



**Empowering Women in
Utilities Since 1923**

WINUP'S MISSION

Provide a link for developing and recognizing professions involved with utility business trends, issues, products and services.

WINUP'S OBJECTIVES

1. Opportunities for professional development
2. Networking and mentoring among members
3. Recognition and visibility among members

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**For additional information,
please visit our website
www.winupoh.org**

The Transmitter



Message from the Chair

Michele Jeunelot, Ohio Chapter Chair

Dear WiNUP Ohio Chapter Members,

Welcome to another exciting year with the Ohio Chapter of WiNUP. As a member I always am excited at the beginning of a new year to learn about all the opportunities and events which lay ahead.

A big welcome to new members, I look forward to meeting you all and getting to know you in the upcoming months.

I encourage all of you to take advantage of all the programming events we have planned over the next year as well as become engaged at any level in the organization. That will be the best way to not only meet new people, but to really get value out of the organization.

New for 2014, WiNUP has an official tagline:

Empowering Women in Utilities Since 1923

You will continue to see this tagline used on most WiNUP communications. Hopefully it will help communicate WiNUP's mission to those who see it in passing.

We have already had three great meetings this year, the January kick-offs held at both AEP and NiSource, a February speaker from The American Heart Association held at NiSource, and a speaker from AEP Ohio on the topic of Revenue Protection. Your Vice-Chair Krista Tillman has several very exciting events coming up including a plant tour.

As a member, your feedback is very important to the overall organization. What we heard from your feedback is:

- Keep the cost of meetings down
- Have more lunch events
- Add more value around membership
- Alternate meeting locations

In 2014, we will try to take your feedback and put it into action. Please make sure you continue to fill out surveys at events so we can continue to improve as an organization.

Sincerely,
Michele Jeunelot

✓ 2014 Kick-off Meetings

By: Krista Tillman

In January and February, Ohio WiNUP members were invited to attend a kick-off meeting to learn about the organization and the upcoming events for the year. The 2014 Chair, Michele Jeunelot, and Vice Chair, Krista Tillman, addressed the audiences at two separate meetings in order to reach out to as many members as possible. One meeting was held at AEP headquarters on Riverside Plaza and the other meeting was held at NiSource headquarters on Civic Center Drive. The agenda included an overview of the organization, 2014 goals, upcoming events, member advantages, and an overview of the available committees. WiNUP Ohio chapter is one of sixteen chapters in the International WiNUP. The 2014 WiNUP Ohio Chapter goals are **“To operate an organization that offers it’s diverse membership a variety of opportunities for networking, professional and personal development.”**

The final words of wisdom from the Kick-off meeting was to 1) Network and Build Relationships; 2) Take Risks; 3) See Mentors; and 4) Continue Learning. Thank you to all of you who attended!

✓ Take the Lead (www.taketheleadwomen.com.)

By: Amy Russell

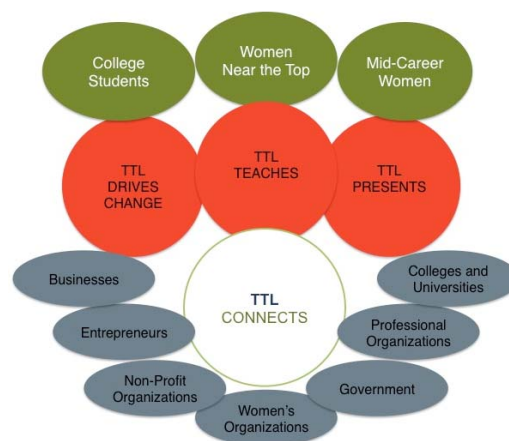
The International WiNUP notified its members of the “Take The Lead Challenge Launch Event” which was a livestream event on February 19, 2014. The event hosted by “Take the Lead” (TTL) President and Co-Founder Gloria Feldt and Facebook COO and “Lean In” author Sheryl Sandberg was designed to inspire and propel women to step into their own power to close the pay and leadership gaps by 2025. TTL lists four keys to parity for women:

* Prepare * TTL Teaches: Learn leadership skills that prepare you for success while breaking through internal and external barriers to parity.

