

THE NEWSBOY

News for Members of San Luis Valley Rural Electric Cooperative

“Safety” is a universal word that is mentioned often and used loosely. Communities large and small, as well as companies across all industries, are committed to safety. Sports leagues, at every level, take safety seriously. Unfortunately, when it really counts, steps to keep the public, workers, athletes and loved ones safe are often ignored in the interest of expediency or convenience.

However, safety is a serious issue, especially when it comes to electrical safety. For San Luis Valley REC, it's the No. 1 priority. This is not empty talk. Over time, REC has created a culture of safety by putting our employees' safety and that of the community above all else. At its essence, the REC mission is to provide *safe, affordable, and reliable* electricity to its member-owners. At the end of the day, we strive to deliver affordable and reliable electricity to our member-owners, but equally important, we want to return our workers home safely to their loved ones. Doing this requires ongoing focus, dedication and vigilance.

Following leading national safety standards

Working with electricity is an inherently dangerous job, especially for lineworkers. San Luis Valley REC has a safety team whose focus is keeping employees and the community safe around electricity. We established and follow safety protocols based on leading national safety practices for the utility industry. We require our lineworkers to wear specialized equipment when working next to or with power

Keeping the community safe

Because we live and work in the community we serve, we care about our neighbors. REC conducts electrical safety demonstrations in schools and for community events.

May is National Electrical Safety Month. According to the Electrical Safety Foundation, each year thousands of people in the United States are critically injured and electrocuted as a result of electrical fires, accidents, and electrocution in their own homes. Many of these accidents are preventable. There is much you can do to keep yourself and your community safe around electricity.

Don't attempt electrical DIY projects or overload your outlets. Report downed power lines, unlocked substations, or padmount transformers that look amiss. Contact San Luis Valley REC for additional electrical safety tips. If you would like us to provide a safety demonstration at your school or community event, please contact us at (719) 852-3538. Be mindful when it comes to electrical safety. Pause and take the extra time to plug into safety.

May Is Safety Month

lines. There are specific protocols that our lineworkers follow when dealing with electricity. Our safety team has regular meetings where they discuss upcoming projects from a safety perspective. They monitor and track near-misses of accidents in order to understand them, share “lessons learned,” and improve in the future.

As important, we encourage all of our crews to speak up and hold each other accountable for safety. By cultivating a culture of openness and transparency, we promote problem solving with regard to safety, rather than defaulting to a blame game. We examine the information and data gleaned from near-misses and accident reports to discern patterns, and we use safety metrics to improve in those areas where we have fallen short. As appropriate, we brief contractors on our safety protocols and set expectations for their engagement.

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Meet Your Co-op!



Meet Becky Horton!

Becky started with REC 13 years ago in the billing and accounting department. When that department merged with customer service, her duties became more diverse and she has been a proud member of the customer service team ever since.

Becky Horton genuinely enjoys working with the team and the members that she deals with daily. Patience and really listening to the needs of the members have been Becky's biggest takeaways from her position.

She hopes to bring her knowledge from over the years to her department, as well as learning from others, to become a stronger team player.

Thanks Becky!



Save the Date

San Luis Valley REC Annual Meeting
June 12, 2018 @ ASU
Registration opens at 5:30



Annual Meeting Agenda

- 5:30 p.m. Registration Opens
- 6:45 p.m. Presenting of Colors
- 6:50 p.m. Invocation
- 6:55 p.m. Determination of Quorum
- 7:00 p.m. Start of Business Meeting

Please RSVP

If you are planning to attend please
RSVP with the number in your party by
June 5, 2018
719-852-3538



LOREN HOWARD

The New Muscle Car?

Recently, I was checking out Tesla Motor’s website, looking at the various models of electric cars they currently offer, as well as models on the planning board. Tesla is developing a model they are calling the Roadster. When I grew up, the muscle cars were the likes of the Buick 442, Pontiac GTO, and Plymouth Barracuda. Compared to the performance of the all-electric Tesla Roadster, those 1960s muscle cars are just average daily drivers. Now, don’t get me wrong, I still covet owning a 1966 GTO, but the stated performance of the Tesla Roadster is in a whole other league. Zero to sixty in 1.9 seconds? Really?

So, why talk about the Roadster? Only because I think it foretells the future of electric cars. Acceptance of electric vehicles, in particular passenger cars, has been slow and for good reason. Just a few years ago, most electric cars cost more than \$45K and had a limited range, typically 150 miles or so. That just doesn’t work for most Americans. While the price of these cars has been falling slowly, the range of electric vehicles is improving at a much better rate. The Chevy Bolt has a range of 230+ miles; the Tesla Model 3 has an option for a range of 310 miles.

