

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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Blackened Chicken: The Summertime Recipe for Energy Savings



DOUG ROLES

SUMMERTIME HAS ARRIVED IN ALL of its glory. It's a time for hiking, fishing, swimming, camping and — one of my favorite ways to save energy — grilling. That's right, I won't be searing a grill pattern onto hot dogs or flame-broiling burgers this summer just to chow down; I'll also be doing it to keep my kitchen from heating up.

Millions of people add to their home-cooling energy consumption each summer without realizing. How? By opening the oven door while cooking. According to the book "Bakewise" by Shirley O. Corriher, an oven can lose up to 150 degrees within 30 seconds. Where does all that heat go? You guessed it — right into your home. Even with the door closed, your oven still radiates heat into your house. Using your grill helps to lower your energy bill because when you cook outside, less energy is needed to cool your rooms.

According to safeelectricity.org, nearly 70% of Americans own a grill. So, there's a lot of opportunity for outdoor culinary adventures that don't put a strain on the air conditioning (AC), which can eat up hefty amounts of energy on a hot summer afternoon. In fact, depending on the model, AC equipment can consume anywhere from 0.48 to 5.14 kilowatt-hours per hour, which can amount to several dollars per day.

Additionally, when you grill, you'll be chowing down in no time. Grills reach a toasty 375 degrees in just five minutes compared to an oven's sluggish 20-minute warmup.

Since June is National Safety Month, think about grill safety, too, before turning on your propane cannister. Keep your grill at least 10 feet from any buildings or structures, and make sure it is on a flat, stable surface. Never leave your grill unattended while preheating, cooking or cooling down. Also, avoid loose or long clothing that can catch fire and keep a spray bottle of water and a fire extinguisher nearby, just in case.

The folks at Safe Electricity report hamburgers as the most popular grill item for adults, with hot dogs being preferred by kids. I'm looking forward to taking another stab at blackened chicken this summer, now that I know the name of this cajun recipe refers to a coating of special spices that takes on a dark brown, "almost black" color on a grill. My last attempt may have been more black than chicken — my family used the term "charred" — but at least I was saving energy. 🍗

DOUG ROLES
VICE PRESIDENT, MEMBER SERVICES

Fulton County Couple Carries the Flag for Vets Through Nonprofit

DOUG ROLES, VICE PRESIDENT, MEMBER SERVICES

A FULTON COUNTY COUPLE HAS put their patriotism into action by forming a not-for-profit organization that recognizes and supports area veterans. Jimmy and Carrie Hendershot of Ayr Township formed LTQ Veteran Strong, Inc. in 2021. Since then, they have developed several fundraising events and coordinated trips to memorial services.

A hallmark of LTQ is the rustic wooden flags Jimmy makes to present to vets or their families. The organization has also helped area veterans — many of whom are Valley Rural Electric Cooperative (REC) members — with utility bills, mortgage payments and other expenses.

“Every vet is deserving, but we want to help those who need it,” Carrie says.

LTQ is named for the Hendershot’s children, Laynee, Tenley, and Quinnleigh, ages 13, 11, and 5, respectively. Jimmy and Carrie, who were Valley REC members for 13 years before their recent move from Harrisonville to the McConnellsburg area, say their organization started after Jimmy’s mom received a decorative wooden flag as a gift.

“Jimmy was like, ‘I can make one of those,’” Carrie recalls.

“I was actually making them for myself,” Jimmy adds.

The idea to make them as gifts for local veterans came in September 2021 when a family friend, a veteran, passed away. Jimmy made a flag to give to the man’s wife at a memorial service. A Facebook post about the gift got a lot of attention. One person sent a message, asking how Jimmy and Carrie help veterans. LTQ was born and achieved not-for-profit status in October 2021.

“That question started the ball rolling,” Carrie says.

Jimmy does not attempt to make all his flags look alike. He often incorporates wooden planks from old whiskey barrels into the flags.

“Each one is different, [and based on] whatever is going through my mind that day,” he says. “It’s all handmade with power tools, like a grinder and saw, but there’s no [computerized milling] or lathe.”

The Hendershots organized their first fundraising event in November 2021 that featured a 5K color run and a meet-and-greet with Coffey Anderson — then a country music newcomer — at an event barn, south of McConnellsburg. The Hendershots raised \$21,000 and haven’t looked back.



RED, WOOD AND BLUE: Jimmy and Carrie Hendershot display the wooden flags they present to veterans through their not-for-profit organization, LTQ Veteran Strong. LTQ assists vets with utility bills and other expenses.

Carrie says they created a broad mission statement because they didn't know all the ways they might assist veterans. It simply says, "They fought for us; we'll fight for them."

"Both my paps were in World War II; they were in the Navy," Jimmy says, adding he also has an uncle who served in the Army.

LTQ's main fundraising event is held each year on the Saturday following Veterans Day and still includes a fun run, along with a silent auction, entertainment, and food from Mission BBQ. In September, LTQ Veteran also holds a 22-mile walk to raise awareness about military and veteran suicide.

Jimmy and Carrie especially enjoy being able to directly provide financial assistance to vets. They've given thousands of dollars to help veterans, including nearly a dozen Valley REC members, pay their utility bills.

"We try to make it a surprise if we can," Carrie says.

The couple once traveled to Texas to present a wooden flag to a family member of a fallen veteran. And they organized a bus trip to Arlington National Cemetery for National Wreaths Across America Day. In 2022, LTQ held a bingo event for a local cancer patient. Valley REC chipped in \$250 for supplies through the co-op's Community Service Grant Program.

Jimmie and Carrie say they learn about area veterans just by talking to people.

"Our community is great," Carrie says. "The response from people has been really positive. Our reward is being able to help people."

