



Valdez Middle School teachers Ann Norris and Kim Keller received a \$3,000 contribution from the CVEA Community Foundation to help fund the 2020 6th grade science iMovie Documentary project called, "Sound Perspectives"



CVEA Community Foundation

2021 Contribution Season Begins

It is Community Foundation Contribution Season time. Nonprofit program requests will be accepted until August 19.

The Community Foundation is a 501(c)(3) nonprofit organization that promotes and sponsors the community support activities of CVEA, allowing the Cooperative to do more for

the people it serves.

The mission of the Foundation is "to provide scholarships for students and make contributions to educational, scientific, and charitable organizations in our communities."

The Foundation's two flagship programs are the Educational Scholarship Program and the Youth

Leadership Program.

However, each year the Foundation also makes contributions to local nonprofit organizations to support new or expanding projects and programs.

Since 2008 the Community Foundation has provided approximately \$112,000 to 22 worthwhile nonprofit organizations.

In 2021, the Foundation has \$19,254 available for contributions. The goal of the funding is to help local nonprofits make an even greater impact in our communities.

The Contribution Season is open July through August each year, and is the ONLY time the Foundation accepts requests for funding.

If your organization is a local 501(c)(3) nonprofit organization looking for funding for new or expanding projects or programs within the next 12 months, please review the Contribution Guidelines to determine eligibility, and fill out the Contribution Request Form in its entirety. Incomplete applications may not be considered.

The deadline to submit all contribution requests for funding is Thursday, August 19, 2021, as indicated on the CVEA Community Foundation Contribution Request Form. The form is available at either CVEA office and at cvea.org/community-support.

Please note that the Foundation's contribution process and guidelines vary from the cooperative's contribution program. CVEA has a small community support program that will continue to fund small cash (up to \$500) and in-kind donations for events and activities throughout the year. The requirements for the CVEA program are different and separate from the Foundation and can also be found on cvea.org.

Please ensure your organization meets the specific guidelines for Foundation

funding and the correct application is submitted. If unsure where a request is best suited, please contact the Cooperative for assistance.

Applications will be reviewed and scored by a volunteer committee in September, awards will be approved by the Board of Directors in October, and checks will be distributed in November/December.

The Foundation is looking for interested members to serve on the Contributions Committee. If you are interested in being a part of your local Cooperative, but don't have a lot of time to give throughout the year, this committee is for you.

Committee members are responsible for reviewing and scoring all nonprofit contribution requests and making funding recommendations to the Board. If you are interested, plan on participation in late September and October. Attendance at one or two meetings is required. In all, commitment is estimated to be less than 10 hours.

If you have questions, contact Sharon Scheidt, Director of Communications, at 907-822-5506, 907-835-7005 or email sscheidt@cvea.org. ■

Community Support Guidelines

CVEA Guidelines

- ▶ It is CVEA's goal to provide the maximum benefit to the greatest number of members in the communities we serve; due to the large number of requests received, we regret being unable to fulfill all requests
- ▶ Requests are evaluated and funded based on the amount of funds available and how well the request meets CVEA's requirements
- ▶ CVEA looks for events/activities that benefit a large portion of the communities we serve
- ▶ CVEA limits donations to a maximum of \$500
- ▶ CVEA does not donate or discount products or services that are provided to all members in the Tariff
- ▶ CVEA does not donate funds to individuals
- ▶ Due to the large number of sports teams in our service area, CVEA does not fund sports teams or sporting activities unless there is a district-wide benefit

CVEA Community Foundation Guidelines

- ▶ Education and youth programs are often the biggest recipients of Foundation funds
- ▶ The Foundation does not fund organizational operating costs
- ▶ The Foundation looks to contribute to new programs/projects or the expansion of existing programs/projects
- ▶ The Foundation will evaluate the amount of each request based on the merits of the application; an interview or demonstration may be required

For either CVEA or the CVEA Community Foundation, nonprofits MUST meet the following minimum requirements:

- ▶ The organization must be a nonprofit entity
- ▶ The organization must benefit the public welfare or have a charitable, educational, or scientific benefit to the membership
- ▶ The organization's program or event must provide broad CVEA membership benefit
- ▶ The organization must support members in the CVEA service area

Individuals, religious organizations, and political organizations are not eligible for assistance.

COPPER VALLEY ELECTRIC



CVEA Celebrates Safety

By Coreen Palacios

For six years CVEA has celebrated National Safety Month each June, highlighting accomplishments, conducting trainings, awarding safety achievements, and rewarding employees for their efforts to work safe.

