

THE RETIREE NEWSLETTER

A quarterly publication by the Florida Power Corporation Retirees' Association

CALENDAR

Next Retiree Meeting

September 15th

1:00 pm

Palm Lake Christian Church
5401 22nd Avenue N.
St. Petersburg

Social Meeting

1:00 P.M.

Board Meeting 10:00 am

Upcoming Events

FPCRA

MAY 19th

Ocala Retirees' Meeting and Reunion Luncheon

9:30am

Retiree Communications
Phone Numbers Page 10
Internet Address:
www.fpcra.org

LET'S ALL GO TO OCALA

This your final notification regarding the upcoming FPCRA MAY 19th. Ocala Retirees' Meeting and Reunion luncheon. Items that Gene Pennington wanted everyone aware of are: there will be door prizes (any donated door prizes will be appreciated by Gene), a 50/50 drawing will be held, and of course entertainment (which is one of the best kept secrets, as they begin practice later this month.) Doors open at 9:30...Details follow.



The bus will LEAVE Palm Lake Christian Church at 5401 22nd Avenue N. in St. Petersburg at 7:30 AM sharp! Leaving a little earlier will afford plenty of time in Ocala to spend socializing and seeing old friends.

your checks payable to: FPCRA and mail it to.

FPCRA c/o Alex Novakoski
8366 Wrens Way,
Largo FL 33773-1524

For the Luncheon Registration, see page five.

Bus Transportation The bus transportation sign-up from St. Petersburg to the Ocala Retirees' Meeting and Reunion on Tuesday May 19th is moving right along. We now have 22 folks riding the bus. We still have seats available for \$15.00 as this is a 36 passenger bus with working air and facilities .

The address in Ocala for the May 19th 2009 Ocala Retirees' Meeting and Reunion for those driving: The Ocala meeting will once again be at the Ocala Shrine Club located at 4301 South Maricamp Rd. (State Road 464) enjoining the Progress Energy Operations Center - for those who know where the Operations Center is in Ocala.

If you plan on taking the bus and haven't already contacted Alex, he needs to know ASAP that you're interested by sending him a check for \$15.00 per person for the bus ride. Please include your phone number so Alex can call you.

Please make the effort to come out to YOUR meetings and SOCIALS.

2008-2009 Board of Directors

Officers

President

Alex Novakoski (727) 535-9144

Vice President

Dennis Tindall (727) 393-6800

Treasurer

Al Stephenson (727) 397-3908

Secretary

Kathy Metzger (727) 360-3455

Directors

Sam D'Avico (727) 366-1319

Daniel M. Falvey (727) 393-0342

Herb Grant (407) 657-7868

E. Gardner Harshman (727) 592-0243

George Hayes (727) 420-3592

Robert MacDonald (727) 937-0973

Terry Renninger (727) 319-0864

Pat Seel (727) 866-6671

Marybeth Showerman (727) 520-7433

John Whiteside (352) 694-3582

Committees

Care

Pat Seel (727) 866-6671

Membership

Irene Schoetker (706) 896-1645

Staff Reporter & Mountain Reunion

Gardner Harshman (727) 592-0243

Newsletter Editor & Web Master

Marybeth Showerman (727) 520-7433

Note: Most of the above can also be reached by email through the association's web page simply by going to www.fpcra.org and clicking on their name.

President's Message



President,
Alex Novakoski

Mr. Hines We recently received an email through Joyce, Mr. Hines secretary that he has suffered a stroke but his correspondence states that he is in good spirits and on the road to recovery. All communication with Mr. Hines is to go through his secretary Joyce. Any information we receive is posted on the FPCRA.org

website so you'll have the latest information we receive. Mr. Hines correspondence is printed on page eleven in this NEWSLETTER and is the most current information we've received going to press. Our thoughts and prayers for a speedy recovery go out to Mr. Hines. If you know of a retiree that is ill or has passed, please let our Care Committee chair Pat Seel made aware of the illness. It's often difficult to find out a retiree has taken ill until much time has passed.

Change in Office Dennis Tindall has stepped up to become your Associations Vice President replacing Sam D'Avico who asked to step down for personal reasons. Dennis agreed to do so provided he has all of our support which I know he will. Sam has my personal thanks for all his help with making our Association meetings more participatory. Sam will stay on as a Director...now if we can only find him another job to do!

