

## Farm Bill Update

Every five years, the U.S. Congress considers the Farm Bill, a bill that has huge implications for America's electric cooperatives, including San Luis Valley REC. The bill sets food and agriculture policy for the entire nation, affecting everything from which crops are grown to funding for food-nutrition programs. The Farm Bill is due to be reauthorized by the federal government this year.

The Farm Bill is about much more than agriculture policy. It promotes rural economic development and allows co-ops to finance basic electrification activities, deploy high-speed communications and enhance smart grid technologies. Through the National Rural Electric Cooperative Association (NRECA, our national service organization,) America's electric cooperatives are working to ensure lawmakers in Washington know what our priorities are for the 2018 Farm Bill.

Here are a few of these priorities:

### Rural Broadband

Increasing high-speed internet access in rural communities is a priority for many co-ops. Broadband access isn't a luxury—it's a necessity. But 34 million Americans, in mostly rural areas lack access to high speed internet. So, co-ops have asked Congress to use the Farm Bill to provide significant funding for broadband loans and grants to all viable Internet providers, including cooperatives.

### Economic Development

Co-ops aren't just electricity providers. They are engines of economic development — powering and empowering the communities they serve. The Farm Bill's Rural Economic Development Loan and Grant Program is an important source of financing for economic development projects in rural communities. Over the last two decades, electric cooperatives have partnered with community stakeholders on hundreds of projects to renovate hospitals, build libraries, and expand businesses. Co-ops have asked Congress to ensure ample funding for this program in the next Farm Bill and beyond.

### Innovation

Not-for-profit electric co-ops are natural incubators of innovation, because they are driven solely by the needs of members like you. The USDA runs a number programs that help fund innovative projects, including the Rural Energy for America Program (REAP) and Rural Energy Savings Program (RESP). Co-ops use these programs to save members money by financing investments in energy efficiency, constructing new renewable energy resources, and deploying electric grid modernization technologies. REAP and RESP help ensure that co-ops are poised to meet the evolving needs of their members.

### USDA Rural Development

The health of our nation is dependent on a healthy rural America. Rural America grows most of the food, generates much of the power and manufactures many of the goods consumed by the nation. USDA's office of Rural Development operates many different programs that provide fundamental assistance to those rural communities. Co-ops have asked Congress to maintain a strong rural development in the Farm Bill to reaffirm the importance of these programs. We look forward to working with Congress and other stakeholders to pass a Farm Bill that promotes economic growth in rural America and allows co-ops to continue meeting the needs of their members.

### THIS ISSUE

Farm Bill Update

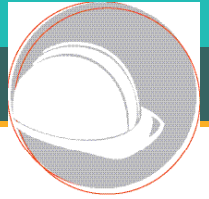
Harvest Safety

Loren Howard

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Recipes

SEPTEMBER 2018 | VOLUME 44 | ISSUE 9



## Tips for a Safe Harvest



Harvest season brings hard work and can be an exhausting, but rushing the job to save time can be extremely dangerous (even deadly!) when working near overhead power lines. We urge farm operators and workers to keep the following safety tips in mind:



Use care when operating large machinery near power lines.



Inspect the height of equipment to determine clearance.



Always keep equipment at least 10 feet away (in all directions) from power lines.



Remember to lower extensions when moving loads.



If a power line is sagging or looks to be dangerously low, please call us immediately.

Source: [SafeElectricity.org](http://SafeElectricity.org)



## LOREN HOWARD

### Kids and Energy Efficiency!

Electronic and mobile devices, TVs, computers, and gaming stations have become ubiquitous fixtures in our homes, particularly those with children. Consumer electronics—coupled with the proliferation of smart-home appliances, technology, and electric vehicles—have slowly but steadily changed our homes and lifestyles.

This ever-connected world is the modern environment in which children are growing up. And with lifestyles increasingly reliant on technology and in turn energy consumption, teaching youngsters to save energy is an important life lesson.

#### The Why

But before parents can teach their children how to save energy, they must first answer the question, “What’s in it for me?” As most parents can attest, convincing kids to care about energy efficiency is a hard sell. Parents need to explain why it’s important to save energy and how it benefits the child; otherwise they will not understand the need to change their habits and will be less motivated to do so. In the simplest terms, less money spent on an electric bill can mean more money used for fun activities (that’s something children can relate to!).

Less tangible but just as important: using less energy means running your home more efficiently, conserving natural resources, and helping the environment.

#### Learning by Doing

Because “saving energy” is an abstract concept for children, be specific about energy efficiency actions and set an example. We know that children learn by observing what their parents do. Even if they don’t say anything, children are processing your actions. When you turn off the lights when leaving a room or unplug the phone charger once the device is fully charged, they will notice.

Learning about energy efficiency doesn’t have to be a boring lecture. Make it fun for greater impact.

For younger kids, turn energy efficiency into a “treasure hunt” game to locate all the things in your home that use electricity. Depending on the age of the children, challenge them to count and group the items into categories: electronics, appliances, lights, etc. If age appropriate, have them create a list. Ask which gadgets and appliances could be turned off or unplugged to save power every day.

