



The Transmitter

Empowering Women in Utilities Since 1923



Message from the Chair

Lindsay Chambers, 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

Welcome to the Ohio Chapter of Women's International Network of Utility Professionals (WiNUP) and I hope that you consider joining or renewing your membership today with this uplifting organization that provides a link to professional development within the utility space.

Delivering members an avenue to optimize their experience to learn more about the utility industry, networking, professional and personal growth are just a sampling of how we can also help you obtain your goals. Please take the time to explore the Ohio Chapter website, the International website, and learn more about our extensive history, scholarships, and mentoring program.

The Ohio WiNUP Chapter leadership team is excited about the events on the horizon for the 2017 year ahead that all relate to this year's slogan, **"Develop Your Passion to Empower Your Future!"**

With the alignment of empowering our future is the expansion of our philanthropic initiative with STEM (Science, Technology, Engineering & Mathematics) in our local community. This newly established, essential STEM committee is being led by our very own, Janet Rehberg, Director of Marketing, Ohio's Electric Cooperatives. Our membership is excited to assist Janet with providing support to gain the tools and building blocks our younger generation needs to fuel their bright futures as the utility professionals of the future.

Extensive planning of both the Ohio Chapter and the Mid-Atlantic Chapter is already underway for our International WiNUP Conference this year located in Philadelphia, PA from September 25th – 27th, 2017. This conference is sure to exceed your expectations and is focused on "Finding the Key to Power Your Future!"

To our Ohio Chapter membership, I thank you all for the honor and the privilege to serve you in the upcoming year and I personally look forward to seeing each and every one of you at one of our upcoming meetings or events.

Cheerful & Safe wishes,

Lindsay Chambers, 2017 Ohio Chapter Chair

✓ Ohio Chapter Updates

- ✓ The Ohio Chapter Membership is at 160 and growing every day! Welcome to our new members listed on the last page!
- ✓ **Volunteer Opportunities!** The Sponsorship sub-committee to the 2017 Conference committee needs volunteers, as does the Mentoring Program committee for the Ohio Chapter. Contact Andora Marshall at amarshall@aep.com for volunteer opportunities.
- ✓ Start talking to management now because this year's Conference is co-hosted by the Ohio Chapter and will be held in Philadelphia, Pennsylvania on September 25th through 27th.
- ✓ Scholarship applications for the Julia Kiene, Lyle Mamer, and Louisan Mamer Fellowship Awards are due May 1st. See online at <http://www.winup.org/fellowships> for information.

✓ International Update

By: Kristen Thompson

The first quarter International Board meeting was held in February. Every two years, each chapter elects a new international board representative. The representative is a member of the local Chapter board as well as the International Board. The role involves being the voice of the Chapter and keeping the lines of communication open among the chapters and the board.

Exciting highlights from this year's first meeting include the approval of a new international committee, the **Professional Development Committee**. The purpose of the Professional Development committee is to identify, prioritize, and deliver programs and projects that can be offered by international WinUP to promote professional development for membership. The committee will assemble a library of topics and resources to support professional development for the international organization. The process will involve extensive collaboration and communication across international and chapter committees and membership.

New committees mean new opportunities for our members to volunteer, learn, network, and help the organization grow. It is great to see our organization recognizing the need for a committee like this and we look forward to see what it has in store for members.



Stock up for the Spring Clothing Drive Dates!



Spring Drive: May 1 - 4, 2017

✓ January Kickoff Meeting : *Welcome to Your Passion*

By: Amy Russell

The 2017 WiNUP kickoff meeting was held at AEP headquarters on January 25, 2017. Hillary Sheffer introduced the 2017 Ohio Chapter Board and WiNUP's two Executive Sponsors – Sandy Nessing from AEP and Teresa Smith from NiSource. She also shared WiNUP's mission and objective, which are prominently located on the front left column of every newsletter. The Theme for the Ohio Chapter of WiNUP in 2017, **“Develop Your Passion to Empower Your Future!”** emphasizes how the WiNUP events are being presented to assist you in getting plugged into what motivates you to be your best. All of the programming this year will be focused on different facets of this theme - developing, building, and nurturing your passions in life. Committee chairs were also present to share the goals of their committee, what committee meetings involve, and what level of commitment is needed. Below are some highlights from discussions with the committee chairs.

