

Valley Rural Electric Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives serving Pennsylvania and New Jersey

VALLEY RURAL ELECTRIC COOPERATIVE, INC.

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BOARD OF DIRECTORS

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Corporate Office Hours
Monday - Thursday
7 a.m. - 5:30 p.m.

Huntingdon/Martinsburg/Shade Gap
Office Hours
Monday - Thursday
7 a.m. - 5:30 p.m.

Outages & Emergencies
1-800-432-0680

Keep the Lights On, Even When the Neighbors are Out



DESPITE THE ENDLESS EFFORTS YOUR co-op puts forth in keeping the lights on there are always instances when outages occur. Whether it be from a planned system outage for upgrades or from a severe storm that rolls through, there will be moments when interruptions occur. While Valley line crews work diligently to get these outages restored as fast and safely as possible, sometimes the power disruptions occur at inconvenient times and for longer than we would hope. The truth of the matter is there is only one way to never skip a beat and keep the energy flowing to your home's outlets around the clock, even when storms roll in. That is why Valley's electrical services department — Valley Rural Energy Services — offers the installation of Generac® generators: to ensure you never have to worry about when the next outage occurs.

Since the start of Valley Rural Energy Services in 2017, our electricians have installed more than 150 generators. We expect this number to grow over the next several years as more consumers see the benefits of never having the worry of losing power, especially during severe weather conditions. For many of us, our concern is experiencing an outage on those subzero-temperature days during the winter months in Pennsylvania. Depending on the length and severity of the outage, we may start to worry about how we are going to keep the house heated or the possibility of larger issues like frozen pipes. With sporadic weather patterns over the last few years, from the growing number of hurricanes rolling up the East Coast producing heavy rainfalls to winter storms like the ones we faced this past holiday season, there is no better way to erase all these concerns than to have a whole-house, stand-by generator ready to kick on in a matter of seconds.

Never experiencing another prolonged period without power is by far the greatest benefit of having a generator installed. But Valley Rural Energy Services does not stop there with the offerings. Having another large appliance at your home is one more piece of equipment that needs to be maintained and serviced. That is why our electricians offer annual maintenance contracts to service your generator and ensure it always functions properly. This means after our technicians install your generator, the only thing you will have to worry about is a call from us letting you know when we will arrive for routine annual maintenance. The department also offers warranties through Generac on your purchase.

For more information about Generac generator installation, please call us at 800-432-0680. Our electricians will be happy to schedule a visit to your home and supply an estimate for your job, free of charge. 

ETHAN DEVORE
VICE PRESIDENT, FINANCE

2023 Work Plan Improvements

TODD ROSS, VICE PRESIDENT OF OPERATIONS

VALLEY RURAL ELECTRIC Cooperative (REC) operations personnel and line crews will have another busy year in 2023 as the co-op continues to improve system reliability and power quality.

The cooperative was busy finalizing the 2022 work plan with the relocation and construction of the substation in the Sinking Valley area. This project was necessary due to the age and poor location of the existing substation that served the membership in this area for more than 60 years. The excavation for the new substation began in early May 2022 and construction was completed in the beginning of December. The cooperative is now waiting on FirstEnergy to construct a new metering point, off their existing transmission, that will provide a delivery point to the new substation. If all goes as planned, the new substation will be placed in service in early spring.

In November 2022, a section of primary underground wire was upgraded at Lake Raystown Resort. The wire supplies power to the restaurant, marina area and campground. There is roughly 1,300 feet of primary underground wire remaining to be replaced that supplies power to the water treatment plant. This upgrade will take place in the spring. When this work is completed, the main circuit of primary underground wire supplying power to the resort will be upgraded.

In January 2023, crews began replacing 3,900 feet of primary underground wire at Canoe Creek State Park. The primary wire has been in place since the park was established in the late 1970s. The upgrade also includes the retirement and installation of new transformers feeding the park



PHOTO BY TODD ROSS

AT THE READY: Valley REC's Sinking Valley substation is located along Kettle Road in Blair County. Tri-M contractors completed the substation in December 2022. The cooperative is waiting on FirstEnergy to provide a delivery point to the new substation.

facilities. The work is to be completed in April.

In Harrisonville, Fulton County, construction will take place with the reconductoring of old deteriorated wire, along with 40 poles being replaced. This project will consist of nearly 9 miles of construction work. The work will be completed in the spring.

