



The Transmitter

Empowering Women in Utilities Since 1923



Message from the Chair

Orawan Wells, 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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For additional information, please visit our websites

Chapter website:

www.winupoh.org

International Site:

www.winup.org

Greetings and Happy Fall to everyone! We are three fourths through the year and the WINUP Ohio Chapter has had an exciting year. With summer ending, and fall right around the corner, you may start to feel a little overwhelmed as the end of the year approaches. We are all pushed to the edge when it comes to being resilient and balancing it all. Take a moment with me to reflect on your personal accomplishments as we reflect on our Chapter's accomplishments and share some advice on how to maintain your sanity as the Holidays approach.

- Membership has grown to 188 - that is up 25% from 2015!
- The Chapter partnered with the HOLA (Hispanic Origin Latin American), an AEP Employee Resource Group (ERG), for the March Women's History month meeting.
- WINUP presented a check in the amount of \$350 to the OSU STEM GRASP (Girls Reaching to Achieve in Sports and Physics) program this summer.
- Attendance at monthly meetings has increased.
- The Mentoring Program has taken on new heights, including new offerings by the committee and its leadership.
- Planning for the 2017 Conference is in full swing, and will be hosted by both the Ohio and PJM WINUP Chapters in Philadelphia, PA.
- The 2017 Board has been elected and will be in place effective January 1, 2017 (Congratulations to Lindsay Chambers, Hillary Sheffer, Deb Wilson, Kernesana Samana, and Kristen Thompson!)

Tips on staying focused throughout the holidays

- **Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.
- **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. Resist the temptation of taking on more than you can handle.
- **Exercise** - Exercise affects a neurotransmitter that has an antidepressant-like effect on your brain while helping to decrease muscle tension. Don't skip the gym.
- **Plan ahead** - Try not to plan everything in December and move some events to January.

I am looking forward to seeing everyone at our next Chapter meeting, as well as the International Conference this year hosted by the Nashville chapter (October 10-12, 2016). Until then, stay active and stay curious, and most of all, try to find that balance with work and the Holidays.

Best Wishes

Orawan Wells, 2016 Ohio Chapter Chair

✓ Ohio Chapter Updates

✓ Announcing the WiNUP Ohio Officers and Executive Committee for 2017

Lindsay Chambers, Chair

Hillary Sheffer, Vice Chair/Chair-Elect

Kernesa Samana, Secretary

Deb Wilson, Treasurer

Orawan Wells, Immediate Past Chair

Kristen Thompson, International Board Rep.

✓ Thank you to everyone that ran for an office this year and to all that voted!

✓ This year's **Conference is in Nashville, Tennessee on October 10th through October 12th** and there are at least 200 women already signed up! There will also be an opportunity on Saturday evening (October 8) for shopping, dinner and a night at the Grand ole Opry (more details will follow from the Int'l / Nashville chapter) for those that are flying in early.

Opportunity is knocking!

The Ohio WiNUP Chapter is in search of a volunteer to be the ***Co-Chair for the Program & Hostess Committee for the WiNUP 2017 Conference***. This Co-Chair would partner with Mid-Atlantic Chapter Co-Chair, Cheryl Mae Velasco, and offers an exciting opportunity to serve in a leadership role and provide valuable input for the 2017 WiNUP Conference. Below is a brief outline of the expectations for this committee Co-Chair:

Program & Hostess Committee

Major Responsibilities:

- Greet speakers when they arrive and assist in obtaining their designated package of registration material. (Registration packet should contain nametag, copy of program, meal tickets, information brochure and fliers. It should not contain any registration forms or fees.) Work with program co-chairmen on assignment of speakers.
- Make arrangements to escort speakers to the room where they are to speak.
- Inform all interested parties of arrangements for the banquet and help coordinate events on that evening.
- Set the agenda and select the speakers for the entire 2017 conference

If you are interested in this position, call Co-Chair **Cheryl Mae Velasco** at **610-666-4472** or email at cm.velasco@pjm.com

Member Spotlight: Lynn Guilbert

By: Amy Russell



Lynn Guilbert is a Senior Financial Analyst at NiSource with the IT Project Management Office (PMO) group. She has worked at NiSource for almost two years, after her previous seventeen years employment with Battelle.

