

Employees Recognized for Years of Service p. 3

## Washington Youth Tour is Truly the Trip of a Lifetime

*Winners Enjoy an All-Expense Paid Week in the Nation's Capital*

A great way to kick-off the last year in high school is with an all-expense paid trip to Washington, D.C. The trip, which is June 13 through June 18, is awarded to two students who win VVEC's annual Youth Tour competition.

To compete, students must be juniors this year. Their parents or guardians do not have to be members of VVEC's service territory.

Students can write an essay or take a test to compete.


For those students writing an essay, it needs to be between 600 and 800 words on a specific co-op related topic. The topic, along with the program's rules and regulations, are detailed in the Youth Tour Information Packet, which is available from their school's English teachers, or on VVEC's Web site at [www.VVEC.com](http://www.VVEC.com), where they can select Washington Youth Tour under the Community Programs tab.

This year's topic is "Who Owns VVEC and What are the Advantages of Co-op Ownership?"

**Deadline to submit essays to VVEC is 4 p.m. Friday, March 6.**

The test, for those students interested in competing this way, will be over information in the packet. It includes multiple choice, fill-in-the-blank, true-false, and two brief essay questions. Test dates will vary per school, and will be determined after entry forms are submitted to VVEC Youth Tour Coordinator Kay Rabbitt-Brower. Or teachers can contact Rabbitt-Brower to schedule a test date if there are several students at one school wanting to take the test.

There will be one essay winner and one test winner of the Washington trip. There will be four runners-up; two will win \$750 scholarships and two will win \$500 scholarships.

Anyone with questions about Youth Tour can contact Rabbitt-Brower at (918) 371-2584, ext. 6214 Monday through Friday, 7:30 a.m. to 4 p.m., or at [KRabbitt-Brower@VVEC.com](mailto:KRabbitt-Brower@VVEC.com) 



## YOUTH TOUR

### 2015 Washington Youth Tour

**Date:** June 13-18

**Essay Topic:** "Who Owns VVEC and What are the Advantages of Co-op Ownership?"

**Essay Deadline:** 4 p.m. Friday, March 6

If taking the test, contact Youth Tour Coordinator Kay Rabbitt-Brower to schedule a time and location. She can be reached at (918) 371-2584, ext. 6214, or [KRabbitt-Brower@VVEC.com](mailto:KRabbitt-Brower@VVEC.com).



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**Editor** - Kay Rabbitt-Brower

# 8th Graders Have Great Fun at YouthPower Energy Camp

VVEC has a great way for your 8th grader to kick-off his or her summer, while making new friends and lots of memories.

YouthPower Energy Camp is four days of 8th graders from across Oklahoma learning about electric cooperatives by forming a Coke and Candy Co-op, climbing a utility pole, and riding high in a bucket truck.

They will also get to go swimming, spend an evening at Celebration Station in Oklahoma City, and tour a generation and transmission cooperative.


The camp is held each year at Camp Canyon near Hinton.

Eighth graders wanting to participate in our Energy Camp competition are asked to write a 300 - 500 word essay on "Why is Electricity Important in My Life?"



**Deadline to submit essays to the co-op is 4 p.m. Friday, March 6.**

They can write their essay individually, or with a friend as a team, and then both can attend the camp as winners of VVEC's program.

This year's Energy Camp is May 26-29. For more information, contact VVEC's Energy Camp Coordinator Kay Rabbitt-Brower at (918) 371-2584, ext. 6214, or at [KRabbitt-Brower@VVEC.com](mailto:KRabbitt-Brower@VVEC.com). 

## Winter Residential Rates

October through March usage, November through April billing

Customer Charge \$25.00

Energy Charge

1st 1,000 kWh \$0.0738/kWh

Over 1,000 kWh \$0.0678/kWh

A power cost adjustment (PCA) will be applied to all bills when the actual cost of power purchased exceeds or is less than 55.993 mills per kWh.

In addition, a gross receipts tax of 2% of revenue will be included, plus additional taxes if applicable.

This institution is an equal opportunity provider and employer.

