

# THE NEWSBOY

News for Members of San Luis Valley Rural Electric Cooperative

2017 rounded out 80 years of REC service to the San Luis Valley. REC and Ciello continued our tradition of community outreach with some very special projects.

REC encourages employees to participate in servant leadership groups. These groups are comprised of different employees from all over the co-op. This allows people to work with others that they might not typically interact with. The servant leadership groups are tasked with completely one internal and one external project throughout the year. There were some great ones for 2017!

A company appreciation barbecue coupled with laser tag was a favorite of many employees. The winners of the tournament were awarded with a gourmet frozen chicken dinner. Their external project raised funds to purchase wreaths for the Veterans Center at Home Lake.

The Get It Rollin' group gathered supplies for local animal shelters in the Valley. They were able to donate large amounts of pet food, cleaning supplies, blankets, and toys to these shelters. As an added bonus, the group was able to set a yard light for the Veterans Center.

Ciello Wireless was provided at Chapman Park and is available for year round use to those who enjoy

activities at there. A wireless modem to disperse signal through the park was set up by the 100s group; the modem boasts a strong 50 Mbps signal to users. This same group also removed an old freezer from the Monte Vista Food Bank and installed a new one.

The Feed Store Church received a new light in their parking lot from servant leadership team Varsity Group 5. They also coordinated a company "family" photo of all REC and Ciello employees.

The Rowdy Excited Crew installed poles and lights at the Ski Hi Stampede grounds as a measure of public safety. REC also donated time to light up the skating pond above Creede.

Poles were also provided by the Pathfinders group at Chapman Park and Marsh Park. They will serve to hold signage for upcoming events in Monte Vista.

Finally, REC in conjunction with Touchstone Energy Cooperatives was able to make a \$765 donation to the Kids Connection, just in time for the holiday season.

Your cooperative is always happy to lend a hand to the community. Please feel free to contact us with ideas for community outreach in 2018!

## 2017 – Year in Review



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2017 — Year in Review

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Loren Howard

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# Meet Your Co-op!



## Meet Linda Wells!

Linda started her journey with REC in May of 1981, in the Billing department. Over her 37 years, she has had several different positions in different areas of the cooperative. Currently, she is the REC Plant Accountant.

True to our cooperative principles, Linda has enjoyed working for the people we serve. She believes and upholds the principles for serving the member-owners with transparency and cooperation.

Linda says she has gained adaptability over her many years with REC. She has seen the transition of five different CEOs in her time and many other employees. She is proud of her “ability to adapt and go with the flow.”

Linda is always helpful and has an eye for detail. The REC commends Linda Wells for her dedication, commitment, and many years of service to the co-op and community.

# 2017 – Year in Review





## LOREN HOWARD

### New Ways to Serve You!

It's amazing what we learn through listening and observation.

Here at San Luis Valley REC, we've provided members with a mobile application, SmartHub — enabling you to check the status of your electric service, and receive real-time updates on energy use.

REC members are using the app to conduct routine business with us, like online bill payments, arranging service transfers and viewing real-time outage updates. Many of our members have downloaded our SmartHub app since we launched it.

These mobile services are just new ways of connecting with people, like the customer services representatives you reach when you call us, or greet you from behind the counters at our office. They help us offer quality services you expect us to provide.

Our goal is to find ways to help you control energy costs. That's why we communicate with you about energy prices and ways we can work together to help ease the burdens on your wallet.

REC also offers a Time of Day program designed to help avoid high-cost energy by reducing overall demand during peak use periods. About 1,280 accounts participate in our program. If you haven't signed up, ask us about it — we're ready to listen.

Listening improves understanding, builds trust, strengthens relationships and fosters cooperation. It's also crucial to collaboration and success.

That's why San Luis Valley REC still loves face time with our members. Our annual meeting is a social event for our whole co-op family. We hope you'll make plans now to join us in June for an evening of co-op business, fun and prizes.

So, how do we serve you better in 2018? The same way many of us try to serve community, society and family better, each day—by listening. In our offices, on telephones, through social media exchanges and in our face-to-face meetings, we're ready to listen.