* Develop * TTL Connects: Connect with ever-expanding online and in-person networks to give and receive mentoring, support and sponsorship, building a new women’s movement.

* Inspire * TTL Presents: Get inspired by facilitated presentations with diverse leaders in nonprofit, government and business sectors, presented in venues across the country and online.

* Propel * TTL Drives Change: Change the narrative from problems to solutions through thought leadership. And be part of the movement for positive change within your life as well as propelling larger systems change so that women will reach parity by 2025.



According to their website, the aspects that makes TTL unique are that:

- ⇒ It Concentrates efforts on three critical stages of a woman’s life where we can have the greatest impact: in college and just beyond, at mid-career, where women often get off the trajectory, and for women just under the top leadership positions in their organizations.
- ⇒ It Cracks the code that has been holding women back by changing women’s relationship with power from “power over” to “power to,” addressing the internal, external and systemic barriers that keep women from achieving their full potential, and teaching the movement building principles that enable women, and like-minded men, to change systems as well as thrive in the world as it is.
- ⇒ It Connects women and organizations to reach leadership parity
- ⇒ It Collaborates with existing organizations and individual experts to leverage, amplify and aggregate in order to scale up TTL and other leadership programs to critical mass.
- ⇒ It Changes the game by serving as a thought leader and laboratory, and, most importantly, writing a new narrative that shifts from problem orientation to solution orientation.
- ⇒ It Counts UP boldly to the goal: We are putting a stake in the ground: American women will reach leadership parity by 2025.

✓ Go Red for Women

By: Kristen Thompson

Go Red for Women is the American Heart Association’s (AHA) national cause campaign to increase awareness of heart disease - the leading cause of death for women- and to inspire women to take charge of their heart health. On February 24, 2014, WiNUP members gathered during the lunch hour for an informative and eye opening discussion about the campaign and this disease that has touched so many lives. AHA Director, Erin Gliatta shared the Heart Associations 2020 Impact Goal:

**Improve the cardiovascular health of all Americans by 20%
by reducing deaths from cardiovascular disease and stroke by 20%**

The goal was set in 2011 with the focus on prevention. Prevention can be sustained through proper physician care, treating obesity, and providing the public resources to stay healthy. The AHA has released guidelines for healthcare providers across the nation to help them focus on prevention for their patients. The guidelines consist of recommendations in four areas: cholesterol, lifestyle, obesity, and risk assessment. Outside of the health profession field, AHA relies on word of mouth to make a difference. From vegetable awareness initiatives in schools and communities, to Go Red Girlfriends parties, AHA is committed to elevating awareness of this disease and ultimately saving lives.

FACT Cardio Disease is a class of diseases that involve the heart or blood vessels

Heart Attack Warning Signs

- ♥ Chest discomfort
- ♥ Pain in the arm, back, neck jaw or stomach
- ♥ Shortness of breath
- ♥ Cold sweat, nausea, or lightheadedness

FACT Heart disease kills 1 in 3 women - more than all cancers combined.

Stroke Warning Signs

- ♥ Face drooping
- ♥ Arm weakness
- ♥ Speech difficulty



Erin Gliatta (Heart Walk Director) and Nancy Tobbe (Sr, Go Red for Women Director)



Announcements

April 29, 2014 PUCO Commission speaker (lunch details to be announced)

May 13, 2014 (tentative) High Heeled Success (dinner details to be announced)



June 18, 2014 Tour of Columbia Gas Crawford Compressor Station

October 6-8, 2014 2014 WiNUP Conference (Dallas, TX)
“WiNUP– Your Brand for the Future”

April Showers Bring Tax Refunds

By: Amy Russell

According to the Internal Revenue Service, about three out of four filers receive a refund with the average refund amount of \$2,755. You may be tempted to splurge on a fancy purse or a new pair of heels or to book a vacation somewhere warmer (or at least more predictable!); but if you have debt looming over your plans, my best advice is to make your money work for you. You can use your tax refund to pay down your debt, increase your future savings, and even help boost your credit score. The benefits of a higher credit score can potentially save you thousands of dollars on an auto loan or mortgage.



