

**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. NETWORK AND  
MENTORING AMONG  
MEMBERS**
- 3. RECOGNITION AND  
VISIBILITY AMONG  
MEMBERS**

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**4/26**

**TBD**

**5/24**

**TBD**

**6/23**

**DOLAN ELECTRICAL LAB  
BOB BURNS**

**FOR ADDITIONAL  
INFORMATION, PLEASE  
VISIT OUR WEBSITE  
[WWW.WINUPOH.ORG](http://WWW.WINUPOH.ORG)**

# The Transmitter

OHIO CHAPTER NEWSLETTER April 2011



## Message from the Chair

*Scindra Kolecki-Ohio Chapter Chair*

Happy Spring!

The temperatures are rising and it seems like everyone is ready to sweep away the winter doldrums and soak up some warm sunshine. One of the things I've come to enjoy about Central Ohio is Spring. It is perhaps the most beautiful season here. We've had a busy month in March.

First - Our committee chairs met and if you haven't heard from your chair yet - you will shortly!! If you haven't signed up for a committee please do. There are still some spots open. **WE NEED EVERYONE OF YOU TO BE INVOLVED!!**

Also during March - AEP Diversity and Culture asked WinUP to sponsor and develop a Women's History Month program. Jacquelyne Martin and her team did a wonderful job putting that together. We enjoyed speakers Donna James - who among other things is the Chair of the National Women's Business Council. We also heard from Elfi Di Bella, President and CEO of the YWCA. It was an enjoyable luncheon.

Finally, we had a wonderful meeting last month. A self defense class that had us all off our seats! Officer Tunstall did a great job showing us techniques and presenting facts. Did you know that the throat is the most vulnerable spot on the body? You can't make that part stronger with any exercise. It doesn't

matter how big or strong you are, that part is soft and can be damaged fairly easily. But the message he also brought was surprising. One way the bad guys get us is because women hesitate to defend themselves. We are the nurturers and the care-givers. We are taught to be polite and not to hurt other's feelings. So we hesitate to be suspicious or to "listen to our gut" when we sense something is just not right. His message was **LISTEN TO YOUR GUT!!** This is the gift that nature gave us.

In April we'll move to an entirely different topic. Finances!! This is an area where women generally do not feel comfortable or empowered to make good decisions. Fact is, we don't invest like men do and we don't plan for our retirement with the confidence that we should. Join us to listen to Maureen Kominar discuss, "How to Make Sound Financial Decisions".

See you soon!

My best to you all,

Cindy Kolecki  
Chair, Ohio WinUP Chapter

## Welcome New Members

Congratulations to the following members who have joined WiNUP since the last quarter. Welcome to all our new members!

**Rhonda Myers - AEP**  
**Sandra Williams - AEP**  
**Elizabeth Stevens - AEP**  
**June Konold - NiSource**  
**Lori Mahood - AEP**  
**Julie Chute - AEP**  
**Britney Williams - NiSource**  
**Jessica Morris - NiSource**  
**Sarah Doughty - AEP**  
**Michele Casper - AEP**  
**Tammy Hays - AEP**  
**Zina Landa - AEP**  
**Christine Turocy - AEP**  
**Lorri Zella - AEP**



### WHAT'S NEW IN ENERGY?

#### **The Power of Knowledge** - *Provided by Energy Affairs Committee*

How would you like to see your electric bill go from \$300 a month down to \$85 a month? What made the difference? A device attached to your home's breaker box.

You may have heard the news about smart meters; the next step is to get a device called a home electricity monitor. These monitors tell consumers specifics about their energy usage and what it's costing them in real time. The device connects to a home's breaker box, from which it wirelessly transmits the information to a smartphone-like display unit. For more information on Home Electricity Monitors, see: <http://www.energycircle.com/shop/electricity-monitors> or simply Google home electricity monitor.

According to an article from the Wall Street Journal, Tom Tassi did lower his electric bill significantly. Sure, he had replaced his windows, upgraded his insulation and swapped out his electric furnace and refrigerators with energy-efficient models. He even had his local utility company perform two energy audits. But it wasn't until he installed his home electricity monitor that he found other unseen issues.

