



WOMEN'S
INTERNATIONAL
NETWORK OF
UTILITY
PROFESSIONALS

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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Calendar of Events

- 7/20 American Cancer Society
- 8/27 Heart Walk
- 9/13 Technology in Utility Industry
- 9/26 WiNUP Conference

For additional information, please visit our website www.winupoh.org

The Transmitter

OHIO CHAPTER NEWSLETTER

JULY 2011



Message from the Chair

Scindra Kolecki — Ohio Chapter Chair

Hello fellow WiNUP members:

Can you believe it? We are formally into the summer season. Now if it would just stop raining so we can enjoy the sun and fun.

Speaking of fun, I hope you will all take advantage of the proximity for the International WiNUP Conference this year. I was reviewing the agenda and it looks awesome! The first day is themed around **Personal** growth and the second day is themed for **Professional** growth. Some highlights of the programs include: Women in Non-traditional Jobs, How Government Relations Affects Your Job, Surviving Domestic Violence, Breast Cancer Awareness ... the list just goes on and on.

Then the highlight of the second day is "The Velda Show" featuring M. Carol Fox, president of Columbia Gas of Maryland and Pennsylvania, and Venita McCellon-Allen, president and COO of SWEPCO -- two powerful women with tons of moxy! This is an event bound to entertain and inform. We'll wrap up on the third day, and there will be a SNEAK PEEK at the 2012 Conference that will be sponsored by our Ohio Chapter. Janet Rehberg has taken this challenge -- and I assure you there will be something to do for anyone that would like to get involved in that work. Stay tuned.

Please consider attending this year. It's a drive -- not a flight -- so you can car pool. In

fact, I'll volunteer right now to take a crew with me. First come, first served. Most of your food will be supplied at the conference. We can share hotel rooms. How often do you get a chance to go away for a few days and grow personally and professionally while building those relationships that will make a difference in your life? I promise you won't be sorry.

Closer to home, our own Ohio WiNUP Chapter had several events. Our Ways and Means organized a "grill off" on June 15 at the BD Mongolian with several executives flipping the food. This fund raiser benefited our WiNUP Chapter. This event wasn't just for WiNUP members as we are posted signs and worked the lobby in the downtown locations to get participants to share the fun.

We have some exciting monthly programs coming up as well. They are all listed on the website. Take a minute to check it out and mark your calendars. A tour of Dolan Labs was also in June. If you've never been there, it was educational and lots of fun. They do some pretty cool stuff out there. Later this summer, we will combine our Special Events Committee with the Community Outreach efforts and sponsor a team for the Heartwalk in August. Look for more on that to come.

Hope your summer is grand.

Cindy Kolecki



Jim Tunstall and Kristen Thompson

**Did you know ...
Most assaults typically
only last a matter of
Seconds ...**

Women's Self Defense By Terri Welsh

Jim Tunstall joined us on March 29 for a class in self defense. His unique method of self defense is easy to perform and suitable for the average individual. Tunstall's Martial Science is the result of its founders 30-plus years of studying the combat arts of the world. It is a forward moving martial art that relates to the present world we live in.

Tunstall mentioned that most assaults typically only last a matter of seconds, and if you

have the chance to end it quickly, this would be in your best interest. Attackers typically look for someone very old, very young or distracted.

He demonstrated several techniques for defending yourself with the help of a few WINUP members.

Among his suggestions for fighting back if attacked were to go for the assailants neck, eyes or ears if possible.

Here are a few other important actions to remember:

- If grabbed from behind, kick.
- If you head butt, close your eyes,
- Use a palm strike instead of a fist. The skin is tougher, and you are less likely to break your hand.
- Stomp on a foot. This will likely make them stop the attack so you can run.
- Most importantly, "trust your instincts".

April Team Building By Heather Barnett

The April meeting was supposed to be about financial decisions, but when we arrived members had learned our speaker was unable to present because of a death in her family. Our Chair Cindy Kolecki and Vice-Chair Jenifer Fischer thought fast on their feet and continued to hold the meeting making the focus about Team Building.

