



# The Transmitter

**Empowering Women in Utilities Since 1923**



## Message from the Chair

Krista Tillman, Ohio Chapter Chair

### 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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Dear Ohio Chapter Members,

I hope everyone has had a great first quarter of 2015, and it appears that warmer temperatures in Ohio are slowly approaching. It is refreshing to see the sunlight and flowers starting to bloom!

We have had some great events so far this year which included Lisa Barton, Cassandra Helwig, and Janet Rehberg. These meetings focused on leadership, well-being, and WINUP's philanthropic mission of STEM! In April at the STEM event, we had the great opportunity to learn more about the STEM Sisters which is a high school group from the Dublin School district. As Janet mentioned, "they are a mini-us!" I enjoyed the speed networking with the STEM sisters and I hope our membership did too. We will continue to look for opportunities this year where supporting STEM can be our focus.

Please continue to look for all the opportunities that WINUP can provide for you and I promise you will see the value you receive from your membership. Some of these upcoming opportunities include:

- ☛ Plan to attend the 2015 WINUP Annual Conference in Charleston, West Virginia
- ☛ Consider running for Ohio Chapter Officer (Secretary, Treasurer, International Board Rep, Vice-Chair)
- ☛ Consider running for International Board Officer (Secretary, Treasurer, or Vice President/President-Elect)

The Vice Chair, Orawan Wells, along with the Special Events and Community Outreach Committees have an exciting rest of the year planned. I encourage you to make time to come to our monthly events and find opportunities where you can volunteer your time and network with other members. I hope to see you at our next event with our Executive Sponsor, Teresa Smith!

I thank you for all the hard work and dedication that our membership puts into this organization. Please contact me at [kdillman@aep.com](mailto:kdillman@aep.com) for any questions or concerns.

Sincerely,  
Krista Tillman  
2015 WINUP Ohio Chapter Chair

For additional information, please visit our website

## Member Spotlight: Stacey Duling

By: Amy Russell



The Ohio Chapter of WiNUP has enjoyed a great year thus far in Membership with twenty-nine new members since January 2015. If you, or someone you know, is interested in joining, please email Kristen Thompson at [kathompson@aep.com](mailto:kathompson@aep.com). One of these new members is **Stacey Duling**, an Administrative Assistant at the Dresden Plant, where she performs all the accounting for the plant and “everything else”. Stacey has been with AEP for seven years but has been at the gas-powered Dresden Plant for thirteen years, starting as a contractor with Dominion. She has two grandsons and three grown sons - Richard (33), Brandon (24), and Brice (23), with the youngest finishing his senior year at Akron University.

**How did you hear about WiNUP?** I heard about WiNUP last year from a few administrative assistants at other gas power plants who mentioned the annual conference was coming up in Texas.

**Did you go? What were you expecting?** Yes. I wasn't sure what to expect. I figured there would be people talking, dinners, and such. It had all of that, but it had great speakers that were geared towards women professionals improving themselves and networking. The speakers were really good, as was the fellowship. I got to meet new people and I finally met many women that I talked to often, but had never formally met face to face. I was impressed with how many women from different companies were in attendance. It was a really great experience and a great way to build friendships.

**Was there anything unexpected from the WiNUP Conference?** I suppose how great the tours were. I took both - the tour of the George W. Bush Presidential Library, then the tour of the Dallas Cowboys Stadium - which was absolutely awesome!

**Have you attended any monthly meetings?** No. Not yet. It is hard to attend a lunch meeting when the trip is 1¼ hour long. I am hoping an evening event may be easier. I asked one of the officers if they had thought about having a meeting at one of the plants and they said they had. I would enjoy a meeting nearby and the other WiNUP members could see one of the plants close up. ***I suggested that they need to find a way for members scattered about Ohio to participate - maybe a webinar, or phone conference (nah! Too boring), or skype? Just some ideas, so that they can interact with the on-site members or speaker. - Amy R.***

**Do you have any interesting hobbies?** I am an avid reader and a sports fanatic. I like all sports. I played softball, volleyball, and ran track when I was younger. You can find me at a baseball game, volleyball game, football game, soccer game, basketball game... **Are these local sports?** Yes. When my kids were younger, I went to their games, and now my significant other and I go to games to watch my nieces and nephews. **What professional teams do you follow?** I have been a Steelers fan for many, many, many years, and of course, the Buckeyes. I also like the Cleveland Indians. I get excited when a local or U.S. team plays and wins!