Throughout the course of 2023, Valley REC will be working in Juniata County to finish conversion work that has been ongoing since 2016. When this work is completed, the entire Reeds Gap substation's distribution system will be converted to a higher voltage. The higher voltage helps with the system's reliability due to the distance of some of the distribution lines

ALL NEW: A full system upgrade to the Canoe Creek State Park facility will be completed in late spring. The upgrade will include the retirement and installation of new transformers feeding the park facilities.

serving the membership in this area.

Valley REC will also continue working on the sectionalizing project in 2023. The work involves adding cutouts and sectionalizers throughout Valley's entire distribution system. The additional sectionalizing devices are being installed to reduce the number of people affected when an outage occurs. This work will take place in the Huntingdon, Shade Gap and Martinsburg districts throughout the year. The sectionalizing program began in 2021 and will be completed in 2025.

Valley REC will also concentrate on replacing utility poles that failed Osmose pole inspections in 2022. This work will be conducted throughout 2023. 📍



PHOTO BY TODD ROSS

FEBRUARY – AMERICAN HEART MONTH

Why do we observe American Heart Month every February?

American Heart Month is observed to raise awareness of the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. Every year more than 600,000 Americans die from heart disease. It is the No. 1 cause of deaths for most groups. Heart disease affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use.

Do you know how to keep your heart healthy?

You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure. February is a great time to start some heart-healthy habits.

Some interesting facts about heart health are:

1. One in five heart attacks occurs

without the person even knowing they had one.

2. Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.

3. Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

4. Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes to the nervous system.

5. If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

So, why not start this February and observe American Heart Month by following these tips.

1. Staying active, eating healthy and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick up a new heart-healthy habit like jogging or substituting sodas with water and try to stick with it for a whole month.

2. Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

3. If you are worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

American Heart Month motivates us to examine our own health and risks and take steps to improve our heart health. So, why not start your steps today. 📍



Five Reasons We Love Serving Our Members

FEBRUARY MAY BE THE SHORTEST month, but it's packed with special observances like Presidents Day, Black History Month and Valentine's Day, in addition to a host of unofficial "national" days you've probably never heard of like "National Tater Tot Day." They were created to draw attention to a particular issue or theme.

Valentine's Day may seem like an observance originally created by a greeting card company, but over time, it's become a widely celebrated day generating millions of dollars spent on flowers, candy and, of course, greeting cards professing our love. But, Valentine's Day isn't just for the lovebirds. It's also the perfect time to let our friends, family, co-workers and other special people in our lives know we care about them — with or without a store-bought greeting card.

So, we've created our list of the top five reasons why we love serving our members of Valley Rural Electric Cooperative (REC).

1. We love serving our members because without you, the co-op wouldn't exist.

Our purpose is to provide you with reliable, responsible and safe electricity. Valley REC exists to serve

you. We were formed in 1938 to bring power to our local area when for-profit utilities would not.

2. You enable us to complete our mission by supporting our effort to give back.

A major part of our mission is to serve our community and look after the greater good. With your assistance, we're able to help the most vulnerable members of our community through food and toy drives and programs like the Community Service Grant and Members Helping Members that help local families pay their energy bills when times are tough.

3. Members of Valley REC serve on the board of directors.

The directors provide guidance for setting co-op priorities and helping make big decisions. Because the board members live in the area, they are able to serve the community and identify immediate and long-term needs. Co-op members provide helpful input through their vote on director elections and by

weighing in on co-op and community issues.

4. Members help us get it right.

Valley REC members are great about keeping us in the know. We do our best to avoid power outages, but Mother Nature can occasionally throw us a curveball. Our members are quick to report power outages and are patient as our crews work to safely restore power. We know outages are frustrating, and your support as we work through storms means so much to our employees.

5. Valley Rural Electric members make up the community we serve — and for us, it's all about community.

Our employees live and work here, too, and care about our community the same way you do. We're invested, and work to help it thrive.

That's why Valley REC is invested in economic development and why you'll see our employees volunteering at local schools and other charitable and community endeavors.

As a co-op, our mission is to enhance the quality of life in our community and look after its long-term interest. We love serving our members and our local community, and just like you, we want to see it continue to thrive. 🏡



TIPS TO DITCH THE SPACE HEATER

Space heaters are energy hogs, and older models can be extremely dangerous. This winter, ditch the space heater and try these alternative solutions to stay cozy.

- Use an electric blanket to keep warm during the night.
- Caulk and weatherstrip around all windows and doors to prevent heat loss.
- Consider adding insulation to your attic and around duct work.