Kolecki kicked off the meeting giving some interesting facts about women. Did you know that women make 21 percent less money than men?

Kolecki said one reason women make less is they may not have been in the workforce as long, and women also don't pursue job opportunities unless they know they are fully qualified; whereas men will apply for jobs even if they may not be qualified.

Kolecki then lead us in three fun teambuilding exercises that allowed members to learn more about one another. In the first exercise, members were asked to pull an M&M from a bowl, and based on the color, describe themselves by sharing one of the following: proudest moment, who you respect the most, what frightens you, when you felt you failed or your most embarrassing moment.

The second exercise divided attendees into two groups. Members then lined up by first name then by their favorite food. In the last exercise, members played a card game in which each team tried to take 25 cards and stack them into the least piles. Members found it interesting to see the different dynamics amongst team members. In all, members concluded it very fun and successful meeting.



**Women don't try for job
opportunities as much
unless they know they
are fully qualified....**



Cindy Kolecki leading Team Building meeting.



Spring Clothing Drive

By Viji Jagabandhu

Did you know that WiNUP has been providing clothing items for different organizations for at least 10 years now?

The spring clothing drive brought in 700 plus items for Rachel's house and 250 plus items for Dress for Success from AEP. NiSource donated 472 items for Rachel's house and 75 items for Dress for success.

Dress for Success is an international not-for-profit organization offering services designed to help clients find jobs and remain employed. Each Dress for Success client receives one suit when she has a job interview and can return for a second suit or separates when she finds work.

Rachel's House is a nationally recognized transitional housing program for female ex-offenders, providing comprehensive services including employment placement/coaching, quality housing, access to primary and behavioral healthcare, family reunification, professional case management, and life coaching as participants reestablish themselves in positive familial and commu-



Tips for a Safe and Healthy Life

by Jodi Sagan

Eat Healthy

- Eat varieties of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat and alcohol.
- Eat a balanced diet to help keep a healthy weight.

Be Active

- Be active for at least 2 1/2 hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
- Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.

Protect yourself

- Wear helmets, seatbelts, sunscreen, and insect repellent
- Wash hands to stop the spread of germs
- Avoid smoking and breathing other people's smoke.

Manage Stress

- Balance work, home, and play
- Stay positive
- Take time to relax
- Get 7-9 hours of sleep each night.
- Get counseling if needed

Get check-ups

- Ask your doctor or nurse how you can lower your chances for health problems based on your lifestyle and personal and family health histories.
- Find out what exams, tests, and shots you need and when to get them.
- See your doctor or nurse as often as he or she says to do so. See him or her sooner if you feel sick, have pain, notice changes, or have problems with medicine.

What's Cooking? By Jodi Buschman

My Special Fruit Salad

Buy your ingredients the night before or the morning of making the salad

Use seasonal fruits

Need a Large bowl

Pour in:

2 large cans Pineapple chunks including juices

2 large cans Mandarin Oranges including juices

Add:

1 Cup Honeydew Melon (cut into bite sizes or buy pre-cut from produce department)
stir the mix

1 Cup Cantaloupe (cut into bite sizes or buy pre-cut from produce department)

1 Cup Watermelon (cut into bite sizes or buy pre-cut from produce department)
stir the mix

1 Cup Seedless Grapes (whatever you like, I like to half them and use the red grapes for color)

1 Cup Strawberries (cut into bite sizes or buy pre-cut from produce department)
stir the mix

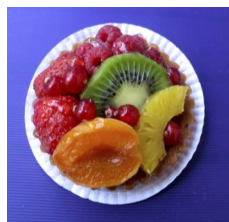
2 packages fresh red raspberries (you can use blackberries, but these can make everything else pick up the color as the day goes on and not look very appetizing)

2 packages fresh red raspberries (you can use blackberries, but these can make everything else pick up the color as the day goes on and not look very appetizing)

1 or 2 package(s) fresh blueberries

stir the mix

1 Cup of Bing Cherries (pitted and cut in half) ... if in season



Slice some kiwi (probably about 3) and decorate the top of the salad with a layer of slices
Cover with plastic wrap and refrigerate until the party

Women's History Month luncheon at AEP Headquarters

"Strengthening Women, Strengthening Communities" was the theme of the Women's History Month luncheon event held March 30 at AEP Headquarters.



