

Valley Rural Electric Cooperative, Inc.

# Valley News

November | December 2012

Volume 69 | Issue 6

## DEMAND RESPONSE: WORKING TOGETHER FOR OUR FUTURE

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[www.valleyrec.com](http://www.valleyrec.com)

# Save Energy and Money?

## We Have Apps for That!

REMEMBER the days when people kept in touch with far-flung family and friends by writing letters? I'm talking about tangible, handwritten notes on stationery, sent via the U.S. Postal Service with a stamp.

Today, thanks to laptops, smartphones and tablet devices, e-mail, texting and social media have changed the way we talk to each other. And while these advances can make us feel like we're "wired to the world" at all times, they can help us save energy, too.

As a member of Touchstone Energy® Cooperatives, the branding program of the nation's electric cooperatives, we are proud to offer two mobile apps: Together We Save.com - Save Energy, Save Money; and another for our popular Co-op Connections® Card.

The TogetherWeSave.com - Save Energy, Save Money app, the newest addition to our Together We Save energy efficiency campaign portfolio, lets you see how much money you could pocket each month by switching from traditional incandescent light-bulbs to compact fluorescent lamps (CFLs) or light-emitting diodes (LEDs).

In addition, you can use the app to evaluate energy guzzlers in your home. For instance, what does it cost to run a dishwasher for an hour? Kilo-watt-hour rates specific to Valley Rural Electric needed for the calculations are available in the app by entering your ZIP code and selecting our name.

The app delivers handy pop-up "Tip of the Day" reminders on ways to make your home more energy efficient and displays important alerts and updates.

The free app is available for Apple



**Wayne F. Miller**  
President & Chief Executive Officer

iPhones and iPads at the iTunes store and for Android smartphones at Play.Google.com; search for: Together We Save.

Your Co-op Connections Card connects you to savings on prescriptions, restaurants, hotels, groceries and lots of other services from national and local retailers. The free Co-op Connections Card app uses GPS technology to help you quickly locate stores and businesses offering discounts and — better yet — share your favorite deals! Android and Apple iPhone versions of the app are available at [www.Connections.Coop](http://www.Connections.Coop).

We at Valley Rural Electric take pride in our promise of providing you with safe, reliable and affordable electric service. But our promise goes beyond that. We are also dedicated to improving the quality of life in the communities we serve. These two money-saving apps are one more way we're looking out for you!

Cooperatively yours,

**Wayne F. Miller**  
President & CEO

# Valley News

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# Tips for Unwrapping a Healthier YOU!

## Party planning, creative dinner tactics, and generosity boost holiday health

Holidays are traditionally marked by celebrations, family and food. Here are some tips to help you enjoy the festivities while keeping a balanced and healthful diet:

### Party Snacks:

- Take control. Before a holiday event, eat a snack or light meal. You will be less likely to fill up on high-calorie foods at the event. Fasting before an event may lead you to overeat.

- Keep it lean. Go for the vegetable platter and lean proteins, such as shrimp. Try to avoid creamy or fried appetizers.

- Bring a dish. Offer to bring a low-calorie dish to the holiday party. It will help your host and your waistline!

### Holiday Dinner

- Pile on the veggies. Fill up on healthful items such as vegetables, salad and even fruit before going for the more decadent sides.

- Reduce your portions. Choose items you want to try the most and eat a small portion of each. This will help you keep

your calories down while still enjoying holiday favorites!

- Eat slowly. It takes about 20 minutes for your body to realize you are full. Make sure you slow down and savor your meal to prevent overeating.

- Take a walk. After your meal, get moving! It will help your body digest the food and use some of the extra calories you consumed during the meal.

### Seasonal Sweets

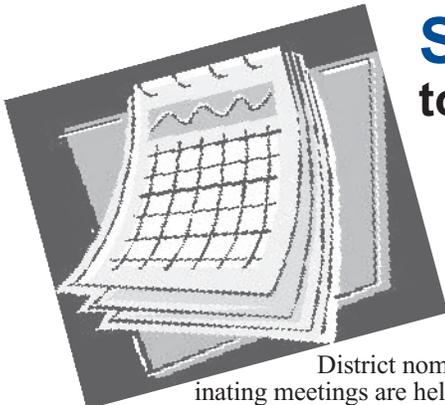
- Moderation is key. Enjoy your favorite desserts during the holiday; just be mindful of portion sizes. Sample a small amount of your favorite items. The holidays only come once a year, so you should take the opportunity to enjoy the occasional sweet!