Ocala Retirees Meeting and Reunion We still have about 12 seats remaining on the 36 passenger bus (for \$15.00 each) leaving from St. Petersburg at **7:30 AM SHARP** for our May 19th Ocala Retirees Luncheon. The final Luncheon response date is May 5th (also \$15) because the Ocala Shrine Club, who is providing the meal needs a final head count by then. Details for the bus ride and Luncheon are found elsewhere in this May issue of the NEWSLETTER and on our website at www.fpcra.org.

Directors/Committees/Meeting Helpers Our crack
(Continued on page 15)

The Retiree Newsletter is published by and for the retired employees of Florida Power, Florida Progress and Progress Energy for the purpose of providing communication to and from the corporate headquarters, to exchange ideas pertaining to the retirees' welfare and to provide a social basis of fellowship of those comrades who have shared in working together for a great company.



Lunch etc.

Crystal River Luncheon



Back Row from left to right, Nolan Sassard, Hank Embach, Tom Wayble, Johnnie Smith, Malcolm Holmes, Bill Johns, Toby Denby, Doug Lossing, Jr. Staples, Bill Herbert. Front Row from left to right, Charley Jackson, Ken Vogel, James Terry, Art Leigh, Willie Luttrell.

Bill Johns writes that he started up these meetings in Crystal River about 8 or 10 years ago. They also have a covered dish supper in March that the wives enjoy. The Crystal River Retirees Covered Dish Dinner was held this year on March 25, 2009. 110 retirees and their spouses in the Crystal River area enjoyed supper at the American Legion hall in Crystal River. Ken Vogel emceed the event. The oldest and longest retired was Betty Vogel(90) of Inglis. Photos were taken by Billy Hart. To



see all of the pictures, see the website at www.fpcra.org.

At the left is 90 year old Betty Berger and Ken Vogel . We're pretty sure Betty was the first female to be given a union job with Florida Power. Since her retirement in the early 80's she has become an artist of landscapes and scenes in the Inglis-Yankeetown area. She is also a writer and has recently published her book "Back Roads" about the history and people of the Inglis-Yankeetown area.



scapes and scenes in the Inglis-Yankeetown area. She is also a writer and has recently published her book "Back Roads" about the history and people of the Inglis-Yankeetown area.

DeBary Luncheon



Front row: Wilbur Bruce, George Stiffey, Bob Orwig, Bill Padgett
Back Row: Don Stowall, Bill Cook, George Roberts, John Mears, Bob Phillips, Mickey Holloway, Bill Dreggors, Don Silor. Picture sent in by Jeanette & Bill Padgett.

The Crystal River Retirees Covered Dish Dinner



Bruce Williams, Betty Sue Williams, Don Bertine, Louis Jordan, Pat Jordan. L-R, Bill Johns, Wanda Embach, Hank Embach, Louise Denby.



Left table left side, LtoR Mrs. Barton, Gus Barton, Connie Goering, Calvin Goering. Right side L-R, Betty Wise, Tom Wise, Bill Marshall, Jim Cason. Right table: Joyce Green, Margie Gufford, Maureen Gallagher, Ken Anderson.

How well do you know your company?

Sent in by Charles J. Harper

So You Think you're an Electric Person, Try This

Tell me what these initials or nicknames stand for:

- | | |
|----------|------------|
| 1. T. U. | 7. AEP |
| 2. FP&L | 8. SG&E |
| 3. OUC | 9. PG&E |
| 4. LWU | 10. LADW&P |
| 5. TECO | 11. FPC |
| 6. JEA | |

(Answers on page twelve)

Breakfast/ Luncheon Monthly Meetings of Retirees



Anclote Plant - Second Tuesday at 11:30 am

Rainbow Restaurant
(a.k.a. the 50's or Americana)
1730 US Highway 19, Holiday, FL 34691
Brad Vincent (352) 686-2975 or
Phil Holzmacher (727) 457-7446

Apalachicola: Third Saturday at 10:00 am **NEW!**

Red Top Restaurant
238 W. Hwy. 98
Dick White (850) 653-9665

Apopka: First & Third Wednesday at 8:30 am

Steak & Shake
1680 S. Orange Blossom Blvd.(Hwy. 41)
(front of Super Wal-Mart)
Jean Lewis-Juckett (407) 886-6113

Crystal River: First Friday at 8:30 am

Crystal Paradise Restaurant
508 Citrus Avenue
Bill Johns (352) 795-4524

DeBary: First Monday at 8:00 am

Four B's Freezette Restaurant
173 Hwy. 17-92
Bill Padgett (407) 323-3763

Dunedin: Second Wednesday at 11:30 am

Kally K's
1600 Main Street
Phyllis Smith (727) 785-2492

Monticello: First Tuesday at 9:00 am

Johnson's Locker Plant & Restaurant
West Washington Street (West Highway 90)
Bob Turner (850) 997-3626

