



### Message from the Chair

**T**ime. We never seem to have enough. We all must make sacrifices to accomplish what we need to each day. And we all sacrifice to belong to WINUP.

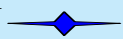
I ask you to consider that sacrifices also are opportunities that benefit you. All you need to do is take advantage of the opportunities WINUP provides for networking, mentoring, learning, leading and improving your mental and physical well-being. How? Simply by giving yourself just four evenings per year to attend our quarterly WINUP dinner meetings. We also have an annual social event just for networking and relaxing. By the way, your company also benefits because all these things strengthen your professional skills.

Upcoming events include the 2006 planning meeting in August, the third-quarter meeting Sept. 15, the annual international conference in Columbus Oct. 3-5, the fourth-quarter meeting Nov. 17 and the holiday social in early December.

In addition, coming soon will be a short e-mail survey soliciting your input for our meetings and other suggestions and ideas for our 2006 calendar. Also be on the look out for registration materials for the annual conference. These will be mailed in July. Although not quite complete, I recommend you visit [www.winup.org](http://www.winup.org) for a look at this year's conference agenda.

I hope this information helps you in planning your schedule, and I look forward to seeing you at future events.

-- Vikki Michalski, Ohio chapter chair



**Chair:** Vikki Michalski, 614-883-6925

**Vice Chair:** Faye Pointer, 614-883-6945

**Treasurer:** Jane Goodwin, 419-998-5107

**Secretary:** Julie Richer, 614-716-1855

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Jennifer McLravy, 614-716-2867

## Matters of the heart dominate 2nd-quarter meeting

Heart disease is the number one killer of American women, more women than men die of heart disease, and women are more likely to die within the first year of having their first heart attack than men.

These were just three of the alarming facts Dr. Charles G. Vonder Embse, a Columbus physician and  
(Continued on next page)

### What you can do today ...

**Make a date with your doctor**

**Tone up as you tune in**

**Stop blowing smoke**

**Be a good loser**

**Eat healthy for life**

**Say "Yea for me!"**

## Thompson, Pointer nominees for OAK, Power awards

Kim Thompson and Faye Pointer are the Ohio chapter's nominations for WINUP international's annual OAK and Power awards. The Ohio chapter nominations will be submitted to the international award selection committees for their consideration. Award winners will be announced Oct. 4 during WINUP's annual international conference at the Columbus Hyatt Regency.

Thompson has been an active and supportive WINUP/EWRT member since 1993. She is a past international and chapter officer and board member. She was international president in 2002 and is a member of the past president's council and the 2006 conference committee. The OAK Award is given to a member in good standing who has been active in WINUP for at least six years and demonstrates long-term commitment to the organization.

Pointer joined WINUP in 2003 and currently is vice chair. The Power Award recognizes a member in good standing who has been a WINUP member from two to five years and who supports the goals of and contributes to the organization through personal, professional and company activities.

### WiNUP Mission

The Women's International Network of Utility Professionals provides a link for developing and recognizing professionals involved with utility business trends, issues, products and services.

### WiNUP Objectives

To provide opportunities for professional development of members.

To provide networking and mentorship among members.

To provide recognition and visibility for members and business partners.

## It's electrical safety month; do a home electrical inspection

Every year faulty electrical distribution systems, electrical appliances and equipment, or heating and air conditioning systems cause 111,400 home fires, claim 860 lives, injure 3,785 people and cause nearly \$1.3 billion in property damage, according to the National Fire Protection Association.

### To ensure a safer home:

- ◆ check outlets and extension cords for overloading;
- ◆ examine electrical cords for signs of damage
- ◆ make sure you use proper wattage light bulbs in light fixtures and lamps;
- ◆ test smoke detectors frequently; replace smoke detector batteries annually;
- ◆ follow manufacturer's instructions on electrical products.

# Matters of the heart: Learn your risk factors and heart attack warning signs

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American Heart Association volunteer, shared when he addressed the Ohio chapter's second quarter meeting.

Vonder Embse said heart disease among women has been climbing steadily for more than 20 years -- mainly due to balancing high-stress careers with the demands of caring for their families. He emphasized the importance of visiting your doctor for a risk assessment. He also noted a woman's risk for heart disease increases dramatically with menopause, becoming equal with those of men.

Vonder Embse said the more risk factors a woman has, the more important it is that she takes action to reduce her chances of having a "cardiovascular event."

## Here's what you should ask your doctor:

- ♥ What are my risk factors?
- ♥ What are my physical activity requirements/limits?
- ♥ What are my blood pressure, total cholesterol levels and body weight and what are the healthy levels?
- ♥ What can I control? What can't I control?

## More alarming stats:

- Fact** -- Less than half of all women reported that their doctors have discussed heart disease with them.
- Fact** -- One-third of American women are significantly overweight.
- Fact** -- Approximately 40 percent of all American women get no leisure time physical activity.
- Fact** -- Heart disease kills more women than cancer

## Know the **WARNING** signs!

- ♥ Chest discomfort -- pressure, fullness, squeezing or pain -- that lasts for more than a few minutes or subsides then returns.
- ♥ Discomfort in one or both arms, the back, neck, jaw or stomach.
- ♥ Shortness of breath -- alone or with chest discomfort.
- ♥ Breaking out in a cold sweat, nausea or lightheadedness

For more information about heart disease and actions you can take, please visit [www.americanheart.org/red](http://www.americanheart.org/red).



## WiNUP Conference 2005

**October 3, 4 and 5**

**Greater Columbus Convention Center  
Hyatt Regency  
Columbus, Ohio**

### Registration Deadlines

**Conference: Sept. 1, 2005**

**Hotel: Sept. 7, 2005**



[www.winup.org](http://www.winup.org)

## The 2005 Conference: Reasons to attend



The 2005 conference speakers will share a wealth of career and leadership knowledge and experience.

Publicly owned, municipals, co-operatives, natural gas and regional transmission organizations all will be featured. Here is a sampling of what is planned.

You will meet an AEP Ohio executive who came to AEP from ConEd, where he was involved in the recovery following 9/11. A West Point graduate, he is a former U.S. Army captain.

You also will hear from a former NASA astronaut and the first American woman to walk in space. Also an oceanographer, this speaker is the only woman member of AEP's board of directors.

During the Monday afternoon field trip, you will see first hand where line mechanics from AEP and other utilities learn their craft and how to work safely. You also will have the opportunity to get a lesson in the art of pole climbing.

And you'll hear the story of how nearly 10,000 acres of reclaimed, surface mined coal lands in southeastern Ohio became the unique home, preserve and research facility for endangered and threatened animals.

Registration materials will be mailed to WiNUP members in July and also will be available on [www.winup.org](http://www.winup.org). If you have questions, you may contact conference cochairs Claudia Powell at [ckpowell@aep.com](mailto:ckpowell@aep.com) or Vikki Michalski at [vmichalski@aep.com](mailto:vmichalski@aep.com).