**What else are you involved in?** I am on several boards outside of work. I am on the Board for the Minority Business Resource Network in Zanesville, Ohio and the Martin Luther King Jr. Scholarship Foundation; I volunteer at the Civic League Community Center; and I am Co-Chair of the Juneteenth Community Celebration. **What is that?** The Juneteenth is a celebration of the Emancipation Proclamation, which abolished slavery. The celebration originated in Texas and some areas have a week-long celebration. Zanesville has a one-day celebration held in June which includes a cookout - like a real big block party. The members of the Juneteenth group share the history of the celebration up to modern times. Matriarchs and patriarchs also share their experiences and family history. Zanesville also has a rich history associated with the Underground Railroad.

**Thank you for sharing a little about yourself with us. Is there anything else you would like to share?** As an employee at ApCo, we have been blessed with the changes in the gas market. I feel blessed to be with AEP and to have had the opportunity to join WiNUP.

“WiNUP Pulse,” is used to keep membership informed of life-changing events - professional and personal achievements, celebration of marriage, birth, adoption, etc., as well as remembering those we have lost. If you have an event you would like to share with others, please send the information to Amy Russell ([acrussell@aep.com](mailto:acrussell@aep.com)).



## Calendar of Events

- |                |   |   |                  |
|----------------|---|---|------------------|
| <b>May 8</b>   | <b>Techieloka event</b><br>(Volunteers needed, RSVP deadline May 1)<br>Contact kgblubaugh@aep.com or lgue@nisource.com for details. | <b>Columbus State Community College</b> | <b>4 pm-7 pm</b> |
| <b>May 14</b>  | <b>Teresa Smith VP HR NiSource</b>  | <b>Conference Room 290-1-E</b>          | <b>5:15 pm</b>   |
| <b>May 22</b>  | <b>WiNUP Mentee Applications Due.</b>   |   |                  |
| <b>June 3</b>  | <b>Kay Fittes w/High Heeled Success</b><br>"Power up your Career with Power Presentations"  | <b>AEP Conference Center</b>            | <b>5:30pm</b>    |
| <b>July 16</b> | <b>Tour AEP TDC facility</b><br>*Event closed to members only- more details to follow   | <b>New Albany</b>                       | <b>Lunch *</b>   |

### Save the Date

- |                        |   |
|------------------------|---|
| <b>September 28-30</b> | <b>WINUP Conference hosted by the West Virginia WiNUP chapter</b> |
| <b>December 11</b>     | <b>WINUP Holiday Social –AEP Executive Dining Room</b>            |

## ✓ An Evening with Lisa Barton

By: Krista Tillman



On February 9, 2015 the Ohio Chapter was honored to have Lisa Barton, Executive Vice President of AEP Transmission, as the first speaker of the year. Lisa has been in the energy industry since 1987 and her experiences include distribution, regulatory, marketing, and legal. Lisa started off the evening asking the audience what questions they had of her or what ideas they would like to hear from her, and she took the time to touch on everything she was asked. Lisa spoke about communication, her career path, giving back to the community, work/life balance, energy generation, and leadership. Lisa is married with five daughters and, in the beginning, she just wanted to make it through the day. Early in her career she was given the advice for working moms to cut yourself some slack, and she now provides young working mothers that same

advice. Lisa found balance by being on the Amethyst board and work/life balance is very important to her. Finally, Lisa provided additional personal and professional growth advice to go outside of your comfort zone to grow and to watch people so that you can learn through them.



For 30 years, Amethyst has been a central Ohio leader in long-term, gender-competent addiction and trauma treatment for homeless women and their families.

By: Amy Russell

## ✓ Balanced Well-Being

Ohio WiNUP members gathered at the AEP headquarters on March 24, 2015 to learn more how to obtain a “Balanced Well-being” from Cassandra Helwig, the Manager of Health, Wellness & Productivity at American Electric Power. Picture a plate with four sections and imagine your overall well-being is nourished from four different “food groups” – social, physical, work, and emotional. If one portion takes up too much of the plate, you will become unbalanced and your well-being will suffer.