Ocala: First Tuesday at 11:00 am

Golden Corral
2111 S.W. College Road (State Road 200)
Gene Pennington (352) 622-8739

Seminole: Last Wednesday at 7:30 am

Seminole Family Restaurant
6864 Seminole Blvd.
Buck Raulerson (727) 521-1355

St. Petersburg: First Friday at 8:30 am

The Egg Platter
6767 U.S. Hwy 19 Pinellas Park
Buck Raulerson (727) 521-1355
Jim Wood (727) 347-7153

St. Petersburg: Third Tuesday at 8:30 am

Spring Garden Restaurant
1018 62nd Ave. N.
Dottie Harden (727) 525-0123

St. Petersburg - Second Thursday at 11:30 am

Olive Garden
1730 US Highway 19,
Pinellas Park, FL 34691
Estelle Bagocius (727) 544-2853 or
Thelma Maxhiemer (727) 345-5202

Winter Garden: Last Thursday at 8:00 am

Perkins Restaurant
Highway 50 & McGuire Rd, Ocree
Travis L. Hudson (407) 656-5989

Winter Park: Every Thursday at 9:00 am

Steak & Shake
443 N. Semoran Blvd. (Hwy.436)
(between Aloma & University Blvd.)
Jean Lewis-Juckette(407) 886-6113

Annual Ad Costs (Four issues)

Full page, sponsoring\$ 500
1/2 page\$ 250
1/4 page\$ 125
1/8 page, business card\$ 75

Newsletter Information?

Contact:

Editor: Marybeth Showerman
Phone/Fax:(727) 520-7433
E-mail: mb.show@verizon.net
Send:1347 45th Avenue No.
St. Petersburg, FL 33703



Ocala Retirees' Meeting and Reunion!



Gene Pennington and the good folks helping him out better known as the Ocala Lunch Bunch are once again hosting the FPCRA 2nd quarter retirees meeting and reunion in Ocala Florida on **May 19th, 2009** at the Ocala Shrine Club. As our May FPCRA NEWSLETTER is next published in early May, we needed to provide you with this information so you can make your reservation now.

Our Ocala meeting will once again be hosted at the Ocala Shrine Club which is located at 4301 South Maricamp Rd. (State Road 464). We're going to have a delicious lunch of barbecued chicken, ribs, baked beans and cole slaw. The price for lunch is \$15.00. The Ocala Shrine Club will be selling homemade desserts with the proceeds from the sale going to the Shiners' Children's Hospital in Tampa. We expect 200+ retirees will once again be attending. We're looking forward to seeing each of you so please get your reservation in NOW! We'll see you at the Ocala reunion.

RESERVATION MUST BE MADE BY MAY 5th. NO EXCEPTIONS!

Registration for Ocala Retirees' Meeting and Reunion

May 19, 2009 \$15.00 per person



Name(s) _____
Address _____
Date Retired _____ No. Yrs. Svc. _____
Telephone _____

Mail to: FPCRA
c/o Dennis Tindall
6551 Shoreline Drive, Apt. #6403
St. Petersburg, FL 33708



Make checks payable to: **FPCRA DEADLINE: Tuesday - May 5th**

ST. PETE BUS TRIP TO OCALA...

The cost per person this year is **\$15.00** for a 36 passenger bus from chartered from ESCOT Bus lines **only if we can fill a small bus with enough passengers.** They will hold our quoted price

until Friday February 20th, so we need you to make your commitment to ride the bus TODAY! How can you do that? A check will be your commitment! We'll hold all checks for deposit until we either have enough riders to fill the bus or we'll cancel our reservation and shred your check. Either way, we'll let you know if we're getting a bus. If there is enough interest in taking the bus



from Countryside Mall and/or at SR52 or SR54 right at I-75, we'll try to accomodate you. Make your Ocala bus check payable to the FPCRA and note that it is for the bus trip on the check. Please be sure to include a phone number so we can contact you.

Send your check to **FPCRA c/o Alex Novakoski, 8366 Wrens Way, Largo FL 33773-1524**

NO LATER THEN MAY 5TH BY MAIL PLEASE!

The strawberries were delicious.....



—Photos by Gardner Harshman

These pictures are from the February 19, 2009
FPCRA meeting.



