

# CURRENTS



## Keeping It Cool

O&R's workforce and electric system stepped up to this summer's first intense heat wave, helping customers keep their cool in blazing temperatures.

# Blowing the Lid Off Record Demand



Stores and EHS&Q employees work with Clean Harbor to ensure proper oil disposal and recycling of distribution transformers that popped their tops during this past record-setting heat wave. EHS&Q Specialist Arthur Barikyan (right) is seen here in Spring Valley's hazardous waste storage shed with Clean Harbor's Jeff Poorman.

**When the going gets hot, we keep it cool.** That's exactly what teams across the company prepared to do as we marched into this summer's first heat wave. With three-years-worth of strategic system improvements under our belt, we were able to reduce the number of affected customers by more than 50% compared to the last heat event that broke weekend demand records back in 2016.

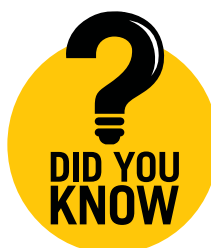
Heat-fed hunger for electricity this past Friday, July 19 through Sunday, July 21 led us to shatter our weekend demand record with a total system sendout of 52,327 MWh. Moving down to second place on the list is a total weekend system sendout of 50,851 MWh set August 12-14, 2016. Sunday, July 21 reached a new record in its own right, taking first place for all-time Sunday peak at 1,445 MW, surpassing a forecasted peak load of 1,390 MW.

"The demand was higher than ever, but our system held steady, raising the bar for our performance under peak pressure," said Vice President of Operations **Frank Peverly**, who attributed the achievement to smart engineering decisions executed by our operations teams. "An event like this proves that the investments we're making are paying off for our customers," Frank added.

On top of the system upgrades that have taken place since our last record-heat event – like proactive transformer replacement and selective undergrounding of critical circuits – departments across

the company took advantage of the days leading into the heat wave to prepare for the stress-test. We inspected fans and pumps in all of our spare and mobile substation transformers, mobilized necessary functions for 24-hour staffing and reached out to customers with tips on how to reduce electricity without sacrificing safety and comfort, to name just a few prep tasks.

While the weekend was remarkable in many respects, our President and CEO **Bob Sanchez** says what truly made it a performance to be proud of was the fact that every job done to prepare and respond was completed safely. "You have to get a lot of things right to keep up with an event like this. Not only did we keep pace with the sustained challenge, we did it without any accident or injury. When you consider the level of heat and pressure on our people, that's a tremendous tribute to how we operate," added Bob.



A heat wave is defined as three or more consecutive days with a maximum temperature of 90 degrees or higher. Our first official heat wave of the summer began on Friday, July 19 and ended on Monday, July 22. Check **Conor** for a look at the heat wave "highs" provided by company meteorologist **Brian Cerruti**.

# Drinking Enough Water?



Staying hydrated is one of the best things you can do for your body. It's especially important when you're working or enjoying the outdoors in high temperatures. Sweating can dehydrate you quickly if you're not drinking enough to balance out the water your body is losing.

## A few things to consider:

- Your body is 60% water
- Body fluids help maintain your temperature and digest, absorb and transport nutrients
- When you're dehydrated, your body stops working properly

## When you're dehydrated, you will feel:

- Fatigue
- Thirst
- Dizziness
- Dry mouth, skin and lips
- Constipation
- Headaches

## You can stay hydrated by:

- Drinking at least 7-8 cups of liquid (preferably water) a day if you're a woman and 10-11 cups a day if you're a man
- Consuming 8-16 ounces prior to activity
- Avoiding excessive sugar and caffeine

## Be alert to these heat illness warning signs:

**Heat exhaustion** symptoms include excessive sweating, headache, dizziness, weakness, mood changes, nausea, vomiting, decreased and dark-colored urine, fainting and pale, clammy skin. If heat exhaustion is not treated, it may advance to heat stroke.

**Heat stroke** is the most serious, life-threatening heat-related illness. Signs that you are suffering from heat stroke include dry pale skin (no sweating), hot red skin, mood changes (irritable, confused), seizures/fits; and collapse/unconsciousness.

Move to a shaded location and seek immediate medical assistance if you experience these warning signs.

## TMI? Not if your health depends on it!

Your urine is one of the best gauges of hydration. The darker your urine, the greater degree of dehydration you're experiencing. So, drink up and keep it light.