- **Pay off high interest rate debt.** One of the best uses for your tax refund is to pay down debt. Examine the interest rates on your mortgage, credit cards, and student loans, and vow to pay down the debts that carry the highest interest rates first (like credit cards or personal, unsecured loans), then work on paying down the next ones. Not only will you reduce your monthly credit card payments and pay off your debt sooner, but you save money on the interest you would have paid.
- **Catch up on unpaid bills.** If you have a stack of bills that you have been unable to pay, use your tax refund to get ahead. This will avoid late fees and other negative repercussions to your credit report, which is damaged when you do not pay your bills on time.
- **Build up savings.** Another great use for your tax refund is to build up savings equivalent to three to six months living expenses, in the case of an emergency. It is always a good to have access to cash (in the form of a savings account or money market fund) and to build your savings before you take on any debt for long-term financial commitments.
- **Make a contribution to a retirement account.** Whether you have invested in a traditional or Roth IRA or some other form of wealth planning, it would be wise to contribute the maximum amount, if possible, every year. Regular annual contributions are the best path to a worry-free retirement. If you do not have a retirement plan, then this would be a good time to seek the advice of a professional and open the retirement account this year!
- **Contribute to an education savings account.** If you would like to start saving money for future education costs for your children (or your grandchildren), then you may invest in a federal Coverdell or state sponsored 529 college savings plan. In these education savings plans, the savings can grow and be used tax-free, when withdrawn for qualified education expenses. You may even receive a deduction on your state income tax return if you contribute to your own state's savings plan.
- **Pay off a 401k loan.** If you have taken out a loan from your company's 401k retirement plan, use your tax refund to pay off the loan. When you change jobs (or lose one), unpaid loans from 401k plans are taxable as income when you leave the job.
- **Make an extra principal payment on your mortgage.** Use your tax refund to make an additional mortgage payment to pay down the principal (be sure to include this caveat in the note on your check). 'By making just one additional payment on a 30 year mortgage each year, you can have the mortgage paid off in about 17 years and save thousands of dollars in interest over that time.'

April Showers (continued)

Although getting a tax refund may feel like “hitting the lottery”, you are actually only getting the money that is already yours. The government has held your money for the past year like an interest free loan (from you!). Since this is your money, why wait for it? You can use the extra money in your paychecks for ongoing debt or to earn interest on the money in the bank. An additional problem with tax refunds is that people are apt to spend their annual tax refunds on big ticket purchases, instead of shoring up their savings, retirement, or reducing debt. The goal should be to get as close to zero as possible on your tax return (so you don't owe taxes and the IRS doesn't owe you a refund). This can be accomplished by changing the withholding on your W-4 form, claiming a different filing status, or increasing the number of exemptions you are claiming; so that less tax is withheld from each one of your paychecks.

After all of my grandiose advice to become wise investors and keepers of our destiny, I must admit that some of us are not good at managing the extra money in our paychecks, or are not disciplined enough to pay down our debts, or have difficulties saving for various goals. Even if the annual tax refund is not the most efficient use of your money, if this is the only way you can save money or accomplish your goals, then please do not fret any further. There is also the value of having emotional peace, knowing at least you will not be surprised with a tax bill at the end of the year, if your income fluctuates. ***If you have questions about your W-4, and your taxes in general, then you should consult a tax professional and discuss how you can maximize your money.***

References:

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2. <http://christianpf.com/big-tax-refund-check-adjust-your-withholding/>
3. <http://freefrombroke.com/why-getting-a-large-tax-refund-is-bad/>
4. <http://www.freecreditscore.com/resources/credit-articles/employment/how-to-use-a-tax-refund-to-boost-your-credit-score>
5. <http://www.cbsnews.com/news/what-to-do-with-your-tax-refund/>



RECIPE CORNER

Spring Fruit Desserts

By: Hillary Sheffer

Finish a spring meal with a sweet dessert made with fresh, in-season fruit. How about homemade Strawberry Shortcake?