## What to do if Your Power Goes Off

1. Check your fuses or circuit breakers. Every service is different. You may have fuses or circuit breakers in your house, on the side of your house, under your meter, or all three places. Check to see if your neighbors have electricity.
2. Call the Co-op at 371-2584, or 1-800-870-5948 if the call is long distance for you. Have your account number, name as it appears on the account, and address handy to give to the dispatcher. If you should get a recording, please don't hang up, leave your information. It will be retrieved and given to the correct department. Every message is answered.



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# Co-op Honors Employees for Years of Service

## 30 Years

Carla Brown and Mike Martin



*Employee of the Year*

Cashier Inez Wright, who is a favorite of both members and employees, was selected by her co-workers as the 2014 Employee of the Year.

Unfortunately, Inez was not able to attend the Employee Christmas Party where it was revealed she had been selected.

But we know you will join us in congratulating Inez for this honor.

## 15, 20 & 25 Years

Left to right: Jon Van Pelt and Chub Brewer, 25 years; Sharon Mendell, 20 years; Kathy Calico, 25 years, Jan White and Carolyn Blakeman, both 15 years. Not pictured is Bill Gillespie, 20 years.



## 5 & 10 Years

Five years, front row, left to right: Misti Frazier, Daniel Cluck, Mike McClellan, and Bryan Stickles.

10 years, back row, left to right: Logan Wells, Ron Cornett, Vivian Rabbit, Kyle Sears, Ricky Rimpley, and Debbie Riley.



## 5 New Year's Resolutions to Help Your Home Run Smoother



This year, make New Year's resolutions that not only are easy to keep, but benefit your home and your family in a big way. Here are five to consider:


**1.** Clean every appliance in your house. Your refrigerator's coils can get dusty and clogged, which makes it work harder—and that's an unnecessary waste of energy. The inside of your microwave oven should be spotless; if it's not, the machine is using energy to "cook" leftover food particles nobody's going to eat. Even your dishwasher and wash-

ing machine need cleaning—inside and out—to prevent mold and clogs.

**2.** Snake your clothes dryer's vent. Do this at least twice a year to rid it of lint and debris, which can catch on fire if it clogs the vent and prevents airflow.

**3.** Clear the area around your water heater and your outdoor air conditioning unit. Appliances give off heat and take in air. If you have boxes, suitcases, Christmas decorations or plants stacked against them, they can't do their jobs efficiently.

**4.** Have your heating and air conditioning systems checked out by an HVAC professional, who can tell you if they need repairs. Ask the tech to check your filters and change them if they're clogged with dust.

**5.** Change the batteries in all of your home's smoke alarms and carbon monoxide detectors. If you don't have those devices, move this item to the top of your list of resolutions and install them today. 

### RECIPE

## Cheddar Chicken Bacon Ranch Pasta



*If your New Year resolution is to lose weight, this recipe is 10 Weight Watchers points per serving.*

- 1/2 lb. whole wheat Penne pasta**
- 4 slices bacon, diced**
- 1/2 Tbsp. light butter**
- 1 lg. boneless, skinless chicken breast, cut into bite-size pieces**
- 1 Tbsp. All-Purpose flour**
- 1/2 pkg. Ranch dressing mix (1/2 oz.)**
- 1 cup fat-free milk**
- 1/2 cup fat-free shredded cheddar cheese**
- Salt and pepper to taste**

Cook pasta according to package directions in boiling salted water; drain, return to pot, and keep warm.

Meanwhile, cook bacon in a large skillet over medium heat until crisp. Drain on paper towels. Drain all but 1/2 tablespoon of bacon drippings from the pan.

Season chicken with salt and pepper. Add butter to reserved bacon drippings, then add chicken to the same skillet. Cook until tender, no longer pink, and slightly browned.

Sprinkle flour and ranch dressing mix over the chicken, stirring to coat evenly. Stir in milk, and cook, stirring occasionally, until thickened and bubbly. Stir in cheddar cheese and half of reserved bacon; cook and stir until cheese is melted. Taste for seasoning and adjust as needed.

Serve with more bacon sprinkled over the top.