

# OUR FRONTLINE DEFENSE

BY TOM WALCH CHIEF EXECUTIVE OFFICER

With all the economic challenges we are facing these days, it's easy to take for granted the trustworthy and dependable service of the men and women who are always there, ready to answer the call when we need help. First and foremost, I'm talking about the members of our armed services. They're trained, armed, and ready to come to our defense at a moment's notice; they face great personal risk and sacrifice. Others fill a similar role in our local communities: our police officers, firefighters, and emergency medical technicians. Again, their training and tools are crucial elements of their preparedness. So, as we mark National Preparedness Month, it is a great time to focus on some challenges in preparing to be prepared.

Here at Grand Valley Power, our electric lineworkers perform a service akin to the job that our first responders do, although the risk and sacrifice may not be quite as significant. Still, linemen face some of the most dangerous occupational hazards around. From operating heavy machinery to handling and switching up to 230,000 volts of electricity, our linemen are the co-op's frontline defense. They are ready to spring into action any time of the day or night, in all kinds of weather, to restore power whenever its delivery is interrupted.

These team members employ several safety procedures that protect against industry hazards and accidents. When our crews begin a project, they perform a job briefing. All crew members huddle to discuss job hazards and safety equipment needed. The list can be long: fall restraint systems and harnesses, voltage testers, hazardous gas meters, rubber line cover-ups (or guts, as the crews refer to them) used for protection when working on energized lines. This

preparation is vital as it lays the foundation for all team members, allowing for effective communication and increasing awareness of job hazards. So far in 2022, GVP crews have performed over 177 job briefings.



▲ Grand Valley Power Safety Coordinator Joe Foster celebrates the co-op's remarkable safety record. GVP also thanks Joe for his six years of service as a wildland firefighter for the Bureau of Land Management – Grand Junction District.

Personal protective equipment is another essential job safety tool. Some of it is common. Hard hats, steel-toed boots, safety goggles and leather gloves are needed just as they are in many trades. However, lineworkers need a little more protection, including heavy fire-retardant clothing, rubber gloves and insulated tools like hot sticks. Rubber gloves are among the most important. Electric lineworkers use gloves as a safety guard when working with energized or "hot" lines. Even a pinhole in one of these gloves can create an electrical contact which is often life-threatening. Our crews act against this hazard and inspect their gloves and other vital PPE before every use. Additionally, gloves are sent to a safety



TOM WALCH

certification lab every 60 days, where they endure high-voltage testing to verify their durability.

Our preparedness doesn't stop there. GVP crews are on the receiving end of comprehensive safety training that prepares them for all industry challenges. A great example of this training is line-to-man contact. During this simulation, lineworkers must climb a utility pole, lower a training mannequin, climb back down the pole and begin CPR — all in under 4 minutes. Meeting this time is critical for survival and is known as "drop-dead time." Once electrical contact has been made, a person has 4 minutes before their chances of survival significantly decrease. This simulation is designed to test and improve our team members' skills and ability to respond to emergencies.

This year, GVP crews took this training a step further by implementing a test MAYDAY call with the help of our hometown partners: the Grand Junction Fire Department. On August 18, at approximately 8:30 a.m., crews administered a 911 call simulating an electrical contact. Emergency officials were immediately dispatched to GVP headquarters where the training occurred. Simultaneously, crew members performed life-saving efforts on a training dummy for over 17 minutes. This training is critical to an electric lineworker, as it could mean the difference between the life or death of a fellow crew member.

The tools and training we use — preparing to be prepared — have produced an exemplary safety record. As this column goes to press, GVP has worked over three

## YOUR CO-OP NEWS

and a half years without a lost-time accident or injury. It is a remarkable accomplishment.

While the tools and training described are essential, they should not overshadow the most important characteristic common to anyone who stands ready to answer the call. The jobs that service men and women in our armed forces, police, firefighters and lineworkers perform takes a special type of person — one who takes pride in serving others, even to the point of putting themselves in harm's way, if necessary. We're

fortunate to have these men and women standing up for us. Please join me in thanking them for this tremendous service.

### COMMENTS TO THE CEO

You are a member of a cooperative and your opinion counts. If you have any questions, concerns or comments, please let me know by writing to Ask the CEO, P.O. Box 190, Grand Junction, CO 81502, or send an email to me at [twalch@gvp.org](mailto:twalch@gvp.org). Visit our website at [gvp.org](http://gvp.org).

### BOARD MEETING NOTICE

Grand Valley Power board meetings are open to the members, consumers and public. Regularly scheduled board meetings are held at 9 a.m. on the third Wednesday of each month at the headquarters building located at 845 22 Road, Grand Junction, Colorado.

The monthly agenda is posted in the lobby of the headquarters building 10 days before each meeting and posted on the GVP website. If anyone desires to address the board of directors, please let us know in advance and you will be placed on the agenda.

## PREPARING FOR A POWERFUL FUTURE

BY DANA POGAR COMMUNICATIONS SPECIALIST



impact the grid, it's essential to understand EV energy demand. Let's dive in. Most EV owners upgrade to a Level 2 charger, allowing drivers to charge their vehicle at a faster rate. However, with decreased charging times comes increased power needs. In fact, the average Level 2 EV charger pulls approximately 7.2 kilowatts of energy. So what? To put this into perspective, the

average home heating system takes 10 kilowatts of electricity and accounts for nearly 28% of your home's energy bill — that's a lot of energy.

But why do electric co-ops need to prepare for EVs? GVP Chief Operating Officer Matt Williams explains this concept well. "EVs require a lot of power all at once, which causes the demand for electricity to increase. If every person in the United States were to plug in and charge their EV simultaneously, the electric grid would collapse. The required power demand would far exceed generation resources. Transmission and distribution systems would be loaded well beyond their capacity. If we don't find ways to shift EV charging away from existing peak loading times, it will result in a level of demand that the grid is not yet prepared for," Williams said.