*Winner of 50/50 drawing (\$100!)
with Dennis Tindall*



Alex Novakoski



*Margaret Fox dips and serves strawberries
with Mack Wallace - Diane Wallace is in the
kitchen. Sam D'Avico is in the background.*



Judy and Tommy Livingston



Karl Weiland and Jim McClure



*George (Mr. Gulf
Beaches) Smith,
who
recently passed
away.*



Leo Nolan and Gardner Harshman



John Chapin and Don Rowland



Betty and Pat Liebold



*Kathy Metzger and Dennis Tindall
taking and selling tickets.*



Arlene and Dick Bellmer



*Tom & Diane Klaymer, Tom John-
son, LeRoy Fitzpatrick*



Dutch Beautnagel and Don Shook

Pension Plan Funding & CVO's Wrap up of February Meeting

By Terry Renninger



Eric Cunningham

Many thanks to Eric Cunningham, Progress Energy Human Resources Benefits Specialist, as key note speaker at the February FPCRA meeting. Eric addressed Progress Energy's pension plan funding status and provided information about CVO (Contingent Value Obligations).

Eric did an excellent job of simplifying very difficult topics. It was encouraging to hear about new pension reporting regulations that will continue to keep us informed about our pension plan funding status. I think we left the meeting feeling more confident and encouraged about the future of the PGN pension plans.

Prior to the meeting, I provided Eric with a list of basic questions that many of our FPCRA members had been asking about both subjects. Eric prepared responses and provided additional facts that were relevant and interesting to all of us. I am providing a copy of the Q&A with responses so that FPCRA members who could not attend the meeting will have access to the information as well. In addition, Eric brought a couple of handouts to the meeting that will be included in this issue as well as on the web site.

We are pleased and encouraged by the high level of participation by our FPCRA members at this meeting. We saw retirees at this meeting that have not attended any previous events. It was wonderful to enjoy the delicious strawberry shortcake, the interesting program and the renewed friendships.

See the next two pages or the Q&A from the meeting. There were two handouts from the meeting. One is pictured at the top of the page and the other is the September Quarterly report which is located on our website at www.fpcra.org.

Market Maker Information				
MMID	Name	Phone	Phone	Location
CARR	Carr Securities Corp.	516 944 8300		OTC Trading - Port Washington, NY
DOMS	Domestic Securities, Inc.	877 366 7682	732 661 0300	Edison, NJ
JEFF	Jefferies & Co., Inc.	877 350 2855	212 323 7510	New York, NY
OGRU	Oscar Gruss & Son, Inc.	212 514 2450	212 514 2371	Trading Desk

Who is the Securities Registrar and Transfer Agent for the CVOs?
 American Stock Transfer & Trust Company
 6201 15th Avenue
 Brooklyn, NY 11219
 Call toll-free 1.866.668.6550

Handout from the meeting

Starting a business or looking to increase an existing one?

This space could be yours.

BUSINESS CARD AD - only \$75 a year

call Alex or Dennis Tindall

727-535-9144 or 727-393-6800

Law Offices

NEISER & NEISER, P.A.

RICHARD W. NEISER
 Certified Civil Mediator

DAVID D. NEISER
 Board Certified Civil Trial Lawyer

- Personal Injury
- Insurance Disputes
- Sinkhole Claims
- Wills & Estates
- Business Disputes

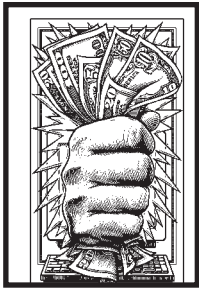
150 Second Avenue North, Suite 910
 St. Petersburg, FL 33701
 (across the street from Baywalk)

(727) 823-1818

Facsimile (727) 822-3706
neiserandneiser@ij.net

February 17, 2009 FPCRA Meeting Questions and Answers

Pension Plan Funding Status for Bargaining and Non-bargaining retirees



What impact have the market fluctuations had on the Progress Energy (PGN) pension plan funding status as of the end of 2008?

While the pension plan's asset values have not been immune to the current economic slowdown, the Investment Committee's

policy to maintain a well diversified mix of stocks, bonds and other investments has helped to partially offset the impact of these difficult economic times.

However, the recent general market decline has predictably reduced the funded status of these plans. The valuation work for the plan year ending 12/31/2008 is underway and more information (covered below) will be provided to you by 4/30/2009, in a newly required Participant funding notice.