- Share your dessert. Cut calories in half by sharing your dessert with a friend or family member.

Most importantly, enjoy yourself by making the focus of the holiday season your family and friends, not food.



**Cranberries are a festive and healthy snack during the holidays. Filling up on fruits and veggies at get-togethers can balance out intake of other party foods.**



District nominating meetings are held each year in three of the cooperative's nine director territories. Nominating meetings give co-op neighbors a chance to enjoy a delicious meal together while exercising the co-op principle of democratic member control. They provide the opportunity for you to choose candidates for a position on the Valley REC board of directors. And they offer you the latest information on co-op programs and policies and what's happening in the energy industry.

This year, co-op districts 7, 8 and 9 have posts in the election rotation. Members living in the following areas will be eligible

## Save the date: Nominating meetings to be scheduled for early February 2013

to participate in the nomination process:

**District 7 - Franklin County:** Metal and Peter townships. **Fulton County:** Ayr, Belfast, Bethel, Dublin, Licking Creek, Taylor and Todd townships.

**District 8 - Huntingdon County:** Dublin and Tell townships. **Juniata County:** Beale, Lack, Spruce Hill, Turbett and Tuscarora townships.

**District 9- Blair County:** Allegheny, Catharine, Frankstown and Tyrone townships.

Invitations and postage-paid reservation cards containing additional details will be mailed to members in the above areas in the coming weeks. **You will be presented your meal ticket(s) at the door on the night of the meeting.**

Of course, attendance at a district nominating meeting is just one of the many benefits of membership in the co-op. Unlike private power companies, rural electric cooperatives like Valley are owned and governed by the people they serve. That means consumers like you have a

voice in how the business operates and a vote in who will represent your interests.

So if you're a member residing in districts 7,8 or 9, plan to exercise your rights in the year ahead and come to your district nominating meeting.

After you receive your reservation card in the mail, simply return it to us, circle the date on your calendar and start looking forward to enjoying a great dinner as well as an interesting, informative co-op business session.

And don't forget the Valley REC Annual Meeting, scheduled for April 12. It's another occasion where you can participate and learn more about the electric utility that delivers reliable power to your household all year long.

### Another date to note:

Valley Rural Electric Co-op  
Annual Meeting  
April 12, 2013

# Valley's demand response program gives members opportunity to impact rates

By Doug Roles  
*Director of Member Services*

What's one thing all Valley Rural Electric Co-op members have in common? A safe answer would be the desire to keep monthly electric bills in check as much as possible. One step toward that goal is to participate in Valley's program to install demand response units (DRUs) on their electric water heaters.

Decisions by many individual members to install a DRU can aggregate into big energy savings for the co-op, helping to stave off rate increases. To decide to be part of the DRU effort, members need to know what DRUs do and don't do.

"It shuts off the high-consumptive appliances at times of peak demand," Travis Kuhstos, Valley REC energy specialist, said. "The purpose is to get as much load off the system as we can, without inconveniencing the member."

The price members pay for electricity is partially based on use between 1-6 p.m. on the five hottest, most humid days each summer. Lessening demand then, as well as each month of the year, helps to stabilize costs. Since the DRU can be activated remotely by the utility, the device allows power suppliers to temporarily cut service to a high-use appliance (such as a water heater), reducing demand on the power grid. When many members agree to shift a little power use, the result is less power purchased at more expensive rates.

DRU installation is free and typically takes about a half hour. Participating members receive a bill credit of \$25. But Kuhstos says the program goes far beyond that one-time savings.

"Nobody wants rate increases, especially now," Kuhstos said. "I have almost a 100 percent retention with this program. I'm a Valley member myself and I believe in demand response."

There is the possibility that a household with a DRU could run out of hot water. However, Kuhstos says the chance of that happening is slight and, if it would occur, the DRU could be adjusted remotely at the request of the member to prevent it from happening again. The DRU is initially programmed based on the size of the household's water heater and number of persons living in the home.

