

# WATT'S HAPPENING

SCENIC RIVERS ENERGY COOPERATIVE

LANCASTER, DARLINGTON AND GAYS MILLS, WISCONSIN

## Plan now to attend our Annual Meeting on April 12, 2007

Scenic Rivers Energy Cooperative directors and employees invite you to attend our annual meeting on April 12, 2007, at the Youth and Ag Building, Grant County Fairgrounds located at 916 E. Elm Street in Lancaster. Dinner will be served starting at 6:30 p.m., entertainment by the Potosi School Polka Band will



begin at 7:10 p.m., and the meeting will begin at 7:30 p.m. There will be a health fair where you can have your blood pressure taken.

Each member in attendance (husband & wife joint membership counts as one) will receive a \$5 credit on their May bill. We will have a separate room for kids during the meeting with adult supervision. Members will also be eligible for prize drawings at the end of the meeting.

## News Bits...

### Congratulations

Pat Pennekamp moved from an Apprentice Lineman position to a Journeyman Lineman position when he graduated from Linemen's School in January. Pat works out of our Lancaster office. Pat started working for our cooperative while still in high school at an On the Job Training position. Congratulations Pat, we are glad to have you on our crew.

### Senior Tai Chi

Tai Chi fundamentals has been shown to improve balance, strength, flexibility and is specifically designed for elderly adults with health problems ranging from heart disease to arthritis. Tai Chi fundamentals brings us back to our fundamental body postures and movements.

Tai Chi classes will be held on Tuesdays starting April 3rd in Montfort, Platteville and Lancaster. On Thursdays it will be offered in Lancaster, Boscobel and Platteville starting on April 5th. The cost is \$20 for 8 sessions. Class space is limited.

If you have any questions or would like



to sign up for the upcoming classes, please contact Tanya at the Grant County Center on Aging at 608-723-6113.

## Efficient Computer Operation Helps Save Energy

If you have a home computer, your family may spend hours a day doing homework, checking email, or surfing the Web. Though computer equipment uses less electrical energy than many other home appliances, there are a few things you can do to reduce your computer's electrical consumption to a minimum.

- ▶ Activate your computer's sleep setting. This shuts down your computer and monitor after any period of inactivity. This is the single most important step you can take to reduce consumption, since most equipment uses almost no power during sleep.
- ▶ If your printer doesn't automatically sleep between jobs, shut it off manually when you're not using it.
- ▶ Don't print any more documents than you need to since printers use electricity, paper, and ink or toner. A computer can save a lot of time and energy if you use it efficiently. Try reading documents on-screen and saving them to electronic files instead of printing and filing unimportant documents.
- ▶ If you need to send documents to someone, send an e-mail. It's quicker; it saves energy, and doesn't require postage.
- ▶ For more information on energy-saving computer equipment, visit the Department of Energy ENERGY STAR web site at [www.energystar.gov](http://www.energystar.gov).

## Capital Credit Refunds

Scenic Rivers Energy Cooperative's Board of Directors approved a pay out of \$1,040,966.75 in capital credits this year. Current members will have the credit applied to their energy bill on April 1st. This pay out includes all credit accumulated up through 1983 and 4% of accumulated credit from 1984 through 2003.

# Currently Cooking



I know it's getting a little late in the season for soups, so keep this recipe around for next winter when it will warm you up.

## Cream of Wild Rice Soup

- |                                |                                  |
|--------------------------------|----------------------------------|
| 1 large onion, chopped         | 3 C. cooked wild rice            |
| 1 large carrot, shredded       | 1 C. cubed cooked chicken breast |
| 1 celery rib, chopped          | ¼ tsp. salt                      |
| ¼ C. butter or stick margarine | ¼ tsp. pepper                    |
| ½ C. all-purpose flour         | 1 C. fat-free evaporated milk    |
| 8 C. chicken broth             | ¼ C. snipped chives              |

In a large saucepan, sauté the onion, carrot and celery in butter until tender. Stir in flour until blended. Gradually add broth. Stir in the rice, chicken, salt and pepper. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Stir in milk; cook 3-5 minutes longer. Garnish with chives. Yield: 10 servings (2-1/2 quarts)

# Just For Fun

More jokes about Wisconsin!



## You grew up in Wisconsin, if...

- ▶ Your best shirt has a big letter G on it.
- ▶ You were delighted to get a miniature snow shovel for your 3rd birthday.
- ▶ You can recognize someone from Illinois by their driving.
- ▶ You buy your Christmas presents at Farm and Fleet.
- ▶ You own at least one cheese head.
- ▶ You let your older siblings talk you into putting your tongue on a steel post.
- ▶ You can leave your ice cream in the car while you go into Farm and Fleet, and it won't melt.
- ▶ Your sexy lingerie is tube socks and a flannel nightie.
- ▶ You learned to drive a tractor before the training wheels were off your bike.

# Global Warming?



There is sure a lot of debate about global warming. Now it seems that the polar bear is cause for concern because the Arctic ice is melting and they have found polar bears that have been stranded and drowned when they floated too far out to sea. Whether man causes this is still a question.

Environmentalists could not improve on the words of Chief Seattle who said...

*"This we know, all things are connected, like the blood which unites one family, all things are connected. Whatever befalls the earth befalls the sons of the earth. Man did not weave the web of life; he is merely a strand on it. Whatever he does to the web he does to himself".*

## Vitality NOTE

Face a really rough day with a feel-good breakfast of oatmeal, sliced banana and orange juice. An amino acid in oatmeal helps prevent anxiety. Bananas trigger the production of serotonin, a hormone that makes you relax. And the vitamin C in orange juice curbs the release of stress hormones.

—Redbook



*With Sympathy*

### Former Director Dies

Morris Smith a former director of Lafayette Electric and Grant-Lafayette Electric passed away. Scenic Rivers Energy Cooperative wishes to extend our deepest sympathy to his family. There will be more information in the Wisconsin Energy Cooperative News.

## WATT'S HAPPENING

Watt's Happening is published monthly as an information service to the member-owners of Scenic Rivers Energy Cooperative.

Any questions or comments can be directed to Watt's Happening, c/o Joan Wagner, Editor, Scenic Rivers Energy Cooperative, 231 North Sheridan, Lancaster, WI 53813 or telephone (608) 723-2121 or toll free Lancaster 800-236-2141, Darlington 800-236-6656, and Gays Mills 888-735-4314.

[www.scenicriversenergy.com](http://www.scenicriversenergy.com)

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