Similarly, if you overload your plate, your well-being will suffer as you try to meet all the demands of life. You need a balanced plate that fulfills your needs yet also provides an outlet for your energy, your goals, and your ability to give and receive from others.

**Social Well-being** Your social well-being relates to how you connect with other people – whether they are your friends, those on a team, people in the community, church members, or even those people who cross your path when you volunteer. Helwig noted that persons with fewer social ties are twice as likely to suffer from heart disease. She noted that giving of yourself to others, and other acts of kindness, produces serotonin which is Mother Nature’s anti-depressant.

**Physical Well-being** Your physical well-being relates to how you nurture, protect, and use your body. Your body serves you on a daily basis and there are five behaviors that Helwig recommends to maintain high energy and a healthy body. These behaviors are 1) Move more, 2) Eat better, 3) Manage stress, 4) Avoid tobacco use, and 5) Sleep well. She noted to become aware of the situations that trigger your stress and then avoid them or learn to manage your feelings. She also noted that exercise produces hormones that assist in reducing your stress. Finally, be aware of the preventative screenings you should take advantage of for your age bracket.

**Work Well-being** Your work well-being is an important piece of your balanced plate because studies show that we spend almost as much time with our co-workers as we do with family. In addition to managing your income thoughtfully – budgeting for savings and relaxation, planning for your retirement will reduce the worries about the future. While still working, look for growth opportunities where you can continue your life-long learning, gain responsibilities, and garner appreciation for a job well done. Do not forget that being engaged at work will make it more fulfilling and showing appreciation for those who boost you up, will become a two-way street. Giving and receiving fuels your well-being. Finally, find ways to improve your physical well-being at work such as taking five minute breaks to walk away from your desk; taking the stairs instead of the elevator (start with one or two floors first, then add a floor at a time as you get stronger); or engaging your co-workers with a Fit Bit® challenge.

**Emotional Well-being** Your emotional well-being is the final portion on your plate and is linked to the other parts of the plate. Your emotions may be effected by the amount of sleep you get, who you surround yourself with, your awareness of your weaknesses and stressors, and even what you are eating – red wine in moderation can be a good thing! After you have identified your stressor triggers, consider changing your patterns to avoid triggers, managing triggers in a more positive manner, or examining the inner conversation in your head.

*“Life is a Journey. When juggling all life has given you, remember that Family, Friends, Health, and Integrity are glass balls – they are precious and must be handled with care and protected. Your Career is a rubber ball and will always bounce back.”*



*(Continued on next page)*

**Balanced Well-Being (continued)**

**Emotional Well-being (continued)** Are you a perfectionist? Are you unable to tell family and others “No”? Do you set aside time for yourself? Are you a caregiver? Know when to say when, when to say enough is enough, when to say “No!”, when to disappear and relax, when to ask for help, and when to say “I need a break”. Everyone struggles with the work/life balance and with the daily bombardment of life’s challenges, but our social connections can often help us talk through our problems and, maybe, talk us into the solutions. If these social connections are not enough or if it feels hopeless - seek help. Many workplaces offer mental health assistance through their insurance plans, or seek help from your clergy or other anonymous services. Finally, Helwig suggested to think about ways to jolt your mood - listening to a favorite song, keeping a vacation photo on your desk, or even googling “baby laughing”. Remember, your mood is contagious, so pass on a good one!

**Helwig’s Healthy Hints**

- ♥ Take Control
- ♥ Balance Yourself
- ♥ Make Good Choices
- ♥ Acknowledge Blessings
- ♥ Think about Behaviors and Habits
- ♥ Do Not Compare Yourself to Others  
*(if anything, compare yourself to an earlier version of you)*

**Preventative Screening Tests for Women (as recommended by the U.S. Preventive Services Task Force (USPSTF))**

	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 +
Blood pressure (bp) test	Every 2 years for normal bp <120/80. Every year for bp between 120/80 and 139/89. Seek treatment if bp is 140/90 or higher.			
Diabetes screening	Get screened if your bp is > 135/80 or if you take medicine for high bp.			
Bone mineral density test (osteoporosis screening)			Discuss with Doctor if you are at risk	Test at least once at Age 65+
Breast cancer screening (mammogram)			Every 2 years starting at Age 50, through 74	
Clinical breast exam	Every 3 years in 20s and 30s.	Every year for 40 +	Every year for 40 +	
Self breast exam	Monthly	Monthly	Monthly	
Cervical cancer screening (Pap test)	Pap every 3 years if 21+. Pap and HPV every 5 years if 30+.	Pap and HPV every 5 years		Ask your Doctor.
Cholesterol test	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease.			
Colorectal cancer screening (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)			Get screened starting at Age 50, through Age 75 based on your Doctor’s recommendations	
Self skin exam (track moles)	Monthly	Monthly	Monthly	