The Hendershots are a busy family. Carrie works as an executive assistant for Community State Bank. Jimmy manages two local barns for a hog farming operation. And the girls are involved in school activities. But they still make time to manage their organization.

The busiest time of year for LTQ is August through February. Jimmy and Carrie say they would love to have more volunteers to help with event setup and other tasks. For more information, call 717-659-1220 or email to ltqveteranstronginc@gmail.com.



FOR YOUR SERVICE: Donald Eisaman, center, a Valley Rural Electric Cooperative member from Harrisonville, accepts a flag from Jimmy and Carrie Hendershot in honor of his military service. Eisaman served in the active Army in Vietnam from 1966-67 and was deployed with the 52nd Combat Aviation Battalion, an assault helicopter unit that provided air transport and medevac to infantry soldiers.

CO-OP SEEKS MEMBER INFORMATION FOR CAPITAL CREDITS RETURN

Late last year, more than \$2.3 million in capital credits refunds were distributed to eligible members and former members of Valley Rural Electric Cooperative. These funds are disbursed either in the form of bill credits in December for current members or as checks for former members.

We are making every effort to return this money to its rightful owners. Below is a list of memberships for which we need either next-of-kin or address information. If you recognize a name and can provide an up-to-date address (or information about the executor of the estate or nearest relative, if the member is deceased), please send an email to capitalcredits@valleyrec.com or call us at 814-643-2650 or 800-432-0680.

You can also write to the Capital Credits Department, Valley REC, P.O. Box 477, Huntingdon, PA 16652-0477. Your cooperation is greatly appreciated.

Next-of-kin information needed for these members:

Bishop, Mark E. P.O. Box 270615, Flower Mound, TX 75027
Brenneman, Irene 10155 Singers Gap Road, Shirleysburg, PA 17260
Detweiler, John H. and Mary J. 4255 Westshore Way, Fort Collins, CO 80525
Fausey, Kelly L. or Bush, Arlene 201 S. Ann St., Martinsburg, PA 16662
Freeberg, A. Larry and Barbara 6472 Leister Lane, Huntingdon, PA 16652
Fallat, James S. and Linda S. P.O. Box 387, Stantonsburg, NC 27883
Kreider, Jo Ann 41 Centennial St., Rochester, NY 14611
McCready, Phyllis E. 140 Holliday Hills Drive, Apt. 316, Hollidaysburg, PA 16648
Smeigh, Louise D. 140 Holliday Hills Drive, Apt. 122, Hollidaysburg, PA 16648
Trinder, David R. 156 Somerset Ave., No. 2, Jerome, PA 15937
Welch, Mark 23301 Route 35 N., No. A, Mifflintown, PA 17059
Wilson, Wayne and Bernice P.O. Box 135, Saltito, PA 17253

Addresses needed for these members:

Fisher, Leon and Mary 536 Oak Ridge Drive, McConnellsburg, PA 17233
Hetrick, Bradley A. 420 Hilltop Lane, Claysburg, PA 16625
Long, Kenneth H. 18 E. Penn Grant Road, Willow St., PA 17584
Palm, Beulah Estate and Palm, Donald 1864 McKinley Road, Mifflin, PA 17058
Piper, John D. 1101 Mill Road, Harrisonville, PA 17228
Roland, Mary L. 273 E. 2nd St., Hummelstown, PA 17036

Meet Your Employees

DOUG ROLES, VICE PRESIDENT, MEMBER SERVICES

HIGHLIGHTED IN THIS COLUMN IS a recent addition to the Valley Rural Electric Cooperative (REC) team: Greg Diehl, who was hired in June 2022 as a metering technician.

In his position, Greg installs and tests metering equipment and helps to maintain the co-op's tower-based radio communication system.

Accurate metering is critical to electric distribution co-ops and their members. Greg notes that the new meters the co-op receives are factory tested before being added to its inventory.

"When we pull them out of the field, if we're going to reuse them, we retest them," he says.

Greg also periodically speaks directly with members about metering-related concerns.

"That's what I like about the job," he says. "I'm on the technical end, but in the office and also in the field. You're into something a little different every day."

Greg is from Six Mile Run, Bedford County, and is a 2007 graduate of Tussey Mountain High School. After graduation, he went to work for an oil distribution facility, working locally and in Ohio. His older brother, Tyler, also works there. Greg was responsible for testing viscosity to help ensure automotive and hydraulic oils met federal and industry standards.

Greg came to Valley REC from that job. He was looking for employment with less travel when he saw a co-op vacancy online.

"There was more to oil than I realized, and there are a lot of aspects of this job that I didn't realize," Greg says. "Every-



NEW TEAM MEMBER: Greg Diehl, a metering technician for Valley Rural Electric Cooperative, works from the co-op's Huntingdon district.

one here is super knowledgeable. It's a nice atmosphere."

Greg says he appreciates how his co-workers often tackle tasks as a team. The Valley team includes his brother, Dane, who was hired at the Martinsburg district as a lineworker a month after Greg accepted the metering position.

In his spare time, Greg enjoys hunting, fishing and spending time with family. His wife, Taylor, works from home as a baker, making cakes and cookies. They have two boys, ages 8 and 10.

Greg's co-workers are glad he switched from testing oil to testing meters. He's one of the people you can count on. 📍

SPRING STORM DOWNS TREES, BREAKS POLES

A Valley Rural Electric Cooperative (REC) crew uses a tracked digger derrick machine to replace a broken pole in Oneida Township, Huntingdon County, April 15. A fallen tree brought down the power line and snapped the pole, following a strong thunderstorm that caused outages in multiple locations in Valley REC's service territory. At the height of the outage, more than 3,500 co-op members lost service. Power was restored to all co-op members by the evening of April 15.