Deb Hohn shared a favorite quote from Marissa Mayer, CEO of Yahoo!

“I always did something I was a little not ready to do. I think that's how you grow. When there's that moment of 'Wow, I'm not really sure I can do this,' and you push through those moments, that's when you have a breakthrough.”



The **STEM committee** is partnering with schools to encourage children (especially girls) to learn about Science, Technology, Engineering, and Math (STEM) activities and careers, and they donated funds last year to a STEM camp on behalf of the Ohio WiNUP chapter.

The **Holiday Social committee** calls themselves the “fun committee” because they get to do the party planning for the annual holiday party in December. Although the Holiday Social is a great place for networking, the committee also sponsors a charity for gift donations each year. Last December, \$100 of proceeds from the photo booth at the Holiday Social were donated to the “1 girl” charity in addition to the table-full of donated items brought by WiNUP members in attendance.



The **Newsletter committee** is tasked with keeping WiNUP members informed –What events are coming up? What did I miss? What life events are going on with other WiNUP members? What STEM, mentoring, networking, scholarship, and other development opportunities are available to WiNUP members? What issues are affecting the utility industry? The Newsletter committee has opportunities for people to write, edit, or provide photos from WiNUP events.

The **Ways & Means /Scholarships & Awards committee** has absorbed the duties of marketing WiNUP and awarding the WiNUP scholarships, in addition to planning fundraising events. The Ohio Chapter of WiNUP has previously organized a silent auction and sold wristlets, t-shirts, and make-up bags for fundraisers.



The **Hospitality committee** is the “gateway” as they greet members at every meeting and assist in planning the menu and coordinating other details for the monthly meetings.

The **Mentoring Committee** began in 2009, but in 2016 Kernesana Samana and Jennifer Fox further promoted WiNUP mentoring opportunities by providing activities for the matched pairs to participate in to build trust and forge relationships.



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The **Website and Technology committee** is headed by Krista Tillman as they decide what message the Ohio WiNUP Chapter's website sends to nonmembers and what first impression we want to convey.



The **Special Events/ Community Outreach committee** is another “party” committee as they plan community outreach events and schedule extra-curricular networking events, such as the Happy Hour dinner or “Wine and Canvas” events held in past years. These low-key events allow members to get out and have fun with each other and, oftentimes, to give back to the community.

The **Clothing Drive committee** coordinates the Spring and Fall clothing drives where WiNUP members run the drive at local utility companies and donate clothing to a charity, like Dress for Success or the OSU Star House. These charities provide professional clothing to people turning their lives around.



The **Membership committee** maintains the records for WiNUP membership and considers ways to increase new membership. They also send welcome packets to new members and mark anniversaries within the WiNUP Ohio Chapter with some form of recognition.

The **Historian/ Records Management committee** is typically one or two persons who document WiNUP events and milestones throughout the year and who assist in maintaining the historical archives of our organization.



The **Sponsorship Committee for the 2017 WiNUP Conference** has volunteering opportunities for all levels of engagement and interests as they plan the Annual conference which will be co-sponsored by the Ohio Chapter and will take place this September 25-27 in Philadelphia. The conference offers speakers on leadership, personal development, financial advice, and other women's utility worker issues. In addition to the “smorgasbord” of speakers, there will be networking, tours, and having fun with women from WiNUP chapters across the country. The committee has chosen the Evoluer House charity for conference donations to support summer programs for Philadelphia girls.

The Committees marked with a ♡ are in need of volunteers to round out their group.