**Don’t forget to get Immunized at your Preventative Check-ups**

<b>Influenza (flu) vaccine</b>	<b>Annually for everyone 6 months and older.</b>
<b>Herpes zoster (Shingles prevention)</b>	<b>Once only at age 60 or older.</b>
<b>Pneumonia</b>	<b>Once only at age 65 or older.</b>
<b>Tetanus, diphtheria, pertussis (Td/Tdap)</b>	<b>Every 10 years.</b>
<b>Meningococcal (meningitis).</b>	<b>College freshmen, military recruits and other at-risk persons</b>
<b>Varicella (chickenpox)</b>	<b>19 or older who have not been vaccinated or had chickenpox.</b>



## Buckeye STEMs:

By: Amy Russell

# April Keynote Event on STEM

The Ohio Chapter of WiNUP held its first STEM presentation on April 7, 2015 in which Janet Rehberg, Marketing Director at Buckeye Power and our Keynote Speaker, spoke passionately about the subject. Rehberg spear-headed this initiative while serving as the WiNUP International President, when it was designated the National Philanthropic Platform by the International WiNUP in 2014. STEM stands for Science, Technology, Engineering, and Mathematics and represents the symbiotic relationship and collaboration shared by these educational and professional disciplines. STEM education emphasizes cross-disciplinary problem solving, discovery, exploratory learning, and engaging situations to find innovative solutions. She realized that the STEM initiative was a perfect fit for a professional organization such as WiNUP. It meshed with WiNUP's mission of professional and personal development, mentoring, and networking. "STEM Sisters" are the perfect choice and ten members were invited to the April event to mingle with WiNUP members and share their passion for STEM. Many of the STEM Sisters who attended the April dinner also participated in various Robotics Teams.

The STEM Sisters is a club in the Dublin City Schools for 4th to 12th grade girls that have a passion for STEM. This organization was founded by a group of Dublin high school girls who realized that there was a need to share their love of STEM with younger girls in order for them to participate in the opportunities in their community. There are about fifty high school girls in the STEM sisters from the three Dublin high schools and they meet every other week, planning workshops and speaking events, and discussing STEM issues about high school electives, college preparation, and future plans. The high school girls invite speakers and participate in challenging activities to assist in making pre-college decisions to steer towards STEM careers. They also serve as mentors to the 4th to 8th grade girls, sharing the fun and interesting facets of STEM, explaining the spectrum of career opportunities, and providing examples of older girls who embrace STEM and make it cool.



According to the Dublin City Schools STEM website, students going into STEM careers are in high demand; careers in the STEM field are projected to grow by 20.6% by 2018 (while employment in all occupations is projected to grow 10.1%); and Microsoft has stated that 80% of jobs in the next decade will require technology skills. Dublin City Schools offers "Project Lead the Way" classes starting in eighth grade and continuing into high school, but many of these girls just "happened" to join these STEM classes in eighth grade, unaware what STEM really meant.

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• "Buckeye STEMs," is NEW and will be included in each newsletter to inform you of the chapters' STEM related news in accordance with the WiNUP national philanthropic platform.

## April STEM Event (continued)

There are quarterly events for the entire organizations to participate in and some past events include building 3-D models at Daddy-Daughter CAD Day, the “spider” treadmill with OSU students; and the Oncology Tour of The James Comprehensive Cancer Center. Last year’s springtime event was held at the park and included a tie dying booth, science activities, and “seltzer bottle rockets”. These hands on activities spark the imagination and keep girls interested in STEM through all the grades. Even with these new role models who show that you can be a girl and be cool and still be a part of STEM, the older STEM Sisters stated that they are often one of two or three girls enrolled in the Engineering electives with twenty or thirty boys. They suggested that a STEM Sister must enter these situations confidently, and over time, the boys will realize they are capable of doing the same things as them, and that they have a lot to offer.