Ingredients:

- 1 1/2 pounds strawberries, stemmed and quartered
- 5 tablespoons sugar
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 2 tablespoons sugar
- 3/4 teaspoon salt
- 1 1/2 cups heavy cream

Whipped Cream, recipe follows

- 1 1/2 cups heavy cream, chilled
- 3 tablespoons sugar
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon freshly grated lemon zest



1. Mix strawberries with 3 tablespoons sugar and refrigerate while juices develop, at least 30 minutes.
2. Preheat the oven to 400 degrees F.
3. Sift together the flour, baking powder, baking soda, remaining 2 tablespoons sugar, and salt in a medium bowl. Add heavy cream and mix until just combined. Place mixture in an ungreased 8-inch square pan and bake until golden, 18 to 20 minutes.
4. Remove shortcake from pan and place on a rack to cool slightly. Cut into 6 pieces and split each piece in half horizontally.
5. Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top. Spoon more strawberries over the top and serve.

Whipped Cream:

1. Using a mixer, beat the heavy cream, sugar, vanilla, and lemon zest until soft peaks form, ~ 1 1/2 to 2 min.



In Our Own Backyard: Ohio Fracking

By: Amy Russell

“Fracking”, also known as induced hydraulic fracturing or “hydro-fracking”, is the process of extracting natural gas by injecting water and chemicals deep into the ground. The pressure induced by the process causes the shale and other rock to fracture, releasing the gas deposits. The water is then extracted underground and the natural gas is brought to the surface using a well. Hydraulic fracturing has been used since the early 1900's and was used in the 1940's by oil and gas companies. Vertical well drilling is still used in the drilling industry, however, technological advancements and further development of horizontal drilling have made wells considerably more productive and provide for a more expansive area and greater access to oil, natural gas, and other desired elements. Horizontal fracking involves drilling wells vertically but then the wells are taken in a horizontal direction. The wells are carefully insulated with various layers of casings made of cement and steel before tubing is installed to allow the oil or gas to flow up the well. Perforations in casings and shale are made in the desired locations of the horizontal well. Air, sand, and fluids are then injected into the wells at high pressure to fracture the well and surrounding shale to access the oil or gas. Once the fractures have been created, a solid material is inserted into the cracks to keep the fractures open, allowing for the release of the oil or gas into the well. Horizontal wells have shown to have a higher production rate than vertical wells.

The “Ohio Boom” Because of the advancements made with horizontal drilling, areas that were previously considered unattainable can now be accessed, including the Utica Shale (in eastern Ohio) and the Marcellus Shale (in Ohio, West Virginia, and Pennsylvania). The Marcellus Shale formation is the largest known deposit of shale gas in America, estimated to contain nearly 500 trillion cubic feet of gas — enough to power all American homes for 50 years. Fracking is also being used to reach gas in states beyond the Marcellus deposit, notably North Dakota and Texas, but New York state policymakers have not yet decided whether fracking should be allowed in their state. There is also a 250-mile proposed pipeline that will stretch from Ohio to Ontario, carrying the gas from extraction sites to processing facilities in Michigan and Canada. Various industries and mining companies want to access these natural resources for economic benefits, but environmentalist groups and concerned citizens are not convinced the process is safe.

Fracking Pros The benefits of fracking in Ohio are numerous and varied. Fracking increases the supply of natural gas locally and keeps natural gas heat affordable. In addition to affordable natural gas, fracking boosts the local economy with lower unemployment and expanding industries associated with fracking and supporting its workforce. The Utica Shale contains “wet gas”, which can also be extracted to produce rubber and plastics; and steel mills will be needed to build the pipeline and provide equipment for natural gas extraction and transmission. Finally, the community could benefit through extraction taxes and fracking leases provide an extra source of income to farmers and landowners.

