



REAL PEOPLE. REAL POWER.

Tideland Topics

A NEWSLETTER FOR THE MEMBER-OWNERS OF TIDELAND ELECTRIC MEMBERSHIP CORPORATION

BIOLOGY & THE THERMOSTAT:

Feeling cold can have medical basis

Winter poses considerable challenges for the elderly who often suffer medical problems that leave them feeling cold.

As the elderly age they tend to lose fat and muscle, which leave them more susceptible to the cold. Low blood pressure, congestive heart failure and poor circulation can result in poor blood flow to the extremities. That can leave hands and feet endlessly chilly. Fluid buildup can make matters worse.

Anemia (low iron) can cause a person of any age to feel chilled, as can caffeine and nicotine, which constrict blood vessels. An underactive thyroid causes the body's metabolism to slow down, which results in the production of less body heat.

Certain medications can also leave you feeling chilled, even

over the counter varieties. Phenothiazines, benzodiazepines and narcotics can lower body temperature.

If you can afford to raise the indoor temperature that's one option to combat a persistent chill. But more cost effective strategies exist:

- Eliminate drafts
- Drink hot liquids and opt for soul warming soups and stews
- Use a lap blanket, heating pad or hot water bottle
- Wear socks and layer clothing
- Open curtains and blinds to let in the sun's natural warmth
- Use space heaters safely and wisely and remember most cost 20¢ an hour to operate. So use sparingly.

Learn About Co-ops

Electric Cooperatives Build a Better World

Member-owned electric co-ops transformed the landscape of rural America, delivering safe, reliable, and affordable electricity for 75 years. www.nreca.org



DID YOU KNOW?

- Electric co-op lines cover 75 percent of the U.S. landmass.
- Serve 42 million people in 47 states.
- Electric co-ops have retired \$9.5 billion to members (capital credits) since 1990.

CONCERN FOR COMMUNITY: Every June, more than 1,500 high school juniors take part in an educational trip to Washington, D.C. during the Rural Electric Youth Tour.

Cooperative Enterprises Build a Better World

A message from America's Electric Cooperatives



Message to our Member-Owners: Shop Co-op

By Paul Spruill
General Manager & CEO

Right-of-Way Maintenance Update

Tideland has hired Lewis Tree Service to trim trees in our right of way.

In February they will continue to work out of the Five Points Substation in areas between Pinetown and Bath:

- Springdale Village and Duck Creek Circuit
- Jefferson Road
- North Boyd Road
- Free Union Church Road
- Boyd Loop Road
- Everett's Cross-roads area

and all small roads & lanes off of the above listed roads.

Tideland EMC is one of more than 900 electric cooperatives in America. But we're just one type of cooperative—more than 29,200 operate in our country, including a large segment of the agriculture industry. From dairy to oranges, and almonds to cotton, our nation's farmers know the value of the cooperative business model.

The next time you're at the grocery store, see how many items you can purchase that were produced by a not for profit co-op.

Starting in the produce section, pick up some Ocean Spray cranberries or Sunkist oranges, tangerines, grapes, or grapefruit.

Cruise on over to the refrigerated cases and take a look at the eggs—95 percent of America's eggs are produced and marketed by co-ops. Then pick up some Florida Natural orange juice, Land O'Lakes butter, Cabot or Tillamook Cheese, and Organic Valley milk. Need a warm drink? Try Equal Exchange coffee, tea, and hot chocolate.

Finally, drop some Blue Diamond almonds in your cart—a perfect pick-me-up for that 3 p.m. slump.

Now that you've finished your grocery shopping, make your way to Ace Hardware or True Value to get supplies for your weekend projects. Or replace your worn out

blue jeans with a new pair from GAP, Banana Republic, or Guess—all three get their cotton from Plains Cotton Growers Cooperative's Denimatrix. But before you do that, head to your credit union—another cooperative—to make a deposit to cover all your purchases.

The cooperative business model promotes self-sustainment and local economic growth. Support our nation's cooperatives, and local co-ops in eastern North Carolina, as we work together to build a better world.