Committee	Chair/Co-Chair	Email Address
Mentoring ♡	Irina Bilenko	igbilenko@aep.com
2017 Conference ♡	Andora Marshall	amarshall@aep.com
STEM	Janet Rehberg	jrehberg@ohioec.org
Holiday Social	Lynn Guilbert & Deb Hohn	lguilbert@nisource.com, drhohn@aep.com
Clothing Drive	Sonnie Murray & Coyla Black	smmurray@aep.com, cgblack1@aep.com
Newsletter	Amy Russell	acrussell@aep.com
Website/Technology	Krista Tillman	kdtillman@aep.com
Finance	Deborah Wilson	djwilson@aep.com
Special Events/ Community Outreach	Katie Blubaugh & Jackie Knight	kgblubaugh@aep.com, jmknight@aep.com
Hospitality	Ebony Tidmore	edtidmore@aep.com
Historian/Records Management	Bethany McCrea	bjmccrea@aep.com
Membership	Deb Hohn	drhohn@aep.com
Ways & Means, Scholarship/Awards	Lila Munsey	lpmunsey@aep.com

✓ February Meeting :

By: Sally Schehl

Nurture Your Passion Through a Healthy Lifestyle

Think of your health not as something to acquire or preserve, but rather as an ongoing commitment. Health is a relationship between you and your body, and it's not always easy. This was the core message presented by Cassandra Helwig (Health, Wellness & Productivity Manager for American Electric Power) to WiNUP members attending a dinner meeting at AEP Headquarters on February 21, 2017. During her talk on the theme "Nurture Your Passion Through a Healthy Lifestyle," Helwig described five healthy habits and behaviors we can adopt or reinforce to improve our overall health and well-being. These habits include sleeping, managing stress, not smoking, moving more, and eating better.

Sleeping. Sleeping provides a daily cleaning that enables the body, and particularly the brain, to rejuvenate and restore itself. We really do need our beauty sleep! When we don't get enough sleep, our immune response decreases, and our chances of becoming sick increase. Those of us lacking sleep are at greater risk of depression. Chronic lack of sleep is also linked to increased risk of high blood pressure, heart attacks, diabetes, and aneurysms. Helwig described five keys to better sleep:

- ♥ Establish a consistent, relaxing bedtime routine — something predictable that helps you wind down.
- ♥ Keep to a regular sleep schedule. Aim to go to bed at approximately the same time each night, and get up each morning at about the same time.
- ♥ Avoid watching the clock. If you're having trouble falling asleep, do not look at the clock.
- ♥ Create an optimal sleeping environment. Opt for darkness, quiet, and a comfortable mattress.
- ♥ Unplug. Keep electronic screens out of your bedroom entirely, if possible. Ambient light from laptops, tablets, and phones can keep you awake, as can the urge to reply to messages and check email.

Manage Stress. How do we respond to stress? Being aware of how we recognize, think about, and respond to stress in our lives is critical to being able to address and handle challenges in a healthy way. What can we actually control in any given situation? Can we compromise? How can we express, or better express, our feelings? How do we manage our time? When can we say no? When should we ask for help? Exercising more can assist with stress management, as can seeking a friend or friendly ear, or even changing the scenery.

- ♥ Helwig cautioned against extremes, such as food, alcohol, or other things we may seek to help alleviate stress. An excess of anything can have a negative impact on health. When medicating to treat stress or insomnia, Helwig advised consulting with a doctor and using the lowest possible dosage required to resolve the issue.

Don't Use Tobacco. If you use tobacco, Helwig advised to set a quit date. Studies have shown that within just one day of quitting, the likelihood of suffering a heart attack will decrease. Within one year of quitting, the likelihood of suffering a heart attack decreases by half.

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February Meeting (continued)

Move More. Many of us have heard the statement, “Sitting is the new smoking.” The longer we sit, the greater the negative impact on our circulation. If our blood isn’t moving, nutrients aren’t moving through our bodies, and toxins aren’t moving out of our bodies. What happens when we sit for long periods of time? We feel sluggish and tired and less focused. To stay healthy and alert, we need to keep things moving, and the best way to increase blood flow is to increase motion. Helwig recommended taking regular stretch breaks throughout the day, choosing the long way back from a meeting to add steps, and going outside for fresh air on occasion to increase our movement while at work. For plane flights and long car rides, Helwig emphasized the importance of frequent stretching, walk breaks, and movement. Sitting in place for long periods of travel time increases the risk of blood clots and stroke.