Electric vehicles make a lot of sense on many different levels. Acceptance has been slow for reasons noted above, but consider the following: first, regular maintenance is a breeze – no oil changes, virtually no stops at the gas station, the number of moving parts is trivial compared to a gas or diesel engine, and the drive train is simple. Second, if performance is your interest, on a side-by-side comparison, electric beats gas. Finally, the cost to operate an elec-

tric vehicle is a fraction of what it takes to operate a gas engine. If you do the math and assume a kilowatt-hour of electricity costs 12 cents and an electric vehicle has a 50 kilowatt-hour battery, assuming some loss of the conversion from AC power to DC power (20 percent), a full charge would cost \$7.20. If the charge takes you 200 miles, that is 3.6 cents per mile. If gasoline is \$2.50 a gallon and your gas engine gets 25 miles per gallon, that is 10 cents per mile.

One of the biggest impediments to electric vehicles today is the infrastructure needed to support operations. While most of the charging of electric vehicles will be done at your home or your place of work, electric charging stations need to be pervasive enough to make ‘filling up’ a nonissue. REC has been working to start a process to install electric charging stations in the Valley. Other than your home or work, where and when would you be likely to charge up? Probably, when you are out for dinner or shopping or at the movies, places where you would normally go and spend an hour or two.

Electric vehicles are not the norm today, but if our children or grandchildren are under the age of 10, they will own an electric vehicle. In the end, the technology, the cost, the ease of maintenance, and the benefits to the environment are substantial enough to make electric vehicles a winner. Am I trading in my diesel Chevy Silverado HD 2500? No, it too has a usefulness likely unmatched by electric vehicles in my lifetime, but I think I will own an electric vehicle before they take away my driver’s license.

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Conservation Corner

BEAT THE PEAK

You can beat the peak (and save money!) by decreasing your power use when energy demand and prices are at their highest. Here are a few tips to help you get started:

Laundry for Less:

Full loads mean fewer cycles, and washers and dryers run in the late evenings add less heat and humidity to the home. Energy can cost less outside of peak hours.



Cool Off/Calm Down:

Turn off unnecessary lighting and electronics that generate heat, resist the urge to turn down the thermostat and remember, lower fan settings use less energy.

Intramural Competition: Online gaming with each active player using their own computer, display, gaming console and internet connection gets pricey. Play each other at home on one screen and save.



Countertop Convenience:

Range or oven cooking can really warm up a kitchen. Microwaves, convection ovens, induction cooktops, Crock-Pot® and toaster ovens put more cooking heat where you need it.



Energy Efficiency Tip of the Month

When streaming online content, use the smallest device that makes sense for the number of people watching. Avoid streaming on game consoles, which use 10 times more power than streaming through a tablet or laptop.

Source: energy.gov





RECIPES OF THE MONTH

INGREDIENTS

- 2 pound pork tenderloin roast
- 2 tablespoons vegetable oil
- 3 cloves garlic, minced
- 1 teaspoon yellow mustard
- 2 tablespoons Worcestershire sauce
- 6 tablespoons unsalted butter
- 1 tablespoon dried herb mix (basil, oregano and/or thyme)
- kosher or sea salt, to taste
- fresh cracked black pepper, to taste

Oven Roasted Pork Tenderloin

Heat oven to 350 degrees.

Rinse and pat dry pork tenderloin, and then season with salt and pepper. Heat a large oven-safe skillet on medium-high heat. Add oil and heat for about 1 minute. Sear the pork on all sides until a crust forms, about 1 minute per side. Remove pork loin from the pan and set it aside.

Turn off heat and remove pan from the heat. In same hot pan add butter, garlic, Worcestershire sauce, and mustard. Stir the sauce until the butter is completely melted.

Coat the pork tenderloin with dried herbs by patting it onto the loin. Place the pork back in the skillet and spoon some sauce over it.

Cover the pork with foil and roast for 30 minutes. Remove foil, spoon some more sauce over the loin and cook for about another 30 minutes or until the loin interior temperature reaches about 145 degrees.

Remove pork loin from oven and cover it with foil to let it rest for about 15 minutes. Slice thin and serve hot.

*If you don't have an oven-safe skillet, the pork loin can be seared on the stovetop in whatever skillet you do have, then finished in an oven-safe baking dish.

INGREDIENTS

- 1 box yellow cake mix
- 2 eggs beaten
- 5 tbsp salted butter melted
- 1 12 oz bag semisweet chocolate chips
- Nonstick cooking spray

Lazy Cookie Bars

Preheat oven to 350 degrees.

Spray a 9x13 baking dish with nonstick cooking spray.

In your mixing bowl, combine dry cake mix with melted butter and beaten eggs. This is easier if you have an electric or stand mixer because batter will be very thick. Stir in bag of chocolate chips. Spread batter into greased baking dish.

Once it is evenly spread out, put in the oven and bake for about 20-25 minutes. It will puff up as it is cooking and be golden brown around the edges when it is done. Allow to cool.



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POWERING A VITAL VALLEY

P.O. Box 3625
Monte Vista, CO 81144

May 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

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SCHEDULED MEETINGS

Board Meeting — May 29, 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.