This year CVEA recognized six employees (3 in the Copper Basin and 3 in Valdez) who have worked from five to thirty years without an OSHA Recordable injury. Congratulations to Mike Haley and Toby Wahl for five years, Zena Disney and Travis Million for ten years, Cindy Butherus for twenty years, and Mary Ellen Bedrick for 30 years of working safe. These employees were given safety certificates, pins, and hardhat stickers recognizing their achievement.

CEO Travis Million lead the safety celebration by thanking everyone for their commitment to working safely at work and at home. The Cooperative has worked 867 days without a lost time injury, closing in on a record number of 910 days before it was reset to zero on January 2019. As part of the 'Safety Pays' theme, each employee received a \$25 gift card to Alaska Industrial Hardware.

Million also reminded the team of the important safety coin program, helping to drive behavior and promote awareness as part of the NRECA Commitment to Zero Contact Initiative.

Staff enjoyed a blind-folded race promoting trust and tug-of-war promoting teamwork, as well as safety demonstrations using PPE, or personal protective equipment. Finally, the team trained and drilled on ALICE. ALICE stands for Alert, Lockdown, Inform, Counter, and Evacuate, and is an option-based protocol and proactive approach to a potential violent intruder situation, as opposed to a sole response plan like a traditional lockdown.

CVEA has a strong safety culture that is built on trust, openly discussing incidents, and improved communication between departments. The culture is enhanced due to a consistent focus on safe working practices throughout the year and through enjoyable safety training opportunities, like safety week, each June.

If you have questions regarding the safety program at CVEA, please contact Coreen Palacios at 907-822-3211. ■



Electrical Safety and Power Lines

By Michael Rovito

The unthinkable has happened: You are driving along one of Alaska's beautiful roads when you swerve to avoid a moose and hit a utility pole. You are not injured, but now an energized power line is on your car. Your life now hangs in the balance.

What should you do?

For many Alaskans, the answer may be unclear. This is what Don Maynor, loss control specialist at ARECA Insurance Exchange, spends some of his time thinking about. AIE is an Alaska-based commercial insurer that provides coverage to nonprofit electric utilities in the state. AIE is comprised of experts in the insurance and electric utility sectors, with Don heading up the division that helps AIE-insured utilities limit their losses and employee injuries.

Don has more than a decade of experience focusing on electric utility safety, spending 16 years with Golden Valley Electric Association in Fairbanks. Don's job was to ensure the safety of GVEA employees, and his role naturally led him to address consumer safety as well.

Don says if an energized power line falls on your car—and it's best to think of all power lines as energized—stay in the vehicle and call for help. While you are seated in the car, the electricity from the downed line is following a path to the ground that runs through the car but around the occupant. Dialing 911 is the best course of action, since first responders will contact the electric utility to have the line deenergized.

But staying in the vehicle might not be an option, especially if it's caught fire and the risk of injury or death from the fire

becomes too great. If this happens, Don advises jumping as far from the car as you safely can, then shuffling your feet side-by-side until you are 30 to 40 feet away. Touching the vehicle and the ground at the same time will make you the easiest path for electricity and could lead to serious injury or death.

"Shuffling for this purpose means not lifting your feet off the ground, with the heel of your foot never going past the toes of your other foot," Don says.

The electricity coursing through the ground will dissipate the farther you get from the power line. So, walking normally and stepping from one voltage level to a different voltage level, you could be electrocuted.

Danger also exists from downed power lines to those not in vehicles. Strong winds, earthquakes and other disasters can bring power lines down, strewn them on the ground like high-voltage snakes. This is where Don says bystanders must protect themselves and others.

"If in a public area where someone could get into lines, you should stay and warn others of the hazard, call 911 and they will call the electric company. You should also call the electric utility so you can give them specific information that will help evaluate the hazard," Don says.

There are other—less lethal—hazards that come with electrification. For instance, home electronics and some appliances can be damaged if a surge is introduced on the power lines from a lightning strike, or two wires touching from snow unloading, trees falling, or in high-wind scenarios.

If this happens, the voltage traveling

into a home can rapidly spike, potentially overloading electronics and damaging them. To guard against this, Don recommends using surge protector power strips and turning them off during an outage if you can. Surge protectors absorb electricity fluctuations, and the price of one is cheap insurance for expensive electronics such as a TV or computer.