Eat Better. Being mindful of what we eat can help us increase the number of healthy foods we include in our diet. Rather than fixate on all the things we “should” be doing, Helwig suggests we aim to improve on yesterday, setting a simple goal of eating better than we did the day before. What we choose to eat is another facet of the health relationships we have with our bodies. This means being curious and brave, trying new foods, and exploring new recipes. WiNUP attendees shared a variety of foods and preparation options they had discovered in their own endeavors to eat healthier foods, including tempeh and toasted sweet potato slices. Helwig recommended the website eatingwell.com as a helpful source of recipes and new food ideas.

Incorporating these habits and behaviors into our daily lives will help nourish our growth as healthy individuals, improve our quality of life, and help ensure we stick around to enjoy it. As Helwig pointed out, the relationship each of us has with our own body is a relationship with no opportunity for divorce — you have one and only one body. Nurturing this relationship is a necessity, and something we can strive to improve a little more each day.



Tornado Preparedness

By: Amy Russell

Identify Shelter Locations - An underground area, such as a basement or storm cellar, provides the best protection from a tornado. If an underground shelter is unavailable, consider the following:

- ☁ Seek a small interior room or hallway on the lowest floor possible
- ☁ Stay away from doors, windows, and outside walls
- ☁ Stay in the center of the room, and avoid corners because they attract debris
- ☁ Choose rooms constructed with reinforced concrete, brick or block, with no windows and a heavy concrete floor or roof system overhead
- ☁ Avoid auditoriums, cafeterias, and gymnasiums that have flat, wide-span roofs.

Tornado WATCH:

Tornadoes are likely to occur in the watch area. Be ready to act quickly and take shelter, and check supply kits. Monitor radio and television stations for more information.

Tornado WARNING:

Imminent threat - A tornado has been sighted in the area or has been indicated by radar. Take shelter immediately.



Member Spotlight: Meet the 2017 Ohio Board



Lindsay Chambers (Chair) is currently in a Functional Systems Analyst role for Customer Interface & Channel Management at American Electric Power's headquarters in Columbus, Ohio. She has been employed with AEP for ten years and her current responsibilities are primarily focused on being a product owner for customer facing web design projects, being the liaison for eSolutions in the Customer Operations Centers, coordinating distribution of Energy Efficiency digital communications for Indiana Michigan Power, and overseeing the scheduling of the Power Up & Lead workshops for Customer & Distribution Services. Previous to her employment with AEP, she gained nearly five years of experience in the Logistics field with a focus on catering

for the elite clientele at NetJets, Inc. where she held the title of Catering Team Lead. Lindsay established membership with WinUP officially at the beginning of 2009, and has served on a number of committees including Hospitality, Holiday Social, Membership, Clothing Drive, and Mentoring, then the Nominating committee at the international level, and most recently in the capacity as the Vice Chair of the Ohio Chapter in 2016. Lindsay is currently serving as the WinUP Ohio Chapter Chair for 2017. Her engagement in WinUP and other positive charitable organizations helps fuel her passion for helping others for a better tomorrow. Lindsay currently resides in Columbus, Ohio with her husband.



Hillary Sheffer (Vice Chair) is a Senior IT Training Specialist and has been with AEP since January 2002. Her current role is Training Lead within the AEP Cornerstone program. This program was established to build shared enterprise business processes and is focused on modernizing AEP's technology platform and transforming business processes. Utilizing her prior experience as the Team Lead within the Workforce Readiness Training Team, her responsibilities include establishing effective relationships with business partners and external partners, performing stakeholder analysis and identifying audiences for training, defining how and when various stakeholders receive information, designing and implementing communication training plans, and prioritizing deliverables within the

learning program. Hillary holds a Bachelor's of Science in Marketing degree from the University of West Florida and began her career with CompuServe where she managed the Educational and Reference services. From there she developed a passion for helping individuals learn to better utilize Applications and Technologies within the work environment, which led her into training. Hillary is married to Brent, who is an Attorney and CPA in private practice. They live in Westerville with two cats – Tiberius & Dobby, and enjoy traveling, bicycling, and old movies.