Power to a water heater element can normally be cut for a period of time without inconvenience. Because water heaters are insulated, water in the tank stays comfortably warm until the DRU automatically switches the power back on. Participation in the DRU program is available to any member with an electric water heater of sufficient capacity.

Valley offers a rebate to members who buy a new water heater of 50 gallons or greater capacity and enroll in demand response. The rebate amount is \$2 per gallon for tanks of 50-79-gallons and \$3 per gallon for tanks 80 gallons and larger. The water tank's energy rating must be a 0.9 or higher and members must provide proof of purchase.

Cooperatives in Pennsylvania have participated in a plan to reduce use during periods of peak demand since 1986. Up to 25 percent of co-op residential members have taken part. Across the state, such participation has enabled the reduction of the entire



**Valley REC Energy Specialist Travis Kuhstos points to a newly installed demand response unit (above water heater) while explaining its function to a co-op member. The DRU allows a high-consumptive appliance to be shut off for several hours during periods of peak demand, lessening the overall amount of electricity the co-op purchases when rates are highest. (Photo by Doug Roles)**

cooperative system's peak load by 8 to 10 percent.

The device previously used by Valley was a load control receiver. LCRs had to be adjusted manually. And the devices are not compatible with Valley's new metering system.

"Valley began swapping out the old LCRs for the DRUs in

**(Continued on Page 5)**

**(Continued from Page 4)**  
2009,” Kuhstos said. “Some of it is 25-year-old equipment.”

Kuhstos recently installed a DRU at the home of Ronald Clites, Walker Township, Huntingdon County. Clites had two of the LCRs installed after he began dairy farming in 1985. He said the old units at his home and barn were hassle-free so he had no reservations about being upgraded to the DRU.

“I didn’t see where it was causing me any problems, so I thought if I could save a few bucks, I’m all for that. It’s the same for you guys (Valley) too; we’re all trying to save money,” Clites said. “I hope we can keep the rates down.”

Shaving costs wherever possible was very important in dairy work, Clites said, noting that while farming he had no control over feed and fuel prices. Clites got out of farming in 2001 but still does plenty of canning and still tries to use energy wisely.

“I’ve farmed all my life, one way or another,” he said. “I thought: ‘How would it be to farm full-time in dairy?’ So I gave it a try.”

Kuhstos talked with Clites about his energy use while installing the DRU. Clites had a ductless air-source heat pump installed this summer to cut his reliance on oil. He said he “fell in love instantly” with the alternative

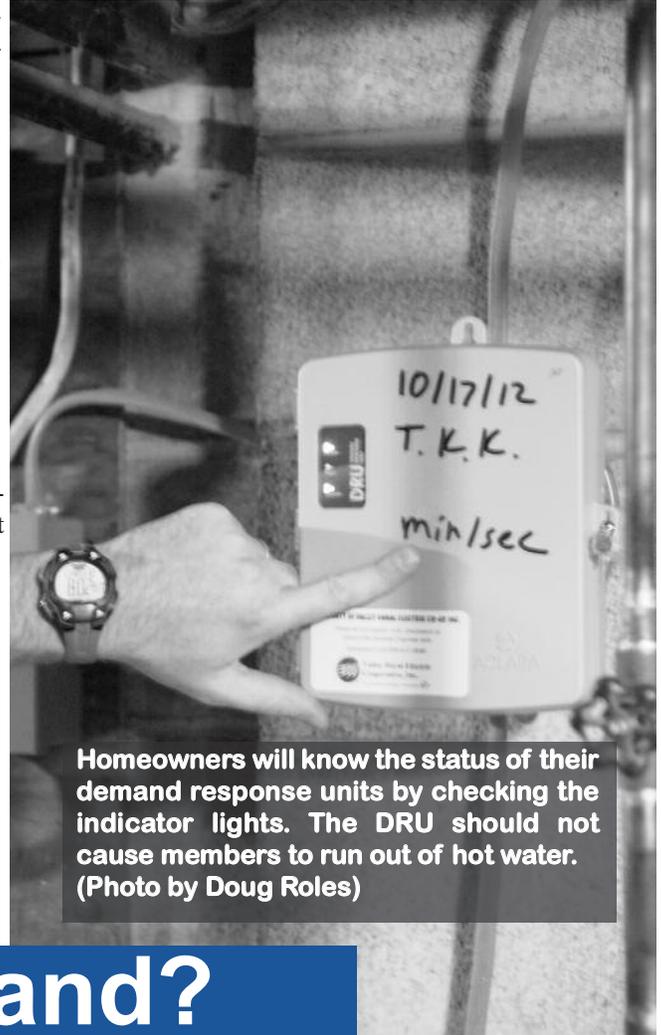
heating/cooling option. He still uses oil occasionally to heat his basement and also uses a coal furnace in the winter. Kuhstos said many of the homes he visits have multiple heat sources, shelves of canned goods or other evidence of industry and self-reliance.