When the power does go out, a dedicated crew heads into the elements to get electric service up and running again. Line crews work in a hazardous profession, and there are steps community members can take to help make the jobs of linemen safer.

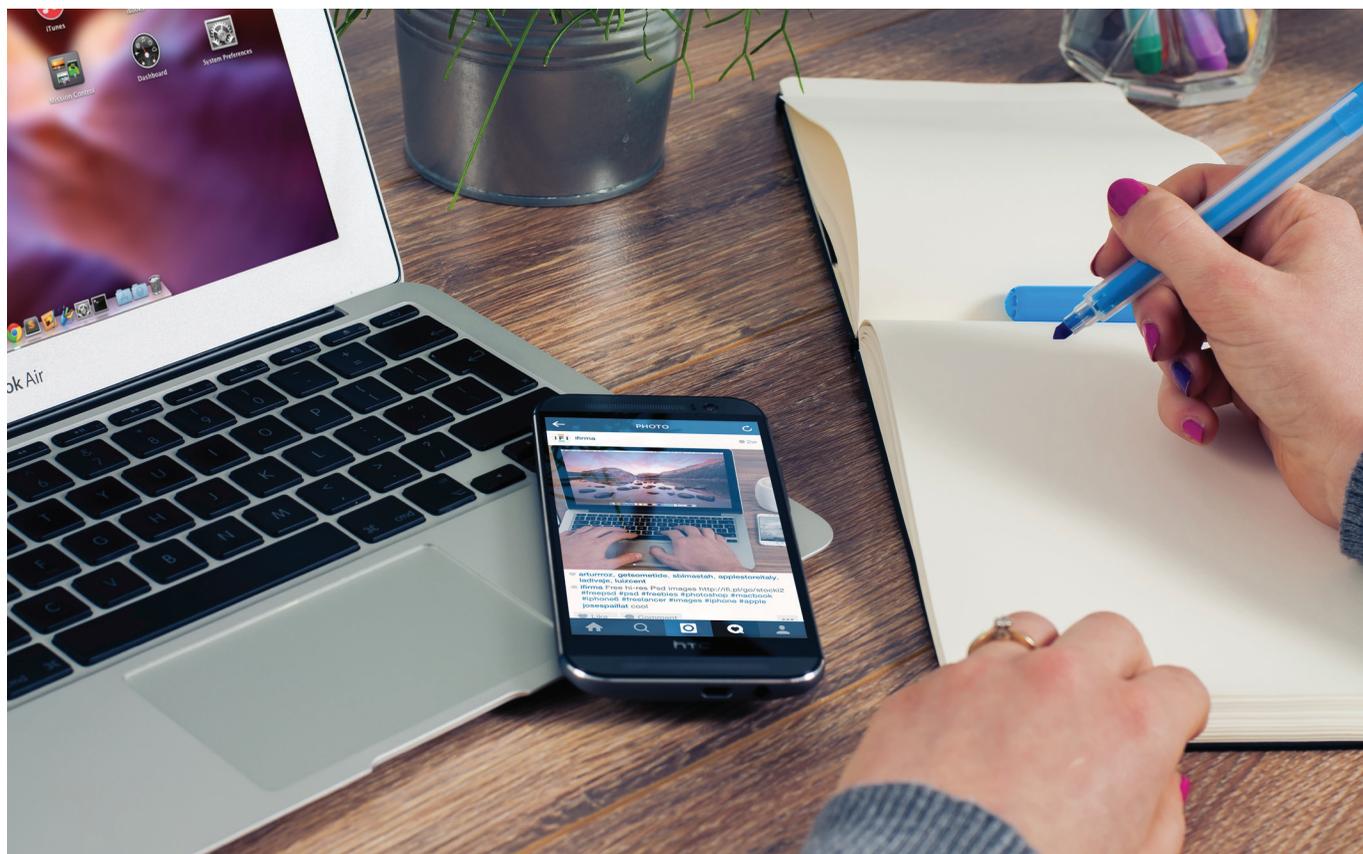
Don says it's important to never use utility poles for personal use.

"Don't attach lights, antennas or signs," he says. "It's dangerous for you and the lineman who has to climb the pole."

Community members can also help their local electric cooperative address problem trees and other hazards that could impact reliable electric service.

"It's good to report trees out of the right-of-way that are leaning toward distribution lines so they can be removed before they cause an outage," Don says. "If you see anything you're not sure of, feel free to contact your local electric company and let them decide if they need to check it out."