Kernesa Samana (Secretary) is currently a Customer Program Services Analyst with American Electric Power in Columbus, Ohio. She began her career with AEP in 2008 as an IT Business Analyst. She now works in Customer and Distribution Services. Her job responsibilities include working with the Energy Efficiency Managers in the Operating Companies. In addition to WinUP, Kernesa is also the chair of the African American Employee Resource group at AEP. Kernesa is a graduate of Miami University with a degree in Systems Analysis. Kernesa lives in New Albany,

Ohio with her husband Naga, and she has a 16 year old daughter. They enjoy traveling and trying new restaurants.

Member Spotlight (continued)



Deborah Wilson (Treasurer) is currently a Designer Senior, Transmission Engineering for American Electric Power, in New Albany, Transmission Headquarters. She has been with AEP since 2006 as a contractor and was hired into a permanent position in 2008. Her current responsibilities are tracking and organizing Engineering projects for I&M Designers, creating shape files for LiDAR surveys, tracking LiDAR surveys that are done for Sag Studies, and making LiDAR boundaries for ArcGIS for the entire AEP footprint (ask and she can explain). She works with several different programs in her role, such as, ArcGIS, TDAACS (archive document program), Microstation, Projectwise, along with a several others. Deb is a graduate of Hocking College with an Associate's in Drafting and Design,

and is currently attending Franklin University to get her Bachelor's in Applied Management. This is her second career; she worked as a Hairdresser for twenty years while raising three daughters as a single parent until back issues made that impossible. So, instead of taking her Doctor's advice to go on disability, she told him, "I have a brain, I'll go back to college", and she is so glad she did! Deb is currently living in Westerville with her cat Casey. She has three grown daughters and six grandchildren ranging in ages from seventeen to seven. She has been a member of WiNUP since 2015.



Kristen Thompson (International Chair) is currently the Customer Design Manager for Columbus district within AEP Ohio. She has worked for AEP for thirteen years in various roles within the distribution organization. Kristen graduated from Ohio University where she received her Bachelor's Degree in Electrical Engineering and completed her Masters of Business Administration at Capital University. She has been a WiNUP member for eight years and has held various committee chair positions including Membership, Mentoring, Hospitality, Holiday Social, and Guidelines. She is a past Ohio Chapter Chair and currently holds the office of International Representative for the Ohio Chapter. Originally from Pittsburgh, PA, she now lives in Pataskala with her husband and two children.



Orawan Wells (Immediate Past Chair) is currently the Administrative Assistant Senior to the Human Resources team/Total Rewards Team at AEP headquarters supporting four Directors. She joined AEP in 2000 working in the Human Resources Department and left in 2005 to take care of family. When returning in 2009, she worked in the Underground Department and then transferred over to the Customer Service Department. Orawan joined WiNUP in 2012 when she was asked to attend a meeting to just 'check it out'. She was mesmerized by the empowering energy that was in the room and joined the next day. Ever since then, she has been a member and has served on the Ohio Board as the Elect-Vice Chair in 2015 and now as the current Immediate Past Chair. Orawan is serving on the planning committee for the 2017 Conference that will be co-hosted by the Ohio and Mid-Atlantic chapters

in September 2017, and served as a committee member when conference was held in Columbus, OH. In 2013 she served was the Hospitality Chair and as a committee member on the Holiday Social committee. Orawan is married with two daughters, and resides in the Columbus area.



WiNUP Seeds of Mentoring

By: Kernes Samana

The 2016-2017 WiNUP Mentoring program is scheduled to come to an end on April 20th, 2017 with a closing ceremony at NiSource. During the program year, each mentee was paired with a mentor, and all participants were invited to participate in several events. The program started with a kick-off meeting in the Scioto Room at American Electric Power- introducing the theme of 'Executive Presence'. The participants also got a chance to join a book club and have several candid conversations about executive presence throughout the year. In addition, they were invited to hear Candice Thomas-Maddox speak on personal branding.

I would like to thank the participants of the Mentoring committee for coordinating this amazing program. The committee included, co-chair - Jennifer Fox, Kristen Thompson, Terri Bendert, Deana Elizondo, Irina Bilenko (who is also serving as 2017 chair), Jacquie Weyers, Lori Mahood, Katie Warren, Renee Shumate, Emi Sauer and Michelle Kaseff.

A 2017 program will be offered mid-year. Please be on the lookout for applications to apply as a mentee.