These girls carried themselves with confidence, maturity, and professionalism. They shared stories about their club and its formation, asked questions about utility occupations, and discussed their plans for college and beyond. To this end, the Ohio Chapter of WinUP has decided to pair up with pre-professionals in encouraging K-12 girls to pursue STEM education, STEM degrees, and ultimately, STEM occupations.



## EMPOWERING MOMENTS:

By: Amy Russell

## Happy Mother’s Day Working Moms

Mothers Day is around the corner and many of us are working moms. Recently, journalist Rebecca Traister, caused quite a stir when she made an appearance on MSNBC’s “All In With Chris Hayes” to discuss the various sides of the story around the Hilary Clinton email scandal. She did not say anything wrong, but Rebecca was on maternity leave when the story was airing and simply brought her newborn daughter, Bella, to the television interview. She cradled the sleeping newborn while she spoke, not missing a beat when the interviewer compared her bringing her daughter to a work event as similar to Ms. Clinton’s use of personal email. She did not acknowledge in words what she was doing, but her actions sent a powerful message to professional mothers everywhere. According to Elise Sole’, who wrote on the matter, women are pressured to view motherhood as a taboo subject in the workplace, fearing that their commitment to their profession is questioned. They fear that colleagues will not take them seriously, or that they will be passed over for a promotion – regardless of how well they perform at work. Instead of saying they are leaving early for a parent-teacher conference, some women may say “I have a meeting”. Further muddying the waters is the stigma associated with breastfeeding, where nursing mothers are viewed as less capable by coworkers than women who do not choose to nurse (or do not tell people that they do). Rebecca Traister is a senior editor at the New Republic and should be commended for her choice. She may not have even been trying to take a stand. Maybe she just did not have someone lined up to provide childcare yet, and a quiet, sleeping baby seemed unremarkable enough to interfere with a great news story.



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<https://www.yahoo.com/parenting/working-mom-sends-powerful-message-by-saying-113889051757.html>



## EMPOWERING MOMENTS:

By: Amy Russell

### #AskHerMore

There is a social media initiative, #AskHerMore, backed by The Representation Project, which was directed at the media questions asked of women on the red carpet. The Representation Project, founded by Jennifer Siebel Newsom, strives to raise awareness of and fight against gender stereotypes through media and popular culture. This idea may have taken seed last year at the 2014 Screen Actors Guild Awards red carpet, where Cate Blanchett was being interviewed by E! host Giulanna Rancic. While answering the “who are you wearing tonight?” question, the cameraman began panning her body from the ground up. She pointed her finger at the camera: “Do you do that to the guys?” Or maybe the seed was planted at the Hollywood Film Awards in November 2014 when a reporter asked Keira Knightley how she balances her career and her personal life, to which she responded, “Are you going to ask all the men that tonight?”



Reese Witherspoon explained the #AskHerMore campaign as a “movement to say we're more than just our dresses.” The campaign aims to up the quality and thoughtfulness of questions asked - focusing on the work women are doing, not just what they are wearing. “There’s nothing wrong with loving fashion and being interested in what they wear,” said Cristina Escobar, communications director for the Representation Project. “But the problem is, that’s the only thing we talk about with women. Men are allowed to be their whole selves: they’re asked about their interests and passions, how it felt to make the film. It reinforces a message that women are valued for youth and appearance and men are valued for their accomplishments. And it’s not the message we want to send out to our culture. Men get asked about what they’re wearing, but they get more questions.”

Before the February Oscars, the Representation Project posted a list of actresses, presenters and performers that link to pre-written tweets with more thoughtful questions for each individual. There was also a list of Oscar reporters’ Twitter handles to direct the questions to a specific red carpet interviewer. For example, they were encouraged to ask Jessica Chastain about her support of PETA, Julianne Moore about Alzheimer’s disease, Anna Kendrick what advice she would give to singers just starting out, and Reese Witherspoon what her next project will be. *Elle* magazine has also acknowledged this disparity with their campaign, Flip the Script, to find out “What happens when men have to answer inane questions on the red carpet.” Men on the red carpet were asked “What’s in your pockets?”, “Did you do any grooming?” and “Do you have a go-to beauty product?”

