

Community Involvement

San Luis Valley REC is fortunate to be a member of Touchstone Energy Cooperatives and Tri-State Generation and Transmission. This gives us access to many exciting programs and opportunities. We were able to have the Touchstone Energy Balloon here this summer. This event allowed us to make donations to two of our local youth programs and give back to the community. REC selected the Kids Connection and The Boys and Girls Club of the San Luis Valley.

The Kids Connection, located in Monte Vista, has been a licensed childcare facility for school-aged children since 2011, but serving the valley on their own since 2008-09 when the MV Boys and Girls Club closed that location. They have an average attendance of 65 students a day after school and 35 on Fridays. During the school year they serve mainly children out of Monte Vista School District and Sargent School District; however, during the summer, it is valley wide. This is mainly due to parents who work in Monte Vista, and it's easier to have childcare closer to work. The KC offers an after-school snack and a lunch on Fridays, as well as a breakfast and lunch throughout the summer. They provide homework help, arts and crafts, a Commit to Health curriculum and SPARK P.E. activities.

The Boys and Girls Club of the San Luis Valley has been operating in Alamosa for 26 years. The Club has 400 registered members and typically serves 133 children a day. BGC provides many necessary programs and opportunities to youth in the area. These programs include Diplomas to Degrees, Teen Tech Academy, Keystone Clubs, Money Matters, and Career Launch.



THIS ISSUE

Community Involvement

Co-ops Vote

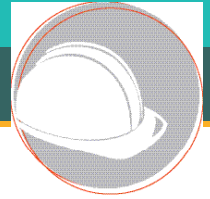
Loren Howard

Meet Your Co-op!

Recipes

NOVEMBER 2018 | VOLUME 44 | ISSUE 11

Co-ops Vote



Our co-op's number-one priority is providing our consumer-members with safe, reliable and affordable electricity. But doing this job requires a lot more than stringing and maintaining power lines throughout our service territory. It requires political engagement. That may seem far removed from our core mission, but it's absolutely essential to serving you, our consumer-members.

That's why we're participating in a national program of America's electric cooperatives called Co-ops Vote. Co-ops Vote encourages all co-op members to participate in national, state and local elections while educating political candidates and elected officials about the important role played by electric cooperatives in their communities.

The National Rural Electric Cooperative Association, the service organization representing the nation's electric co-ops, launched Co-ops Vote in 2016. Co-ops Vote started as a national nonpartisan get-out-the-vote initiative that helped drive rural voter turnout in the 2016 presidential election.

Through this program, electric co-ops realized they had a unique advantage: As co-ops, the civic virtue of voting is in our DNA. We show concern for community — one of the seven cooperative principles — through participation in our democracy.

Co-ops have another advantage. Elected officials and decision-makers across the political spectrum trust us because of the work the electric cooperative family has put into political engagement. When we all get involved, we can make things happen politically and in our local communities.

Our participation in Co-ops Vote helps to ensure that rural issues remain part of the national discussion — and are supported by our elected officials. But Co-ops Vote isn't just for co-ops. It's for co-op members just like you.

You can participate by registering to vote and committing to cast your ballot on November 6. If you're interested in getting more involved, visit www.vote.coop to learn more about the upcoming elections and access online tools that can help you participate. We look forward to seeing you at the polls on Election Day!





LOREN HOWARD

Thankful for Our Members

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.” In the spirit of this quote by author William Arthur Ward, I’d like to take this opportunity to express my gratitude for your membership in our electric cooperative. Because of your connection to San Luis Valley REC, we are able to make our community a better place.

I generally use this space to provide updates on new projects and developments, and to report on the progress of ongoing initiatives. We share these updates so that all of our members have a window into our priorities, progress and challenges. However, during this season of giving thanks, I think it’s equally important to let you and other members of REC know just what an impact you have on our co-op and the greater community, likely in ways you may not even realize.

As part of the cooperative business model, one of our core principles is “Concern for Community.” While our priority is always to provide safe, reliable and affordable energy, we view our role in the community as a catalyst for good.

We are purposeful in partnering with local groups — such as Kids Connection, the Boys and Girls Club, and CRP — for the many community-serving projects and events they organize.

We work closely with our local schools to provide safety demonstrations, award college scholarships, and participate in career fairs. REC also participates in an annual Youth Tour, where we take our community’s brightest young people to Washington, D.C., for a week-long immersion to experience democracy in action. The trip is inspirational for many students, and we are both humbled and honored to be a part of this leadership development journey. Ultimately, the larger community benefits from these programs because

of you! You empower the co-op through your membership and through your participation in and support of these programs.

When you attend co-op events, alert us to problems, provide suggestions online or to our employees, you help us improve operations and thereby better serve the larger co-op membership.

Because we are locally governed by members of our community, we are able to get a first-hand perspective on community priorities, thereby enabling us to make more informed decisions on long-term investments, such as high-speed broadband, solar programs, equipment and technology upgrades and electric vehicle programs.

We are thankful that our co-op board members carve out time to attend important training sessions, participate in planning meetings and keep abreast of industry trends. This investment in time results in better informed advisors that serve the co-op’s interests in a way that our members expect and deserve.

On a more personal note, we appreciate the countless acts of kindness our lineworkers and other employees receive when they are working in severe weather and dangerous conditions. Our employees are thankful for your patience and consideration when we are trying to restore power during challenging situations and over prolonged periods.