“Rural people are doers,” said Kuhstos. “A lot of co-op members don’t think twice about going up on a roof or fixing problems themselves.”

Electric cooperatives have long engaged those consumers as partners in promoting demand response programs, according to the National Rural Electric Cooperative Association. NRECA states that co-ops also lead in implementing system automation (smart grid) technologies that help maximize these and other efficiency efforts.

The U.S. Energy Information Administration reports that cooperatives, with 10 percent of the nation’s retail electricity sales, are responsible for

20 percent of actual peak reduction. Additionally, cooperatives own nearly 25 percent of the nation’s residential peak load management capacity.



**Homeowners will know the status of their demand response units by checking the indicator lights. The DRU should not cause members to run out of hot water. (Photo by Doug Roles)**

## Where do we stand?

Since they are consumer-owned entities, cooperatives are best-positioned to know which energy efficiency and demand response programs would work for their members.

For that reason, the National Rural Electric Cooperative Association (NRECA) opposes mandates that require utilities to reduce electric use by specified amounts by definite dates.

So, what have co-op members in America accomplished voluntarily? Here are some stats from NRECA:

- According to the Energy Information Administration, cooperatives have 10 percent of retail electricity sales but are responsible for 20 percent of actual peak reduction.

- The EIA also reports co-ops are responsible for nearly 25 percent of residential peak load management capacity.
- According to a 2011 Federal Energy Regulatory Commission survey, over 21 percent of customers enrolled in a demand response program are co-op members.
- 720 Touchstone Energy® Cooperative members are participating in the only national utility-sponsored campaign to promote energy efficiency, TogetherWeSave.com.
- 96 percent of cooperatives have an efficiency program in place (2009 NRECA Market Research).
- 70 percent of co-ops offer financial incentives to promote greater efficiency.
- 73 percent of co-ops plan on significantly expanding existing efficiency programs in the next two years.

THE  
**Trading  
Post**

Classified Advertising



Co-op members may submit ads via e-mail at [valleynewsads@valleyrec.com](mailto:valleynewsads@valleyrec.com); by phone at 800/432-0680; by fax at 814/643-1678; or by mail at Valley REC, PO Box 477, Huntingdon, PA 16652-0477. There is no charge for this service. If consumers wish to continue running particular ads, they are required to resubmit the information on a bimonthly basis. The deadline for submission is the 25th day of the month prior to the issue months. Submissions are viewable on the co-op's website at [www.valleyrec.com](http://www.valleyrec.com). Items published are printed at the request of our members. The co-op does not endorse, recommend or assume any responsibility for the products or services advertised. The co-op also reserves the right to edit material for content and/or space as necessary.

### Real Estate

Recreational log cabin. 4 yrs. old. Raystown area. 12 miles from Snyder's Run. 2.1 acres, pavilion, 12 x 16' shed. \$172,000. Negotiable. Call 717/930-0764 or 717/602-0950 for details.

Large 2-story building, 40 x 400', plus 12 acres in the country. Building in good shape. Small down payment & finance the rest. Juniata Co. \$195,000 firm. 717/734-3275.

### Autos/Trucks

1980 Dodge Power Wagon 1500, 4 WD pickup w/snow plow. 48,000 orig. mi. \$1,500. 1994 Chevrolet S-10 extended cab 4 WD. Power windows. 215,500 mi., runs good, good cond. \$2,500. Call after 6 p.m. 717/987-3619.

Pair of P195/75 R14 nearly new tires (used one week). Mounted on 5-hole rims. \$50/pair. Call 814/658-2050, leave msg.

Soft top canvas top for a 2-dr. Jeep Unlimited. \$450, OBO. 814/448-2498.