How did you hear about WiNUP? Why did you join?

Lynn was introduced to WiNUP when she started at NiSource by a Manager who asked her to join and invited her to the new member event in January. She joined to network with women in the industry and to learn more about the utility industry, as well as to build friendships. She has been able to attend several meeting this year and has enjoyed participating on the Holiday Committee. She said it was nice to feel like you are a part of something and to meet other people in the industry.

What did you want to be when you were younger?

Even in high school, Lynn loved her accounting classes and wanted to be an accountant. Her first “real” job was in the accounts payable department in college and she worked summers in different accounting positions through a Temp agency. She loves her career choice and has worked in every facet of accounting – public and private.

What advice would you give someone pursuing employment in your field?

Lynn’s advice to get a “leg up” on others is to look for programs with internships where you can gain experience in your field while you are still in school. Her summers spent in the Temp positions provided experience in the professional environment and allowed her to try different industries. While you are building your resume’ (above all the other new graduates), you can see if you really like the field you have chosen and you can identify parts of your job that you do not like – all while becoming better prepared for the workplace. She also noted that many people who have worked at an internship will leave with a job offer.

What advice do you have for women in the workplace?

She tells women to get involved as much as possible and to join groups that support women and leadership, and that empowers women – like WiNUP!

Lynn is a single mom to eight-year old Samantha, and she enjoys golfing, bowling, and softball. She teaches Sunday School and loves to work in her yard and to garden. She said she likes to create something pretty – prettier than the spreadsheets she is surrounded by all week!

Thank you for sharing a little about yourself with us!



Bring your Donations in for the
WiNUP Fall Clothing Drive



October 3 - 6, 2016

✓ Wine and Canvas: *Social Activity for WiNUP*

By: Hillary Sheffer



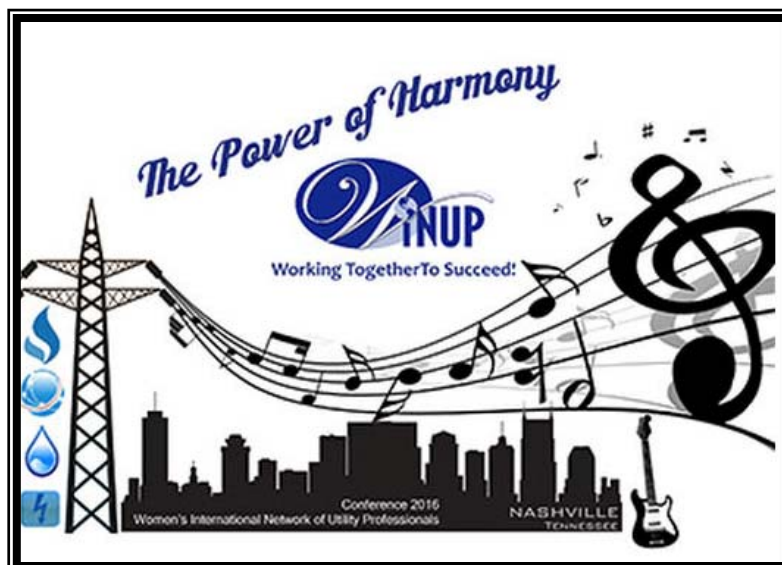
What do you get when you mix twenty women, food, wine, and paints? You get a fabulous time of creativity and fellowship. On Friday July 15, 2016, several members of the Ohio Chapter of WiNUP and their friends got together for a painting class with cocktails. We met with a couple

of wonderful local artists who walked us through, step-by-step, creating our own interpretation of a masterpiece chosen by the group. They coached us to let our inner artist out to do something most of us only ever dreamed of doing. Whether you felt like you had any talent toward drawing or painting did not matter. What mattered was that you had fun and that you got to leave your cares at the door. Remember what it was like to do art in preschool, not a care in the world, and whatever you produced, mom and/or dad would find a place for it on the refrigerator door. The painting was a little big for my fridge, but I did find a spot for mine on my living room wall.

