

September 2019 ACROSSINELINES

New programme encourages staff to reach out for support

A programme encouraging PowerNet staff to feel more comfortable about reaching out for support is being rolled out across the company.

Psychological First Aid (PFA) provides emotional and practical support to someone who has experienced a traumatic event.

GM health, safety and environment (HSE) Rangi Solomon has implemented the programme at two other businesses and has asked HSE advisor Rachel Saunders to come on board as PFA specialist for PowerNet.

Rangi says PFA is a process for supporting people, and assisting them to regain a sense of control in a non-intrusive way when challeneged with distressing life events.



Rachel Saunders and Rangi Solomon.

"We care. We're not here to cure people. We're not experts. We can refer you on to experts," he says.

The programme follows Te Whare Tapa Whā – a Maori model of understanding health encompassing the physical, the mind, the spiritual and family.

While still in the early stages of being set up, PFA has the backing of PowerNet's health and safety committee, senior leadership team and Board.

Rangi says PFA is a good fit with the company's health safety and environment strategic plan within the wellbeing area.

As a first course of action, Rangi and Rachel are encouraging staff to make contact with PowerNet's work-based counselling and support services, or with other support networks they may have, such as family, marae, churches and friends.

PFA is being introduced as an additional option if people aren't comfortable contacting a work-based support/ counselling service or feel they don't have other avenues of support.

Rachel says confidentiality is a cornerstone principle to ensure people have trust in the programme.

"Roles and responsibilities are important because the last thing we want to do is make a person's situation worse."

They will be looking for expressions of interest from people to be programme contacts across PowerNet's offices and depots.

"Having key people scattered across the organisation who feel connected to the programme, and who others trust and see as having some mana, who they can talk to," Rangi says.

PowerNet has done a lot of good work in relation to hazard and risk mitigation – and the addition of PFA to the wellbeing programme is timely, Rangi says.

The next step will be taking the concept on the road and getting feedback.

www.powernet.co.nz



PowerNet Smart Energy Home residents saving money and energy

Saving on petrol and tapping into cheaper power rates are among the benefits the new residents of PowerNet's Smart Energy Home are enjoying.

Natalie Skeggs and son Hayden Arthur are living in PowerNet's Smart Energy Home for a year. They moved into the house during the Easter break. During the first year of the project in 2018, Cam and Chloe Waru and their young daughter Maci lived in the home.

The family were selected from a pool of applicants for the opportunity to live in an Invercargill house equipped with smart energy technologies.



Hayden Arthur and Natalie Skeggs.

Natalie and Hayden were attracted to the Smart Energy Home project for two main reasons.

"We were ready for a new challenge and learning to live smarter and cheaper with energy was a drawcard," she says.

In the second year of the Smart Energy Home project, PowerNet will learn about how a different customer mix affects the profile and level of household and EV electricity usage, and the interaction between customer, technologies and prevailing weather patterns.

Natalie says adjusting to living in the Smart Energy Home has been pretty easy, and that they're living normally, while making small adjustments as they go.



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The biggest adjustment they were noticing was being more energy aware in general and making a conscious effort to do things at different times.

"I didn't have a dishwasher before, so that's been the easiest thing to adjust to using it at the cheapest time," Natalie says.

Going from one heat pump to two and learning how to manage them efficiently was another challenge.

She says she's enjoying learning about how the solar panels and the battery work and being able to tell other people about the basics of how it and the EV work.

Finding out about how to use household appliances at more cost effective times of day was another moneysaving move, Natalie says.

"Timers are great to be able to set the dishwasher and washing machine to go at cheaper rates, so we use them a lot."

Being able to see energy being used by appliances through the monitoring system is helping her become more aware of the amount of energy being used, she says.



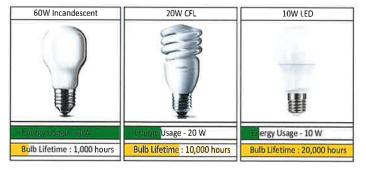
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LED lights showing the way

We're living in an increasingly LED (Light-Emitting Diode) lit world – and for good reasons.

PowerNet new energy analyst Eric Sng says traditional incandescent and fluorescent lighting is gradually being replaced by more energy efficient and longer lasting LED bulbs.

Energy consumption from lighting accounts for about 10% of the total energy consumption in



New Zealand households. That means that about 700kWh of electricity is being consumed for lighting, giving an electricity cost of \$175 annually.

