

# THE NEWSBOY

News for Members of San Luis Valley Rural Electric Cooperative

You may not think you need to have an understanding of energy demand and purchasing, but do you ever look at your energy bill and wonder what it all means? If your answer to that question is “yes,” then you might be interested to learn how demand impacts your utility bill.

To start, it is important to understand how electricity is made and how it is delivered to your home. Before San Luis Valley REC can send electricity to your home, that electricity needs to be generated by a Generation and Transmission cooperative (G&T). Tri-State G&T is our provider. Once the electricity has been generated, it travels over high-voltage transmission lines to substations, where the voltage is reduced to a safer level. The electricity then travels over distribution power lines and finds its way into your home. So while you pay your bill to us — your electric distribution cooperative — we don’t actually generate all of the electricity you use. Most of that is the job falls on Tri-State G&T.

We do, however, help to determine how much electricity our members need to power their homes and businesses, and you play a big part in determining how much electricity Tri-State needs to create in order to keep the lights on in our community. This is where the terms “consumption” and “demand” come in.

Consumption is measured in kilowatt hours (kWh). Demand is measured in kilowatts (kW). A lightbulb “consumes” a certain number of watts, let’s say 100 watts per hour. If that lightbulb stays on for 10 hours, it “demands” a certain number of kilowatts (in this case, .10 kW) from the generation station producing electricity. Now, if you turn on 10 100-watt lightbulbs in your home for one hour, you are still consuming the same number of kW. However, you are placing a demand on the utility to have those kW available to you over the course of one hour, instead of ten. This requires the generation and transmission plant to produce more power in less time in order to meet your demand.

REC purchases kilowatt hours from Tri-State based on the average demand of our members. Peak demand refers to the time of day when the demand for electricity is highest. This is typically during the evening, when families return home from work or school, cook dinner, and use appliances the most. Using electricity during this peak demand period often costs more, to both REC and to our members.

Demand is the reason your electricity bill fluctuates season to season and even year to year. Generating and distributing power can be a tricky and complicated business, but rest assured San Luis Valley REC will always meet the necessary demand to provide safe, reliable, and affordable electricity to your family.

## What’s in Demand?



### THIS ISSUE

What’s in Demand?

Light Up Your Life

Loren Howard

Conservation Corner

Recipes

OCTOBER 2017 | VOLUME 42 | ISSUE 10

# Light Up Your Life



Kitchen sizes, styles and configurations have changed dramatically through the years. As consumer lifestyles and tastes have changed, kitchen lighting has evolved to reflect these shifts. In the past, a simple fluorescent ring placed in the center of the ceiling operated by a single switch was the norm for a typical American kitchen. Now the proliferation of TV networks and shows devoted to every aspect of home decorating, remodeling, building and sales reflects current consumers' higher standards and expectations for a home's appearance. Lighting, once considered an afterthought, is now an integral part of home décor and function—particularly in a focal area such as the kitchen.

## Layering effect

The effect of a single overhead light source can be too much light in one area and not enough in others. Layering different types of light from different sources is not only a smart plan, but it makes good sense from an efficiency perspective.

Task lighting, such as under-counter lighting, illuminates a particular work surface without a shadowing effect. Energy-efficient options typically feature LED-powered puck lights that can be placed precisely where they are most needed under the cabinets. Another option is the thin-diameter fluorescent tube that uses about 25 percent of the electricity of halogen or incandescent bulbs and has a much greater lifespan. Regardless of the type of light selected, when installing the lights, place them toward the front of the cabinet so they illuminate the whole countertop rather than the wall. Most types of under-counter lights can be plugged into a standard outlet. Overhead lights, whether from a central fixture, track lights or recessed, can offer indirect illumination and complement the task lights. Where possible, utilize ENERGY STAR and LED options.

## Shining a light on flexibility

Efficient lighting in the kitchen does not necessarily mean more lights but rather more versatile lighting.

