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Energy Tip



Youth Tour winner Bethan Stradling and VVEC Member Services Representative Chub Brewer.



Claremore High School teacher Crystal Klaver, Youth Tour winner Lauren Worley and VVEC Member Services Representative Chub Brewer.



Barnsdall High School teacher Wilma Logue and \$750 Scholarship winner Chance McGill.



VVEC Member Services Representative Chub Brewer and \$500 scholarship winner Katie McQuay.

VVEC EMPOWERS NEXT GEN LEADERS

As a local company, VVEC cares about the communities we serve. One of the ways VVEC invests in our community is by sponsoring scholarships that help to empower the next generation of leaders.

One of those scholarship opportunities is Youth Tour, an all-expenses-paid trip to Washington, D.C. Youth Tour gathers high school juniors from across the country to the nation's capital to experience American history and

government first-hand.

After participating in the annual scholarship contest, four winners were selected. Bethan Stradling of Collinsville High School and Lauren Worley of Claremore High School will represent VVEC on this year's trip to Washington, D.C., June 15-20. In addition, VVEC awarded a \$750 scholarship to Chance McGill of Barnsdall High School and a \$500 scholarship to Katie McQuay of Skiatook (homeschool). ■



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ENERGY CAMP

VVEC AWARDS ENERGY CAMP SCHOLARSHIPS



Another way VVEC invests in local students is by providing scholarships for YouthPower Energy Camp. The annual camp, held at Canyon Camp in Hinton, Oklahoma, is a leadership development opportunities for eighth-graders. VVEC selected three students to attend this year's camp, May 28-31: Kaitlyn Brackett of Oklahoma Union Schools and Emery Edgar and Abbie Anquoe of Sperry Middle School. ■

Top: VVEC Member Services Representative Chub Brewer presents an Energy Camp scholarship to Kaitlyn Brackett. Bottom: Emery Edgar and Abbie Anquoe receive Energy Camp scholarships from Chub Brewer. Photos by Misti Frazier

VVEC SUPPORTS AGRICULTURAL EDUCATION



VVEC District 1 Trustee Jim Brackett presents Nowata High School Vo Ag Teacher Ryan Harrington with a donation to the Nowata High School 4H & FFA Youth for the 2019 Nowata County Spring Livestock Show. Pictured from left to right are ag student Marissa Harvick, Brackett, Harrington, ag student Hannah Becker, and VVEC Member Services Representative Chub Brewer. Photo by Misti Frazier

THE COOPERATIVE DIFFERENCE

Cooperatives around the world operate according to a core set of seven principles that originated in 1844 from the first modern cooperative, the Rochdale Society of Equitable Pioneers in Rochdale, England. These, along with the co-op purpose of improving quality of life for their members, make electric co-ops different from other electric utilities.

PRINCIPLE

#5

EDUCATION, TRAINING & INFORMATION

Cooperatives provide education and training for their members, elected representatives, managers and employees so that they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.

OFFICE CLOSED NOTICE

VVEC offices will be closed Monday, May 27th, in observance of Memorial Day.

IN CASE OF AN OUTAGE

• First, 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.

• Then, call the Co-op at 371-2584, or 1-800-870-5948. 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, leave your information; every message will be answered. Or, download the SmartHub app to report outages from your smartphone.

SUMMER RESIDENTIAL RATES

April through September usage, May through October billing

Customer Charge | \$30.00

Energy Charge

1st 2,000 kWh | \$.08272/kWh

Over 2,000 kWh | \$.08782/kWh

A power cost adjustment (PCA) will be applied to all bills when the actual cost of power purchased exceeds or is less than 59.87 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 & employer.

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CHICKEN AND WILD RICE SOUP

SERVES 6 TO 8

- 1 cup shredded carrots
- 1/2 cup finely chopped onion
- 1/2 cup sliced celery
- 2 cloves garlic, minced
- 2 tablespoons butter
- 4 cups chicken broth
- 4 ounces (about 2/3 cup) wild rice, rinsed and drained
- 1 teaspoon dried thyme leaves
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 12 ounces skinless, boneless chicken breast halves, cut into 3/4-inch pieces
- 1 cup plain low-fat yogurt
- 2 tablespoons flour
- 1/2 cup whipping cream

In Dutch oven, cook carrots, onion, celery and garlic in hot butter about 2 minutes, or until tender, stirring occasionally.

Stir broth, wild rice, thyme, salt and pepper into vegetable mixture. Bring to boil. Reduce heat. Simmer, covered, 40 minutes. Stir in chicken pieces. Return to simmer, covered, 10-15 minutes, or until rice is tender and chicken is done.

In small bowl, whisk together yogurt and flour. Gradually whisk in cream. Stir into chicken mixture. Cook and stir over medium heat until boiling. Boil 1 minute. Ladle into bowls.

Recipe courtesy of Milk Means More

OKIE EATS



Avoid placing items like lamps and televisions **near** your air-conditioning thermostat. The thermostat **senses heat** from these appliances, which can cause the A/C to **run longer** than necessary.

Source: energy.gov