What is the minimum required (compliance) funding status percentage for a pension plan such as the PGN pension plan? Has the required funding percentage changed in the past 5 years?

The Company has been committed to maintaining these Plans as nearly fully funded as possible. However, with the combination of lower Plan assets values and accelerated contributions levels, the plan's funding level is expected to be lower, but not at any level to where the normal operation of the plans will be affected. The plans meet all government funding requirements including the newer rules under the Pension Protection Act of 2006.

Will PGN pension plan contributions be made for 2008 in order to maintain the minimum required compliance funding status of the plan?

Yes. The Plans are in a period where accelerated contributions are required to accommodate recent changes in pension funding rules and more recently to also offset the market decline in asset value.

Have the rules changed regarding financial reporting requirements?

Yes. A new Participant Funding Notice, replacing the Summary Annual Report (SAR), is due to be sent to all participants by 4/30/2009.

The new notices must contain the following information:

- Identifying information such as the name of the plan, contact information for the plan administrator, the plan sponsor's employer identification number, and the plan identification number.
- Whether the plan is 100 percent funded and, if not, the actual funded percentage.
- A comparison between the value of the plan's assets and the amount of benefits being paid out. The number of participants receiving benefits, the number entitled to currently receive benefits, and the number of active participants in the plan.
- The total assets and liabilities of the plan for the current year and the two preceding years.
- Information on the funding policy and allocation of plan assets under the plan.
- A description of the benefits insured by the PBGC and any limitations on benefits that apply.
- An explanation of any plan amendment or benefit increase or reduction that has an effect on assets or liabilities.

Directions for obtaining a copy of the plan's annual report from the Department of Labor's web site.

What strategy will the PGN investment committee target to offset the losses in the plan and to keep the plan healthy in this volatile market?

The pension plans have an investment committee that follows an established investment policy. The committee, with the assistance of an outside consulting firm, meets at least quarterly to monitor the performance of investments in the pension trust.

Employees also may be interested to know that the pension plans are audited each year by an independent external auditor, and funding levels are monitored by actuaries based on federal rules and regulations.

Assets in the trust are protected from bankruptcy and may be used only to pay benefits to participants.

Your benefit is also insured and protected by the PBGC, a Federal government organization that is designed to step in and take over the payment of retiree benefits for plans or Companies that are unable to meet these obligations.

The rate of return we've realized on the pension plan over the years has helped the company establish a well-funded plan. These returns, plus periodic company contributions when needed, will ensure that our pension funds remains healthy and ready to serve our retirees.

Does Progress Energy management have any intention of exercising their right to terminate the pension plan?

The Company has certified in the 2007 plan audit reports that it does not have any intention of terminating these Pension plans. This position has not changed. However the Company always reserves the right to freeze or terminate these plans at any time.

Contingent Value Obligations (CVO's)

Even after reading the CVO's narrative dated November 2008 posted on the PGN web site, there are many basic questions that retirees ask about CVO's. Please be prepared to answer the following questions:

Here is a little background so that everyone has an idea what we are talking about. 98.6 million CVO's were issued during the sale of FPC to Carolina Power & Light in 2000, or one CVO for each share of FPC stock owned. This is how you received these items. You could have received CVO's for privately owned FPC stock at the time of the sale of Florida Progress and or if you owned Company stock in the 401(k) plan.

Each quarter Progress Energy's Investors Relations department posts a quarterly CVO report on the Progress-Energy.com website. The issue for the quarter ending 12/31/2008 should be posted around April 20, 2009.

Are the CVO's worth anything now?

Recent quotes as of 12/31/2008 from the "yellow sheets" indicate a bid and ask range of .30-.45 cents per share.

Will the CVO's ever be worth any more in the future?

The synfuel tax credit program expired on December 31, 2007, although not all the tax credits generated by the Earthco synfuel plants have yet been realized or included in the net after-tax cash flows. All payments are held in trust, and generally, payments will not be made until the Company utilizes the tax credits and all audit matters for the tax year in which the tax credits are realized are resolved. The Company cannot predict when all the tax credits will be realized and related audit matters resolved. Based on the Company's past audit experience, this process may continue for a number of years.

Is there any good reason for participants to hold onto the CVO's?

This is a personal decision on your part. According to the quarterly CVO reports, some amount of cash payment will most likely be paid to owners of record at some time in the future. The amount and timing of any payments cannot be determined at this time.

Do retirees holding CVO's have to pay tangible tax on the CVO's?

