



NEWS

Your Touchstone Energy® Cooperative
The power of human connections



MEMBER NEWSLETTER

FEBRUARY 2011

Manager's Message

Dear Members: _____ by Jeff Hohn



2011 Annual Meeting

The 13th Annual Meeting of High Plains Power, Inc. has been scheduled for March 19, 2011 to be held at the Thermopolis Middle School Cafeteria. We hope that everyone will be able to attend this year. The event will kick off at 11:00 a.m. with registration and lunch being served until 12:45 p.m. At 1:00 p.m. the business meeting will begin. Throughout the business meeting, we will be drawing for door prizes.

This year elections for directors in districts 4, 5, 9, and 10 will be conducted. By the time this newsletter reaches you, the Nominating Committee will have already met. Their meeting is scheduled to be held on January 28th. At this meeting, they will submit the names of the nominees who will be running to represent their respective board districts. All of the incumbents will be running for re-election. They are:

- District 4: Richard Haun
- District 5: Bret Gardner
- District 9: Matt Brown
- District 10: Jim Miller

Members can also be nominated from the floor at the annual meeting or by petition. The petition requirement is that fifteen (15) or more active members sign a petition nominating a qualified member to represent a district that is up for re-election. Petitions can still be accepted until fifteen (15) days prior to the annual meeting.

The annual meeting notices and proxy cards will be mailed around March 4th. If you do not receive this mailing by March 11th, please call the office. If for some reason, you cannot attend the meeting, please give your proxy card to another person who will be attending the meeting, or return the proxy card by mail to the High Plains Power office by March 18th.

Please plan to attend as your Annual Meeting is an important opportunity to vote for director representation and to get informed about the business of your Electric Cooperative. It also provides a chance to visit with friends and enjoy a meal. You may even win one of the many valuable door prizes.

If you would like to contact me for any reason, my email address is jhhpp@wyoming.com.

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2011 Annual Meeting

The 13th annual meeting of High Plains Power will be held Saturday, March 19, 2011 at the Thermopolis Middle School. Important business to be conducted includes the election of four members to the cooperative's board of directors. In addition, members will hear reports from the President of the Board, the Treasurer, the General Manager and a representative of Tri-State Generation & Transmission regarding the cooperative's business.

Annual Meeting Notice

An annual meeting notice will be mailed out to all members in early March. A proxy card will be included with the meeting notice. If you are unable to attend the annual meeting, please complete and send your proxy to our Riverton office. If you are planning on attending the meeting, please do not use the proxy card.

Why should I attend?

Your annual meeting is a good opportunity to visit with friends, enjoy a meal, vote for director representation and get informed about the business of **your** electric cooperative. You could even win one of many valuable door prizes awarded during the business meeting.

Election of Directors

Elections for four director districts will be held at the annual meeting. Elections will be held for director districts 4, 5, 9, and 10. District 4 covers the rural Riverton area. District 5 covers north of Riverton and the Midvale area. District 9 includes Lysite, Lost Cabin, Moneta, Grass Creek and Hamilton Dome areas. District 10 covers the Worland area.

Incumbent directors seeking reelection from those districts are: District 4 - Richard Haun, District 5 - Bret Gardner, District 9 - Matt Brown, and District 10 - Jim Miller. Election to the board is for a three-year term of office.

Board of Director

Nominations Being Sought

In accordance with the cooperative bylaws, one member from each district has been selected to serve on a nominating committee. If you are a member of High Plains Power and would like to be a candidate for the board of directors, contact one of the members of the committee (see Nominating Committee Members List) in the district that you reside and also receive electric service.

Qualifications to be Director

A nominee or candidate for the director of High Plains must be a member receiving electric service and be a bona fide resident in the district that will be up for election. The candidate may not be employed by or financially interested in a competing enterprise or business selling electric energy or supplies to High Plains Power.

Nominating Committee Members

- District 1 - Sharon Wiley
- District 2 - Leif Videen
- District 3 - Travis Bartlett
- District 4 - Howard Wenner
- District 5 - Dean VonKrosigk
- District 6 - Nick Anderson
- District 7 - John Sharp
- District 8 - Marvin Schmidt
- District 9 - Duane Watkins
- District 10 - Dan Weber
- District 11 - Jim Price Jr
- District 12 - Robert Cooper

**Don't forget
scholarship
deadline of
March
7th.**



Happy Valentine's Day!

