

October is Co-op Month

Dramatic changes are transforming all aspects of the energy industry. Interest in renewable energy is at an all-time high, and ultimately consumers want greater control over their energy use and payment methods. The prevalence of smartphone apps and “smart” technology for the home is increasing, and consumers and businesses are showing greater interest in electric vehicles. There’s no denying it: electric utilities will have to make changes to the way they provide energy to accommodate these trends. Luckily, San Luis Valley REC is uniquely positioned to meet these changing energy needs because we are a cooperative.

Co-ops are community-led.

October is National Co-op Month, which is the perfect time to highlight the many ways electric cooperatives are unique.

Cooperatives are locally governed, looking out for the long-term needs of their consumer-members.

Loren Howard, CEO of REC, explains that “Electric co-operatives belong to the communities they serve. This heightened community focus allows us to quickly adapt to evolving consumer expectations. Our closeness to the community ensures a better response to these needs, because we are led by the people we serve.”

Co-ops are a catalyst for good.

Electric co-ops, like San Luis Valley REC, are a catalyst for good in their communities. Co-ops engage their members to do things that might otherwise be impossible or difficult — like more than 80 years ago, when electric co-ops brought power to areas where other utilities did not find it economically feasible. Today, it means projects like Penitente Solar, Humphrey’s Hydro, SmartHub for ease of bill paying, and of course, Ciello high-speed, broadband internet and telephone service.

Cooperatives exist to meet a need that was previously unmet in the community, and they are ever striving to anticipate and plan for the future needs of their members.

Electric cooperatives often partner with local groups to bring economic opportunity to their local community. It is

this facilitation role that is often the co-op’s most valuable strength. Right here in our seven-county service territory, we partner with Upper Rio Grande Economic Development, Alamosa Economic Development Council, Valley Initiative Partners, Adams State University, and Trinidad State Junior College, to name few.

The co-op business model is unique. It is pragmatic, mission-oriented, and puts people first. Co-ops strive to be a trusted voice in their communities. Co-ops have earned that trust, because, while not perfect, they always have their members’ best interests at heart and are determined to enrich the lives of those living and working in the communities they serve — now and in the future.

**SAFE, RELIABLE,
AFFORDABLE
ENERGY.
THEN. NOW.
ALWAYS.**

**The energy landscape
may be changing, but
we’ll never lose sight of
who we’re working for.**



**OCTOBER IS NATIONAL CO-OP MONTH
WE’RE PROUD TO SERVE OUR MEMBERS**

THIS ISSUE

October Is Co-op Month

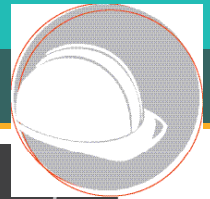
Cybersecurity

Loren Howard

Meet Your Co-op!

Recipes

OCTOBER 2018 | VOLUME 44 | ISSUE 10



OCTOBER IS NATIONAL CYBERSECURITY AWARENESS MONTH

We all share responsibility for our organization's online safety and security, and YOU are our first line of defense.

Think Before You Click

- Always hover over a link first to be sure it is safe.
- Report suspicious emails or emails from an unknown sender to your spam filter and delete them from your inbox.



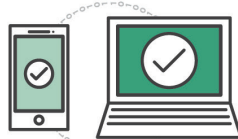
Defend Your Computer

- The best defense against viruses, malware and other online threats is keeping your equipment up to date.
- Work with our IT staff (or provider) to keep your software, including your web browser, and operating systems current.



Lockdown Your Log-in

- Create long and unique passwords. Use familiar phrases or song lyrics you'll remember.
- When possible, use 2-factor authentication as a second layer of defense.
- Change passwords regularly, and do not share them.



Protect Sensitive Information

- Use encryption to protect sensitive data.
- Limit the spread of any attack by only accessing files and folders you need.
- Do not put confidential information in emails, or instant and text messages.



Watch for Red Flags to Identify Potential Phish Attacks

- Phishing attempts seek to steal or compromise data and will often mimic a known sender.

Look for red flags:

1. the email is unexpected;
2. there is a sense of urgency conveyed;
3. there is an offer that seems too good to be true; and/or
4. there are typos and misspellings.



Practice Good Cyber Hygiene On the Go

- Treat all public Wi-Fi networks as a security risk, and don't make financial or other sensitive transactions over public networks.



Want more tips to improve your cyber hygiene?
Visit www.staysafeonline.org.



LOREN HOWARD

Responsibility of Cybersecurity

Technology breaches — think customer credit card data being stolen from Target, or consumer data being stolen from Experian — have become more commonplace, ushering in a new reality of increased security measures and constant monitoring of organizational and personal data to ensure our identities, credit card numbers or bank accounts have not been compromised.

This new reality has made many realize that keeping systems secure is not solely the responsibility of information technology employees. Rather, it is incumbent on every individual to do their part to keep critical personal and our organization's data safe from potential breaches.

It can seem a little overwhelming at times, and the idea that the next threat is always lurking around the corner can be stressful. But there are things you can do to protect your personal data, along with REC and Ciello's data.

Keep Your Defenses Up!

- Make sure all your computer software — including your web browser — are updated with the latest software. Keeping software up-to-date ensures security patches being deployed by our security team can succeed in blocking security threats.
- Create a strong password and keep it private — it could take up to two centuries to crack a password consisting of 12 characters or more!
- Treat all Wi-Fi networks as a potential

security risk. Encrypt sensitive data when using a public Wi-Fi network. And never check financial or other sensitive accounts when using public Wi-Fi.

Don't Fall for a Phish!

