



The Power of Preparation

By Anne Prince

With severe weather events occurring more frequently, now more than ever, it makes sense to be prepared. During a prolonged power outage or other emergency, this means having enough food, water, and supplies to last at least a few days.

In honor of National Preparedness Month in September, I want to remind members of our community about the power of preparation. While you don't have to achieve a "doomsday prepper" level of preparedness, there are several practical steps you can take to keep you and your family safe.

Even at a modest level, preparation can help reduce stress,

anxiety, and lessen the impact of an emergency event. We recommend starting with the basics.

Here are general guidelines recommended by the Federal Emergency Management Agency:

- Assemble a grab-and-go disaster kit; include items like nonperishable food, water (one gallon per person, per day), diapers, batteries, flashlights, prescription medications, first-aid kit, battery-powered radio, and phone chargers
- Develop a plan for communicating with family and friends (i.e., via text, social media, third party, etc.)
- Have some extra cash available; during a power



As part of National Preparedness Month, make preparations to keep you and your family safe during severe weather events or extended power outages.

ADOBE STOCK PHOTO BY DER02084

outage, electronic card readers and cash machines may not work

- Store important documents (birth certificates, property deed, etc.) in safe place away from home (for example, a bank safe deposit box)
- Keep neighbors and coworkers apprised of your emergency plans
- Fill your car with gas
- Organize your supplies so they are together in an easily accessible location that family members know about

Caring for vulnerable family members

If you have older family members or those with special needs, make sure they have enough medication and supplies for a few days. If they don't live with you, arrange for a neighbor to check in on them. If a severe weather event is expected, consider having your relative stay with you if feasible, otherwise call them daily.

If you have an infant or young children, make certain you have ample formula, diapers, medication and other supplies on hand to weather an outage lasting several days or more.

Keeping four-legged family members safe

For families with pets, having a plan in place in the event of a prolonged outage or an emergency will help reduce worry and

stress especially if you need to make a decision during an emergency.

- Bring pets indoors at the first sign of a storm or other emergency; they can become disoriented and frightened during severe weather and may wander off during an emergency
- Microchip your pet and ensure the contact information is up to date
- Store pet medical records on a USB drive or in an easy-to-remember location
- Create an emergency kit for pets (include shelf-safe food, bottled water, medications, and other supplies)

Copper Valley Electric cares about your safety. Planning for an emergency situation today can give you more confidence to deal with severe weather and potential outages in the future. For more tips, visit cvea.org. ■

Anne Prince 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 percent of the nation's landscape.



'Back To School FUN!' Activity List

- Purchase school supplies
- Walk, ride bike, or skateboard to school
- Take first day of school picture
- Enjoy a school sporting event, extra-curricular, or after school activity
- Read a book
- Leave a note at home thanking your parent(s) for a fun summer break
- Collect or rake up Fall leaves
- Enjoy a Fall walk or hike
- Enjoy a cup of cocoa or apple cider
- Make or eat caramel apples
- Help get someone's yard winter-ready
- Help someone chop or stack wood
- Help can or jar garden harvest or process meat from hunt
- Take or draw a picture of the first snow you see (on mountains okay)
- Enjoy a bonfire or ATV ride
- Gather food for food drive in October
- Volunteer to help a local organization
- Attend the Pick Your Own Pumpkin Patch Event on October 8 (10-4)
- Paint, carve, or decorate a pumpkin
- Pick out your Halloween costume



CVEA 'Back To School Fun!' Kids Activity Program



Deadline - October 10, 2022

How to participate:

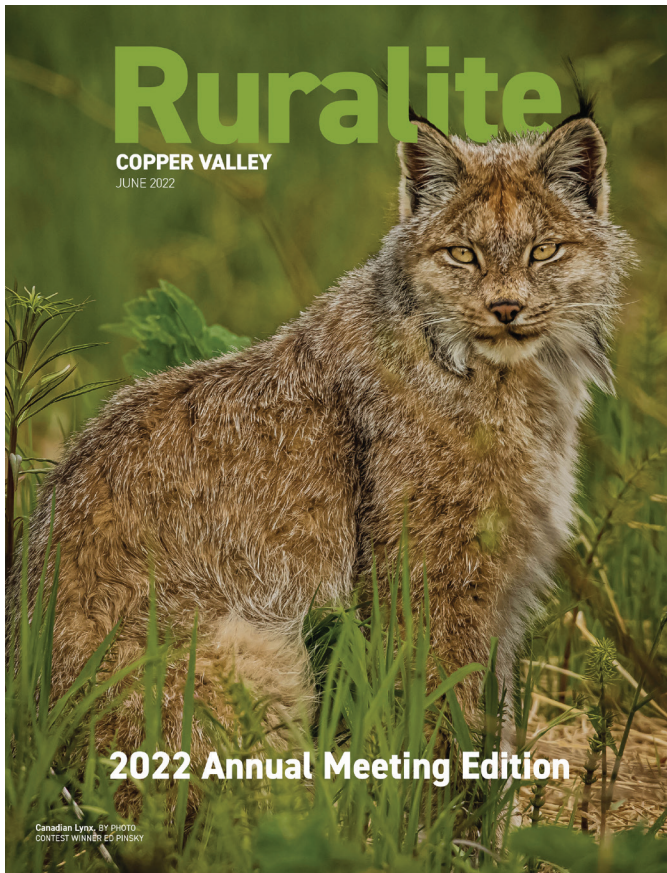
- Review the list of activities above or at cvea.org
- Select which activities you want to complete
- Complete selected activity, have fun, and make sure to take a picture
- Complete any 10 activities on the list and receive a \$10 local gift card AND a chance to win \$150
- Email your pictures (jpg only) and include: CVEA member name, permission to use photo(s) submitted (at least one), youth participant name, age, name of activity completed, date completed, and mailing address to kidsactivities@cvea.org by 6 p.m., Monday, October 10, 2022

Additional Details:

- Age categories: 2-6, 7-12, 13-18 (two \$150 winners for each age category)
- Activities must be from the official list above or can be found at cvea.org
- Activities must be completed between August 15, 22-October 10, 2022
- Deadline to email submissions is Monday, October 10, 2022
- \$150 drawings will be on or before Thursday, October 20, 2022
- Each picture equals a single activity
- Only complete submissions will be considered

Ruralite Cover Photo Contest

Submission Dates:
October 3 - 31



Would you like to see your photo on the cover of *Ruralite Magazine*, CVEA's primary member communication tool? Over 2500 copies of Ruralite are distributed each month to members in the Copper Basin and Valdez. That means excellent exposure for local photographers!

Details

- Winners will be chosen by CVEA employees
- Final decision will be announced by Monday, November 21, 2022
- Winning photos will be featured on the cover of Ruralite for one issue in 2023 and on cvea.org
- Winners will receive \$100 per winning photo and will be announced to the local media
- CVEA will retain rights to utilize all photos submitted in various communication tools including print and web
- Future photo usage in Ruralite or on cvea.org will include photo credit

Contest Rules

- Photographers must reside in a dwelling that receives service from CVEA
- Photos must be from within CVEA's service area (Valdez to Sourdough, out to Kenny Lake, and over to Sheep Mountain)
- Content can include scenery, community events, and community residents enjoying local activities; photos from all seasons should be considered, **at least two winter photos will be chosen**
- Only vertical photos will be eligible to win cover contest; horizontal photos may be submitted for use in other print or web based applications
- Maximum six photos submitted per contestant
- Each photo submission must include a digital and printed copy at 8X10 inches; digital files must have a resolution of 300 dpi at 8X10 inches
- Each photo submission must include photographer's name, location of photo, and photo title
- Photos must be submitted between October 3-31, 2022
- Photos can be dropped off at the CVEA office in each district or sent directly to Sharon Scheidt: sscheidt@cvea.org or P.O. Box 927, Valdez, AK 99686
- Photographer submissions must include permission form; visit cvea.org or email sscheidt@cvea.org for blank form
- If you have questions, please contact Sharon Scheidt at 907-255-1425, or email sscheidt@cvea.org

Keep Food Safe When the Power Goes Out

By Abby Berry

Severe winds, lightning and even squirrels can temporarily cause the power to go out. We understand power outages of any length can be frustrating, especially when your fridge is stocked with perishable foods.

Extended power outages are rare, but when they occur, it's important to understand food safety measures to take to avoid illness.

Here are a few food safety tips to keep in mind before, during and after a power outage.

Before an outage

A good rule of thumb is to keep an emergency supply kit on hand. Be sure to include nonperishable food items like bottled water, powdered milk, canned goods, cereal and protein bars in your emergency kit.