✓ International Update

By: Cindy Helenthal

Hello All! The International Board had a conference call in August. We talked about normal business, approving minutes from the meeting in June, and discussed financial information. We also discussed the conference coming up in Nashville - this year's conference has over 200 registered attendants! Make sure to come to the lunch on Monday the 10th during the conference. The International Board is planning to report on some findings of last fall's member's survey and we will be gathering feedback from all the attendees. International board members will be guiding the discussion at the tables during lunch. I hope to talk with all of you at the conference to get your feedback on how WiNUP can serve you better. Our next meeting is Sunday October 9th in Nashville, I am looking forward to seeing everyone in person. See you in Nashville!





In Our Own Backyard

By: Hillary Sheffer






While sitting in the living room watching TV one evening with my husband, we noticed flashing red lights. We looked up to see a fire truck parked in front of our house. Being the typical nosy neighbor, I got up to find out what was going on. As I walked close to the front door, I heard a loud rushing noise, and when I opened the door to step out on the porch, it hit me – that somewhat familiar rotten egg odor.

One of our neighbors had been working in their yard when something went wrong. As the story goes, they had been planting a small tree near the corner of the house when their teenage son, using a pick axe to help dig the hole, went right through their gas line.

Fortunately no one was hurt. Looking back I have to chuckle. Why? Because there were all the surrounding neighbors out in their yards watching the firemen trying to locate the shut off valve as they waited for the Gas Company. They had closed the street so no one could come into our cul-de-sac, but those of us there, didn't think to leave.

According to the PUCO, the biggest hazard of a gas leak is an explosion. When natural gas builds up in an enclosed area, it becomes extremely volatile. Gas leaks outside the home are dangerous as well.

If you detect a strong gas odor, follow these tips:

-  Do not attempt to locate the leak.
-  Do not turn any electrical appliances on or off.
-  Do not smoke or use any open flames.
-  Leave the house and, from a safe distance, call the utility company and 9-1-1.
-  When digging outside, if a natural gas line is damaged, call the utility immediately. Do not attempt to repair the line.

By following these safety tips, natural gas can continue to be a safe and efficient source of energy for the home.

KNOW WHAT'S BELOW. CALL 811 BEFORE YOU DIG

Call 811 at least a few days before you start any digging project. Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job.

“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 Hillary Sheffer at htsheffer@aep.com.

Networking Tip:

Add a photo of yourself to your email so that co-workers can place a face to your name (and sometimes to a voice!) Use a professional photo, like the headshot provided by WiNUP this year.

Have You Done Your Most Important Planning?

By: Kellie Conklin

Each day we all try to plan ahead for what our day will hold. We schedule meetings, set agendas, pack lunches, arrange carpools, plan dinner dates. But have we all completed what could be the most critical planning ahead we may ever need? Do you have a Family Disaster Preparedness Plan? September is National Preparedness Month and having a family emergency plan is a critical piece of being prepared for what we all hope to avoid – disastrous weather events, evacuation events, or other situations which may require your family to take action.

Communication One key item to address is communication, of which, there are two components:

How will you get information? During an emergency, you will need to get information from government agencies (potentially both local and state/federal agencies). There are a number of options:

- Contact local agencies to find out what tools they use for emergency communications; subscribe to local alerts
- Download the FEMA app (available in Google Play, App Store, Blackberry App World)
- Consider a NOAA Weather Radio with use of the Emergency Alert System (often local organizations hold events to help you program weather radios)

How will your family communicate with each other? Have a family communication plan so you can communicate and locate each other.