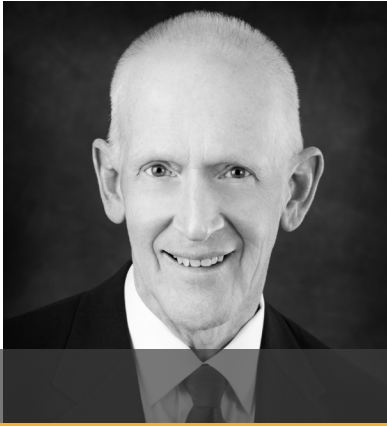
Dimmer switches create more flexible lighting options for existing lights. There are times when maximum illumination is required for tasks such as food preparation or clean-up. At other times, it makes more sense to turn down the lights to create a cozier ambiance. By placing different sets of lights on dimmer switches, you increase your options, minimize the energy used for lighting and thereby allow for greater energy efficiency. However, when installing dimmer switches, make sure they are compatible with LED lights.

Lighting accounts for up to 15 percent of a home's energy budget, and since the kitchen still remains the heart of the home and is a high traffic-hub, it makes good sense to focus here. For basic energy efficiency in the kitchen and elsewhere, sometimes small adjustments can make a big impact.

The simplest area to focus is on the light itself. LED lights use a small fraction of the energy of CFL, halogen or traditional incandescent bulbs, and they are known for their longevity and efficiency. ENERGY STAR-rated LED bulbs are typically the most energy efficient.

At its best, a good kitchen-lighting plan is functional, attractive and energy efficient. Whether your kitchen is large or small, old or new, one reliable recipe for energy savings is utilizing more efficient lighting in the heart of the home.





## LOREN HOWARD

### Our History and Our Future

One of my favorite quotes has always been, “Those who do not remember the past are condemned to repeat it.” Yet sometimes remembering our history with the goal of repeating it can actually be a good thing. As the nation’s 30,000 cooperatives celebrate National Co-op Month this October, it is a great time to take a look back—and a look forward.

Take the history of your electric co-op. San Luis Valley REC was founded 80 years ago—when neighbors worked together to bring electricity to our rural community. Big investor-owned power companies thought they couldn’t generate enough profit, so they bypassed rural areas. Back then, there were frequent meetings among neighbors to discuss the formation of the cooperative. Once established, annual meetings were the “must attend” event of the year. The co-op—on behalf of the members—made the commitment to provide the community with electricity.

Fast forward to today—and tomorrow. REC currently serves over 7200 members. We have returned \$16,802,667.00 of capital credits to our members to date.

We understand that the spirit that helped create this co-op must be continually nurtured. While times and technology will continue to change, our commitment to you will not. True to our pioneering spirit, we continue

our commitment to improving the communities we serve. Cielo powered by REC is just another way your co-op is meeting the needs of our rural community. Broadband by Cielo provides another means of economic fortification. We want the San Luis Valley to maintain its rural beauty and rugged charm, but we also want to provide an economic advantage to those who live here. Although, we started out to provide electricity, our impact—with your support—has grown.

As we continue to look toward the future, you can be confident that REC will commit to exploring new ways to help our members and our community. Penitente Solar is just one of the recent projects committed to doing just that.

Over the years, as we’ve listened to you and your fellow co-op members, we know that we have to keep pace as technology and consumer tastes evolve. As always, we welcome your participation as we plan for the future.



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I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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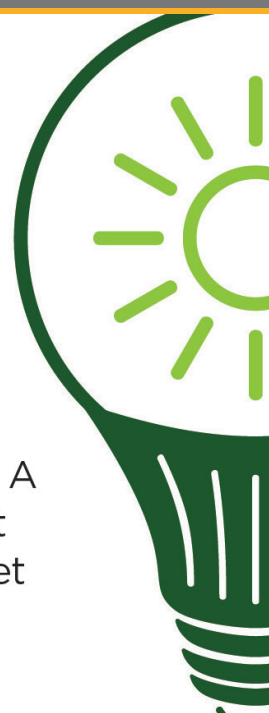
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## Conservation Corner

# Energy Efficiency Tip of the Month

Fall/Winter Energy Tip: When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10 percent a year on your heating and cooling bills. A programmable thermostat can make it easy to set back your temperature – set it and forget it!

