

A professional headshot of Cheryl Jones-Seneff, a woman with short, layered blonde hair, wearing a dark blue collared shirt. She is smiling slightly and looking directly at the camera against a dark, textured background.

## Cheryl Jones-Seneff — Whatever It Takes

Cheryl Jones-Seneff has been with San Luis Valley REC for 20 years. To sit and talk with Cheryl is to know that the sparkle in her eyes embodies the poise and charisma she brings to the REC on a daily basis.

Cheryl's career with the REC has entailed 14 years as an executive assistant, four years as a member relations specialist and two years in her role as a certified key accounts executive. She has seen the leadership styles of three CEO's in her time here with the cooperative.

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The most rewarding parts of Cheryl's position have been serving the members and her work with the Washington D.C. Youth Tour and Energy Camp programs. She believes the great network opportunities and education she has received from conferences through the REC have been invaluable to her career.

Cheryl has met the challenges of changes on the Board of Directors, as well dynamics within the REC, with an open mind and eagerness to take on a new task. The growth of the REC from about 30 employees to 53 has been part of that new dynamic in the organization, along with the building expansion to accommodate these changes.

As part of the REC's community involvement, Cheryl has championed causes such as Relay for Life and the Stephanie L. Miner walk. The fight against cancer is near to Cheryl's heart as she lost her brother to it in 2006.

Being a fourth-generation San Luis Valley native, and having raised her three children here, Cheryl has a certain pride in the Valley and co-op that runs deep and true. Cheryl says that when she does leave she knows she will be leaving a place that is a great place to work with good people, a place that is like a family.



## Conservation Corner

Unreasonable regulations. Technology solutions.

Find out what's threatening your access to affordable electricity, and how new technologies offer solutions that protect our economy and the environment.

Affordable electric power plays a key role in the financial security of the families, businesses and communities across the West. And we have a history of fair regulation and strong environmental performance that's cleaned the air and water. But that stability and progress is being increasingly challenged by unreasonable regulatory actions and policies.

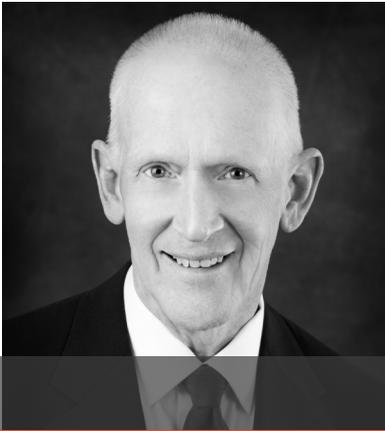
Today, people who understand how electricity powers our lives and the economy are working together to ensure that proposed and existing regulations, laws and policies don't threaten access to affordable electricity.

Part of the solution is also ensuring that investments in technology continue to develop options that can affordably deliver electricity and continue to protect the environment.

As concerned citizens who depend on electricity, we are asking lawmakers and regulatory bodies to base their decisions and actions on balanced, sound science, giving electricity providers the ability to invest in new energy technology and innovation in a responsible way. And when we believe unreasonable regulations hurt electricity consumers, we will stand together with one voice to ensure clean, affordable power today and for generations to come.

Right now, these issues are threatening affordable electricity—and our way of life. We are working to provide solutions to keep electricity affordable for all of us.

For additional information on these issues visit <https://www.keepelectricityaffordable.org/threats-solutions>.



## LOREN HOWARD

### Cooperative Month

October heralds more brisk mornings and vibrant autumn colors here in the San Luis Valley. It is also a time to recognize co-ops across the nation.

Since 1930, not-for-profit cooperatives have celebrated Cooperative Month. I would like to take this opportunity to highlight the qualities that make electric cooperatives different from other types of utilities and businesses.

Electric co-ops are owned by those they serve. That's why those who receive electric service from America's electric cooperatives are called members, not customers. Without members, there would be no cooperative.

Members maintain democratic control of their co-op, which means they elect fellow members to represent them on the board of directors at an annual meeting. As a bonus, co-op members receive special benefits through co-op programs and SLVREC return margins ("profits") to their members in the form of capital credits.