The State of Florida repealed its intangible tax for 2007 going forward. For the years 2000 through 2006, you should seek assistance from a qualified tax advisor to determine if you are subject to the Florida Intangible tax based on the value of privately owned CVO's.

I can't find a broker who is willing to handle the sale of my CVO's. Does Progress Energy staff have any suggestions on what brokers will help us?

A list of current market makers is being made available at this meeting, and also information about the transfer agent. (See handout page 7)

Can PGN Investor Services help CVO owners sell their CVO's?

No, you will need to contact a broker to purchase or sell CVO's. However, CVO ownership maybe transferred to another party, by contacting the Transfer Agent, American Stock Transfer & Trust Company.

Also, all registered CVO owners are mailed the quarterly report unless they have contacted Investor Relations to have it stopped.

Company News



Thank you for your
continued interest and
support of the company.

Web Site for Progress Energy Retirees

There is a portion of the Progress Energy Web site designed specifically for retirees. Visit it at progress-energy.com/retirees. The site contains:

- Information about your retiree benefits, including **forms** and benefit booklets
- Schedules for retiree meetings
- What you need to know about the Resource Storm Volunteer Program (RSVP)
- Access to the FPC retiree Web site
- Copies of past company publications, including Progress Report and Progress Life
- Links to discount programs

CONTACT PERSON:

Susie Oliver

Employee Service Center, PEB 16 ESC

Progress Energy Service Company

(VoiceNet) 770-6666

919-546-6666

919-546-5184 (fax)

800-546-5705

e-mail: susie.oliver@pgnmail.com

Got Any Questions?

(Not just Benefits)

Progress Energy's Employee Service

1-800-546-5705

(Press 0 to talk to a representative)

E-mail: employee.service@pgnmail.com

2009 Retiree Deaths



Kenneth Fitch
Donald Bonnell
David J. Bower
Louie Bozeman
Richard Cottrell



Freddie Grant
Charles Hamel
William M. Jones
William Lacher
Evelyn Palow
George F. Wilder

*Submitted by
Progress Energy Human Resources
Employee Service Center
Raleigh*

With THE SIMPLICITY PLAN[®]

the most important benefit is peace of mind—

FIRST, RECEIVE SOME GOOD ADVICE.

THE SIMPLICITY PLAN[®]

☞ A complete preneed funeral plan that can freeze costs at today's levels.

☞ Tailored to your specific preferences.

☞ Eliminates unexpected expense and emotional overspending.

☞ The simplest and best way to handle a major family responsibility.

☞ Numerous payment plans to fit any budget.



Deborah Daniels
Family Service Counselor

Cell: 813-401-2549
Fax: 813-968-2303

Carrollwood Chapel
3207 West Bearss Ave.
Tampa, FL 33618
813-968-2231

BLOUNT & CURRY
ESTABLISHED 1887

Letter from Andy Hines

Dear friends and family,

On Monday, March 16, I suffered a stroke on the right side of my brain. I am in the process of recovering right now, but currently have no time line for the duration of the process. Sufficient to say, I am learning as I go.

From a physical point of view, I am in what patients optimistically call a recovery mode. I have suffered some loss of peripheral vision in the left eye. My ability to articulate appears to be fairly satisfactory at this time, as well as my strength and coordination. I do not appear to have any paralysis. I believe that some of the diminished capabilities will return and strengthen in the future.

Currently, I am at St. Anthony's Hospital in St. Petersburg in the skilled nursing unit on the fifth floor. The care here is excellent and the medical staff is quite capable. In addition, my own family and friends have pitched in. I am currently involved in rehabilitation work and am able to get out of bed. I'm doing physical and occupational therapy to regain my strength. Progress will be cumulative.

I have asked Joyce, my secretary, to be a point of contact for any of you to call. You can reach her through my home # 727-867-5036. Just leave a message and she will follow-up. I do not expect to be able to accommodate many visitors since this experience is turning out to be more exhausting than I would have thought.

My physical needs are being well taken care of. I've made a number of new friends here from whom I've learned much. It's interesting that at this stage of life, the loves and joys of a lifetime still exist and are strong and rewarding. God's grace and love are always on display throughout our world if we will see them. They flourish here as well.

My prognosis for recovery is very good thanks to God's grace and your prayers.

Andy Hines

News from Apalachicola, Port St Joe, & Carrabelle Districts of the Northern Division

Monthly meetings are starting up for retirees in Apalachicola. This group will include retirees from Apalachicola, Port St Joe, & Carrabelle Districts of the Northern Division. They plan to meet at 10:00am on the third (3rd) Saturday of each month in Apalachicola at the Red Top Restaurant.



