



SCTE · ISBE

The Alaska Chapter of SCTE-ISBE September 2018 Newsletter

September is upon us. Days are getting shorter, hunting season is taking hold and remember to make sure your windshield wipers function properly. Be careful on wet roads and please watch for children and Moose.



Some of us will be taking our toys out to enjoy the fall season, some of us will do some maintenance work on our toys so as soon as the snow falls and sticks, we'll be ready. It's ok to fill those gas cans and to get your tools ready, but you should also review the rules and regs as you enjoy everything that our incredible state has to offer.

The [Alaska Highway Office](#) has a very informative website for snowmachines and All Terrain Vehicles. The site also has a slew of links for safety topics including [Moose Safety](#). You can find five page document on [Alaska's ATV Law](#). Yep it exists and it may help you decipher where you can take them off road and where you can't.

Lastly, who doesn't want to show how smart and safe they really are. The [ATV Safety Institute](#) offers an online course that you can take at your own pace.

Be Safe. Have Fun. Good Hunting.

Just wanted to share the new SCTE membership brochure:

http://www.scte.org/SCTEDocs/Membership/SCTE21114_MemberBrochure_FNL.pdf

Training On The Fly



SCTE•ISBE LiveLearning Webinars™

SCTE Member Benefit

LiveLearning Webinars are a series of live, interactive, web-based seminars offered on the third Thursday

of every month.

Premises Installation Best Practices

Thursday, September 20, 2018 10:00 AM AKDT

Description: You want to get it right at the customer site. The speakers on this webcast show you how, with an emphasis on dealing with potential cable shielding integrity issues as well as fiber connections. [REGISTER](#)

[SCTE LiveLearning Webinar™ Schedule](#)

[SCTE LiveLearning Webinar™ Archives](#)

Fiber Deep. What does it all mean?

Fiber Deep is a new architecture that pushes fiber ever closer to users and provides them with improved Quality of Experience (QoE). All new technologies, innovations, and architectures come with their own lingo and acronyms. And, Fiber Deep is no exception.

Curious about the meanings behind all the new Fiber Deep lingo? Look no further. The ***Fiber Deep Glossary of Terms*** has definitions for all the new terms and acronyms.

Get the [A-to-Z guide](#) now.

More from National

Publications and Education Resources such as the [SCTE Bookstore](#), [Primer Series](#), or [LiveLearning Webinars™](#) are filled with in-depth information where you can immerse yourself in existing and new cable technology.

Knowledge and Information Resources such as the [Job Aids and Mobile Apps](#), [Pocket Guides](#) or [SupplierConnect](#) are quick sources for facts, product information and tips to help you excel doing daily job tasks.

Online Training from Vendors and Others

DuPont Nomex and Occupational Health & Safety

Topic: Results of the Newly Released AGA Fire Study and Takeaways for Fire Hazards in YOUR Industry

Date: **Wednesday September 26, 2018** Time: 1 PM (CST), 11 AM (PST)

Register at: <http://1105tech.com/portal/wts/uemcmQecrf-ba-0kaCjgmfDs4F-d>

Overview: During this free webinar you will learn how the findings from a newly released American Gas Association (AGA) Fire Study can be applied to your workplace and heat/flame hazard assessments. The AGA, an industry organization representing more than 200 natural gas providers, undertook an in-depth technical study to better understand fire hazards faced on the job, including: escape time of the victim, time required for a bystander employee to extinguish a fire, measuring the heat produced from a natural gas fire, and how multi-layer FR PPE garment systems perform under thermal testing at extended exposure times. The facts, figures and conclusions of this study are important for protecting workers not just in the natural gas industry but can also be easily applied across other work environments where a thermal hazard exists.

Certified Fiber Characterization Engineer

This course provides a deep technical dive into fiber characterization. It is focused on mastering the fiber optic tests that are required to verify that your infrastructure can support high data rate applications (10 Gb/s, 40 Gb/s, 100 Gb/s) and Raman amplification as well as extended wavelength ranges for CWDM and DWDM systems.

Certification: Pass the assessment to become a certified Optical Technology Training (OTT) Certified Fiber Characterization Engineer

Course Length: Five days

Prerequisite: Previous experience with fiber optics and OTDR testing

Upcoming Classes

[Dallas, TX](#)

Jul 30-Aug 3, 2018

[Seattle, WA](#)

Nov 5-9, 2018

[Learn More](#)

The Alaska Chapter Presents

“FTTH – Connection, Testing and Troubleshooting” will be presented by Tom Spiak w/ GCI,

When: **Thursday, October 11th 8:30am – 10:30am**

Where: **1051 E Bogard Rd in Wasilla**

Please join us for this very informative and relevant training session.