DANA POGAR

While GVP's electric system is engineered for growth and increased power requirements, it takes time to prepare for the energy demand EVs need. That's why GVP implemented an Electric Vehicle Time-of-Use rate to better prepare for an all-electric future.

Charging EVs during non-peak loading times has cost-saving benefits as well. About half of GVP's wholesale power costs are based on demand charges, which are calculated on the system's monthly peak one-hour demand. Every Level 2 EV charger shifted off that peak hour reduces the peak demand by 7.2 kilowatts, thus lowering the demand charges. Those power cost savings get directly passed on to all GVP members.

With GVP's new EV-TOU rate, members who charge from 11 p.m. to 7 a.m. receive additional savings. Why? Because consumers who charge during prime off-peak hours help reduce energy demand, allowing the grid to counteract the need for power during late-night hours. To learn more about GVP's new EV-TOU rate, visit [gvp.org/EV-TOU](http://gvp.org/EV-TOU).

When I was a little girl, I remember watching the movie *Meet the Robinsons*, a classic tale of friendship, family and innovation. The setting of this popular animation is based on a futuristic world that consists of time-traveling cars, advanced technology and robotics.

I remember thinking to myself, "There's no way we'll ever have cars like that," and boy was I wrong — well, kind of. While we may not be able to time travel, we do have electric vehicles.

While this modernized transportation method continues to intrigue consumers, electric cooperatives, including Grand Valley Power, must prepare for an all-electric future. What does this mean? It means taking small steps to balance energy demand while continuing to meet the needs of GVP members.

To better understand how EVs could

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## 2022 ANNUAL MEETING A SUCCESS

BY DANA POGAR COMMUNICATIONS SPECIALIST

Grand Valley Power's 2022 Annual Meeting of Members was held on Thursday, August 4, at Colorado Mesa University. More than 450 members and guests joined GVP employees and board members to celebrate the cooperative's success over the past year. Members enjoyed a delicious Enstrom caramel-covered apple at the annual meeting. More than \$2,000 in raffle prizes were given away, including an electric lawn mower and smart thermostat. Members also enjoyed entertainment from the famous comedian, veteran and stutterer Jody Fuller.

If you were unable to join us, don't worry. Grand Valley Power created an entire video business meeting presentation so members who could not attend can still see the full report. You can now view this by scanning the QR code at the right with your smartphone camera or by visiting [gvp.org/Purpose](http://gvp.org/Purpose). Thank you to all our members who attended this year's annual meeting.

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OR VISIT [gvp.org/Purpose](http://gvp.org/Purpose)



2022  
Annual Meeting  
Recap

WATCH NOW

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## DIRECTOR ELECTION RESULTS

BY DANA POGAR COMMUNICATIONS SPECIALIST

Grand Valley Power members elected three directors to the board on August 4. Three positions were available, and four candidates ran in this year's election. Elected to the board were incumbent Carolyn Sandeen-Hall and newcomers Gary DeYoung and Kyle Coltrinari. Each will serve a three-year term and join six other directors on the cooperative's board.

The tabulation of ballots for the 2022 Board of Directors election was conducted by the local CPA firm Chadwick, Steinkirchner, Davis & Co., P.C., under the supervision of the Grand Valley Power Election Supervisory Committee. The final vote count was:

- Carolyn Sandeen-Hall 1,562 votes
- Gary DeYoung 1,428 votes
- Kyle Coltrinari 1,265 votes
- Rod Martinez 1,208 votes

Grand Valley Power thanks Rod Martinez for his 22 years of service on the board and more than six years of service to CREA. His dedication to the electric utility industry and cooperative world is unmatched.

Thank you to all the members who participated in this year's director election. The official election results can be found online at [gvp.org/director-elections](http://gvp.org/director-elections).



Carolyn Sandeen-Hall



Gary DeYoung



Kyle Coltrinari

# KEEP FOOD SAFE WHEN THE POWER GOES OUT

BY ABBY BERRY

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

Extended power outages are rare, but when they occur, it's important to understand food safety measures needed 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 in case the outage spans several hours. Having

a cooler ready 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 also 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-plus 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

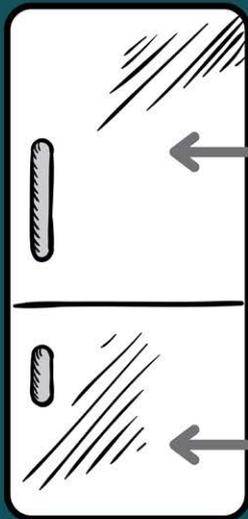
The best way to avoid illness from spoiled food during or after an outage is to follow the four-hour rule of thumb. After an outage, always smell and inspect foods before consuming and remember: When in doubt, throw it out.

To learn more about food safety after an emergency, visit [ready.gov/food](https://www.ready.gov/food).

Abby Berry writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

## Keep Food Safe During and After a Power Outage

Refrigerated or frozen foods may not be safe to eat after a power outage. Use these tips to minimize food loss and reduce risk of illness.



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Refrigerated food will last four hours. After four hours, place refrigerated foods in a cooler with ice.

24 OR 48

Food in a **half-full** freezer will last 24 hours. Food in a **full** freezer will last 48 hours.

## Food Safety Tips

1. Keep refrigerator and freezer doors closed as much as possible.
2. Throw out any food with an unusual odor, color or texture.
3. Throw out perishable food in your refrigerator after four hours without power or a cold source (like a cooler with ice).

**When in doubt, throw it out!**



Grand Valley Power is closed September 5 for Labor Day