The first meeting was held on March 21st with the following in attendance:

Donnie Cox, Substation Maint. & wife Debbie; Harry Falk, Commercial Rep.; John Lewis, Port St Joe Line and wife Betty; Bill McCarthy, Substation Maint.; Mike McDonald, Port St Joe Manager; Johnny McLaurin, Apalachicola Line; Janelle Paul, Apalachicola District; Fred Sawyer, Transmission Dept; and Dick White, Engineering & wife Margie.





Hot Cars of 1959 at Bartow Plant.....

These were the cars Bartow Plant people were driving to work in 1959. If you want to see some pictures provided by Roger Young of Bartow Plant from 1959 to 1965, you'll just have to visit the Association's website at www.fpcra.org. It looks like a Desoto, a Nash or a Studebaker, 57 Chevy, 55 or 56 Chevy, another Rambler, and maybe an Edsel parked behind the dark colored Chevy.



The last Wednesday of every month this group meets at the Seminole Family Restaurant at 6864 Seminole Blvd. . 7:30 am to 9:30 am.



LtoR: Jim Russell, Don Richmond, Walter Thomsen, George Philip Scherer, Jack Edgar, Bill Smith, Buck Raulerson, Bob Drescher and Bob Atkins. Photo by Jim Wood.

Do you recognize this high-flying retiree?



Dutch Beutnagel skydiving

Dean Rosko, ChFC, CLU
Financial Consultant

dean.rosko@axa-advisors.com
www.deanrosko.com

304 S. Blecher Road
Suite B
Clearwater, FL 33765

Tel. (727) 596-1805
Fax (727) 593-0292

In the Financial Services Industry Since 1978



redefining / standards
www.AXAonline.com

AXA Advisors, LLC (NY, NY 212-314-4600), member FINRA, SIPC GE-37457 (11/06)

Answers to the quiz on page three.

1. Texas Utilities
2. Florida Power & Light
3. Orlando Utilities Commission
4. Lake Worth Utilities
5. Tampa Electric Company
6. Jacksonville Electric Association
7. American Electric Power
8. San Diego Gas & Electric
9. Pacific Gas & Electric
10. Los Angeles Department of Water & Power
11. Florida Power Corporation

Got all 11 correct, your name is Andy Hines!

9 or 10 correct, you are ALL ELECTRIC
7 or 8 correct, you may have worked for an electric company

6 or less....you worked for the gas company!!!!



Protect Your Right to Make Choices.

What if you had to spend most or all of your savings on prolonged care for yourself or a family member? It's a situation we would never want you to face. With BlueSecure, a Long-Term Care Insurance Policy offered by Blue Cross and Blue Shield of Florida, you can get the protection you need so you have choices in the long term.

Employees and Members of Florida Power Corp Retirees Association – FPCRA, and their extended family can now apply for BlueSecure's Freedom plan and receive a 10% discount off their premium. Spouses or domestic partners of FPCRA employees and members can receive an additional 25% discount off their premium, if they apply for coverage at the same time as the employee and member.

A BlueSecure Long-Term Care Insurance Policy can help protect your assets and provide the plan of care you want, when you may need it most.

BlueSecure's Freedom plan allows you to make choices:

- Daily Benefit Amount starting at \$50 a day.
- Benefit Period of 3, 4, 5 years, or lifetime.
- Calendar Elimination Period Options of 0, 20, 60, 90 or 180 days.

BlueSecure's Freedom plan standard benefits and covered services, include:

- Home Health Care
- Supportive Equipment
- Family Member Assistance
- Long-Term Care Facilities
- Respite Care and Caregiver Training
- Personal Care Advisor

Optional riders are also available that allow you to customize a Long-Term Care Insurance Policy that fits your needs and budget.

Make sure your quality of life is not compromised if you need long-term care. Choose BlueSecure and protect your right to live life on your own terms.

For more information, contact your Contracted General Agency for Blue Cross and Blue Shield of Florida, Inc.

Anthony Cangiano or Cindy Modesitt
Alco Associates, Inc.
6280 66th Street
Pinellas Park, FL 33781
727-546-9305
Alco5651@tampabay.rr.com



BlueCross BlueShield of Florida

An Independent Licensee of the Blue Cross and Blue Shield Association

Got News? Please let FPCRA hear from you!