When you have questions about energy efficiency, electrical service or any of our products or services, just ask us. When we know just what you want, we're in a better position to deliver successful results. So, drop in and see us, we're always glad to hear from you.

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

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## 10 Quick Tips to Avoid High Winter Bills

Looking to lower your bills this winter? Use the 10 tips below to conserve energy.

-  Seal air leaks and insulate well to prevent heat from escaping and cold air from entering your home.
-  Reduce waste heat by installing a programmable thermostat.
-  Turn off lights when not in use.
-  Lower your water heater temperature. The Dept. of Energy recommends using the warm setting (120 degrees) during fall and winter months.
-  Unplug electronics like kitchen appliances and TVs when you're away.
-  Open blinds and curtains during the day to allow sunlight in to warm your home.
-  Close blinds and curtains at night to keep cold, drafty air out.
-  Use power strips for multiple appliances, and turn off the main switch when you're away from home.
-  Wash clothes in cold water, and use cold-water detergent whenever possible.
-  Replace incandescent light bulbs with LEDs, which use at least 75 percent less energy.

Source: U.S. Dept. of Energy





## RECIPES OF THE MONTH

### INGREDIENTS

#### Meatballs

- 2 slices bread cut up into cubes
- 1/4 cup milk
- 2 tbsp butter
- 1 medium onion chopped
- 1 lb ground chicken
- 1 lb ground beef
- 2 egg yolks
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- salt and pepper to taste
- vegetable oil for frying meatballs

#### Gravy

- 6 tbsp butter
- 1/3 cup all purpose flour
- 4 cups of chicken or beef broth
- 3/4 cup sour cream
- salt and pepper to taste

### Swedish Meatballs

Add the bread to a large mixing bowl along with the milk and toss. Set aside to let the bread soak up the milk.

Melt the butter in a skillet, then add the onions and a bit of salt. Cook the onions until soft, about 3 minutes.

Add the ground chicken, ground beef, onions, egg yolks, salt, pepper, nutmeg and allspice to the bowl with the bread. Mix the meat mixture well using your clean hands. Shape the meat into 1 inch meatballs.

In a skillet heat some vegetable oil. Add the meatballs and fry until golden all around, about 7 minutes. Repeat with all meatballs.

To make the gravy melt the butter in a clean skillet. Add the flour to the pan and whisk well. Add the broth and continue whisking. Season with salt and pepper and other spices if preferred. As the flour cooks the gravy should thicken. Whisk in the sour cream. Bring the gravy to a boil then add the meatballs to it and cook for another 15 to 20 minutes, stirring occasionally to ensure meatballs don't stick to bottom of pan.

Garnish with parsley. Serve warm over mashed potatoes or noodles.

### INGREDIENTS

- 2 15.5-ounce cans cannellini beans, rinsed
- 1 pint grape tomatoes
- 4 sprigs fresh thyme
- 4 sprigs fresh oregano, plus leaves for garnish
- 2 garlic cloves, smashed
- 1/4 teaspoon crushed red pepper
- 2 tablespoons olive oil kosher salt and black pepper
- 8 bone-in, skin-on chicken thighs (about 3 pounds total)

### Chicken With White Beans and Tomatoes

Heat oven to 425° F. In a 9-by-13-inch (or some other large) baking dish, toss the beans and tomatoes with the thyme and oregano sprigs, garlic, red pepper, 1 tablespoon of the oil, 1/2 teaspoon salt, and 1/4 teaspoon black pepper.

Pat the chicken dry and place on top of the bean mixture, skin-side up. Rub with the remaining tablespoon of oil; season with 1/2 teaspoon salt and 1/4 teaspoon black pepper.

Roast until the chicken is golden and cooked through, 35 to 45 minutes. Sprinkle with the oregano leaves.



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**POWERING A VITAL VALLEY**

P.O. Box 3625  
Monte Vista, CO 81144

January 2018



Your Touchstone Energy<sup>®</sup>  
Cooperative 

**TOD Rate News**

Sundays are OFF PEAK ALL DAY. However, we will be having a half a cent increase to the Off Peak Rate due to losing a discount from Tri-State G&T.

**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)

**SCHEDULED MEETINGS**

Board Meeting — January 30, 2017 @ 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.