Find a co-op near you at www.go.coop.

Annual district review produces updates

In accordance with the cooperative's bylaws, an annual review was conducted in October 2011 of director districts to ensure adequate geographical representation of Tideland members. At the time of the review, the board examined the possibility of redrawing district boundaries as a result of a district vacancy. The board concluded it could maintain sufficient representation by reducing the number of director districts from 11 districts to 10.

Districts 2, 3, 4, 5, 6 and 7 were amended to absorb the territory of the vacated district and to better define remaining district boundaries along clear cut physical markers such as highways and state roads.

An updated district map is shown on the following page. A more detailed map, including a physical description of all district boundaries, can be found on Tideland's website: www.tidelandemc.com/annualMeeting.aspx.

2012 Credentials & Election Committee

Alton Ballance • Ocracoke
 Melvin Blount • Engelhard
 Ernie Everett • Pinetown
 Darrell B. Cayton • Aurora
 Vincent Sevenski • Bayboro
 E. Douglas Cahoon • Oriental
 John Mitchell • New Bern

Director nominations underway

It is once again time to nominate candidates for Tideland's annual director elections. The nominating committee will meet February 9, 2012, to consider candidates for districts 4, 5, 6 and 8 currently represented by Jimmy Burbage, Paul Sasnett, Wayne Sawyer and Clifton Paul, respectively.

Interested candidates should contact a member of the nominating committee prior to the meeting. The committee's nominees will be posted at all Tideland offices on February 10, 2012.

Nominations can also be made by submitting a petition signed by 15 co-op members no later than February 28, 2012. The annual meeting of members will be held at Beaufort County Community College on Thursday, May 17, 2012.

DIRECTOR QUALIFICATIONS

The following guidelines are excerpted from Board Policy No. 302 and Bylaw 4.02 to ensure quality representation.

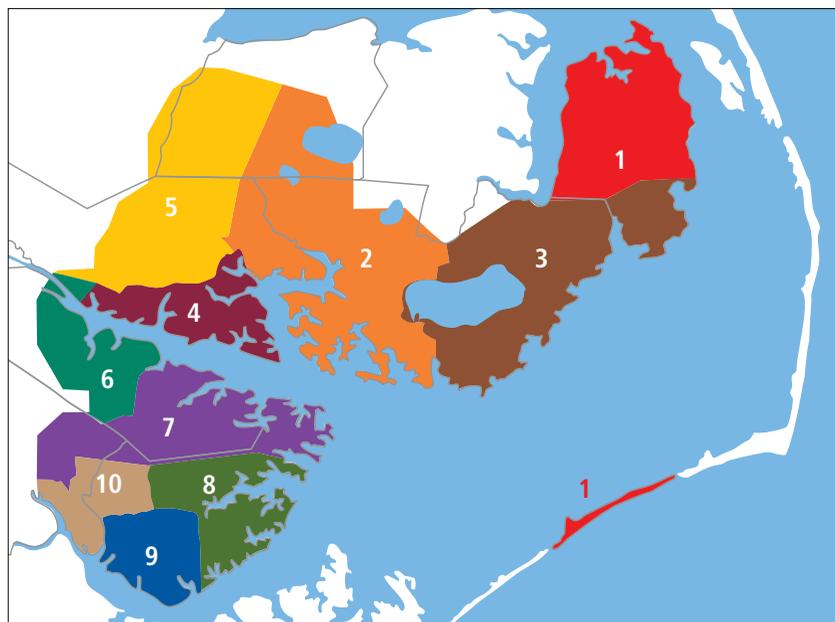
5. Willing to regularly attend board meetings.
6. Can not be a close relative of an existing director or employee.
7. Is not employed by or financially interested in a competing enterprise.
8. Was not previously employed by TEMC, any other utility/energy company, or any entity which substantially rendered services to a utility/energy company.

Aspects of Service

1. Put forth the effort to understand the co-op and provide sound judgement to reach decisions.
2. Respect official decisions made by a majority of the board.
3. Objectively evaluate questions and problems facing TEMC.