San Luis Valley REC was originally established 81 years ago to bring electricity to our area when no one else would. The cooperative is a reflection of our local community and its evolving needs. Together, let’s continue making our corner of the world a better place. We can’t do it without you, and because of that, we’re thankful for your membership.

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Meet Your Co-op!

Meet Dustin Underwood!

Dustin has been with REC for eight years. He began his journey in August of 2010 as a customer service representative. In July of 2016, Dustin transitioned to the position of telecommunications coordinator for Cielo powered by REC.

Dustin's duties include planning installs with members and consumers, as well as scheduling all wireless and fiber-to-the-home (FTTH) installs. Dustin truly enjoys being out in the field and interacting with the people we serve. He finds great satisfaction in getting people the fiber and speeds they need at their locations.

“No members, no co-op.”

Dustin believes the best thing about the co-op is the extent to which we listen to and care for our members. He believes we have a very genuine level of value for all those we serve. “No members, no co-op!” he says.



Energy Efficiency



Energy Efficiency Tip of the Month

Cooler temps are just around the corner! Is your home's heating system ready? Remember to replace furnace filters once a month or as recommended. If you heat your home with warm-air registers, baseboard heaters or radiators, remember to clean them regularly to increase efficiency.

Source: energy.gov





RECIPES OF THE MONTH

INGREDIENTS

4 cups unsalted beef stock
1 1/2 cups chopped onion
1 cup uncooked hulled (whole-grain) barley
1 cup water
1 cup sliced celery
1 1/2 teaspoons kosher salt
1 teaspoon black pepper
6 garlic cloves, minced
4 large thyme sprigs, plus leaves for garnish
3 bay leaves
1/4 cup unsalted tomato paste
2 tablespoons olive oil, divided
2 pounds beef stew meat, divided
2 1/2 cups carrots cut into (1-in.) pieces

Slow Cooker Beef and Barley Stew

Stir together first 8 ingredients in a 6-quart slow cooker. Add thyme sprigs and bay leaves; dollop tomato paste on top.

Heat 1 tablespoon oil in a large skillet over medium-high. Add half of beef; cook until well browned, about 6 minutes, turning once. Add beef to slow cooker. Repeat with remaining 1 tablespoon oil and beef. Scatter carrots over beef. Cover and cook on LOW until meat and grains are tender, about 8 hours. Discard thyme sprigs and bay leaves. Ladle stew into 8 bowls; sprinkle with thyme leaves.

INGREDIENTS

4 slices bacon, chopped
8 bone-in, skin-on chicken thighs (about 3 1/2 pounds total)
2 medium tart red apples, cored and cut into wedges
1 12-ounce bottle hard cider
2 tablespoons chopped fresh thyme
2 tablespoons whole-grain mustard
1 teaspoon kosher salt
12 ounces fresh Brussels sprouts, trimmed and halved if large (2 cups)

Cider-Braised Chicken, Brussels Sprouts and Apples

In a very large skillet cook bacon over medium heat until crisp; remove from pan, reserving drippings in skillet. Add chicken, skin side down, and cook 10 minutes or until browned, turning once; remove from skillet. Add apples to the skillet and cook 4 minutes or until browned on both sides; remove from skillet. Drain and discard drippings from skillet.

Add cider, thyme, mustard, and salt to skillet, scraping up any browned bits. Bring to boiling; reduce heat. Return chicken to skillet. Cover and simmer 10 minutes. Add Brussels sprouts. Cover and cook 5 minutes. Add apples and cook, uncovered, 3 to 5 minutes more or until chicken is done (at least 175 degrees F).

To serve, divide chicken thighs, Brussels sprouts, and apples among shallow bowls or plates. Spoon cider mixture over top. Sprinkle each serving with bacon.



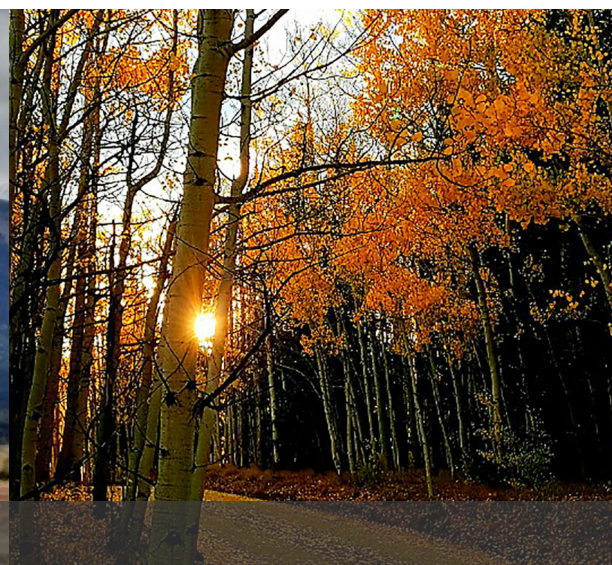
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POWERING A VITAL VALLEY

P.O. Box 3625
Monte Vista, CO 81144

November 2018

Photo Credit: Troy Golden, Blain Decker and Shan Hunter



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

Your Touchstone Energy[®]
Cooperative 

SCHEDULED MEETINGS

Board Meeting: November 27, 2018 @ 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.