Moving around his house he discovered several plugs had loose wires and lighting fixtures had issues. In fact, he discovered that the fixtures in the basement had ballasts (see: [http://en.wikipedia.org/wiki/Electrical\\_ballast](http://en.wikipedia.org/wiki/Electrical_ballast)), tiny devices that limit currents in circuits, were literally leaking electricity. So much so that they had darkened the adjacent wood. What a waste, not to mention fire hazard.

Now Tom, makes a point of showing off his latest bills to his neighbors and showing them how they can save money as well.

Full article can be found at: <http://online.wsj.com/article/SB1000142405274870329320457610596406975504.html>



.....➔ **Safety Tip** ←.....

**Tips to saving your life, if you have gotten into a violent situation:**

**REACT IMMEDIATELY** - If someone abducts you in a parking lot, and is taking you to an abandoned area, **DON'T LET THEM GET YOU TO THAT AREA.** If you are driving, react immediately in the situation, and crash your car while still going 5 mph. If they are driving, find the right time, and stick your fingers in their eyes. They must watch the road, so choose an unsuspecting time, and gouge them. It is your **ONLY** defense. While they are in shock, **GET OUT.** This sounds gross, but the alternative is worse if you do not act.

**RESIST** - Don't accompany them: Run, if you are able: **DON'T EVER GIVE UP!** You **DO NOT** want to get to a crime scene.

Always keep your distance when walking past strangers on the street or in dark areas.

**BREAK DOWNS:** Make every effort to avoid this by **ALWAYS** keeping your car in good working order. If your car breaks down:

**LOCK YOUR DOORS:** Have a cell phone to call for help. (If you don't have a cell phone buy a prepaid phone to keep in car and remember to charge) keep a blanket, warm clothes, a pair of boots, and a flashlight in your car always, for emergencies.

Physical defenses that we can use against the violent predator: The **EYES** are the most vulnerable part of the body. Poke them there **HARD.** It may be your only window of opportunity.

The neck is also a vulnerable spot, but you **MUST** know where to grip, **AND HAVE THE STRENGTH** to cut off their breath. Punch them in the throat to cut off their air supply.

The last place is the **KNEES.** Everyone's knees are very vulnerable, and a swift kick here will take anyone down. \*\*\*\* A cautionary note about these things. If you do not do these things right the first time, you are in trouble, because it will only anger the individual, and that anger will be **TAKEN OUT ON YOU.** I'm not saying don't attempt them, it may be your only hope, but be forceful when you do.

If you are walking alone in the dark (which you shouldn't be) and you notice someone following or chasing you: **Scream "FIRE!" and not "help!"**; People don't want to get involved when people yell "help" but "fire" draws attention because people are nosy. **RUN!**

**2010 WiNUP Ohio Chapter Leadership**

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**TEXAS BLACK BEAN SOUP**

- 2 15 ounce cans black beans, rinsed and drained**
- 1 14.5 can stewed tomatoes or Mexican stewed tomatoes, cut up**
- 1 14.5 ounce can diced tomatoes or diced tomatoes with green chillies**
- 1 14.5 ounce can chicken broth**
- 1 11 ounce can Mexicorn, drained**
- 2 4 ounce can chopped green chillies**
- 4 green onions, thinly sliced**
- 2 to 3 tablespoons chili powder**
- 1 teaspoon ground cumin**
- 1/2 teaspoon dried minced garlic**

**Combine all in crock pot on high setting for 4 to 5 hours.**

**Try sour cream on top!**



*Provided by Terri Welsh*

*Announcements*

**Our new leadership for 2011!**

- Scindra Kolecki, Chair
- Jenifer Fischer, Vice Chair
- Kristen Thompson, Secretary
- Doreen Hohl, Treasurer
- Rohdonda Hardin, International Board Rep
- Janet Phan Rehberg, Immediate Past Chair

**Vikki Michalski, International President**

**Velda Otey, International President-elect**

**Clothing Drive has been moved to May!**

**Please save all new or gently used clothing for this event.**

Are you interested in having an active role in the success of our events and contributing to the growth of the Ohio Chapter of WINUP? If so, join a committee. There still are openings available on several committees. For more information on committees and to sign up, please visit the Ohio Chapter website [www.winupoh.org](http://www.winupoh.org)