The red carpet questions are not just sexist because women are asked “Who are you wearing?” What is sexist are the other questions that men do not often have to endure. Men are not asked about their beauty or dieting regimen, or whether they are engaged, or whether their relationship is ready for children. The physiques of new dads are not scrutinized, and no one asks first time dad how he got back into shape or who is watching his child. The red carpet is not flawed for focusing on dresses and jewels. It is flawed for not allowing the women who walk the red carpet to shine as much as the diamond necklaces that they borrow. It is time for the conversation to change.



## ✓ WiNUP International Update

By: Cynthia Helenthal

The WiNUP International Board (IB) and the International Representatives from all the chapters are invited to attend conference calls every other month and, if needed, a special meeting will be scheduled. So far in 2015, there have had three meetings. During these meetings, the IB discusses routine business items, including finances, number of paid membership, etc, and the group approves the minutes from the prior meeting. Finally, the IB addresses new and old business. In February, the IB voted to purchase new WiNUP pins for all new members. As the Ohio Chapter International Representative, I never realized how much time and effort the women on the IB put into this organization and am grateful for the opportunity to learn about the business behind WiNUP.

## ✓ Ohio Chapter Update

- ✓ **The 2015 WiNUP conference is a short drive to Charleston, West Virginia. Start talking to management now and planting those seeds!**
- ✓ **The WiNUP Spring Clothing Drive was once again a success! We collected 955 clothing items and 340 personal item/toiletries and delivered them to New Directions. Thank you to everyone who participated!**



### RECIPE CORNER

## Slow-Cooker Corned Beef and Cabbage

By: Amy Russell

Serves: 8      Prep: 15 minutes      Cook time: 9 hours

### Ingredients:

- 4 large carrots peeled and cut into matchstick pieces
- 10 baby red potatoes, quartered
- 1 onion, peeled and cut into bite-sized pieces
- 4 cups water
- One 4-pound corned beef brisket with spice packet
- 6 ounces beer
- 1/2 head cabbage, coarsely chopped.



### Directions:

1. Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in water, and place the brisket on top of the vegetables.. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set cooker on High.
2. Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hr.

\* Recipe submitted by "LUSYRSGIRL" on allrecipes.com.



# WiNUP SEEDS OF MENTORING

The WiNUP Ohio Chapter is pleased to announce the **2015 WiNUP Mentoring Program!**

If you want an experienced advisor in:

- Decision making
- Gaining insight
- An honest 'reality check'
- Learning from experience
- Advice on career and professional challenges

**Mentee's must be WiNUP members**  
- to join WiNUP contact Krista Tillman at  
614-716-3604, or [kdillman@aep.com](mailto:kdillman@aep.com)

## Become a Mentee!

We are currently accepting Mentee applications for a six month Mentoring program. The mentoring program will include a kick off session with an overview of the program, resources for information, and relationship building activities.

If you are interested in becoming a Mentee, please email Michelle Kaseff for an application. The application is due by **Friday, May 22, 2015** and can be returned by email to one of the committee members listed at the bottom of the application.

“WiNUP Seeds of Mentoring,” is used to keep membership informed of the Ohio WiNUP Mentoring Program, the benefits of mentoring and being mentored, and testimonials from those who have participated in the WiNUP and other mentoring experiences.

✓ Giving back with



The March meeting was catered by Freshbox Catering, which provided delicious sandwiches and salads, paired with a fresh apple, a tasty pickle spear, kettle chips, and (wait for it) a chocolate covered Oreo cookie! The food was wonderful but their mission is even more inspiring. Freshbox provides training and employment to those affected by homelessness. Freshbox started in 2009 in partnership with Faith Mission shelters and, according to their website, they “provide a unique work environment that embeds employment readiness, advanced job skills, financial literacy, and professionalism right into our operations”. Please keep Freshbox in mind for your upcoming needs – whether a “lunch for six or a conference for 600.” Contact Freshbox Catering at (614) 859-9416 or on-line at [www.freshboxcatering.com](http://www.freshboxcatering.com).