- Have a discussion about how you will communicate and a planned meeting location
- Have a means to charge your cell phone when power is out (car charger, hand crank charger, solar charger)
- If you do not have a cell phone, carry a prepaid phone card
- Choose an out-of-town contact who can serve as a communication hub if you are separated. They can serve as a check-in point from whatever communication devices can be accessed during an emergency. Talk with this person to make sure they understand the role you are requesting them to serve and ask for their agreement.

Evacuation Make an evacuation plan. While many families have a fire escape plan, an evacuation plan needs to extend far beyond that. Decide in advance where you would go if you need to evacuate the local area. Think through your options under various scenarios.

- Do you have family or friends in a nearby town or within a few hours' drive where you can go?
- Is there a local hotel that is above flood levels?
- If you have family members with disabilities, how will you accommodate any special needs?
- If you have family pets, where will you take them?
- Know your local area – what alternate routes are available if your normal route is inaccessible?

Build a Ready Kit There are generally two types of situations to consider as you prepare a Ready Kit – Shelter in Place Events and Evacuation Events. A basic emergency Ready Kit should consider both situations. (See the *next page* for items to include in your Ready Kit)

In observance of National Preparedness Month, don't wait any longer! In that long "to-do" list that we all have, Family Disaster Preparedness Planning is a "to-do" that you cannot wait and handle when you need to. It must be done in advance. Move it up the Priority List!



WiNUP Pulse



Jackie Knight had a baby girl, Abigail Faith Knight, on 6/29/16 at 12:32 pm. She is 7 lbs 19 inches long. Mom and baby are doing fine. Lia doesn't want to take off her "Big Sister" t-shirt! Jackie is an AEP employee and a former CPG employee.

Deb Hohn will be celebrating 30 years of marriage to her husband Steve on October 18th. She and her husband will be visiting a place that Deb has not been to - Niagara Falls. – The Canadian side!



The Dorsey twins were born on 7/22/16 to **Danielle and Rob Dorsey**, both employees at AEP. Kristopher Lee was born at 5:50pm (5lbs 14oz, 18.3" long). Kaylee Michelle was born at 5:52pm (3lbs 15oz, 15.3" long).



Both babies spent some time in the NICU, but everybody is home and doing well. Big brother, Rob, is adjusting well to having two new siblings.

“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).

Basic Emergency Ready Kit suggestions

- ✓ 1 gallon of water per person per day for at least 3 days (many people plan for more than 3 days)
- ✓ At least a 3 day supply of non-perishable food (many people plan for more than 3 days)
- ✓ Can opener for food ✓ Local maps
- ✓ Flashlights, lanterns, extra batteries
- ✓ First aid kit ✓ Matches / fire starter
- ✓ Basic tools (hammer, wrench, pliers)
- ✓ Cash ✓ Whistle to signal for help
- ✓ Dust masks to help filter contaminated air and plastic sheeting and duct tape
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✓ If your family includes babies or young children – consider their needs (formula, diapers, etc.)
- ✓ Copies of insurance policies, legal documents, identification documents, medical insurance information and other important documents *in a waterproof container*
- ✓ A reminder list of last minute items to grab: medicines, keys, eyeglasses, wallets, cell phones





WiNUP Seeds of Mentoring

By: Kernes Samana

The WiNUP 2016 Mentoring Program has officially begun! Our official kick off meeting was August 25th and the theme of this year's program is **Professional Presence**. The mentoring program will include resources for information, relationship building activities, a personal branding and self-promotion session, personal presentation session, and book club meetings. We are excited to announce the participants of this year's WiNUP Mentoring Program!