[Apply soon for scholar dollars: Oakes offer available](#)

Applicants are wanted for the next Cathy Oakes Memorial Leadership Scholarship for Women. The \$3,500 scholarship, open to all women who are SCTE•ISBE members, is to be used toward registration in the Rising Leaders Program to be conducted by WICT in 2019. [Take advantage!](#) Apply for the Oakes funds by Friday, Sept. 14.

Did you know...

Busy schedules can often lead to interruptions in the body's natural sleep cycle. Sometimes we work longer shifts, rest at odd hours and don't get the recommended [seven to nine hours](#) of sleep each night. We don't often think about how these risk factors have the potential to jeopardize our overall health, well-being and productivity in the workplace.



According to [OSHA](#), our bodies “operate on a circadian rhythm sleep/wake cycle.” This means that naturally we are programmed to be alert during the day and sleep at night.

With fatigue costing employers more than [\\$136 billion](#) a year, it is important to remain informed about this important issue. [Calculate the risks](#), and see how much fatigue is costing your organization.

Who is at Risk?

Unfortunately, [everyone is at risk](#) for fatigue. We might work long hours, perform tedious tasks for extended periods of time or stay up late taking care of children. Life happens – with situations both in and out of our control – that can cause us to experience a level of fatigue that could become a physical, mental or social impairment.

More than four out of 10 U.S. workers suffer from lack of sleep. Look at your co-workers. Do you see many coming to work sleepy – or even exhausted? This can result in absenteeism, poor performance and workplace injuries.

What can Employers do?

Nearly [13% of work-related injuries](#) are attributed to fatigue, but much can be done for the safety of your employees. For starters, adopt a workplace culture that supports getting a full 7-9 hours of sleep between shifts. This could mean paying more attention to scheduling workers, providing frequent breaks to employees and possibly establishing a rest area. Educational activities can be implemented through corporate wellness programs to provide resources to employees and managers, alike.

Steps for Employees to Take



As an employee, make sure to create a consistent personal sleep schedule even on your days off. This will help align your [natural body clock](#) (circadian rhythm). Avoid large meals before bedtime, and evaluate any medications you are taking and how they might impact your sleeping patterns. It might be time to check in with a doctor to make sure you don't have sleep apnea or other [sleep disorders](#).

For more tips, visit the National Safety Council's page [How Employees can get Better Sleep](#).

Did You Know

Did you know that SCTE is a proud supporter of numerous STEM (Science, Technology, Engineering and Mathematics) education and career initiatives.

STEM education will be vital to the future of our industry as we work to drive increased engineering literacy and up-and-coming innovators to create the cable networks and technologies of tomorrow. SCTE is also in alliance with the US First Robotics program. If you haven't seen a US First program yet, you need to make it a point to do so. You can get more information on the program by email USFirst@scte.org.



Congratulations are in order for these certified members!

Josh Davidson - BPE
Jacob Mills - BDS
Micheal Mawhinney - BPT
Charles Hunt - BPE
Ronald Casper - BPT
Westly Norstorm - BPT

Recently pass a certification exam? Want a little bragging rights? Let us know and we'll post it to let everyone know that in your quiet little way, you're the big dawg.

You may take the [Demo Exam](#) and/or [read about the exam platform](#) to see how exams are administered. Read the [Testing Policies Summary](#)

Need assistance paying for certification? [SCTE•ISBE Foundation has resources](#).

JOIN US AT CABLE-TEC EXPO® 2018 IN ATLANTA!



And The Winner Is:

The Alaska Chapter is pleased to announce the winning member who will attend the

2018 SCTE Cable-Tec Expo in Atlanta!

This year's event is scheduled to be held October 22 – 25, 2018.

The epicenter for innovative thinking, Cable-Tec Expo is the biggest cable telecom event in North America!

After reviewing the essay entries, the selection committee is pleased to give our Congratulations to **Chastine Lynch**, Plant Manager with KPU in Ketchikan!

Chastine will be joining a number of other Alaska Chapter Members in Atlanta October 22-25th .

Thank you to all of the entrants – and to all of our members - for your continued support of the Alaska Chapter and the SCTE ISBE.

Chastine will receive one RT airline ticket, hotel accommodations and an all-access conference pass*

*(*All other costs are the responsibility of the winner)*



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