**Sandwiches with Substance.**  
**Feed Your Appetite. Nourish Your Community.**

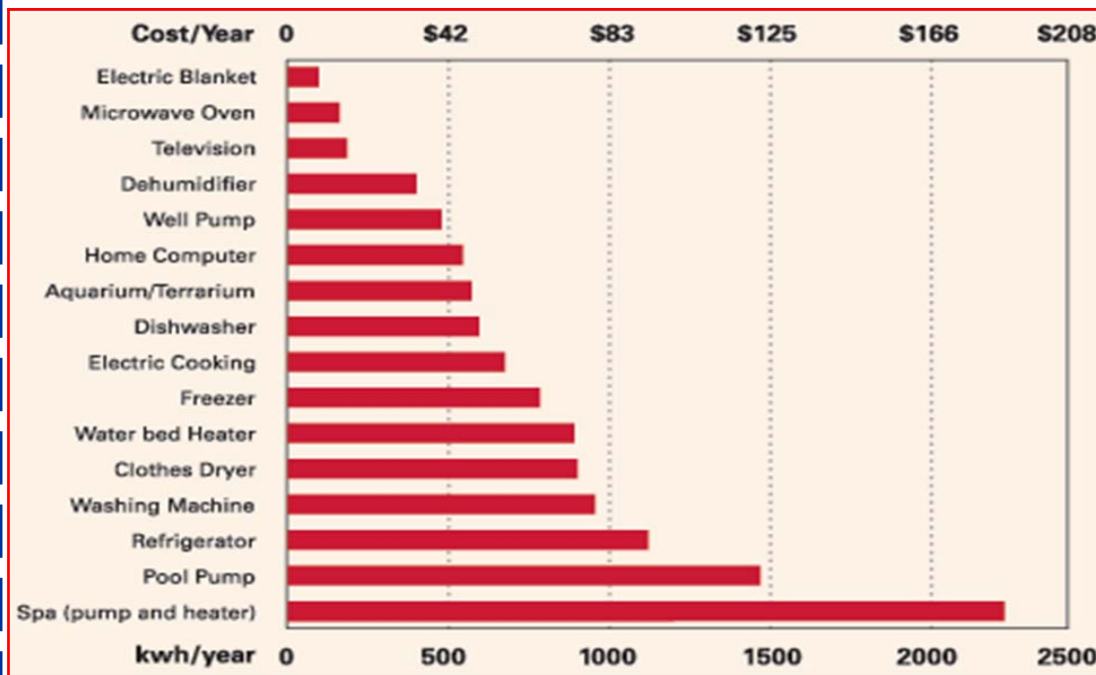


# In Our Own Backyard: How to Save on Your Electric Bill

By: Amy Russell

In order to save money on your electric bill, you should focus on the large appliances and utilities to get more bang for your buck. Refer to the chart below that shows the annual cost of many household items. For instance, choose to upgrade to the energy efficient options for heating or air conditioning, or when you replace your clothes washer or dryer, refrigerator, or water heater.

If you are not ready for a new appliance, you can try the following tips to save a decent amount of money without spending much - if any (annual savings shown):



⚡ Turn heat off when not home. Heat only rooms you are in with space heaters (\$1023)

⚡ Replace A/C with ceiling fans (\$438)

⚡ Turn off lights when not in use (\$274)

⚡ Set computer to shift into sleep mode when not in use (\$178)

⚡ Turn off one 100W light bulb, from running constantly (\$131)

⚡ Replace ten 60W light bulbs with compact fluorescents. (\$123)

**What about laundry?** ⚡ Dry clothes on a clothesline or a laundry rack. (\$196)

⚡ Wash laundry in cold water only (\$152) ⚡ One website compared the electrical cost of a top-loading washing using the different Wash/Rinse Settings available and these are the costs (in cents) per load: hot/warm (68¢/load), warm/warm (53¢/load), hot/cold (42¢/load), warm/cold (29¢/load), and cold / cold (4¢/load). You can see there is a significant savings!

⚡ If washing all your clothes in cold water is not appealing to you, consider a front-loading washer, which uses 40-75% less water and 30-85% less energy than typical top-loaders. Despite costing about \$100 more than top-loaders, they tend to save \$100/year or more. Other benefits of top-loaders are listed below.

- clothes last longer because front-loaders gently tumble clothes instead of jerking them around with an agitator
- Front-load washers squeeze more of the water out of clothes, so you'll spend less to dry your clothes
- 

(Continued on next page)

"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](mailto:acrussell@aep.com).