In an effort to improve communication, we want to help our FPCRA Board Members (especially the Care Committee) to receive timely notification when we have events that affect our members and their families. It is becoming increasingly difficult to receive notification by PGN of retiree deaths because of privacy laws and staffing shortages at PGN. FPCRA board members feel it is time to begin working toward finding a way to rely on our members and their families for important news. We also want to expand the updates from just retiree deaths and serious illnesses to good news as well. What do FPCRA members have to celebrate? Anniversaries, special trips, family events. Please let us know so we can share your good news!

Here is what you can do to help:

1. Make sure your family members understand the procedures and contact information, just in case.
2. When you or a family member have news, complete the "Got News" form below and mail it to

FPCRA, P. O. Box 7422, Seminole, FL 33775.

GOT NEWS?

Tell the Florida Power Corporation Retirees' Association (FPCRA)

(Please print)

Retiree/Member Name: _____

Date and Description of the event: _____

Who can the Care Committee contact for additional details, if necessary:

Name and Phone number _____

Email Address _____

Mailing address _____

FPCRA MEMBERSHIP DUES - \$10 per year



NAME _____ PHONE _____

ADDRESS _____ E-MAIL _____

CITY _____ STATE _____ ZIPCODE _____ -- _____

PAYING BY CHECK _____ CHECK # _____ PAYING FOR _____ YEARS CASH _____

WANT TO BE LISTED ON THE WEB?

YOUR EMAIL ADDRESS - Y N - PHONE NUMBER - Y OR N

Has your email address or phone number changed? - Y OR N



President's Message

(continud from page two)

team of Terry Renninger and Gardner Harshman are looking for YOU! Terry and Gardner are activity seeking retirees interested in taking part in the workings of our retiree's association including serving as future Board Members and to help out at our meetings. If YOU don't step forward and volunteer your time or services as many before us have done so, this fine organization will cease to exist. Yes, it does take a commitment on ones' part and yes it's difficult sometimes to find the time to fill the many requests asked of your free time. Participation is as simple as coming out to a local meeting in your area and socializing! If you can't make a scheduled meeting why not try to attend either a Breakfast or Luncheon meeting in your area! Locations and dates are in the NEWSLETTER and on our website. It's that simple.

Pictures Please keep them coming! In the May issue of the NEWSLETTER we've printed a picture from the DeBary and Crystal River Breakfast groups, and a few pictures from the Annual Crystal River retirees covered dish gathering in March. We've also included a few pictures from our February 17th, St. Pete meeting and one from 1959 asking you to identify the 'Hot Rods' parked at Bartow Plant. We've also posted pictures courtesy of Roger Young from Bartow Plant as it was back in 1959 and 1965 for you to look through in PDF file format on our website. Remember...tell us who is in the picture!

February 17th PGN Pension Plan Update We've posted in this issue and on our website the complete Q&A's provided us by Mr. Eric Cunningham from PGN from our well attended Feb 17th St. Petersburg meeting regarding the latest information on the stability of our pension plan.

Till next time, have a safe and happy...

The St. Petersburg Olive Garden Luncheon group



Second Thursday luncheon at Olive Garden, St. Petersburg. L to R; Jim Wood, Florence Roth, Kathy Metzger, Patty Phillips and Virginia Nelson.



L to R: Betty Riley, Thelma Maxhimer, Lynn Webb and Mary Ann Wood.

HERE'S A GOOD IDEA!!!

Put your car's remote keyless entry beside your bed at night so you can press the red button to sound the car horn if you hear someone is breaking into your house.



Florida Power Corporation
Retirees' Association

P.O. BOX 7422 • SEMINOLE, FL. 33775

Forwarding Service Requested

PRESORTED
FIRST-CLASS
MAIL
U.S. POSTAGE
PAID
TAMPA, FL
PERMIT 2483

WE'RE LOOKING AT POWER IN A NEW LIGHT.

INTRODUCING A **BALANCED SOLUTION** FOR THE FUTURE.

At Progress Energy, we're using innovative and environmentally responsible solutions to meet our area's growing energy needs. We are expanding our energy-efficiency programs to help you save energy and money.

We are supporting advanced technologies like solar power and plants fueled by vegetation waste. We are investing in existing power plants to

ENERGY EFFICIENCY
ALTERNATIVE ENERGY
STATE-OF-THE-ART PLANTS



ensure their safe, efficient operation while assessing the need for new plants and better ways to get electricity to you. The result is clean, reliable, affordable power – for today and tomorrow. To learn more

about our bright thinking,
visit progress-energy.com.



Progress Energy