1997 Subaru Legacy Outback. 5 speed manual. Loaded w/acc. Needs engine. \$2,500, OBO. 814/643-4894.

### Recreational

1985 Tioga motorhome. New tires, refrigerator/freezer, sleeps 6, 60,000 mi., nice cond. \$5,000. 814/360-3475 daytime; 814/667-2043 evening.

Minnicota trolling motor. Endura 55 lb. thrust. Never used. \$150. 814/542-8435.

2008 Summerland 2600TB 28 ft. travel trailer w/queen bed & bunks. Sleeps up to 9 people. City water hookup. Fresh water, gray water & black water holding tanks. 13.5 BTU roof mounted AC, gas/electric double door refrigerator, direct ignition propane gas furnace & hot water heater. Tub & shower w/surround. Two LP gas cylinders. Spare tire w/cover. One owner. Very well maintained. Approx. two yrs. remaining on comprehensive extended warranty. \$11,995. 814/644-1631.

RV hydraulic motorcycle lift. Good cond. RV Blue Ox tow bar. 814/658-3205.

### Vacation Rentals

South Myrtle Beach year round vacation rental. 2 BR, 2 BA condo at an ocean-front resort. Fully furnished including linens, towels, cable w/HBO, wireless internet, AC, 6 pools including a lazy river, lighted

tennis courts, saunas, jacuzzis & more. \$425-\$1,000 weekly. Monthly rates available. Phone 717/263-2717.

Lake Raystown house rental. Sleeps 11. Lg. great room w/fireplace, 4 BRs, dining table for 12, central AC, 2 satellite TVs, 2 full BAs, 2 half BAs, large recreation room, fully equipped kitchen & laundry rooms, screened-in porch. 1 mile from lake (Snyder's Run boat launch), lg. parking area. Think Thanksgiving, Christmas, or a long weekend getaway. Linens & towels provided. For more info. see [www.laurelwoodsretreat.com](http://www.laurelwoodsretreat.com) or call Dianne at 814/931-6562.

### Wanted

Hunting Land/Permission. Small group of professional retired/former police/military seeks some acreage to hunt in Franklin, Fulton or nearby counties. We are only looking for the first week of rifle season. Please call Pat at 301/474-8048 or email [pmcandrew62@yahoo.com](mailto:pmcandrew62@yahoo.com).

Rider(s) wanted. Work hrs. 8 a.m.-4:30 p.m. Port Royal Exit, Rt. 322 to Capital Complex/Harrisburg Hospital. Meet at Spruce Hill (Rt. 75) or any exit along Rt. 322 E. Port Royal Exit meet at Tuscarora Electric. Parking in Chestnut Street Garage. [jbachman@pa.gov](mailto:jbachman@pa.gov) 717/783-2551

work, 717/527-0217 home.

Military collector seeks U.S. Military items. World War I, World War II & Korea. 240/367-6667 or 814/448-9977.

### Free

1962 Craftsman Model 36 riding mower. Runs & mows! Fun restoration project. Lived last 40 yrs. in Arizona. Includes original owners manual, service diagrams & some NOS parts. Very heavy! This one is FREE to whoever would like to come & pick it up. Call 6-8p.m., 814/667-3704.

Free for the taking - miscellaneous home school curriculum, various grade levels. In East Freedom. Call 814/330-9618.

### Tools/Equipment

International 715 combine corn head & grain head. 5 bottom reset plow. Dual wheels 16.9-38 six ply. 814/695-5856.

Gehl manure spreader. Model 1315. Good cond. 814/224-2839.

Dolmar chainsaw. \$100. 814/667-3543.

953C Cat loader. 870 Dresser grader. FL112 Freightliner tri-axle dump truck. 20 ton tag trailer w/airbrakes. Call for more info. 814/447-5504.

Sharp All sharpening system. \$650. 814/448-2498.

Woodworking equipment. 13 different tools. Call for details & pricing. 814/448-2498.

Belt pulley for 8N & newer models. Also, an adapter w/adapter block for 1 and 3/8" shaft, all steel. \$70. 814/695-5127.

Cub Cadet 45" tractor mount 2-stage snow blower. Fits many different models of Cub Cadet tractors. \$500. Call 814/832-2637.

3 pt. cut-off saw frame, \$30. 30" cut-off saw blade, \$45. 8N belt pulley. \$40. 18" exhaust fan, \$75. Call after 6 p.m. 717/987-3619.