Elfi Di Bella of the YWCA Columbus

Sponsored by AEP Diversity and Culture and the Women's International Network of Utility Professionals (WiNUP), the luncheon featured keynote speakers Elfi Di Bella, president and chief executive officer of [YWCA Columbus](#), and Donna James, founder and board chair of the [Center for Healthy Families](#) in Columbus.

The primary focus of the YWCA is to eliminate racism, empower women, and promote peace, justice, freedom and dignity for all, Di Bella said.

Di Bella gave examples of how YWCA programs have empowered a young woman from [Somalia](#) to pursue her dream of becoming a lawyer and have provided support and assistance to a single mother who was living in her car with her three children to find new housing, a job and to keep her school-age child in the same school.

"We can't thank you enough for your support and the community's support," Di Bella said. "With your help, we are empowering women to break down barriers, and we're providing opportunities for growth. We're making an impact in the lives of many people."

She said that the YWCA Columbus' 200 employees and 5,000 volunteers have touched the lives of 12,000 individuals annually.

James, who is managing director of Lardon & Associates, LCC, was at one time president of Nationwide Strategic Investments, a division of Nationwide Mutual Insurance Company. After a serious health issue, she decided to change some priorities.

"I asked myself if I was doing what I really wanted to do," she said. "Sometimes in any plan there's going to be unexpected things happen."

She was about to retire, she said, when several teen mothers, struggling with difficult life situations, came to her for help. "It caused me to wonder what my life would have been like without a safe home to go to, good schools and health care," she said.

The result was the Center for Healthy Families, founded by James in 2007. The non-profit organization focuses on transforming the lives of pregnant and parenting teens and their children. "We help them connect with community resources that are already there, so that they delay having that second child, finish school and stabilize their households," she said. "We've helped teens graduate and helped them get their own children ready for school."

AEP, AEP Ohio and the AEP Foundation have provided significant support for these and other programs that enable and empower women, and strengthen communities. A program booklet assembled by the planning committee honored and provided biographical information about many of AEP's female executive leaders. The booklet showcases AEP's female leaders, managing directors and above, who voluntarily provided information. All of AEP's female executives strengthen women through their leadership. Included in the booklet are:

[Lisa Barton](#), senior vice president - Transmission Strategy and Business Development

[Sandra Bennett](#), vice president - Regulatory & Finance, SWEPCO;

[Lonni Dieck](#), senior vice president - Corporate Planning & Budgeting;

[Diane Fitzgerald](#), managing director - Governmental & Environmental Affairs;

[Renee Hawkins](#), managing director - Corporate Finance;

[Janet Henry](#), deputy general counsel;

[Trisha Krejci](#), managing director - Structuring;

[Venita McCellon-Allen](#), president and chief operating officer, SWEPCO;

[Sandra K. Williams](#), vice president - Ethics & Compliance and chief compliance officer.

[Marguerite Mills](#), vice president - Fuel Procurement;

[Sandra Nessing](#), managing director - Sustainability ESH Strategy & Design;

[Barbara Radous](#), senior vice president - Shared Services;

[Bette J. Rozsa](#), managing director - Investor Relations;

[Julie Sloat](#), vice president - Regulatory Case Management;

[Laura Thomas](#), managing director - Regulatory Projects & Compliance;

[Susan Tomasky](#), president - AEP Transmission;

[Gen Tuchow](#), vice president - Human Resources;



Donna James of the Center for Healthy Families

The event was planned by Morgan Howe, Viji Jagabandhu, Heather Juzenas, Michelle Kinds, Bethany McCrear, Linda Michael, Jacquelyne Martin, Jodi Sagan and Kernesha Samana, with support from Joe Cisneros, managing director - HR Diversity & Culture; Laura Thomas, managing director - Regulatory Projects & Compliance; [Pablo Vegas](#), vice president and chief information officer, and Cindy Kolecki, IT manager and Ohio Chapter Chair, WiNUP.