Electric co-op employees who focus on safety often say everyone who works at the cooperative should be a safety professional. The same is true for consumers. Co-ops are member-owned and governed, and those same members and consumers can take part in ensuring safety both for themselves, their families and for other community members. ■



Tips and Tools for Better Time Management

By Meghaan Evans

Life is hectic, and it can often be challenging to complete our daily to-do lists. Practicing good time management skills can benefit us in our professional *and* personal lives.

There are several ways you can take back your time and uncover your inner productivity, so let's start with a few simple tips for time management.

Monitor your time by breaking it down

Time is our most valuable asset and every minute counts. There are lots of tasks we can complete in one minute: 30 sit-ups, watering a plant, chopping a vegetable or tidying our workspace. Breaking down your time into bite-size pieces can help you realize how much you can accomplish in one day, while also recognizing the value of your time.

Clock yourself doing your daily activities, then start slotting

time in your schedule to accomplish these items. For example, schedule your 30-minute workout. Clock how long it takes you to make and eat your lunch, then schedule that time into your day. Scheduling every minute may seem excessive but doing so can help you move one step closer to better time management.

Identify your most important tasks

Sometimes we find ourselves picking at tasks that may not be as important or bring us as much satisfaction. This is not the best use of our time. Instead, identify the tasks that are most important to you or in your job, and make sure they make it onto your schedule.

Ditch your to-do list and pick up your calendar

Once you've identified your most important tasks, ditch your

to-do list and pick up your calendar. A to-do list does not give you the plan for *how* you get your tasks done; it just sits, growing longer and more daunting. We can be more effective at completing tasks and projects if we have a plan and start mapping that plan by scheduling tasks in our calendar. When you schedule these tasks, schedule them like meetings. Block out the time as unavailable, and only reschedule that time if it is critical.

Immediately tackle small tasks

If it will take less than five minutes to complete, do it immediately. This will help you avoid a laundry list of short tasks and will allow you to spend the bulk of your time focusing on larger, high-priority tasks.

Limit “trips” to your inbox

Don't let others dictate how you spend your time. Constantly checking your inbox ensures that we spend more time doing what others ask us to do, and less time focusing on the tasks we have prioritized and scheduled. Plus, checking your email is addictive! It's like a game of chance...sometimes you have a new message, sometimes not. And when you do have a new message in your inbox, your brain releases dopamine making this activity addictive. Try limiting yourself to four or five email checks per day if possible.

Ideas happen no matter where we are

Don't spend time trying to remember that great idea you had while walking through the grocery store! Always carry a notebook with you (or the “notes” app on your smartphone), so you can jot those ideas down.

Now that you have a few strategies and tips for time management, let's look at a few tools that can help you be more productive:

- **Trello** - a collaboration tool that helps you manage projects and tasks. Trello allows you to schedule tasks and view them in a calendar and timeline format. It's a great way to ditch your to-do list and turn it into something more productive.
- **“Focused Inbox” feature in Outlook** - this feature allows you to filter out messages that may not be critical to completing your prioritized tasks.
- **Unroll.Me** - helps to declutter your personal inbox by managing gray mail, email you don't really want but sometimes need, usually from subscription services.
- **Pomodoro Technique** - this technique uses a timer to break down work into intervals, traditionally 25 minutes in length, separated by short breaks. It keeps you on-task, without tying you to your desk all day, which isn't healthy.

The key to starting a new time management routine is to start small, choose the techniques that will fit your lifestyle and forgive yourself when things don't go perfectly. It takes time to build a habit, but once you have established better time management practices, you will be more efficient, productive and happier.■

Meghaan Evans writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.





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Important Dates

July

CVEA Offices Closed: The CVEA offices will be closed Monday, July 5, 2021, for Independence Day

CVEA Board Meeting: The July meeting of the Board of Directors is 1 p.m. Thursday, July 15, 2021, in Valdez

August

CVEA Community Foundation Contribution Request Deadline: The deadline to submit contribution request forms is 6 p.m. Thursday, August 19, 2021

CVEA Board Meeting: The August meeting of the Board of Directors is 1 p.m. Thursday, August 26, 2021, in Glennallen

AK-34

Construction

Construction season is short in the CVEA service area, putting a large workload on personnel during summer and fall months. To ensure a new or upgraded power installation meets your preferred date, consumers should request electric service as early as possible and provide necessary information in a timely manner.

For an outline of the general process and requirements necessary for CVEA to complete construction of a new or upgraded service, visit the construction page under the member services tab at cvea.org.



**Know what's below.
Call before you dig.**