## In Our Own Backyard Continued

- Because front-loaders lack the central agitator, it makes it easier to wash large items like bedspreads, rugs, and sleeping bags.
- U.S. front-loaders generally have both hot and cold water connections, so the home water heater is performing the costly chore of heating the water.

### What about unplugging all your gadgets?

To answer this question I went to a website run by “Mr. Electricity”. If you are interested in the all things related to saving electricity – this is your site! I am going to share a summary of what he explained in insane detail. First of all, he noted that your best bet is to address the heating, cooling, lighting, laundry and computer first, because these activities account for the majority of your household’s electric usage. This is obvious when looking at the chart on the previous page. He noted that the “vampire power” account for less than 1% of residential energy usage. Vampire power is a term applied to idle devices, devices with clocks, chargers, power adapters, and such, because they continue to consume energy even when they are not in use.

⚡ Most modern devices use no more than 1 watt in standby mode, and many of them use less than 0.5 watts. Wall chargers often use even less and modern chargers may go down to zero (or close to it) when nothing is plugged into them. According to Mr. Electricity, a one-watt device that runs continuously uses 8.8 kWh per year, which is only 0.08% of the typical American household usage (11,040 kWh per year). Even the older devices and adapters, which use a bit more energy when idle (maybe as much as 10 times as much) will cost only about \$10 a year.

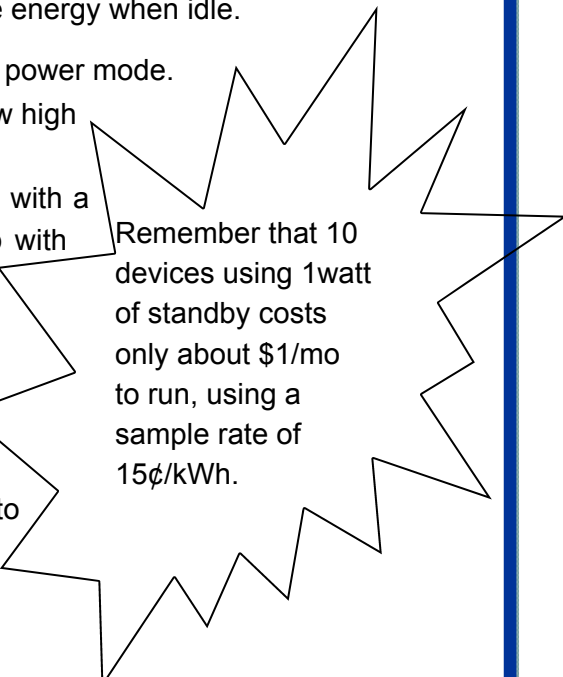
⚡ The items that may be worth addressing are certain cable TV boxes and DVRs which may consume around 50 watts per day (this calculates to around \$72/year). The models that consume the most are not Energy Star models and were made in 2013 or later. One option is to switch your television to an internet source. Water pumps and anything that always has a light on (unless it is an LED light, which is okay) also gobble up noticeable energy and may benefit being placed on timers.

⚡ Mr. Electricity’s advice after tackling the appliances and utilities is to purchase Energy Star–approved products when replacing old appliances. These products use very little energy when idle.

⚡ Finally, you can test the devices you own when they are in standby power mode.

If you determine you have enough devices to cause a problem or a few high power vampires, you have a few options.

- You can place the items on the same flip switch or a power strip with a switch. For a little more money you can purchase a power strip with individual switches for items you want to switch on and off separately.
- For computer, TV, or stereo systems, you may consider a smart strip, which is a special power strip that automatically cuts power to all your accessory devices when you turn off the main one. (e.g. Turn off the computer, and it automatically cuts power to the printer and scanner.)



Remember that 10 devices using 1watt of standby costs only about \$1/mo to run, using a sample rate of 15¢/kWh.

<http://michaelbluejay.com/electricity/>

**2015 Ohio Goal**

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

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*If you know someone that should be recognized, or for corrections, comments, and suggestions please contact the Newsletter Editor  
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**WELCOME NEW MEMBERS!**

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**Lisa Gue (NiSource)**  
**Deborah Hohn (AEP)**  
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