2016 Mentees

Andora Marshall (AEP)
 Andrea Lane (CPG)
 Callie Dunn (AEP)
 Cheryl Norwood (CPG)
 Genea Taylor (AEP)
 Janine White (AEP)
 Katie Warren (NiSource)
 Kiara Backulich (NiSource)
 Lori Mahood (AEP)
 Patrice White (AEP)
 Renee M Cook (NiSource)
 Sara Macioch (NiSource)
 Susannah Price (NiSource)

2016 Mentors

Maggie Sallah (AEP)
 Michele Jeunelot (AEP)
 Marguerite Mills (AEP)
 Annie Pribisko (CPG)
 Nalini Rupert (AEP)
 Karen Sloneker (AEP)
 Michelle Rust (NiSource)
 Nancy Maynard (NiSource)
 Tracy Elich (AEP)
 Julie Standley (AEP)
 Terri Bendert (AEP)
 Melissa Thompson (NiSource)
 Tina Monnig (NiSource)





EMPOWERING MOMENTS:

By: Amy Russell

October is Domestic Violence Awareness month



The face of domestic violence has changed as awareness increases. Verbal abuse – where name-calling says that you are BLANK, but actually you are a person - can lead to violence. Financial abuse is just another means of control. Elder abuse - causing harm or distress to an older person – can be physical, mental, emotional, sexual, and economic, but it may also be the result of negligence, intentional or not. Domestic violence is not reserved for marriages – it can happen to teenagers and those in intimate relationships. October is Domestic Violence Awareness Month, observed by the National Coalition Against Domestic Violence (NCADV)

since October 1987 and it has been associated with the purple ribbon.

Domestic violence is the willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another. It includes physical violence, sexual violence, psychological violence, and emotional abuse. The frequency and severity of domestic violence can vary dramatically; however, the one constant component of domestic violence is one partner's consistent efforts to maintain power and control over the other.

It is not always easy to determine in the early stages of a relationship if one person will become abusive. Domestic violence intensifies over time. Abusers may often seem wonderful and perfect initially, but gradually become more aggressive and controlling as the relationship continues. Abuse may begin with behaviors that may easily be dismissed or downplayed such as name-calling, threats, possessiveness, or distrust. Abusers may apologize profusely for their actions or try to convince the person they are abusing that they do these things out of love or care. However, violence and control always intensifies over time with an abuser, despite the apologies. What may start out as something that was first believed to be harmless (e.g., wanting the victim to spend all their time only with them because they love them so much) escalates into extreme control and abuse (e.g., threatening to kill or hurt the victim or others if they speak to family, friends, etc.).

Domestic violence is color blind, age blind, status blind. For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) now.

References:

National Coalition Against Domestic Violence (NCADV) <http://www.ncadv.org/>

DID YOU KNOW?

- 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner.
- On a typical day, domestic violence hotlines receive approximately 21,000 calls, approximately 15 calls every minute.
- Intimate partner violence accounts for 15% of all violent crime.
- Having a gun in the home increases the risk of homicide by at least 500%.
- 72% of all murder-suicides involved an intimate partner; 94% of the victims of these crimes are female.

Ohio Chapter Goal

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

2016 WinUP Ohio Chapter Leadership

Orawan Wells, Chair
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614-716-1862

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614-716-1383

Linda Siddons, Secretary
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614-460-6316

Danielle Dorsey, Treasurer
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Krista Tillman, Immediate Past Chair
kdtillman@aep.com
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Cynthia Helenthal, International Representative
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614-855-6755

*If you know someone that should be recognized, or for corrections, comments, and suggestions please contact the Newsletter Editor
Amy Russell
acrussell@aep.com*



WELCOME NEW MEMBERS!

Elizabeth Bertke	NiSource	Susannah Price	NiSource
Coyla Black	AEP	Kathy Robinette	AEP
Kiara Backulich	NiSource	Maggie Sallah	AEP
Renee Cook	NiSource	Wendy Valentini	AEP
Sare Macioch	NiSource		

The Holiday Social Committee has selected a new charity, *1girl*, for this year's Holiday Social. Find out more when you receive your invitation!



Calendar

Oct. 3-6th, 2016	Fall Clothing Drive
Oct. 10-12th, 2016	International Conference in Nashville, TN (Oct. 10 -12)
Nov. 14, 2016	Nick Akins AEP CEO AEP HQ, Key Note Speaker Luncheon
Dec. 2, 2016	Holiday Social At AEP HQ