One principle that sets co-ops apart from other businesses is their concern and involvement in the community. Cooperatives have a special responsibility to support the areas in which their members live and work. From sponsoring a local school's basketball team to supporting new jobs and industry through our economic development efforts, co-ops stand as a driving force in their communities.

Of course, co-ops span all industries, including credit unions, dairy operations, health care, housing, and much more. There are more than 29,000 co-ops across the nation, and not all are small or rural.

Overall, co-ops are more accessible than other types of businesses. They give their members a voice, and they are local—living and working alongside those they serve.

This is what makes the cooperative difference.



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# RECIPES OF THE MONTH

## INGREDIENTS

- 6 red Bartlett pears, medium size
- 8 oz. dark chocolate, melted
- 4-5 oz. salted almonds, chopped

## CHOCOLATE DIP PEARS WITH ALMOND CRUNCH

Place melted chocolate in one bowl and the chopped almonds in a second bowl. Dip room temperature pears in chocolate then in almonds. Place dipped pears on a cooling rack to set.



## INGREDIENTS

- 4 cups red wine
- 1 large yellow onion, halved and thinly sliced length-wise
- 1 bouquet garni (12 sprigs thyme, 5 sprigs parsley, and 3 bay leaves tied together with kitchen twine)
- 2 tbsp. olive oil
- 10 oz. peeled pearl onions
- 12 oz. white button mushrooms, quartered
- 10 oz. bacon, cut into 1/2" pieces
- 3 tbsp. unsalted butter
- 1 (3-4-lb.) chicken, cut into 8 pieces
- 2 tbsp. flour
- 1 cup chicken stock
- Kosher salt and freshly ground black pepper, to taste
- Finely chopped parsley leaves, to garnish

## COQ AU VIN (CHICKEN IN WINE SAUCE)

Combine wine, chicken, yellow onion, and bouquet garni in a bowl; cover with plastic wrap, and let marinate in the refrigerator at least 4 hours or overnight. Drain chicken, onions, and bouquet garni, reserving wine, and set aside. Dry chicken thoroughly with paper towels.

Heat oil in a 6-qt. Dutch oven over medium-high heat. Add pearl onions, and cook, stirring often, until lightly browned and tender, about 8 minutes. Using a slotted spoon, transfer to a bowl and set aside. Add mushrooms to pot, and cook, stirring, until they release all their moisture and brown lightly, about 8 minutes. Transfer to bowl with pearl onions; set aside. Add bacon to pot, and cook, stirring, until it renders its fat and is crisp, about 10 minutes. Using a slotted spoon, transfer to paper towels to drain; set aside. Add 1 tbsp. butter to pot, and then season chicken with salt and pepper, and add to pot; cook, turning once, until browned on both sides, about 10 minutes. Transfer to a plate, and set aside. Add drained yellow onions to pot, and cook, stirring, until soft, about 10 minutes. Add flour, and cook, stirring, until smooth, about 2 minutes. Stir in reserved wine and stock, and then return chicken to pot along with bouquet garni; bring to a boil. Reduce heat to medium-low, and cook, covered and stirring occasionally, until chicken is tender, about 15 minutes.

Remove from heat, and stir in pearl onions and mushrooms. Divide among serving bowls, and garnish with rendered bacon and parsley.





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## POWERING OUR COMMUNITY

SLVREC's offices are open from 7 a.m. to 5 p.m.  
Monday through Thursday.  
Offices are closed Friday through Sunday.

### ENERGY ASSISTANCE

866-HEAT HELP (866-432-8435)  
[www.energyoutreach.org](http://www.energyoutreach.org)

### SCHEDULED MEETINGS

Board Meeting October 27 @ 9:30 a.m.  
The Board of Directors meets the last Tuesday of each  
month unless otherwise stated. Members are welcome.

This institution is an equal opportunity employer.



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*The power of human connections<sup>®</sup>*



Thanks to Patrick Jaramillo for photographic content.