Fracking Cons There are as many people who oppose fracking as who sing its praises. Injection wells can mar the aesthetic quality of the Ohio landscape, but the main concern is over potentially hazardous waste water created during fracking. There is concern for environmental impacts on drinking water supplies, on air quality and potential health effects on the people of the fracking communities. There is also a concern that fracking may trigger earthquakes. The chemicals that are injected into shale deposits during fracking include acids, detergents, and poisons that can be harmful if they seep into drinking water. Industrial spills from storage and transportation accidents of fracking fluids and brine water may also contaminate drinking water. Methane gas can escape during fracking, creating the potential for dangerous explosions. Deposits that remain after the fracking process and injection of waste product have been blamed for triggering small earthquakes. This month, the Ohio Department of Natural Resources (ODNR) suspended all fracking operations in Mahoning County after several very small earthquakes shook the area. These precautions were suggested until further assessment can review hidden subsurface faults near the injection wells. Additionally, environmental groups allege the methane gas byproduct of extraction and the carbon dioxide created through burning have impacts on supposed global climate change.

“In Our Own Backyard,” is included in each newsletter to inform you of energy related news, current events and tips. If you have a suggestion for next quarters’ topic, please email Amy Russell at acrussell@aep.com.

Ohio Fracking (continued)

Ohio Legislation In 2012, Ohio adopted fracking laws that requires drillers to conduct baseline testing of local water supplies near planned fracking sites; to disclose the components of fluids used in natural gas operations to healthcare providers; and to impose various drilling fees. The Ohio law contains a medical gag rule, which forces medical professionals who receive information pursuant to “proprietary, trade secret chemicals” to keep the information confidential. The legislation added safeguards to well construction and encourages energy companies to coordinate with the ODNR and to employ wastewater treatment and recycling technologies to conserve water resources. The debate over Ohio fracking is far from over - the Ohio government said a comprehensive review of Ohio's energy policy was needed in response to the natural gas boom in the Marcellus and Utica plays and the proprietary chemicals are still not public information. The ODNR is predicting that there will be nearly 1200 new wells drilled in the Utica Shale during 2014 and that the Marcellus Shale drilling in Ohio has slowed over the years while the industry waits for the pipeline to be completed.

Fracking references

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5. “Fracking Practices to Blame for Ohio Earthquakes”, Charles Q. Choi, 09/04/13 (<http://www.livescience.com/39406-fracking-wasterwater-injection-caused-ohio-earthquakes.html>)
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7. “Ohio passes fracking law”, 06/12/12 (http://www.upi.com/Business_News/Energy-Resources/2012/06/12/Ohio-passes-fracking-law/UPI-51971339497616/)
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AEP Revenue Protection Luncheon

By: Krista Tillman

March's lunch meeting featured Ron Frash, Revenue Protection Coordinator at AEP Ohio. Ron's primary responsibility in this role is to ensure that when a location is left in the field, that the service is safe for anybody returning to that environment. Many times there are dangers that exist that can unknowingly hurt our employees, utility personnel, or residents. Frash spoke on why the utility industry needs revenue protection, types of revenue loss that exists, and shared some pictures and scenarios that the field employees have come in contact with.