Article and pictures by *Ken Drenten*

How to Make Sound Financial Decisions

By Terri Welsh

Maureen Kolminar of the Columbus Financial Group spoke at the April meeting about how to protect ourselves for whatever the future might bring. Whether it is a family emergency, health problems, job loss or retirement.

Kolminar stressed why it is important to not count on the stock market to ensure our financial future is safe.

Here are the 16 rules if followed that will enable you to enjoy financial success and the ultimate peace of mind:

Protection: Protection First, Full Replacement, Lifetime Replacement

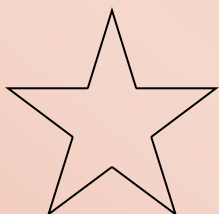
Assets: Rate of Return, Minimal Risk, Tax Advantages, Liquidity

Liabilities: Eliminate Debt, Reduce Taxes, Mortgage Selection

Cash Flow: Increase Income, Protect First, Savings, Debt Efficiency, Budgeted Lifestyle



New Executive Director Named



WiNUP Executive Committee is pleased to announce Claudia Powell as WiNUP's new executive director. She began her duties effective May 1.

By education and profession, Powell is a recently retired accountant and financial analyst well versed in all aspects of financial record keeping and reporting. She brings more than 30 years of accounting and financial knowledge and experience to WiNUP. This knowledge will allow WiNUP to continue to make sound financial decisions, as well as meet the ever-increasing requirements of federal tax filings.

As a veteran WiNUP member of WiNUP Ohio Chapter and past Power Award winner, Powell also brings her experience as a past chapter chair, treasurer, membership chair, international treasurer, international financial committee chair, international rep, parliamentarian and conference co-chair to her executive director role.

Powell received her accounting degree from Ohio State University. She retired from AEP in 2010. Since retirement, Powell and her husband, Larry, have spent their time traveling, gardening and making a "honey-do" list for their six-acre property and staying in touch with family and friends. She stays active by running, hiking, walking and biking.

News from Energy Affairs

Our Own Backyard

We hear about all sorts of energy efficiency ideas, but do we know where to find out about these ideas and what is available in our own backyards? Well let's start in our own backyards. Check out www.gridsmartohio.com, or www.columbiagasohio.com.

gridSMART Ohio has an interactive website that provides tips about ways you can save on your electric bill. The animated house walks you through several scenarios that help you create a To Do list that you can print or email. This site not only gives you ideas about things that you can change, but it will give you an idea about how much of an impact it may have on your electric bill. Find reminders such as keep the fireplace flue closed when you are not using it. The flue may seem like an obvious one, but how about keeping floor and return vents clear of furniture or

obstructions. If one vent is blocked, your A/C or furnace has to work harder to compensate. I was always told to close the vents in some rooms would help direct A/C or heat to other parts of the house. Apparently not true if you wish to spend wisely.



Columbia Gas Ohio has information about how to save on your gas bill, such as The Home Performance Solutions. This program helps Columbia Gas customers take action to save money on their bills. The company suggests a low-cost Home Energy audit. The Audit is an analysis of your home from top to bottom to identify ways you can make your home more comfortable and energy efficient. Visit Columbia Gas of Ohio's website for more information.

Here are some ideas as well as some questions that were collected from the Energy Affairs Committee. I found the answers just surfing the web.

- Do you run water and watch it go down the drain as it climbs to the temperature you need? How about using jugs and containers to capture water out of the faucet as you are waiting for it to heat up rather than just letting it run down the drain. Then you can use those jugs of water to help fill your washing machine or even cook with it.
- One of the things I saw on the gridSMART Ohio site was to unplug items that really don't need to be on all the time. How about this idea? Use different color electric strips - Determine what appliances/systems in your home don't need to be on all the time and put them on a certain color electric strip. Then use the strip to power down all the systems. If you DO need to stay on, then you use a different color strip.

