

Safety Lessons and a View From Above



Annually, the NorVal Electric linemen must be tested and timed on the ability to rescue a life-sized mannequin from the top of a pole. This is more than a feat of strength and endurance and it has real life practical applications.

The dummy is secured at the top of a 35 foot pole. Each climber must secure a safety rope to the dummy. Then he must safely lower him to the ground. In the event that a real person was injured, every staff member is certified in CPR and First Aid.

Top Left: Apprentice Kyle Barras performs his pole top safety rescue.

Bottom left: A view from above, from the bucket overlooking the crew.

Additionally, the crew is trained in bucket truck rescue and that also utilizes the use of the dummy.

The training and certification is completed by Montana Electric Cooperatives' Association safety instructors. They travel to the cooperatives throughout the state ensuring the line professionals in our state are educated on the latest and best practices regarding safety. 



Middle: The Opheim Elevator from the bucket truck. Right: The crew watches a rescue from the ground.

Nick's Notes

By Nick Dulaney
Line Superintendent

Can you believe the year is half over? We have contractors here working on Oil Circuit Recloser (OCR) maintenance. They are also taking transformer oil testing samples in the substations.

The Highway 24 North overhead to underground

conversion is beginning. This 8 to 9 mile conversion is to increase capacity and improve reliability.

In the Whatley Substation area the crews are working to move equipment including OCR's and regulators. This modification should help during storm season.

Additionally, the crews continue to install new services throughout the system. We are also starting to retire idle services. If you have

received a certified letter in the mail please get that back to us so we know your plans for these service locations. NorVal pays property taxes on every mile of line that we have, so removing these idle services that are unused or abandoned will save you, the members, money in the long run!

As a reminder, be sure to call 811 before you do any digging. This is a free service available to everyone, and is a great insurance policy to make sure that you, or your contractor, won't accidentally come into contact with an electric, water or gas line. Please call at least 48 hours before you plan to begin your project.

Have a great rest of your summer! 

Shallow Digging is Still Digging

One in eight survey respondents have decided to dig without calling 811 because they thought their project was too shallow to interfere with buried facilities.

2018 CGA Public Awareness Research 

Recipe Corner



Grilled Chicken Salad Sandwich

Ingredients

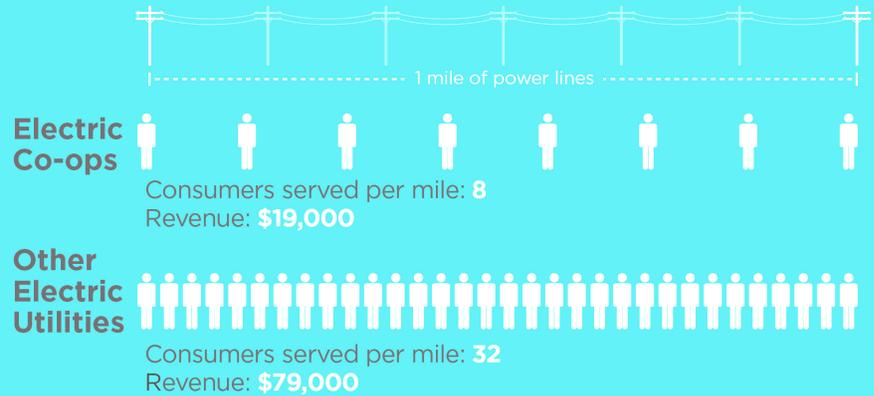
- 1 cup mayonnaise
- 1/8 tsp. ground black pepper
- 1/8 tsp. garlic powder
- 1/8 tsp. celery salt
- 4 c. chopped grilled chicken
- 2 celery stalks, sliced
- 1/2 c. sweetened dried cranberries
- 2/3 c salted cashews
- 8 slices toasted bread
- 4 tbsp mayonnaise
- 4 large red leaf lettuce leaves
- 1 ripe tomato, sliced

Directions

Whisk together 1 c. mayonnaise, pepper, garlic powder and celery salt until combined. Combine the chicken, celery, cranberries and cashews in a large bowl. Pour the mayo mixture over the chicken mixture and stir until evenly combined. Spread 1/2 tbsp. mayonnaise on each slice of toast. Divide the chicken salad between four of the slices of toast, top with a lettuce leaf and a slice of tomato. Top with the remaining slices of toast. Enjoy! 

Going the Extra Mile

Electric cooperatives maintain more miles of power lines per consumer than other types of electric utilities. Even though they serve fewer consumers and acquire less revenue, electric co-ops always go the extra mile to power the communities they serve.



Sources: EIA, 2017 data. Includes revenue and consumer averages per mile of line.

NorVal Electric serves 0.96 members per mile of line.

Back to School Safety Tips

Welcome back to school to all students and teachers! With school starting, here are a few ideas for parents who are dropping off excited students, or those who share the roads with those traveling to and from school.

Schedule Additional Time

Allot extra time in your schedule. School days mean congested roadways, from busses to kids on bikes and parents transporting precious cargo. Leave a few minutes earlier so that you're not rushed!

For Parents

Don't double park as you drop your little ones off to school, it blocks visibility for other children and vehicles. Also, consider carpooling to ease congestion and traffic. Be sure everyone in the vehicle has proper safety restraints and for the

smaller children, ensure they're in car or booster seats appropriate for their weight and height.

For Drivers

Be cautious as you will be sharing the road with enthusiastic students who may not be watching for cars. Also, newly trained bike riders could be on the sidewalk or on the road and may not have full control of their bike, so be sure to give them plenty of space as you pass them! Never pass a vehicle stopped for a pedestrian or a stopped bus that is loading or unloading students.

For Students

As you head back to school, make sure you've got a properly fitted helmet when you ride your bike or scooter. Watch for cars and look both ways before crossing the street. Walk with a friend for safety. Have a great school year! 



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Energy Efficiency Tip of the Month

Routinely replace or clean your air conditioner's filter. Replacing a dirty, clogged filter can reduce your air conditioner's energy consumption by 5 to 15 percent.

Source: energy.gov