Theft is just one source of revenue loss, and the industry estimates that the loss impact is 2-3% annually. Other types of revenue loss are tampering, equipment failure, incorrect equipment, fraud, company error, and failure to report tampering. Even though some of our positions do not work directly with revenue protection, many of us work closely with a department that does impact revenue. Some examples of business units that directly impact revenue protection are:

Meter readers & Department

MRO specialists/servicers

Distribution

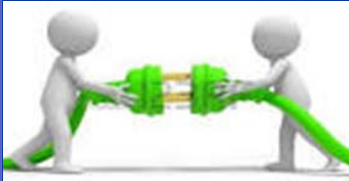
Customer Service Representatives

Field Communications

Billing & Accounting Operations

Customer Solutions Center

Customers



EMPOWERING MOMENTS:

Caregivers

By: Amy Russell

A caregiver is someone who is responsible for the care of someone who has poor mental health, is physically disabled or whose health is impaired by sickness or old age. The person needing care may be a child or an adult - a family member or not. According to the CDC website on Caregiving, “the typical caregiver is a 46 year old woman with some college experience and provides more than 20 hours of care each week to her mother.” In addition to taking care of the person who has a chronic illness or disease, caregivers manage medications, talk to medical professionals, assist in bathing or dressing, and handle household chores, meals, or bills for the person. The caregiver’s role is full of challenges and frustrations that may lead to exhaustion and just “burning out”. The most effective caregiver is well informed, prepared, and asks for help and support from all resources that are available. They must also take good physical and emotional care of themselves in order to maintain their energy and ongoing support.

Be informed

- Learn about your family member’s condition, disability or special needs requirements. Talk to health care providers and other professionals who work with families with special needs.
- Notice how others care for the person with special needs. Be aware of signs of mental or physical abuse.
- Do not forget about emergency and disaster preparedness. It is important that people with disabilities and their caregivers make plans to protect themselves in the event of an emergency or disaster.

Get support

- Join local or online support groups, and local and national groups that provide services, recreation, and information for families with special needs.
- Consider caregiver support for veterans and your family member’s affiliations (i.e fraternal organizations). Look to faith-based groups for support and help.
- Research caregiver services in your community such as the local senior center, senior services organization, county information and referral service, university gerontology department, family service, or hospital social work unit for contact suggestions. Utilize community transportation services, telephone check-ins, and adult day care.
- Do not try to do everything. Ask family and friends for help. Make sure the person understands what would be most helpful to both you and the caregiving recipient. Delegate some caregiving tasks to other reliable people. Family members and friends can provide support in a variety of ways and oftentimes want to help. Determine if there are big or small things they can do to assist you and your family.
- Consider respite care. "Respite" refers to short-term, temporary care provided to people with disabilities so that their families can take a break from the daily routine of caregiving.

Be an advocate

- Be an advocate for your family member with a disability. Caregivers who are effective advocates may be more successful at getting better service. Document the medical history of your family member with a disability, and keep this information current.
- Ask questions, and know your rights. Become familiar with the Americans with Disabilities Act, the Family Medical Leave Act, and other state and national provisions. Know how and when to apply them to your situation.

Caregivers (continued)

- Trust your instincts. Remember, you know your family member best. Don't ignore what doctors and specialists tell you, but listen to your gut, too.

Be empowering

- Focus on what you and your family member with special needs can do. Recognize appropriate milestones to celebrate.
- If someone asks you questions about the family member with a disability, let him or her answer when possible. Teach your family member with a disability to be as independent and self-assured as possible. Always keep health and safety issues in mind.
- Maintain the intricate balance between helping your loved one accomplish a task and actually doing the task for him or her. Allow the patient the time needed to complete daily activities on his or her own, such as dressing.

Take care of yourself

- Stay healthy for yourself and those you care for.
- Set reasonable expectations about caregiving. This may lower stress and make you a more effective caregiver. By setting attainable goals, you are setting everyone up for success, rather than disappointment.
- Short or long breaks can be helpful. Use a calendar, planner, or organizer to ensure you set aside time for yourself.
- Don't ignore signs of illness: if you get sick, see a health care provider. Remember, taking good care of yourself can help the person you care for as well. Exercising and eating healthy also are important. Watch out for signs of depression and anxiety, and get professional help if needed.
- Have someone you can talk to. Talk openly and honestly with a friend or family member. If this is not possible, join a support group. Understanding that you are not alone and that someone else is in a similar situation helps you to feel nurtured.
- Accept your feelings . It's important to acknowledge and accept what you're feeling, both good and bad. These feelings don't mean that you don't love your family member—they simply mean you're human. You may feel anxiety and worry, anger or resentment , guilt and grief.

