

Sullivan County Rural Electric Cooperative, Inc.

A Touchstone Energy® Cooperative 



One of 14 electric cooperatives
serving Pennsylvania and New Jersey

SULLIVAN COUNTY REC

P.O. Box 65
Forksville, PA 18616
Office: 570-924-3381/1-800-570-5081
Outage: 570-924-3418/1-800-596-8397
Email: info@screc.com
Website: www.screc.com

STAFF

John Lykens, CEO
Todd Molyneux, Manager,
Electric Operations
Heidi Roupp, CFO
Diane E. White, Executive Assistant

BOARD OF DIRECTORS

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Jim Lambert - CCD

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David R. Rakestraw - CCD

***Credentialed Cooperative Director**

****Board Leadership Certificate**

*****Director Gold Certificate**

OFFICE HOURS

Monday through Friday
7 a.m. - 3:30 p.m.

COOPERATIVE CONNECTION

Celebrating 250 Years of America and 89 Years of Cooperative Service



JOHN LYKENS

EVERY JULY, THERE IS SOMETHING familiar and comforting about seeing American flags on front porches, hearing community celebrations, and gathering with family and friends. Independence Day reminds us where we came from and gives us a reason to reflect on what it took to build something meant to last — something all Americans and I continue to be grateful for.

On July 4, America will celebrate its 250th birthday. It will have been two-and-a-half centuries since a group of people made a bold decision to create something different: a nation built on the idea that ordinary citizens should have a voice in their future. As President Donald Trump so eloquently stated in anticipation of this momentous anniversary: "With a single sheet of parchment and 56 signatures, America began the greatest political journey in human history."

Sullivan County Rural Electric Cooperative (SCREC) recently celebrated a noteworthy milestone. On May 21, your cooperative held its 89th annual meeting, marking nearly nine decades of serving our members and surrounding communities.

While the scale is certainly different, there is an interesting connection between these two anniversaries. America was founded on the belief that people should have representation and a say in how things are governed, and electric cooperatives were built on a remarkably similar idea.

Back in 1937, when SCREC was formed, rural communities like ours were being left in the dark. Investor-owned utilities often made the decision not to extend electric service into sparsely populated areas. In response, local people did something practical and powerful: they came together, pooled resources, elected leadership, and built their own electrical distribution network to serve rural America.

That idea still defines who we are today. Unlike many businesses, your cooperative does not answer to outside investors. **We answer to you.** This is Cooperative Principle No. 2: democratic member control.

Simply put, every member has a voice. Directors are elected from within the membership. Major decisions are guided by the people we serve. And regardless of account size, every member has one vote. That principle may not always feel exciting in day-to-day life, but it matters.

It means decisions are made at the local level, not in some corporate office far away from those we serve. It means affordability remains a priority because the people paying the bills are also the owners. It means responsibility extends beyond quarterly results and focuses on long-term stewardship of the system on which we all depend.

Most important, it means the cooperative belongs to the community.

Over the past 89 years, our system has changed dramatically. We have gone from early rural electrification and powering a single household lightbulb to modern substations, advanced control systems, stronger infrastructure, and innovative technologies that power every aspect of our lives. Yet our mission remains remarkably unchanged: to provide safe, dependable, affordable electricity to the membership.

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Come Relax at Therapy Brewing!

SARAH PARRISH, COOPERATIVE COMMUNICATOR

WHAT'S YOUR SUMMERTIME THERAPY? Taking a dip in the Loyalsock Creek, staying in the shade, or relaxing with a cold, refreshing drink?

Tucked away in the hillsides of Huntersville in the Lycoming County portion of our service territory is Therapy Brewing, which offers a rotating stock of beer to help quench the thirst created during these dog days of summer.

Drink up!

Therapy Brewing's tap is ever-changing. There is always an easy drinker and an IPA on hand, but folks stopping by can expect seasonal offerings, too (heavier drinks in the colder months and lighter ones in the warmer months). No recipe is ever perfectly recreated.