For older children, show them how to program the smart thermostat and appliances. Shop with them for LED lights and discuss ENERGY STAR-rated appliances. Show them the electric bill so they can see the costs, energy use, and how their actions impact the bill. Kids of all ages can learn a few simple energy-saving habits that can last a lifetime:

- Turn off lights, devices, computers and video consoles when not in use.
- Open blinds and curtains during winter days to let warm sunlight in and close them during summer days to keep your home cooler.
- If your children are old enough to run the dishwasher or wash their own clothes, teach them to run these appliances only with a full load and during off-peak energy hours.

#### Rewards

Offer rewards for agreed upon milestones. Rewards provide positive reinforcement on energy-saving actions. The idea is to create a habit of being energy efficient. And for parents, this could mean less nagging about turning off the lights!

Teaching your children about saving energy is not only a creative way to spend time with them; it helps your home to be more energy efficient and can instill good habits that will benefit your child long into adulthood.

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## Meet Your Co-op!

Shan Hunter has been with San Luis REC since December of 1998 — almost 20 years at this point!

Shan started his career in the meter department as a meter reader. He held that position for seven years and enjoyed his interactions with the members as well as traveling around the San Luis Valley.

From the meter department, Shan transitioned to a ground-man position, where he spent a year. He continued his journey with REC to a four-year lineman apprenticeship. He was able to journey out in July of 2009. However, in December of that year Shan moved to the substation department and has been a substation technician for almost nine years.

Clearly, Shan enjoys learning different components of REC that make it such a dynamic workplace. He appreciates learning new skills and technologies along with implementing all his gained knowledge.

Shan enjoys the variety of opportunities here at San Luis Valley REC. We certainly appreciate his willingness to learn and contribute to the co-op!

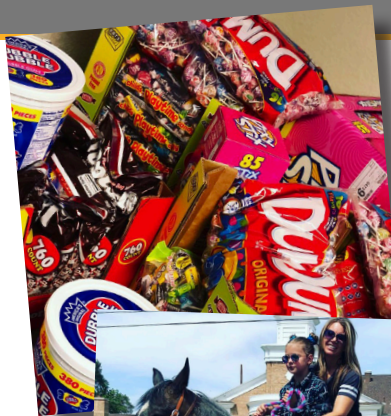


## Community Involvement

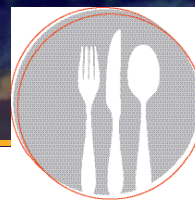
Being a co-op means being there for our members! This summer we had a great time getting out and interacting with members from all over the San Luis Valley.

REC and Ciello participated in parades all over the Valley. We want our members and potential new customers to Ciello to know that we are here, local, and listening.

We started off in Sanford with Glory Days, followed by Manassa's Pioneer Days. Then on to the Ski Hi Stampede, in Monte Vista, and finished out the parades by joining Del Norte's Covered Wagon Days. It was great to get out and be part of the fun!



# RECIPES OF THE MONTH



## INGREDIENTS

1 (3 1/2-lb.) chicken, cut into 8 pieces  
1/2 cup extra-virgin olive oil  
1/2 cup fresh rosemary leaves  
1/4 cup fresh lemon juice  
10 cloves garlic, thinly sliced  
1 lemon, peel removed, pith and pulp chopped  
Kosher salt and freshly ground black pepper, to taste

## Lemon and Rosemary Chicken

Toss chicken with oil, rosemary, lemon juice, garlic, lemon, and salt and pepper in bowl. Marinate for 1 hour.

Heat oven to 475°. Arrange chicken in a 9"x13" baking dish; add remaining marinade. Roast, flipping once, until cooked through, 30–40 minutes.

## INGREDIENTS

16 tbsp. unsalted butter, melted, plus more for the pan  
3 3/4 cups flour, plus more for pan  
1 1/4 cups plus 2 tsp. sugar  
6 tbsp. plus 1 1/2 tsp. packed light brown sugar  
2 tbsp. plus 1/2 tsp. ground cinnamon  
1 1/4 tsp. kosher salt  
1/3 cup finely chopped pecans  
2 1/2 tsp. baking powder  
1 cup milk  
6 tbsp. sour cream  
2 1/4 tsp. vanilla extract  
1 1/2 tsp. cinnamon extract  
2 eggs

## Cinnamon Coffee Cake

Heat oven to 325°. Grease an 8"x8" baking pan with a little butter and sprinkle with a little flour; set aside. Make topping: In a bowl, mix 8 tbsp. melted butter, 1/4 cup sugar, 6 tbsp. brown sugar, 2 tbsp. ground cinnamon, and 1/2 tsp. salt until smooth. Add 1 1/2 cups flour; mix with a fork until crumbly; chill.

Make filling: In a bowl, mix remaining brown sugar, 2 tsp. sugar, 1/2 tsp. ground cinnamon, and pecans; set filling aside.

Make cake batter: In another bowl, whisk together remaining flour, sugar, salt, and baking powder; set aside. In a large measuring cup, whisk together remaining butter, milk, sour cream, vanilla, cinnamon extract, and eggs until smooth. Pour wet ingredients over dry ingredients; whisk to combine. Pour half the batter into prepared baking pan. Sprinkle filling over top; pour remaining batter over it. Break up reserved topping with fingers; sprinkle over top; bake until a toothpick inserted into middle of cake comes out clean, about 1 hour 15 minutes. Let cool before serving.





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## POWERING A VITAL VALLEY

P.O. Box 3625  
Monte Vista, CO 81144

September 2018



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)

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### SCHEDULED MEETINGS

Board Meeting: September 25, 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.