Maintain Balance

- Continue to meet with friends, participate in hobbies or groups, and maintain a schedule as normally as possible. You will feel more energized and are less likely to feel resentful in the long run.
- Take time for all family members, taking into account the needs of each individual. For example, it is important for parents of a child with a disability to also spend time with each other and with any other children they might have.
- Balance work and caregiving by learning your company's policies and knowing your rights. Talk to your manager and inquire about flex time. Do not abuse work time. Stay organized. Seek help and say thank you to coworkers.

Some useful websites:

www.caregiver.org

www.eldercare.gov

www.caregiving.org

www.archrespite.org

www.caregiveraction.org

Taking Care of the Caregiver

Find something to laugh about

Take care of yourself physically

Eat a well-balanced diet

Talk with someone everyday

Give yourself permission to cry

Exercise

Get enough sleep

Reduce caffeine intake

Take a break everyday

Listen to music

Learn relaxation techniques

Treat yourself once a month

Prioritize, make lists and establish a daily routine

Take a multivitamin

Avoid alcohol and drugs

Relax daily, learn to de-stress

Keep a journal

Maintain your own health care

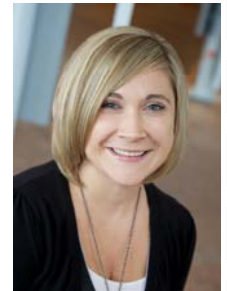
Take one day at a time



Michele Jeunelot, Vice Chair Michele started with AEP Ohio in 2000, she is currently the Manager of Regulatory Operations for AEP Ohio and is responsible for managing regulatory matters concerning AEP Ohio operational issues as they pertain to the Public Utilities Commission of Ohio (PUCO). Michele recently served as a United Way Community Champ for 2010 & 2011 and was a participant in the 2008 Targeted Development Program. Michele holds a B.S. in Electrical Engineering from Wright State University and an MBA from Capital University. She lives in Westerville with her husband and two children, one of which is a sophomore at OU in Athens Ohio.

Krista Tillman, Vice Chair

Krista Tillman is a Functional System Architect for AEP. Krista received an Associate degree for Computer Information Management from the International Academy of Design and Technology and received a B.S. of Science in Business Administration from Franklin University In May 2012. She is currently working on her MBA from Franklin University. Krista started her utility career in 2003 in the Allegheny Power call center located in Fairmont, West Virginia in March of 2003, and later relocated to Marietta, Ohio as a meter reader and specialist. In 2006, AEP acquired the Ohio territory of Allegheny Power and the transition resulted in a job change. Krista accepted her new position as a Customer Service Representative for AEP in Marietta, Ohio. In 2010, Krista applied for and accepted a position for a Functional System Analyst for AEP and was promoted to a Functional System Architect in 2013. Through this position she enjoys the experience of learning and growing in her leadership skills. Krista grew up in the small town of Sistersville, West Virginia where she enjoyed participating in athletics such as cheerleading and gymnastics. She now resides in Columbus, Ohio with her husband, TJ and step-daughter, Tierra.



Sherry Hill, Secretary

Sherry has been with AEP for 12 years and in the AEP Ohio's Regulatory Office for 10 of those years. Sherry has been a member of WinUP since 2006 and has been active chairing and co-chairing various committees, including the membership committee and community outreach, and has been actively involved in the annual clothing drive. For the past 10 years, Sherry has been the Meals on Wheels coordinating champ for routes at three AEP locations (1RP, Arena and Gahanna). For the past couple years she has been the coordinating champ for the Leukemia & Lymphoma Society's Light the Night Walk for AEP Ohio.

