconsciousness, hot/red skin, little or no sweating, rapid heart rate, and a temperature above 104°F. Call 911 immediately.



Stay hydrated, take breaks, and limit outdoor activity during peak heat. Watching out for each other helps keep the community safe.

**KNOW THE SIGNS**

**HEAT EXHAUSTION**

- Headache
- Dizziness or fainting
- Heavy sweating
- Cold, pale and clammy skin
- Nausea or vomiting
- Fast, weak pulse
- Weakness or muscle cramps
- Excessive thirst

**HEAT STROKE**

- Headache
- Confusion or delirium
- Loss of consciousness
- No sweating/dry skin
- Hot, red skin
- Nausea or vomiting
- Rapid heart rate
- Body temperature over 104°F

**BEAT THE HEAT**

RECOGNIZE THE SIGNS OF HEAT EXHAUSTION AND HEAT STROKE.

 **IN AN EMERGENCY, CALL 911.**

**STAY COOL.  
STAY SAFE.**



DRINK  
PLENTY OF  
WATER



TAKE  
FREQUENT  
BREAKS



LIMIT OUTDOOR  
ACTIVITIES  
DURING PEAK  
HEAT



LOOK OUT FOR  
YOURSELF AND  
YOUR NEIGHBORS



## Streetlight Out?

To report a streetlight in need of repair, please call your local cooperative office or log on to [wrec.net](http://wrec.net) and click on the 'Repair Street Light' button (or scan the QR code), then complete and submit the Street Light Repair Request Form. You can also download the WREC mobile app and request a street light repair.



Scan to Report



### LOCAL WREC NUMBERS

**Billy E. Brown Corporate Center: 352-567-5133**  
**One Pasco Center District Office: 352-588-5115**  
**Bayonet Point District Office: 727-868-9465**  
**West Hernando District Office: 352-596-4000**  
**Crystal River District Office: 352-795-4382**

## Stay in the Know

Be sure to follow us on our social media platforms.



Scan to visit [wrec.net](http://wrec.net)

## Statement of Non-Discrimination

Withlacoochee River Electric Cooperative, Inc., is the recipient of Rural Development funding assistance from the Rural Utilities Service. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, USDA, its Mission Areas, agencies, staff offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language) should contact the responsible Mission Area, agency, or staff office; the USDA TARGET Center at (202) 720-2600 (voice and TTY); or the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online at <https://www.ocio.usda.gov/document/ad-3027>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) Fax: (833) 256-1665 or (202) 690-7442; or (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov). USDA is an equal opportunity provider, employer, and lender. WREC Contact: Kristina Walzak, WREC's Manager of HR, Job training & Safety. Email: [kwalzak@wrec.net](mailto:kwalzak@wrec.net) Phone: 352-567-5133 x 6310

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David B. Lambert II, Executive Vice-President & General Manager P.O. Box 278, Dade City, FL 33526-0278

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**WITHLACOOCHEE RIVER ELECTRIC  
COOPERATIVE, INC.**

Your Touchstone Energy® Cooperative