"We like to challenge ourselves," co-founder Chris Kuriga says, "and it's fun for me!"

Chris is Therapy's in-house brewer. He's able to brew one batch per week in the summer, equaling about 100 gallons. This keeps his weekly drink rotation in check. If you stop by Therapy one day and then check back in a few weeks later, the drink menu will be completely different.

"The most popular are always the seasonal drinks," he notes.

While attempting a new recipe, Chris often experiments at home and tweaks it before brewing it for Therapy's customers. From the initial idea to the finished product, it takes between three to six weeks for a new recipe to be sold at Therapy.

Stay awhile

Therapy Brewing is located at 3978 Quaker Church Road in Montoursville. If you've never stopped by, plan to stay awhile when you do. Spectacular views, indoor



VISIT THERAPY: Tucked away in the rural hillsides of Lycoming County, Therapy Brewing offers customers a therapeutic, quiet place to relax with family, friends, and good beer.

and outdoor seating, and easy conversations are endless. The tasting room is in the farm's former wagon shed, revamped with a brewing room, tables and chairs, and a restroom. A giant maple tree with its tire swing has become iconic to Therapy Brewing — and it also makes the perfect photo background.

Customers are encouraged to bring their own meals or snacks, but keep an eye on its website, therapybrewing.com, and Facebook page for the occasional food truck. Bagged chips and pretzels are also available.

Drinks come in full or half pours. Plus, you can sample anything. If you're a true fan, stop by with a growler to fill and take advantage of the occasional bottle release.

For those who like to show off their favorite brews, Therapy merchandise is available and always rotating. T-shirts, hats, mugs, water bottles, magnets, glasses, and more are available.

Therapy is a smoke-free property. Leashed dogs are allowed outside (service animals are allowed in the tasting room), but the owners ask that you clean up after your pets. Kids are also welcome, preferably outside during nice weather.

Summer hours are noon to 7 p.m. Saturdays and noon to 6 p.m. Sundays. Therapy Brewing is open year-round but be sure to check its website and Facebook page for changes in seasonal hours.

Private parties and events can be held at Therapy Brewing. However, the schedule fills up quickly. Call 570-560-0987 or email therapybeer@gmail.com to inquire about booking.

RAIN OR SHINE: Seating is available outside or inside Therapy's tasting room; the choice is yours (or maybe Mother Nature's).



THERAPY BREWING

The science behind Therapy

Therapy's brewing process is unique because it uses 100% electric brewing.

"It's so efficient," Chris says. "We tried using propane for our heat to boil, but it was just too much for such a small space."

The small space features a three-barrel system, and room is limited.

"Without Sullivan County Rural Electric Cooperative, we can't do our job!" he says.

The brewing process starts by heating water and ground barley into an oatmeal consistency. Once the mixture is drained, sugar water is left. This is then boiled to remove contaminants and add flavor. The liquid is cooled and stored in a fermentation vessel, where yeast eats the sugar, which produces alcohol and carbon dioxide.

Once the fermentation process is done, flavors such as blueberry or dry hops can be added to the mix. And then ... voila! A fresh batch is ready for Therapy's customers.

Chris and fellow co-founder Quinn Kirk quality check every batch. "If it doesn't pass us, it doesn't see the light of day," Chris says.

Bad batches are few and far between, but it happens to every brewery.

"We've learned a lot in the seven years since we first opened," he adds.

Conversation to brewery

Therapy opened its doors in May 2019.

Before that, Quinn and Chris were at-home brewers. When Quinn bought the property to build his home, the farm and its buildings came with the purchase.

"We were just joking about opening a brewery, but it kind of all spit-balled together, and we actually did it," Chris says.

Therapy Brewing is a family-run business. When you stop in for a drink, you'll be greeted by either Chris or Quinn, their wives, or children. The duo are both employed in the medical field, and they wanted their brewery to be quiet and therapeutic for their customers (and for themselves). As such, the name "Therapy Brewing" was born.