Source: U.S. Dept. of Energy





## RECIPES OF THE MONTH

### INGREDIENTS

1 (12 ounce) bag cranberries,  
fresh or frozen  
1 bunch cilantro, chopped  
1 bunch green onions, cut into 3 inch  
lengths  
1 jalapeno pepper, seeded and minced  
2 limes, juiced  
3/4 cup white sugar  
1 pinch salt

### Cranberry Salsa

Combine cranberries, cilantro, green onions, jalapeno pepper, lime juice, sugar, and salt in the bowl of a food processor fitted with a medium blade. Chop to medium consistency. Refrigerate if not using immediately. Serve at room temperature.

### INGREDIENTS

2 oranges  
8 whole cloves  
6 cups apple juice  
1 cinnamon stick  
1/4 teaspoon ground nutmeg  
1/4 cup honey  
3 tablespoons lemon juice  
2 1/4 cups pineapple juice

### Spicy Autumn Punch

Preheat oven to 350 degrees F (175 degrees C). Stud the whole oranges with cloves, and bake for 30 minutes.

In a large saucepan, combine the apple juice and cinnamon stick. Bring to a boil, reduce heat to medium, and simmer 5 minutes. Remove from heat, and stir in the nutmeg, honey, lemon juice, and pineapple juice.

Serve hot in a punch bowl with the 2 clove-studded baked oranges floating on top.

### INGREDIENTS

1 1/2 cups milk  
1 cup pumpkin puree  
1 egg  
2 tablespoons vegetable oil  
2 tablespoons vinegar  
2 cups all-purpose flour  
3 tablespoons brown sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon ground allspice  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon salt

### Pumpkin Pancakes

In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. In a separate bowl, combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt. Stir into the pumpkin mixture just enough to combine.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



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## POWERING OUR COMMUNITY

SLVREC's office is open from 7 a.m. to 5 p.m.  
Monday through Thursday.  
The office is closed Friday through Sunday.

### ENERGY ASSISTANCE

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

Your Touchstone Energy<sup>®</sup>  
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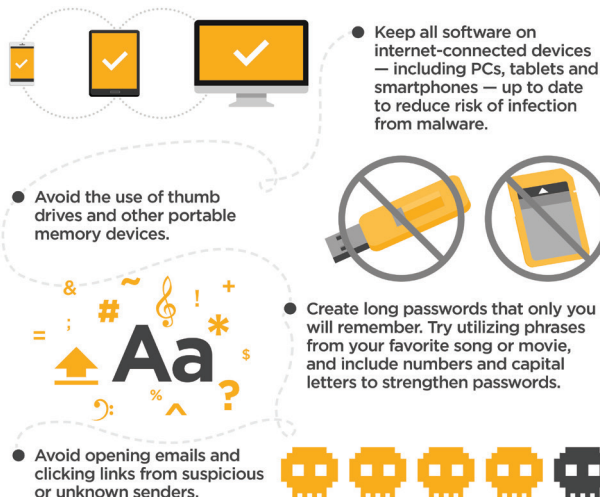
### SCHEDULED MEETINGS

Board Meeting — October 31 @ 9:30 a.m.  
The REC Board of Directors meets the last Tuesday of each  
month unless otherwise stated. Members are welcome.

This institution is an equal opportunity employer.



### Quick Tips to Keep Data Safe:

- Keep all software on internet-connected devices — including PCs, tablets and smartphones — up to date to reduce risk of infection from malware.
  - Avoid the use of thumb drives and other portable memory devices.
  - Create long passwords that only you will remember. Try utilizing phrases from your favorite song or movie, and include numbers and capital letters to strengthen passwords.
  - Avoid opening emails and clicking links from suspicious or unknown senders.
- 

Follow #cyberaware for more cybersecurity tips.