Since February 14th is Valentine's Day we want to take this time to remind all of you to be Heart Smart. With this being the first part of February, you are probably well into keeping your 2011 New Year's resolution of eating healthy and exercising. **Editor's Note: Before beginning any exercise regimen, please consult a physician.**



Time to Get Moving

By Holly Israel

Walk off health worries? Dance away from disease? According to the Harvard School of Public Health, you can, as exercise - by helping you maintain a healthy weight and lowering stress levels - prevents chronic problems like heart disease, diabetes, osteoporosis, and certain types of cancer.

Despite these benefits, only 30 percent of Americans engage in regular physical activity, while 40 percent almost never exercise. The American College of Sports Medicine recommends healthy adults fit in at least 30 minutes of moderate-intensity aerobic activity five days a week.

This includes brisk walking - ideal since it requires no equipment, specific time or place, and can be done at each individual's pace - as well as chopping wood, mowing the lawn with a push mower, or even dancing. In a workplace setting, use stairs instead of the elevator, park your car further away from the entrance, or take a walk for 20-30 minutes during a lunch hour.

For a more vigorous approach, work out for at least 20 minutes three days per week. A "vigorous" workout should result in a higher heart rate, rapid breathing, and conversation occurring in shorter sentences. Jogging is a good example of a more vigorous activity.

If your present lifestyle could be categorized as sedentary, begin exercising slowly, and gradually increase the duration of your workouts. The health benefits will be noticeable. Remember that some movement is better than none, and more is even better!



Source: Harvard School of Public Health, American College of Sports Medicine

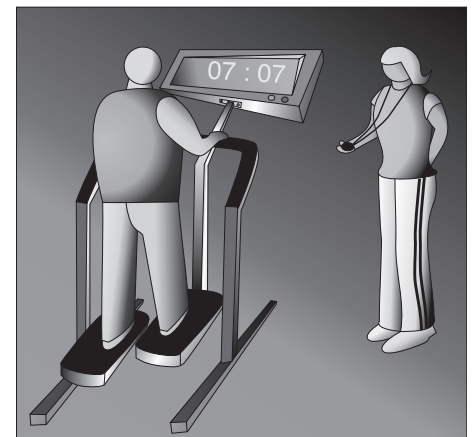
Holly Israel writes on general health topics for the National Rural Electric Cooperative Association, the

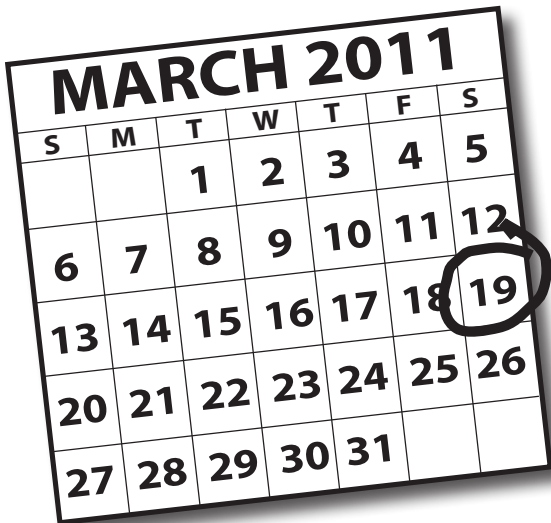
Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Pump it Up

As you age, strength training helps you maintain the ability to perform everyday tasks such as climbing stairs, carrying your own groceries, etc. It's a good idea to get guidance from an expert in this area.

Flexibility training is the final component to any exercise routine. Stretching for about five minutes before and after workouts reduces soreness and injury, and also will aid in preserving the range of movement needed to function normally.





**2011 Annual Meeting
is March 19th at the Thermopolis
Middle School.**

Mark your calendars!

**See the March Newsletter
for details.**

Energy Tip of the Month

By replacing your five most-used lightbulbs with ENERGY STAR-qualified bulbs, you could save \$70 a year.

Source: U.S. Environmental Protection Agency



High Plains Power

NEWS

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- Matt Brown - Vice-Pres.
- Hearley Dockham - Secretary
- Gary Gordon - Asst. Sec.
- Jim Miller - Treasurer
- Beckie Darnell
- Bret Gardner
- Jesse Hankins
- Richard Haun
- Jeff Milton
- Mark Park
- Lee Shaffer

General Manager

Jeff Hohn

This is a monthly publication made available by High Plains Power, Inc., with the Wyoming Rural Electric News. Ideas, questions and comments are welcome.

Contractors for ETS Repairs

If you have problems with your ETS heaters, please contact one of these contractors. These contractors have attended a Steffes ETS troubleshooting/repair training.

- Western Electric 455-2865
- Intermountain Electric 856-7321