If you have advance warning that an outage is possible, fill a cooler with ice—just in case the outage spans several hours. Having a cooler ready to go can buy extra time for your refrigerated, perishable items.

During an outage

If an outage occurs, do not open the refrigerator or freezer unless *absolutely* necessary. An unopened refrigerator will keep food cold for about four hours. A half-full freezer will keep food frozen for about 24 hours and a full freezer for about 48 hours. If it looks like the power outage will last longer than four hours, move your important perishable items to an ice-filled cooler.

After an outage

If refrigerated foods have been exposed to temperatures higher than 40 degrees for more than two hours, the American Red Cross recommends discarding the items.

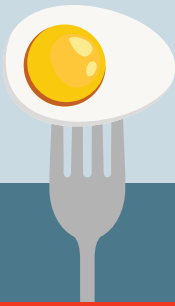
If any foods have an unusual color, odor or texture, they should be thrown away. While most perishable foods should be thrown out after an extended outage, there are a few items that are safe to consume after a two-hour exposure to 40+ degrees:

- hard cheeses that are properly wrapped
- butter or margarine that is properly wrapped
- taco, barbecue and soy sauces
- peanut butter, jelly, mustard, ketchup and relish

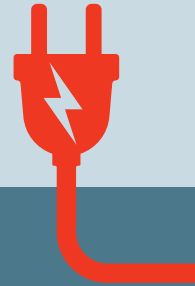
The best way to avoid illness from spoiled food during or after an outage is to follow the four-hour rule of thumb. After an outage, always smell and inspect foods before consuming and remember: when in doubt, throw it out.

To learn more about food safety after an emergency, visit www.ready.gov/food. ■

Abby Berry 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.



Eat Safe Food after a Power Outage



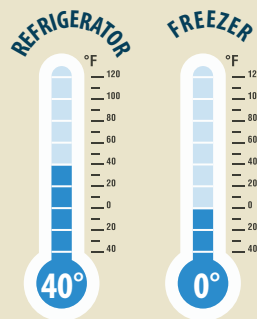
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

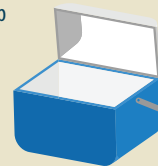


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.



- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40 °F or below.



www.cdc.gov/foodsafety

CS10209A



A Touchstone Energy® Cooperative

Board of Directors

Lon Rake, President
Yvette Delaquito, Vice President
Dan Stowe, Secretary
Will Stark, Treasurer
Andy Hess, Director
Paul Kildal, Director
Jeff Saxe, Director
Mark Shorten, Director

P.O. Box 45
Glennallen, AK 99588
www.cvea.org

Copper Basin District
907-822-3211

Mile 187 Glenn Hwy.

Valdez District

907-835-4301

367 Fairbanks Dr.

After hours outage line

866-835-2832

Important Dates

September

CVEA Offices Closed: The CVEA offices will be closed Monday, September 5, 2022, for Labor Day

CVEA Board Meeting: The September meeting has been cancelled

October

Celebrate National Co-op Month:

- **Ruralite Cover Photo Contest:** Submit photos October 3 - October 31, 2022
- **Pick-Your-Own Pumpkin Patch:** Saturday, October 8, 2022, 10 a.m. - 4 p.m.; the event will be at the CVEA office location in Glennallen and at the Kelsey Dock Plaza in Valdez
- **Co-op Month Food Drive:** Bring non-perishable food items for FREE entry to the Pick-Your-Own Pumpkin Patch

CVEA Board Meeting: The October meeting of the Board of Directors is 1 p.m. Thursday, October 20, 2022, in Glennallen

AK-34

OCTOBER IS CO-OP MONTH

Copper Valley Telecom & Copper Valley Electric Association's

PICK-YOUR-OWN Pumpkin Patch

ENTRANCE FEE:
1 NON-PERISHABLE FOOD ITEM PER PERSON
Or cash donation. All donations will go to local food banks.
Expired food items cannot be accepted.

SAT. OCTOBER 8TH
10:00 AM - 4:00 PM (or while supplies last)

VALDEZ
Kelsey Dock Plaza

GLENNALLEN
CVEA Parking Lot

- FREE pumpkin with admission
- Play fun and festive fall games
- Take pictures in the photo booth station
- Decorate your new pumpkin
- Buy tasty treats from local vendors
- Support a gourmet popcorn fundraiser
- Buy a ticket to a quilt raffle
- Fall fun for the whole family!

See Ruralite Cover Photo Contest details on page 25