Points to Consider

1. Has the member demonstrated sound business judgement?
2. Has the member shown a capacity for leadership & a reputation for honesty & integrity?



Legal & Personal Requirements

1. A Tideland member & bonafide resident of the directorial district.
2. A member no less than 2 years on the date of election.
3. Willing to promote & protect the co-op's interests.
4. Able to impartially represent the entire co-op membership.

3. Has the member shown a capacity for working well with others?
4. What problems might hinder the nominee's success?

For more information or to determine which district you reside in, call annual meeting coordinator Myra Beasley at 943-3046, ext. 1125 or 1-800-637-1079.

2012 Nominating Committee

District 1:

Vincent O'Neal
PO Box 74
Ocracoke, NC 27960
928-5941

District 2:

Louie Hubers
7533 NC Hwy 45 N
Belhaven, NC 27810
943-3558

District 3:

Dennis Benston
31791 US Hwy 264
Engelhard, NC 27824
925-2061

District 4:

Mike Paul
2282 Yeatesville Rd
Bath, NC 27808
964-4859

District 5:

Horace Waters
8098 Slatestone Rd
Washington, NC 27889
927-3150

District 6:

Walter D. Martin
275 Whitehurst Rd.
Blounts Creek, NC 27814
322-2011

District 7:

L. Thomas Gillikin
11189 NC 306 S
Aurora, NC 27806
322-5597

District 8:

Vincent Sevenski
325 Harper Rd
Bayboro, NC 28515
670-1448

District 9:

Buck H. Jones
35 Roland Rd
Arapahoe, NC 28510
249-1541

District 10:

John Mitchell
1209 Santa Lucia Dr
New Bern, NC 28560
633-9957

Scholarship deadline approaching

REAL PEOPLE.
REAL POWER.

Tideland EMC is accepting college scholarship applications from high school seniors in Beaufort, Hyde, Washington, Pamlico, Dare and Craven counties. Applicants must be the legal dependent of a Tideland EMC member. The co-op will award eight \$1,000 scholarships. Two of the scholarships will be designated for students who plan to attend community college.

3. a complete transcript of high school courses and grades; and
4. SAT or ACT scores if applicable.

Students have until Friday, March 2, 2012, to apply. An application may be downloaded at www.tidelandemc.com. For more information call program coordinator Heidi Smith at 252.944.2410.

In addition to the official application, scholarship candidates must submit:

1. a letter detailing his/her reasons for applying for the scholarship and their future plans;
2. a letter of recommendation from the high school's principal, guidance counselor or academic advisor;



**Deadline:
March 2,
2012**

Tideland Topics

www.tidelandemc.com

BOARD OF DIRECTORS

Paul Sasnett, President
J. Douglas Brinson, Vice President
Clifton Paul, Secretary
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Rudy Austin, Leon Bryant,
Jimmy Burbage, Mark Carawan,
Garry Jordan & Wayne Sawyer

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Paul Spruill

EDITOR

Heidi Jernigan Smith

Weekday Member Service

252.943.3046

800.637.1079

24 Hour Outage Reporting & Automated Services

252.944.2400

800.882.1001

ATTENTION RISING HIGH SCHOOL JUNIORS & SENIORS: APPLICATIONS FOR THE ELECTRIC YOUTH TOUR TO WASHINGTON, DC ARE DUE FEB. 10, 2012

Give it your best shot

This summer Tideland EMC will provide all-expenses paid scholarships for one girl to attend the NC State Girls Basketball Camp in Raleigh (date not yet announced) and one boy to attend the Roy Williams Basketball Camp in Chapel Hill (June 16-20). The camps will work closely with attendees to develop fundamental skills to help students both on and off the court.



Rising sixth through eighth graders are eligible to apply and Tideland EMC will begin accepting applications on January 3. The deadline to apply is March 30. Applicants will be judged on academics, extra-curricular activities and written essay.

Applications have been mailed to all middle school coaches in Tideland's six county service territory. Students can also download an application at our website: www.tidelandemc.com. For more information call program coordinator Heidi Smith at Tideland EMC at 252.944.2410.