- Be on the lookout for emails, phone calls and other messages that try to get to secure data. If it sounds too good to be true, it probably is. If something seems off, trust your instinct and convey your concerns to a manager or member of the security team.
- Don't click on links or attached files in emails or text messages from senders you don't know. Even if you do know the sender, hover over the link before you click as they may have been hacked or someone could be spoofing them! There are many ways to spot a phish, and you can visit www.staysafeonline.org to see them all.

Co-ops Are Working Together.

Electric co-ops — with the Department of Energy and NRECA — are working together, through the RC3 Program, to better protect us from security threats. From the smallest co-op with limited access to technology staff to the largest co-op with greater resources, NRECA and America's electric cooperatives are creating a co-op network that fosters a culture of cybersecurity.

Whether keeping your data safe at home, at the co-op or on the go, remember: you are the first line of defense against cyber security threats!

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Meet Your Co-op!

Meet Ross Coombs!

Most days you will only hear Ross Coombs as he jogs quickly by, down the hall or around the corner. Ross has been the network administrator at REC for the last 17 years. He is quick on his feet and always ready to assist with IT issues all over the building.

Ross says a lot has changed over the course of his time with REC. Digitalization has increased security requirements and workload with the added number of devices. The addition of Cielo has also diversified Ross's position through assisting the network engineer and monitoring the network where it interacts with the REC network.

Amid his daily tasks, Ross takes great pride and satisfaction in assisting others to accomplish their goals. He is always willing to lend a technical hand wherever he can. Ross plans to extend user training against malware and phishing to help employees stay vigilant with their devices. Thanks Ross for all you do!

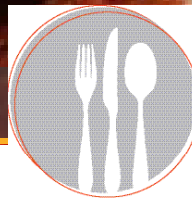


Community Involvement

This summer, REC and Cielo were able to participate in the Creede Colorado Balloon Festival, with the help of Touchstone Energy Cooperative and Tri-State G&T. The balloon crew was able to get two good flights in, marveling at the beauty of Creede and the surrounding Mineral County area.

As part of the balloon program, we received a \$1,530 philanthropic donation to give back to the community. This year, we are splitting the amount between the Kids Connection of Monte Vista and the Boys and Girls Club of Alamosa. We certainly appreciate all they do for the youth of our communities!





RECIPES OF THE MONTH

INGREDIENTS

3 (3.5-ounce) bags natural microwave popcorn
2 cups pepitas (hulled pumpkin seeds)
1 cup heavy cream
1 cup sugar
1/2 cup light corn syrup
2 tablespoons unsalted butter, cut into pieces, plus more for forming
1/4 teaspoon fine salt
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/2 teaspoon cayenne pepper

Sweet and Spicy Pepitas Popcorn Balls

Pop the popcorn according to package instructions. While hot, carefully open package and dump into a large bowl. Toast the pumpkin seeds in a large skillet over medium-high heat, until browned and popping, tossing and stirring occasionally, about 4 minutes. (Do this in batches, if needed.) Add to the popcorn. Make caramel: Warm the cream over low heat and keep warm while you cook the sugar. Put the sugar and corn syrup and in a deep, heavy-bottomed large saucepan. Cook over medium heat, stirring occasionally until the sugar dissolves. Stop stirring, raise heat to medium-high, and simmer until the sugar reaches the hard crack stage, or 305 degrees F on a candy thermometer, about 7 minutes. Whisk the butter and salt into the sugar mixture. Gradually pour in the cream and vanilla taking care since the mixture will bubble up. Reduce the heat to medium and continue to cook, stirring occasionally, until the sugar reaches soft ball stage, 240 degrees F on the thermometer, about 5 minutes more. Immediately remove from the heat and stir in the cinnamon and cayenne. Cool for about a minute. Pour caramel over the popcorn and stir to evenly coat. When the popcorn is cool enough to handle, coat your hands with some butter and shape into 4-inch balls. Wrap in waxed paper and tie with a string, if desired. Serve or store covered at room temperature for up to a week.

INGREDIENTS

1 pork tenderloin
Salt and ground black pepper to taste
1 tablespoon vegetable oil
1 red onion, sliced
2 shallots, sliced
3 fresh thyme sprigs, or more to taste
2 firm plums, pitted and each cut into 4 wedges
1 cup water
1 tablespoon balsamic vinegar
1 teaspoon cold butter

Roasted Pork Tenderloin with Fresh Plum Sauce

Preheat oven to 400 degrees F (200 degrees C). Generously season pork tenderloin with salt and black pepper. Heat oil in a large, oven-proof skillet over medium-high heat. Cook tenderloin until browned on all sides, 2 to 4 minutes per side. Transfer tenderloin to a plate. Sauté onion with a pinch of salt in the same skillet until just softening, 3 to 5 minutes. Add shallots, reduce heat to medium, and cook and stir until shallots and onion are golden brown and caramelized, about 10 minutes. Stir thyme into onion mixture; place tenderloin over onion mixture, and set plum quarters, skin-side down, around pork tenderloin. Transfer skillet to preheated oven. Cook until pork is slightly pink in the center, about 20 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Transfer pork and plums to a plate. Place skillet over medium-high heat and pour water and balsamic vinegar into onion mixture. Bring mixture to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Cook and stir until liquid is reduced by half, 5 to 10 minutes; remove from heat. Whisk butter into mixture until melted and sauce is shiny. Pour sauce over pork and plums.



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POWERING A VITAL VALLEY

P.O. Box 3625
Monte Vista, CO 81144

October 2018



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: October 31, 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.