Would you like to get more involved with WiNUP? Joining an active committee is a great way to make a difference, meet new people, and increase your involvement with an amazing organization. If you are interested in participating on the Mentoring Committee, please contact Irina Bilenko (igbilenko@aep.com).

Apply for the WiNUP scholarships by May 1, 2017

WiNUP offers three grants:

the Julia Kiene Fellowship Award of \$2,000,

the Lyle Mamer Fellowship Award of \$1,000 and

the Louisan Mamer Fellowship Award of \$500.



All three are for individuals pursuing **graduate degrees**. Relevant fields must relate to a career in a utility related field such as engineering, business administration, accounting, environmental sciences, communications, information technologies, and so on.

A **fourth WiNUP award of \$500** is available only to WiNUP members for professional development and does not require graduate level study.

Application information is available online at <http://www.winup.org/fellowships> and applications are due by **May 1, 2017**. Students not currently taking classes are asked to include proof of registration with their scholarship application.



EMPOWERING MOMENTS: Relationship Weeds

By: Amy Russell

According to Ann Tardy, who founded the Mentoring and Leadership website, *LifeMoxie*, our personal and professional lives are like gardens which require periodic weeding to strengthen the relationships we want to preserve and to remove the toxic relationships that are sapping us of our energy, patience, and time. She relates that the upsets, miscommunications, missed expectations, disappointments, frustrations, altercations, and conflicts we encounter in daily relationships are like weeds that sprout in our personal and professional gardens.

In our personal lives, we have responsibilities to family, but we need to learn to draw the line on what role we play. We know that you “pick your friends, but not your family”, so remember to draw the line with family members who tend to overstep boundaries and take more than they give. Weeding our home gardens does not always mean removing persons, but adjusting the level of responsibility we are willing to accept. As a mother, you are required to provide a safe and loving home to your children, but that does not mean that you must do it all yourself. Share the chores with your spouse, or your children, for that matter. Children need to learn responsibility, starting small and moving to chores that benefit the entire family. Another area for weeding our personal gardens is in how many extra-curricular activities we allow the children to join. If you are running every day and all weekend, consider when your family actually spends time together, and what value all of these activities provide the family as a whole.

Our professional lives can be trickier. We are often tempted to accept challenges at work in order to advance in our careers, but if we spread our time too thin, we may be prone to making mistakes or missing deadlines, which would do more damage than good. For this reason, we need to weed our work gardens to remove tasks that are not in our required job responsibilities. When you start a new job, the boundaries are clear and you are busy making a good impression, creating rapport, or being the new team member - and you are vigilant against weeds. However, when we get comfortable in our relationships, we tend to get lazy. We forget to update our boss; we make a decision without including our team; we fail to follow up on a commitment; we cancel meetings or show up late; we neglect to set expectations on an assignment; we tolerate emotional outbursts; we inflict snarly or rude comments. Like gardeners, we must diligently pull weeds to foster those relationships. Tardy recommends evaluating relationships by asking yourself the following questions: **What’s working for you?** (e.g. *I love this new project*); **What’s not working for you?** (e.g. *I’m not getting the support I need from you*); Here’s **what’s working for me...** (e.g. *I’m excited to see your leadership shine in this new project*); and **Here’s what’s not working for me ...** (e.g. *I need you to get better at delegating so other work gets done*). When you decide to start pulling weeds, consider the following recommendations.

- 🌸 **Start by identifying a topic**, a situation, an issue, a relationship weed to address.
- 🌸 **Emphasize your commitment** to the relationship and to the other person’s success.
- 🌸 **Muster your courage**. It can be uncomfortable asking for such pointed feedback, but your vulnerability will invite theirs.
- 🌸 **Prepare for some defensiveness**, especially if the neglect has eroded the trust between you. Reaffirm your commitment.
- 🌸 **Focus on the issue**, not the person.

Once you have weeded your personal and professional gardens, remember to keep up on weeding. Do not allow persons to guilt you into taking on more responsibilities. Do not make knee-jerk decisions without thinking through the consequences. Do not forget to make yourself a priority – your health, your time, your mental well-being. Finally, remember that is okay to just say “no”. Happy Gardening!