Doreen Hohl, Treasurer

Doreen has been with AEP since 1985, working many areas within the Accounting organization and currently working in Regulatory Services supporting fuel related issues for rate cases and other regulatory matters. She is a CPA, with an active license in the State of Ohio and is a member of the American Institute of CPAs. Doreen graduated from the Ohio State University, with a major in Accounting. She has been married 30 years and has two grown children; a daughter and a son. Her daughter and son-in-law have four children, which keeps everyone busy! In addition to spoiling her grandchildren, Doreen enjoys reading and traveling.



Bethany McCrea, International Representative

Bethany has been an employee of AEP for 9 years and is currently enjoying a new chapter in her AEP career in transmission construction project management, leading numerous capital improvement projects primarily in OH to increase reliability of the transmission and distribution systems. Prior to AEP, she worked for ten years with General Motors' Saturn division in a variety of roles. She has been a certified Project Management Professional since 2005 and graduated with honors from The Ohio State University with a BS/BA in Marketing. She loves spending time with her family, playing strategy and word games, being out-doors, and helping others be their very best.

Member Spotlight: Michele Jeunelot

By: Hillary Sheffer



Meet Michele Jeunelot (pronounced Jen' low), our Ohio Chapter Chair for 2014. Michele, Manager of Regulatory Operations located in Gahanna at the 850 Tech Center Drive building, started at AEP in 2000. She joined WinUP in 2008 when Kristen Thompson (Past Chair/ Advisor) invited her to attend a meeting being held at AEP's One Riverside Plaza. When asked what made her want to join WinUP, Michele said "After attending that first WinUP meeting, I left the meeting so re-energized after seeing such smart well-respected woman discussing issues all of us go through in life. I remember also being in awe at how the longtime members, like Claudia Powell, would walk around the room and know so many people, I was so impressed."

Here are some Facts about Michele:

What was your first job?

Meijer's, stocking the toy department.

What is your favorite hobby?

I love to scrapbook.

What is the key to your success?

A good attitude and being able to learn from mistakes and grow.

What is your favorite place to shop?

Macy's (www.macys.com) for suits, and Lush (www.lushusa.com) for the best bath products.

What is your favorite restaurant?

I love to eat so this is a difficult question - either Mr. Sushi (www.mrsushicol.com) or Pho Chef (www.phochef.net).

Share with us a fun fact about yourself.

Within one year I got to travel to Alaska and Hawaii on separate trips. Alaska was for my 10-year wedding anniversary and Hawaii was for my husband's 40th birthday.



Ohio Chapter Updates

We are looking for engaged members to chair the following committees.

- ◇ Scholarship
- ◇ Ways & Means

If you are interested, please contact Krista Tillman (kdillman@aep.com).

Ohio Chapter Updates (continued)

2014 WiNUP Ohio

Chapter Leadership

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2014 Ohio Goal—To operate an organization that offers its diverse membership a variety of opportunities for networking, professional and personal development.”

If you know someone that should be recognized, please let us know by submitting the information in the "Contact Us" section on our website
www.winupoh.org.

*For corrections, comments, and suggestions for the newsletter please contact
Amy Russell
(acrussell@aep.com)*

“A mentor is someone whose hindsight can become your foresight” (Unknown, fortune cookie)

Get ready for the upcoming Mentoring Season !

Are you ready to become a Mentor?
Are you excited to become a Mentee?
Do you realize that **both** persons in a
Mentoring relationship will benefit?



to our New Members

Holly Antos	Valarie LaRose
Michelle Barry	Jill Lukehart
Judy Burkhard	Montra Moody
Kerri Carnahan	Tammy Morgan
Cassie Dellinger	Julie Nickrand
Sue Denisky	Linda Olson
Tracy Elich	Carmen Ortega
Lisa Napier-Garcia	Tracy Rectenwald
Katherine Golovin	Teresa Smith
Mary Grady	Michelle Snyder
Cassandra Helwig	Kelly Spencer
Amy Jeffries	Jessica Taylor
Kim Jenkins	Donette Uddin
Michelle Kaseff	Tamika Vinson
Jacqueline Knight	