What is the optimum temperature to set your A/C? Find a great article from the U.S. Department of Energy under Energy Savers at http://www.energysavers.gov/your_home/space_heating_cooling/index.cfm/mytopic=12720. In general they recommend a programmable thermostat. You can save around 10 percent a year on your heating and cooling bills by simply turning your thermostat back 10 to 15 degrees for eight hours.

What appliances/systems in our homes use the most energy? A recent article from wiseGEEK states that the two most energy-consuming home appliances are the refrigerator and the clothes dryer. See <http://www.wisegeek.com/which-home-appliances-use-the-most-energy.htm> for more information.

- What is an Energy Audit and how do I receive one? Visit www.columbiagasohio.com. You will find the SAVE MONEY! link under the "Your Home" section. This will take you to their "Save Money" page with all of Columbia Gas ideas and programs, including the Home Performance Solutions program where you will find information about Energy Audits for your home.



By Hillary Sheffer

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For corrections, comments, and
suggestions

Indiana Chapter to host 2011 Conference

Tackling Today's Obstacles to Reach Your Goals

Get your game on in Indy!

Don't be stuck on the sidelines in September! Make plans now to get in the game and attend the 2011 WiNUP International Conference Sept. 26-28 in Indianapolis.

The conference, themed "Tackling Today's Obstacles to Reach Your Goals," will be held at the Embassy Suites hotel in the heart of downtown Indianapolis. The hotel is conveniently located within walking distance of many restaurants and attractions, as well as the Circle Center Mall.

"In today's environment of company downsizing and workplace changes, it is increasingly important to take advantage of the educational and networking opportunities available at the WiNUP Conference," noted Ashlee Milligan, 2011 Conference chair. Attendees at the upcoming conference will be coached for one full day on personal growth and one full day on professional development. With the success of WiNUP's breast cancer awareness mission at this year's conference, the Indiana group plans to expand the initiative at the 2011 conference.

The most recent addition to the program is American Idol Season 7 finalist Amanda Overmyer, who will be performing at the awards banquet. Overmyer will bring her bluesy, rock vibe to WiNUP's special evening on the second day of the conference. This year, the banquet is themed "Denim, Diamonds and Divas." Attendees are encouraged to wear jeans and other denim-wear but also show off their "inner diva" with sparkly tops, lots of jewelry, tiaras, boas, furs, movie-star sunglasses, etc.

The International board and chapter chairs will meet on Sunday, Sept. 25, prior to the conference's official start on Sept. 26.

The first day of the conference will be dedicated to personal growth and breast cancer awareness. Kicking the conference off is Ohio-based motivational speaker Cea Cohen-Elliott, whose energetic presentation style will help us all "get our game on."

Meanwhile, Michelle Sybesma will share tips on how to prioritize our lives, both personally and professionally.

Former EWRT member and retired Cinergy employee Becky Horton, will speak at a special Breast Cancer Awareness luncheon, during which we will symbolically recognize those who have battled the disease.

Following the luncheon, members can participate in various service projects to coincide with WiNUP's Day of Service initiative. This will be the first time members from throughout the country will work side-by-side on Day of Service projects.

Internationally renowned nuclear energy expert Dr. Audeen Fentiman follows WiNUP's business meeting on Day Two of the conference. Professional growth will be emphasized during the day, with presentations by Dena Stoner, vice president and director of government relations for the National Rural Electric Cooperative Association, and Terri Sandu, executive director of Hard-Hatted Women, already confirmed.

Among speakers during the conference's last day is electric safety advocate Chuck Tiemann. Tiemann lost an arm and a leg while on the job as a lineman in Oklahoma back in 1977. He has shared his story of his life-changing experience on television shows like "Good Morning, America," and in numerous articles.

Return registration form, check payment, and following Day of Service form by

Aug. 4 to:

Registration forms can be
submitted electronically to
Ashlee Milligan, amilligan@whitecountyremc.com

Contact phone number:
(800) 844-7161

WHITE COUNTY REMC
ATTN: **ASHLEE MILLIGAN**
PO BOX 599
Monticello, IN 47960

Browse pictures and get the
latest conference news updates at:
www.facebook.com/2011WiNUPConference