WiNUP Pulse

The following note is from our Ohio Chapter Chair, Lindsay Chambers, who experienced a hit-and-run accident on January 25, 2017.

Words cannot describe the sincere and overwhelming amount of joy I have in my heart toward our Chapter for the support that has been given since I was involved in a hit-and-run car accident on January 25, 2017 on my way home from work shortly after 4 PM. For those that stepped up in my absence - to do extra for the January kick-off lunch the very next day and the February dinner, for the cards, gift cards, gifts and genuine words of hope received, I **THANK YOU** from the bottom of my heart. My welcome back sign and gifts were also very heart warming and really made that day, and so many since, as it still stands tall at my desk as a reminder of how much I still want to make this year **GREAT** - to show my gratitude of what WINUP has done and continues to do for me!



As an update, I am back to work part-time through the next month, and I am taking a little out of each day to work on something to support the success of our Chapter. With that being said, I do have some ongoing health issues, including memory loss, so please keep me honest as I do not want to let you or anyone else down. I will not feel bad if you need to remind me of something and I actually appreciate it more than you know. In closing, I am very excited to see so many of you flourishing, being promoted, taking on new responsibilities within WINUP, within your careers, and within your community to make a difference!

May you keep seizing opportunities, living life to the fullest, and trying new things, as you just may not have tomorrow. I have been fortunate enough and blessed to have lived through this and I am taking it "One day at a Time" (as it says on a bracelet a coworker had made for me), but my wish for you is to live like you only have today. If we have tomorrow, how can we make that better?



The benefit of networking was best explained by DeCoffette Ward who explained that she leveraged her network while moving through four AEP Operating Companies, moving to a new city and state, and maneuvering throughout the company. DeCoffette has also moved from an active WINUP member, to chapter officer, to our current International WINUP President! What an inspiration!



In Our Own Backyard: Women in Energy

By: Hillary Sheffer

A recent article on the AEP intranet site caught my attention. It was about Edith Clarke who was the first woman to get a master's degree in electrical engineering from Massachusetts Institute of Technology (MIT). What was even more eye catching was that she did this in 1919. Since March is Women's History Month, I thought I would see where women stand in our industry. According to Fortune 500 (an annual list compiled and published by Fortune magazine that ranks 500 of the largest U.S. corporations by total revenue for their respective fiscal years), here is a list of the four Utility CEOs out of twenty-six female CEOs that made this year's list.

Lynn Good, Chairman, President and Chief Executive Officer, Duke Energy – Good earned degrees in accounting and systems analysis from Miami University of Ohio. Early in her career, she became an auditor at the Cincinnati branch of Arthur Andersen & Co. where she broke the barrier to females playing major roles in auditing when she participated in the audit of Andersen's most prestigious account, Cincinnati Gas & Electric. Good rose to supervise that audit, and in 1992 she became one of Andersen's few women partners.

In 2011, Duke Energy and Progress Energy agreed to merge. The deal stipulated that Progress CEO Bill Johnson was to replace Duke CEO Jim Rogers. But in June 2012, on the day that the deal closed, the board fired Johnson and re-hired Rogers instead. North Carolina regulators, shocked by this turn of events, told Duke they had to choose a new CEO by the middle of 2013. Good was given the job. Lynn Good became CEO of Duke Energy on July 1, 2013.

Based in Charlotte, North Carolina, Duke Energy owns 58,200 megawatts of base-load and peak generation in the United States, which it distributes to its 7.2 million customers. Duke Energy's service territory covers 104,000 square miles (270,000 km²) with 250,200 miles (402,700 km) of distribution lines. In addition, Duke Energy has more than 4,300 megawatts of electric generation in Latin America. It operates eight hydroelectric power plants in Brazil, with an installed capacity of 2,307 megawatts.

Geisha Williams, Chief Executive Officer and President, PG&E – Williams holds a bachelor's degree in engineering from the University of Miami and a master's degree in business administration from Nova Southeastern University and joined PG&E in December 2007.