# Dan FitzPatrick Honored as Partner in Damage Prevention



Pictured here at the award presentation are, from left, Dig Safely NY's **Kevin Hopper** and **Aimee Milks**, O&R's **Dan FitzPatrick** and Dig Safely NY Board Chairperson and National Grid Director of Project Engineering **Laurie Brown**.

Congratulations to our own Damage Prevention Supervisor **Dan FitzPatrick** who was recently recognized for five year's worth of work aimed at reducing damage to underground facilities. Dan was presented with Dig Safely NY's highest honor, the Partner in Damage Prevention Award, during the organization's annual meeting.

# Calling in the Cavalry



Pictured here, from left, are Amity Foundation's **Regina Soriano** and **Pamela Van Den Berg** holding **Rom**; **Christine Swanson Dykshorn** and **Vaughan Wiles** holding **Applause**; O&R's **Michael Grant** shouldering **Christine's son Jack**; Amity Foundation's **Gloria Smith** and **Corey DeMala** holding **RockStarr**.

O&R has joined forces with the Amity Foundation for Healing with Horses to help provide equine-assisted therapy to U.S. military veterans suffering from post-traumatic stress disorder (PTSD). Our company recently contributed \$1,400 to the Warwick-based not-for-profit.

"Our program could not survive without the help of our community," said Amity Foundation President **Gloria Smith**. "We are especially appreciative of Orange and Rockland for so generously recognizing the therapy we provide and for helping to assure its continuance." Visit [www.theamityfoundation.org](http://www.theamityfoundation.org) to learn more about how equine therapy is helping veterans with PTSD.



## Skoufis Visits O&R Update



Pictured here outside the Spring Valley Auditorium are, from left, Vice President of Customer Service **Christina Ho**, President and CEO **Bob Sanchez**, Senator **James Skoufis** and Vice President of Operations **Frank Peverly**.

New York State Senator **James Skoufis** paid us a visit last month, briefing attendees at ORU Update on the culmination of what's been described as a "remarkably productive" legislative session. The Democrat, who represents North Rockland, eastern Orange and parts of Ulster counties, started off with a big thanks to O&R employees.

"When there is a storm, you're around-the-clock, and I have a great appreciation of the work that you do," said Senator Skoufis.

He went on to explain that, when it comes to meeting the goal of 100% clean energy by 2050, we need all hands on deck. "We're not building renewables fast enough, so we need to enable utilities to get back into the generation business, but for renewable energy only. We are making that a priority next year."

## Donate Life-Giving Blood



Working with the **New York Blood Center**, our **Multicultural Advisory Committee** is hosting three blood drives, as follows:

- **Thursday, August 1 / Spring Valley Auditorium**
- **Monday, August 5 / Blooming Grove Auditorium**
- **Monday, August 5 / Middletown Large Conference Room**

Each drive will run from 8 a.m. to 2 p.m. Check *Announcements/Events* on *Conor* to schedule your appointment. Please remember to:

- Bring your driver's license or donor card
- Eat and hydrate before donating

For more information, contact **Jennifer Woehrle** at [woehrlej@oru.com](mailto:woehrlej@oru.com).

## Cut Your Health Insurance Costs in 2020



If you're enrolled in one of our company's health plans, you will get credits toward your healthcare costs when you complete an annual medical screening and health assessment. Here are the next two medical screening sessions scheduled at O&R.

### Wednesday, July 31

7 a.m. – 11 a.m. / Spring Valley Auditorium

### Tuesday, August 27

7 a.m. – 11 a.m. / Blooming Grove Auditorium

Check out *Announcements* on *Conor* for more information and a link to the complete list of 2019 on-site medical screenings.

## Changes to Printer Services Are on the Way



As part of the Business Cost Optimization (BCO) initiative, IT will be removing locally attached, obsolete and underutilized HP network printers and implementing Secure Print functionality. Work will be ongoing over the next several months. Check *Announcements* on *Conor* for more information.

## A Safer Approach to West Nyack

When parking in the upper lot of our West Nyack facility, use the stairs, handrail and crosswalk to access the building and return to the lot. Walking along the vehicle ramp as cars travel in and out can become dangerous. The stairs not only provide a safer route, but also put less strain on your lower back and spine.



**Grapevine**



Congratulations to Substation Electrician **Scott Gruber** and his fiancée **Amanda** who celebrated the birth of their first child on July 18. **Devon Eileen** weighed 7 pounds, 9 ounces and measured 20.5 inches.