### Animals & Animal Equipment

Feeder pigs. 814/448-2346.

### Miscellaneous

Child's table & 4 chairs. Handmade. Make great Christmas gift. Call for info. 814/542-8327.

Ceramic hobby. 400+ molds, 220-volt kiln, motorized work bench, 43" L x 16" W x 34" on casters. For mixing & preparing slip. Sold as a unit. \$900. Call 814/658-2050, leave msg.

Casio keyboard. Stand, songbooks, teaching video & case. Used very little. \$125. 814/542-8435.

Wonderwood wood stove w/blower. \$100. 814/643-5609.

Oak corner cabinet. 3 shelves w/bottom doors. \$150. Computer desk. \$25. 814/448-2365.

Whirlpool refrigerator/freezer. Like new, \$175. Magnolia woodstove w/heat shield & blower, \$950. Baldwin organ, \$150. 1 plate glass door, 1 inside door (wood), 1 outside door. Make an offer. 814/667-3543.

Hemlock & white pine firewood. 814/259-3634.

Blaze King airtight woodstove w/blower. "King" model. Will heat 2,000 sq. ft., exc. cond. \$850. 717/485-4049, leave msg.

Elmira Stoveworks airtight cookstove. Burns wood or coal. Has 6 plates, oven w/thermostat & warming closet. Black w/cream & chrome trim, exc. cond. \$825. 717/485-4049, leave msg.

ITE Pushmatic circuit breakers. \$15 & up. James Brubaker, retired electrician. 814/695-5127.

## Classified Ads

Red oak & black oak lumber. 4/4 & 5/4 various widths & lengths. Air-dried 6 yrs. Approx. 700 bd. ft. \$1.20/bd. ft. 814/684-0607.

White cookstove. \$400. 4-8" I-beam columns, 8' long. \$40 ea. 11 concrete, 2 hole posts. \$20 ea. Used tin. 8 sheets. 2'x7'x10", \$75 & 27 sheets. 2'x9', \$200. Call after 6 p.m. 717/987-3619.

### Services

Moore Hair - Where looking good is still affordable. 814/667-2221 for appt.

Forestry Consultant. Timber sales, appraisals & management. B. S. Forest Management, Penn State 1964. 40 plus yrs. forestry exp. Mark Kane, Consulting Forester. 814/667-2282.

Sarah States Cleaning. Residential/business. Free estimates. Fully insured. Serving the Huntingdon area. 814/599-7013.

Decker Electric, Inc. - Call us for all your electrical needs. We do quality work & comply with all electrical codes. We offer free estimates & are totally insured. Call 814/599-0835 or 814/643-4338.

Kenneth W. Reigh Carpentry & Masonry. Decks, landscaping blocks, siding, additions, kitchens & baths, screened-in porches, natural stone, brick, block & concrete. Fully insured, 35 yrs. exp. For estimates call 814/658-9998.

Book Construction - Excavation, clearing, roads, ponds, septic systems, foundations, prep sites for bldg., snow plowing, snow removal & anti-skid. Check our prices. Fully insured, free estimates. 814/448-0186 or 814/599-6262.

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Barb Green of Bee Unique Hair Boutique is pleased to bring Lilla Rose hair clips to the salon. Your hair will thank you for replacing those uncomfortable claw clips w/Lilla Rose clips. They are not only sturdy & comfortable, there are many beautiful styles to choose from. Check out my site [www.lillarose.biz/BeeUnique](http://www.lillarose.biz/BeeUnique). You can order online but I also have many to choose from for sale in my shop. Call 814/448-4914. Located at 17759 Beavertown Road, Todd, PA 16685. Special for November & December: Buy or order 3 clips & get a certificate for a free clip. Check the site out. You will love them.

ES Ministries Thrift Shop. 5468 Charter Oak Rd., Petersburg at Mooresville U.M. Faith Center. Open Thurs. & Fri. 10 a.m.-6 p.m. & Sat. 10 a.m.-3 p.m. Clothing, household, books, toys, etc. Al-

ways items for current holidays. New merchandise weekly. Daily 50% off sales & 50-cent sales. Donations accepted during store hours. Call 814/667-3141.

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**FREE** for members  
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