

THE NEWSBOY

News for Members of San Luis Valley Rural Electric Cooperative

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BLAKE KREPS - SLVREC LINEWORKER
JESSICA KERN - PAST DIRECTOR
MALYKA MEDINA - PAST RETIRED GM RAY
VILLYARD & CEO JOHN VILLYARD
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JACEY DILLON - SLVREC
KODY HANSEN - SLVREC
SARA BRUNELLI - SLVREC
HARLEE PEPPER - SLVREC

Scholarships

F O L L O W y o u r d r e a m s

2018 Scholarships

San Luis Valley REC would like to commend the hard work of all the students around the Valley. We are proud to present the 2018 scholarship recipients.

REC has several available scholarships each year. We offer a four-year Adams State University Scholarship, as well as a \$4,000 Electric Lineworker Scholarship. Other scholarships include the SLVREC Past Director Scholarship, the SLVREC Past Retired GM Ray Villyard & CEO John Villyard Scholarship, and the Robert Wolfe Scholarship — each worth \$1,000. We also offer a Basin Scholarship that requires an additional application and essay. Students can also apply for two \$500 scholarships through Tri-State G&T and four \$500 SLVREC Scholarships. This year, we are also able to offer the Current Board of Directors and Staff Scholarship, each valued at \$500.



Jacqueline Palacios is our Adams State University Scholarship recipient.

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Loren Howard

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Recipes

APRIL 2018 | VOLUME 44 | ISSUE 4

2018 Scholarship Recipients



Blake Kreps



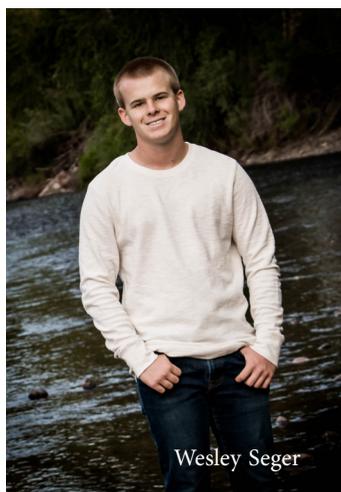
Jessica Kern



Malyka Medina



Parker Randolph



Wesley Seger



Ryan Davis



Sheridan Peterson



Anthony Lewis



Jacey Dillon



KODY
HANSEN



Sara Brunelli



Harlee Pepper



LOREN HOWARD

Linemen Power

As April arrives, it brings with it the showers that produce spring flowers. It also heralds the beginning of a potentially stormy season that can inherently include power outages. While San Luis Valley REC strives to provide reliable electricity to our members, there are times when Mother Nature has other plans. Most of us can ride out a storm from the comfort and convenience of our homes. However, there is a group of professionals that spring into action when the weather takes a turn for the worst — co-op lineworkers.

One of the Most Dangerous Jobs

Braving stormy weather and other challenging conditions, lineworkers often must climb 40 or more feet in the air, carrying heavy equipment to restore power. Listed as one of the 10 most dangerous jobs in the U.S., lineworkers must perform detailed tasks next to high voltage power lines. To help keep themselves safe, lineworkers wear specialized protective clothing and equipment at all times when on the job, including special fire-resistant clothing that will self-extinguish, limiting potential injuries from burns and sparks. Insulated and rubber gloves are layered to protect lineworkers from electrical shock. While the gear performs a critical function, it also adds additional weight and bulk, making the job more complex.

In addition to the highly visible tasks lineworkers perform, their job today goes far beyond climbing to the top of a pole to repair a wire. They are also information

experts who can pinpoint an outage from miles away and restore power remotely. Line crews use their laptops and cell phones to map outages, take pictures of the work they have done, and troubleshoot problems. In our community, REC lineworkers are responsible for keeping 2,778 miles of lines working across seven counties in order to bring power to your home and our local community 24/7, regardless of the weather, holidays, or personal considerations.

While some of the tools that lineworkers use have changed over the years, namely the use of technology, the dedication to the job has not. Being a lineworker is not a glamorous profession. At its essence, it is inherently dangerous, requiring them to work near high voltage lines in the worst of conditions, at any time of the day or night. During hurricanes, wildfires or storms, crews often work around the clock to restore power. While April is known for spring showers, there is also a day set aside to “thank a lineworker.”

Lineworker Appreciation Day is April 9. So during the month of April, if you see a lineworker, please pause to say thank you to the power behind your power. Let them know you appreciate the hard work they do to keep the lights on, regardless of the conditions.

BOARD OF DIRECTORS

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Your email will be forwarded based on the direction you provide in your subject line.

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Don't Waste. Insulate!