The Pacific Gas and Electric Company (PG&E) is an investor-owned electric utility (IOU) with publicly traded stock that is headquartered in the Pacific Gas & Electric Building in San Francisco. PG&E provides natural gas and electricity to most of the northern two-thirds of California, from Bakersfield almost to the Oregon border which represents 5.2 million households. PG&E is overseen by the California Public Utilities Commission. It is the leading subsidiary of the holding company PG&E Corporation which has a market capitalization of \$29.37 billion.

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“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.

Debra L. Reed, Chairman and Chief Executive Officer, Sempra Energy – Reed holds a Bachelor's of Science in Civil Engineering from the University of Southern California. She joined Sempra Energy in 2011. Before moving into the management of Sempra Energy, Reed was Chief Financial Officer and thereafter (2006 to 2010) President and CEO of two Sempra subsidiaries, San Diego Gas & Electric and Southern California Gas Co (SoCalGas).

Sempra Energy is an American natural gas utilities holding company based in San Diego, California. It divides its interests into two broad categories: California utilities, including SoCalGas and San Diego Gas & Electric (SDG&E); and businesses not subject to California utilities regulation, chiefly Sempra International and Sempra U.S. Gas & Power.

Kathleen Mazzarella, Chief Executive Officer and President, Graybar Electric – Mazzarella holds an associate degree in telecommunications engineering, as well as a BA in applied behavior science and a Master's in business. She became CEO of Graybar Electric Co. on June 1, 2012. and has been the Chairman of Graybar Electric Co. since January 1, 2013. Mazzarella started with Graybar at the age of 19 as a customer service representative in 1980. She led the company's human resources and sales and marketing efforts for many years until being promoted to her current position. With her appointment as CEO and President, Mazzarella started to oversee the operations of the company with 250 distribution facilities in North America and 7600 employees.

Graybar is an American employee-owned corporation, based in Clayton, Missouri. It conducts a wholesale distribution business for electrical, communications, and data networking products, and is a provider of related supply-chain management and logistics services. Founded in 1869 in Cleveland, Ohio, by Elisha Gray and Enos Barton, it was the origin of the Western Electric Co. On December 11, 1925, it was separately incorporated as Graybar Electric Company, Inc.



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***The Annual Banquet for the
conference has been booked!***

*Join us for an evening of dinner and dancing on the Delaware aboard the **Spirit of Philadelphia**. More details are available on the conference website, www.winup2017conference.com*

Ohio Chapter Goal

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

2017 WiNUP Ohio Chapter Leadership

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

Nicole Burigana	AEP	Laura McCabe	AEP
Ashley Burns	AEP	Michelle O'Donnell	AEP
Rhonda Cain	AEP	Venetia Owens-Austin	AEP
Stacey Carruthers	AEP	Sarah Padgett	AEP
Kemi Domingo	AEP	Cayla Pleau	AEP
Kristina Dye	AEP	Erika Roesch	AEP
Susan Gillum	AEP	Sally Schehl	AEP
Gretchen Golnik	AEP	Victoria Smith	AEP
Heidi Hinton	AEP	Shermetre Smith	AEP
Devon Hobson	AEP	Ashley Trepal	AEP
Shilpa Jain	AEP	LaKeisha Towner	AEP
Mrinalini Kelawala	AEP	Roxanne Witt	AEP
Diana Love	AEP	Lindsay Wood	AEP

Calendar

2017 Ohio WiNUP Programming

Theme: Develop Your Passion to Empower Your Future

Month	Activity	Theme	Time
APR 18	Discussion with Dress For Success	<i>Developing your passion through Doing Good in your Community</i>	Luncheon
MAY (tbd)	Crysto Rey presentation	<i>Building your passion through Education</i>	Dinner
MAY 1-4	Spring Clothing Drive	<i>Fulfill your passion by Helping others</i>	n/a
JUNE (tbd)	Sharing WiNUP Pas-sion	<i>Finding your passion through Networking</i>	Dinner
SEP 25-27	International Conference in Philadelphia	<i>Find the Key to Power Your Future</i>	Conference
OCT 23-26	Fall Clothing Drive	<i>Fulfill your passion by Helping others</i>	n/a
DEC	Holiday Social	<i>Celebrate our passions</i>	Dinner