The average wattage for a typical incandescent lightbulb is 60W and a compact fluorescent light (CFL) at about 20W per bulb. An equivalent LED lightbulb with the same lumens (a measure of brightness of a bulb) has a wattage of 10W.

Whereas traditional incandescent bulbs might last 1000 hours, and CFLs 10,000 hours, LEDs have an average lifetime of 20,000 hours.

An EECA (Energy Efficiency and Conservation Authority) survey found the average number of lightbulbs in New Zealand homes to be about 23 per household.

If all these lightbulbs, previously a mixture of incandescent and CFLs, were to be changed to LEDs, a reduction of 690W would be realised. This in turn would mean an estimated annual electricity bill from lighting would reduce from \$175 to \$45 – a 75% reduction.

In terms of cost, an incandescent bulb can be as cheap as \$0.90 and a CFL, \$5 each. Compared to an LED, which would cost about \$20.

"These bulbs although expensive at first, are now becoming more affordable as LED technology advancements are made," Eric says.

If we were to change all of the 23 lightbulbs in our household to LEDs – at the end of a 10 year expected bulb lifecycle, people would be \$840 better off.

Environmentally, LED bulbs are far superior with a longer life time meaning less waste. LED bulbs also do not contain toxic gases.

People may also notice LED lights increasingly being used in street lighting – alongside other enhancements such as lights being focused downwards to create less light-spill, helping to enhance our amazing southern night skies.

The possibilities for LEDs are endless – and Eric is encouraging people to check out the new trends using flexible LED strips.









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Girls with Hi-Vis Workshop provides hands-on look at the power industry

Twenty Southland women from various local high schools and training institutions got a taste of the career opportunities at PowerNet in June.

PowerNet is one of nineteen infrastructure organisations around New Zealand which opened their doors as part of "Girls with Hi-Vis Month" — an initiative from Connexis, the training organisation for New Zealand's infrastructure industry.

PowerNet senior HR advisor Scott Whitaker says during the event PowerNet staff talked to the attendees about what their role is in the company and the training paths they have taken to achieve their positions.

They were joined by Sarah Dowie MP for Invercargill and Connexis chief executive, Toby Beaglehole.

After welcoming the girls to the Connexis and PowerNet event, the special guests joined them in the day's activities.

"It is great to be part of an event in Southland which encourages female students to pursue careers within New Zealand infrastructure industry. Partnerships with schools and businesses such as PowerNet are mutually beneficial and help strengthen gender equality in the workplace," Sarah says.

The women were also shown areas of the company's operations including touring the system control room and experiencing inside the bucket of an elevated work platform.

They experienced what it's like to get up close to a de-energised power pole on PowerNet's training grounds.

The aim of the initiative is to show women what careers are available in the electricity industry and reduce any perceived barriers they may have.

"We are trying to encourage women to see the electrical industry as a viable and attractive career," Scott says.



A Girls with Hi Vis participant with Tony Clarke (PowerNet).



Girls with Hi Vis participants in elevated work platforms.



A Girls with Hi Vis participant with Joseph Reti (PowerNet).



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PowerNet team gearing up to take on Connexis challenge

PowerNet's team of line mechanics and cable jointers are gearing up to represent the company at the Connexis Annual Connections event next month.

This year the event is being held at the Hawke's Bay Regional Sports Ground in Hastings on 24-26 September.

PowerNet chief operating officer Michelle Henderson says the team is put together from employees across the business and this year they are sending four line mechanics and two cable jointers.

The line mechanic team consists of:









L/R: Mase Salesa Invercargill (team leader) Daniel Marshall – Balclutha, Matt Barton - Balclutha, Metua Marama – Invercargill (trainee), The line mechanic team is supported by Lyndon Whale in the role of team manager.

Cable jointers







L/R: Paul Barclay - Invercargill and Ronnan do Nascimento – Queenstown, Craig Greenall from technical is also travelling to support Paul and Ronnan.

These competitions showcase the skills, training and knowledge that line mechanics and cable jointers rely on every day to keep power flowing to homes and businesses around New Zealand.

"This initiative shows our people working together in different groups and accelerates sharing of best practice," Michelle says.

Importantly, it gives our people an opportunity to benchmark their workmanship against other companies and industry standards, she says.

"We would like to thank everyone involved in the lead up to this event for your support and help."