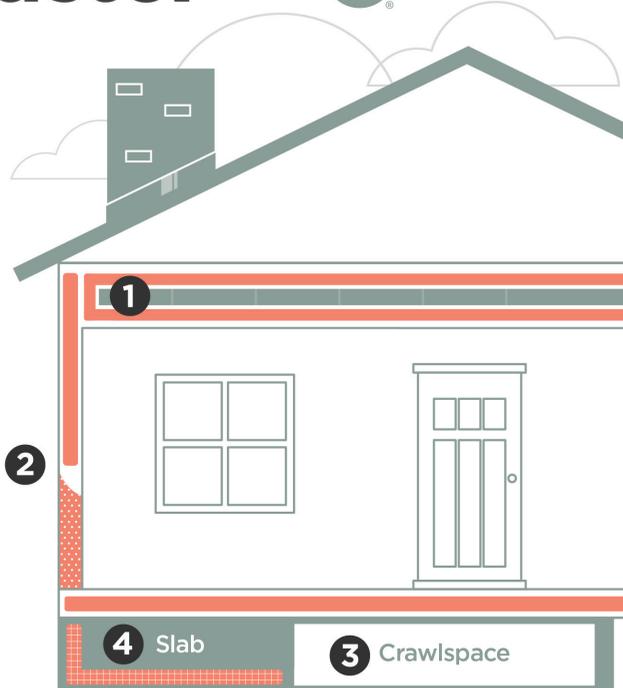
Properly insulating your home reduces heating and cooling costs, and improves comfort. R-values measure a material's resistance to conductive heat flow. The higher the R-value rating, the greater the effectiveness of the insulation. Below are recommended R-values for areas of the home that should be insulated.

**Recommendations on R-values are subject to regional climate conditions.*

Source: U.S. Dept. of Energy

TYPES OF INSULATION

-  Batt
-  Foam
-  Blow-in



1

DUCTWORK

Whether it's made of metal or plastic (PVC), insulated ductwork protects your investment in conditioned air year-round. Minimal R-values of 4.3 are recommended for blanket-style wraps secured with tape. Insulated ductwork rated at R-6 is also available.

2

EXTERIOR WALLS

There are multiple options for insulating exterior walls. Rock wool or fiberglass batts of R-13 to R-20 value are preferred behind drywall, but each inch of blown-in polyurethane foam insulation provides an R-value of 3.9.

3

BENEATH LIVING SPACE

Whether your home has a full basement, a crawl space or an attached garage, having an insulation value of R-19 under the living space floor will help increase comfort year-round.

4

SLAB FOUNDATION

Properly installed foam boards around the exterior edge of the slab of an existing home can reduce heating bills by 10 percent or more.



RECIPES OF THE MONTH

INGREDIENTS

- 3 tablespoons butter
- 3 onions, peeled and thinly sliced
- 2 cloves garlic, chopped
- 3 sprigs fresh thyme, leaves only
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 tablespoon white balsamic vinegar
- 4 French rolls, split in half
- 2 cups Gruyère or Fontina cheese, shredded

French Onion Cheese Bread

Melt butter in a large saucepan over medium heat. Add onions, garlic and thyme leaves; cook for 10 minutes, stirring occasionally. Lower heat to medium low, cover and cook for 1 hour, stirring occasionally.

Add sugar, kosher salt and pepper; cook for 10 minutes. Add balsamic vinegar and cook for another 10 minutes or until onions are caramelized.

Preheat oven to 400°F.

Place bread halves on a baking sheet, cut side up. Sprinkle evenly with shredded cheese, then spoon caramelized onion on top.

Bake for 10-15 minutes or until cheese has melted and bread turns golden brown.

Cut into pieces and serve immediately. Garnish with extra thyme leaves if desired.

INGREDIENTS

- 1 cup rolled oats
- 3/4 cup plus up to 2 tablespoons extra of all-purpose flour
- 1/2 cup light brown sugar
- 1/4 teaspoon table salt
- 6 tablespoons unsalted butter, melted
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice
- 1 tablespoon granulated sugar, divided
- 1 cup small-diced rhubarb (from about 1 1/2 medium stalks)
- 1 cup small-diced strawberries

Strawberry Rhubarb Crisp Squares

Heat oven to 375°F. For easy removal, line bottom and two sides of an 8-by-8-inch square baking pan with parchment paper. No need to bother (and no greasing needed) if you plan to serve them right in the pan, as I did.

Place oats, 3/4 cup flour, brown sugar and salt in bottom of baking pan and mix. Pour melted butter over, and stir until clumps form. If the clumps feel soft or look overly damp, add the remaining 2 tablespoons flour. Set aside 1/2 cup of the crumb mixture. Press the rest of the crumb mixture evenly in the bottom of the pan.

Spread half the fruit over the crust. Sprinkle it evenly with cornstarch, then lemon juice, and 1/2 tablespoon of granulated sugar. Spread remaining fruit over this, and top with second 1/2 tablespoon sugar. Scatter reserved crumbs over fruit and bake bars for 30 to 40 minutes (firmer fruits will take longer), until fruit is bubbly and crisp portion is golden and smells toasty and amazing.

Let cool in pan; I do this in the fridge, where they become crisp once chilled (less so at room temperature). Cut into squares.



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POWERING A VITAL VALLEY

P.O. Box 3625
Monte Vista, CO 81144

April 2018



If you are interested in running for the San Luis Valley REC Board and are located in the Mineral/Hinsdale County area, board packets are available for pickup in our office or online at www.slvrec.com. If you have questions contact our office at 719-852-3538.



#ThankALineman
April 9, 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 — April 24, 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.