In their first year, they brewed 35 batches with no repeats. Their very first beer was a cream ale called True Grit.

"It was so delicious," Chris notes.

Add Therapy to your weekend plans

Whether you're a first-time or repeat customer, Therapy Brewing is worth stopping by this weekend.

"It's a relaxing place to come have a beer, and there's always something new," Chris says.

Take a break from all the hustle and bustle — and July's heat — to relax at Therapy. 🍷

THE THERAPY BREWING



BEAT THE HEAT: Relax and refresh with a cold drink this summer. Therapy Brewing's taps rotate, but you can always count on an easy drink and an IPA.

FROM THE CEO

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America's founders could not have imagined electricity being harnessed and distributed to homes and businesses across the country. Likewise, our cooperative's founders likely never imagined the modern distribution grid of today.

Still, I believe both groups would recognize something familiar: people working together, investing in the future, and believing that voices matter.

As we celebrate America's 250th anniversary and reflect on our cooperative's 89 years of service, I encourage each of us to remember that neither happened by accident. Both were built through participation, responsibility, and a shared commitment to create something stronger for the next generation.

Thank you for allowing us to serve you and continuing to be active participants in your cooperative. May your cooperative and America continue to innovate and do what's in the best interests of cooperative members and American citizens alike. Here's to the future road ahead.

Semper Fidelis. 🍷

JOHN LYKENS
CEO

Get the Most Out of Your Membership with Co-op Connections!

SARAH PARRISH, COOPERATIVE COMMUNICATOR

YOUR MEMBERSHIP WITH SULLIVAN COUNTY Rural Electric Cooperative (SCREC) is much more than just paying your electric bill. It entitles you to numerous benefits that investor-owned electric utilities don't offer their consumers, including electing who represents your home district on our board of directors, sending your child on Youth Tour, and offering a perk you may be unfamiliar with: Co-op Connections, a savings program offered through Touchstone Energy.

Members who register are eligible for discounts on hundreds of services from local and national businesses. Follow these tips to start saving today.

Registration:

- ▶ New SCREC members receive a brochure and Co-op Connections card in their welcome packets.
- ▶ If you misplaced your card, existing members can receive another one by contacting our office at 570-924-3381.
- ▶ To create and activate your online account, visit connections.coop or download the app.

Start saving:

Present your Co-op Connections card at local participating businesses to receive discounts. Keep an eye on *Penn Lines* as well as our social media accounts and website, screc.com/co-op-connections, for updates about local participating businesses, which are listed on the Co-op Connections website, connections.coop, and the app, too.

▶ Local deals:

- **Pierced Tin Designs by Country Accents** — Handmade punched and pierced tin designs for cabinet doors, frames, ornaments, lanterns, ceiling tiles, and much more. DIY punching supplies are also available. Members can receive a free informational flyer by calling 570-478-4127. Visit piercedtin.com.

- **Styer Customs** — Embroidery, shirt printing, hats, signs, banners, and more! 10% off orders of \$25.00 or more. Visit styercustoms.com or call 570-928-7980.

For national services, visit connections.coop or the app. Here are just a few of the options available to our members:

▶ National deals:

- **Health and wellness** — Save at the pharmacy and on dental, vision, hearing, chiropractic, lab testing, and diagnostic imaging services.
- **Travel and entertainment** — Get discounts for sports and concert tickets and at amusement parks. And while you're traveling, save on car rentals, flights, hotels, and more.
- **Safety and security** — Members are eligible for insurance plans, ID protection, and 24-hour towing.
- **More** — Enjoy a wide variety of discounts that will save you lots of money. Those discounts include everything from flower delivery, moving/storage services, and generators to gift cards and shopping at Staples and UniFirst.

To learn more about Co-op Connections, visit screc.com/co-op-connections or contact Sarah Parrish, cooperative communicator, at sarahparrish@screc.com or 570-924-3381. Happy savings! 🎉