Renewable energy projects among business growth opportunities



L/R: Peter McClean (Pioneer Energy) and Justin Peterson (PowerNet).

Hydroelectricity investments in Central Otago and the Nelson area are two key projects coming together for the Southern Generation Ltd Partnership.

Pioneer Generation Investments Ltd and Roaring Forties (owned by Electricity Invercargill Ltd and The Power Company Ltd) together form the Southern Generation Ltd Partnership.

Pioneer Energy has two renewable energy projects under construction, the Matiri near Nelson, and The Upper Fraser facility, near Alexandra in Central Otago.

PowerNet GM business growth Justin Peterson visited the Upper Fraser facility in early August to meet Pioneer's field team and to take a closer look at the turnkey substation design.

The Upper Fraser project was finished earlier in 2019, and the Matiri project is scheduled to be operational by late 2019.

The Matiri and Upper Fraser schemes add another 12 MW and nominally 60 GWh of generation to the Pioneer Energy portfolio. Both will be transferred to Southern Generation once operational.

Justin says the business growth area is a mixture of new and emerging opportunities, and finding safer and more efficient ways of doing traditional tasks.

PowerNet is currently looking at two potential external contracts valued at about \$4 million, he says.

Business growth opportunities do not impact on PowerNet's core roles of delivering safe, efficient and reliable power to its communities – they enhance them, he says.

"Our focus is the networks - our number one priority - so we have to be mindful of that."



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PowerNet providing how-to guide for charging up Electric Vehicles



Charging up your new electric vehicle (EV) couldn't be easier – in fact, you can do it while you sleep.

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The type of vehicles we drive are likely to transition to battery electric powered EVs at a pace likely to surprise most people – so PowerNet is producing a range of guides to assist people making the switch to EVs.

For many New Zealanders, their next vehicle may well be electric. This means rather than filling cars with petrol or diesel, your future car will be plugged in and charged just like your other mobile devices.

Natalie Skeggs, Smart Energy Home tenant.

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The difference is that to charge an EV in a convenient timeframe a specialised charging unit is required, one with enough grunt.

AC charging roughly translates to slow charging, while DC is fast-charging. Public chargers are often DC fast chargers for a quick charge "on the go".

The good news is that most people don't need to charge up their EVs in 20 minutes – and can just plug them in at home to charge overnight through an easily installed charging unit.

"Charging from home is the new default charging method," PowerNet electrical engineer Dyson Gentle says.

Most peoples' day-to-day driving will be covered by charging their EVs overnight at home, once or twice a week, he says.

Fast-charging stations are only really for when people get caught short when travelling longer distances away from their usual charger at their home or business.

"A couple of PowerNet staff members with EVs drive about 80km round-trips to work each day and charge their cars at home or at work each day."

There are several different connector standards that are used with electric vehicles – but it's virtually impossible to use the wrong one on your car and people will quickly get used to what works with their car.

Dyson says an information sheet on charging EVs will be available at www.powernet.co.nz that will demystify the process and options around keeping your EV charged up.

ACROSStheLINES



"It's always on your mind when you go to turn something on, especially an appliance that uses a lot of power, so learning the best times to do it is good."

The most immedate benefit Natalie has noticed is the saving on petrol costs.

The EV is really easy to drive and to charge, she says.

"Charging it simply involves setting a timer and plugging it in, and the timer automatically charges the car overnight."

To date, Natalie says she's mostly used the EV around town with one trip a bit further afield.

"I use it to go to work each day and for shopping trips. It's great for around town. I have taken it to Wallacetown

(a 26km round-trip), the battery does go down faster once you hit the open road."

Newer EVs have ranges of up to 400km per charge.

Their initial power bills have been slightly cheaper than bills for a similar period in their previous home – but their Smart Home power bill also includes the EV charge costs, she says.

"We're hoping that we will notice a bigger difference in power bills during summer."

- If you have any questions about the Smart Energy Home and other new energy technologies, email us at:SmartEnergyHome@powernet.co.nz
- For more information on the Smart Energy Home project visit: www.powernet.co.nz/smart-energy-home



AED Donated to Waihemo Lodge Hotel



L/R: Les Scott (Waihemo Lodge), Rachael Watt (PowerNet), Tania Bungard (St John) and Warren Dobson (PowerNet).

The Waihemo Lodge Hotel is the latest Southern organisation to benefit from a life-saving donation from PowerNet and St John.

An automated defibrillator (AED) was donated to the hotel in July and is one of four donated to Southern communities this year.

The donation is part of PowerNet and St John's sponsorship to improve public safety and education in the south. The sponsorship includes the donation of four AED devices annually to the network communities, which PowerNet manages.

When available within minutes of a cardiac arrest occurring, an AED can vastly improve a person's chance of survival.

PowerNet chief executive Jason Franklin said the AED donation was another way the company could support the Southern community to stay safe and healthy. Along with the AED donation, the PowerNet-funded programme would also provide two Level 1 First Aid training sessions.

"Our partnership with St John is about using our joint resources to promote safety in our communities, mostly through education. It's great that PowerNet is able to back this up with the donation of life-saving equipment such as AEDs," he said.

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Staff News

Welcome:

Angelo Obus, Jonathan Willis, Shea Davis, Connor Harris, Stephen Preddy, Rudy Manuel, Danny Leonard, Rowan Maxwell, Symarah Bennett-Young, Eric Sng, Rawinia Putt, Eroni Cokanasiga, Andrew McIver, Gary Erving, Anton Booyzen, Beresford Hare, Daniel Schwarz, Maxene Kowalewski, Scott Hewlett, Aleksandr Zernov, Rangi Solomon, Rukman Hewa, Ben Raftery, Jason Muir, Rajesh Durairaj, Nic Hill, Thomas Grey, Stuart Mitchell, Amitesh Kumar, Riaan Swanepoel, Gavin Stewart, Dean McAuley, Fern McAulay, Matthew Ting, David Anderson.

Farewell:

Helen Widdicombe, Bronwyn Smith, Jack Mew, Megan Clow, Shawn Brenssell, Owen Bishop, Greg Salmon, Caleb McLeod, Steven Wallace, Debbie Taylor, Geoffrey Gibbs, Ryan Griffiths, Jamie Sutton, Jim Matheson, Kevin O'Connor, Chris Sutherland, Joe Clarke, Summer de Thierry, Chris Carey, Kana Shanmuganathan, Marcus Waters and James McGrath.

Congratulations on your new roles:

Tony Clarke - field training officer, Fraser Morrison - team leader distribution live line mechanic, Jacques Vergottini – technical project manager, Lisa Terepai – technical project manager, Murray Hamilton – project manager, Melissa Smith – customer support administrator, Mary Bennett – operations (distribution) administrator, Trevor Simmonds – operations planning manager, Deon Bridger – arborist team leader.

Babies:

- Vikas and Vivya Sharmaon the birth of Amay born in January.
- Sam and Hannah Gold on the birth of their daughter Isabel in February.
- Michael and Janine Mackway-Jones of the birth of their baby boy Cooper in February.
- Dyson and Andie Gentle on the birth of their baby girl Lacy in May.
- Shrutika and Chetan Parab on the birth of their daughter Aarna in June

Thanks to:

St John Collectors:

Sally Mcleod, Graeme Webby, Sharon Johnston, Maree Fyffe, Ashish Naicker, Waric Cross, Ben Williams, Bruce Reinke, Tania Cribb, Fiona Mason and Marcus Waters.

Daffodil Day Collectors:

Allan and Logan Beck, Sally Mcleod, Fiona Mason, Rose Snell, Tracey Hutchison, Shirley Whitaker, Deanna Turner, Maree Fyffe, Rachel Saunders, Kathryn McCoy, Ashish Naicker, Waric Cross and Steven Labes.

Congratulations to:

to Tony Corkill on passing his two PRINCE2 project management exams. Tony is now a certified PRINCE2 Practitioner Jon Palenski in gaining his National Certificate - Utility Arborist, Vikas Shama gaining his Masters in International Project Management certificate. Alana McLeod-Young for her appointment of Manager of the Southland Mens B Netball team attending the New Zealand Netball Nationals in Wellington. Barry Woodrow for his volunteer work in Papua New Guinea. Dan Groen, Gavin Stuart, Matthew Barton and Tyler Brouwner on their Premier Team championship win for the Clutha rugby club.

Pat McAuley's message of Thanks:

"We would like to acknowledge the cards, flowers and kind messages of support from you all as well as those who travelled to Ranfurly for Erin's funeral. We as a family were blown away by the love and support we've been shown and thank you all."