



# *The Mid-Atlantic Megawatt*

A LOOK BACK AT 2018

**Interested in joining  
our WiNUP chapter?**

*Click here to download the membership application and send it to Maria Pascual at [Maria.Pascual@pjm.com](mailto:Maria.Pascual@pjm.com). You can also email any of the chapter board members for additional information.*



## WiNUP's Objectives

1. Opportunities for professional development
2. Networking and mentoring among members
3. Recognition and visibility among members

## WiNUP's Mission

*Provide a link for developing and recognizing professions involved with utility business trends, issues, products, and services.*

## Mid-Atlantic Chapter Mission

*Promote education, networking, and leadership opportunities for our members as well as support the development and continuation of STEM programs for young women.*

## In This Issue:

- Membership Spotlight
- 2019 Membership Drive
- 2019 Chapter Elections
- News from International
- 2018 Conference Recap
- STEM & Charity
- Chapter Activities & Events

## Membership Spotlight by Tahmina Khan

The Mid-Atlantic Chapter continues to expand and has grown to 65 members with representation from ten different companies!

The Mid-Atlantic Chapter welcomed the following new members in 2018:

- Soyini Cook, Philadelphia Gas Works (Operations Contract Analyst)
- Lesley Dix, Aqua Pennsylvania Inc (Customer Care Coordinator II)
- Diana Gaiser, PECO (Sr. Real Estate Rep.)
- Kathleen MacWilliams, PECO (Mgr, Residential Mktg Programs)
- Carla Thew, PJM Interconnection, LLC (SR. Project Analyst)
- Joleen Petroski, PJM Interconnection, LLC (Sr. Integration Architecture)
- Nicole Militello, PJM Interconnection, LLC (Sr. Engineer)
- Niloufar Mirhosseini, PJM Interconnection, LLC (Sr. Engineer)
- Rachel Buck, PJM Interconnection, LLC (Manger of Strategic and Stakeholder Communications)
- Madalyn Beban, PJM Interconnection, LLC (ARC Engineer)
- Rebecca Hilderbrand, PJM Interconnection, LLC (ARC Engineer)
- Katherine Truhe, PJM Interconnection, LLC (IT Rotational Devel Analyst)
- Reema Modi, PJM Interconnection, LLC (Sr. Project Specialist)
- Adrianna Egras, PJM Interconnection, LLC (IT Rotational Devel Analyst)

welcome!

## Attention Members! Its time to renew!

2019 Membership Renewal time is here! Please remember to submit your WinUP Membership Renewals by close of business on January 31, 2019. As a reminder, a \$10.00 late fee will be applied effective March 1, 2019.

[Click to access the Membership page and links to renew!](#)

**2019  
Membership  
Drive  
Membership  
Renewals due  
January 31, 2019!**

## 2019 Chapter Elections

*By Lauren Strella*

As 2018 comes to a close, I would like to thank the entire board for their great work this year! Looking forward to 2019, the following individuals will make up your Mid-Atlantic Chapter Board.

- Chair: Lauren Strella, PJM
- Vice Chair: Jasmin Jaen, PPL Electric Utilities
- Treasurer: Maria Pascual, PJM
- Secretary: Nicole Militello, PJM
- International Board Rep: Janell Fabiano, PJM
- STEM Committee Chair: Lynn Horning, Customized Energy Solutions
- Fundraising Chair: Diane Antonelli, PJM
- Social Media/Newsletter Chair: Michele Greening, PJM
- Charity Committee Chair: Melissa Pulong, PJM

Congratulations to all and I look forward to working with you over the course of the year!

Congratulations!

# News from WiNUP International

by Cheryl Mae Velasco

## International Scoop!

The WiNUP Executive Committee and International Board met several times throughout the year to discuss the progress of the organization as well as to vote on various updates to the WiNUP Guidelines and Bylaws, the documents by which the organization conducts all of its business. At the 2018 International Conference held in Chicago, the new Executive Committee was announced and sworn in. For the upcoming 2019 year, the following women will serve as your Executive Committee:

- President and CEO: Holly Huffman, Indiana Chapter
- Vice President and President-Elect: Janel Hewitt, West Virginia Chapter
- Secretary: Laura Havis, South Texas Chapter
- Treasurer: Kim Maynard, Kentucky Chapter
- Immediate Past President: Dianne Nuñez, Nashville Chapter

Click to learn more about the women of the EC!



Following the International Conference, a message was sent out to all WiNUP members with the news that Executive Director Claudia Powell will be stepping down from her role as soon as a replacement has been found and knowledge transfer has been completed. A special Executive Director Search Committee was created in order to find the best candidate for the position. The committee is hopeful that they will be able to announce a new Executive Director at the start of 2019.

If anyone is interested in the detailed minutes or any other International Board materials, you may create a member profile on [www.winup.org](http://www.winup.org). A member profile will also allow you access to all meeting materials, committee information, grant and scholarship information, membership rosters, and additional resources that are only available to WiNUP members.

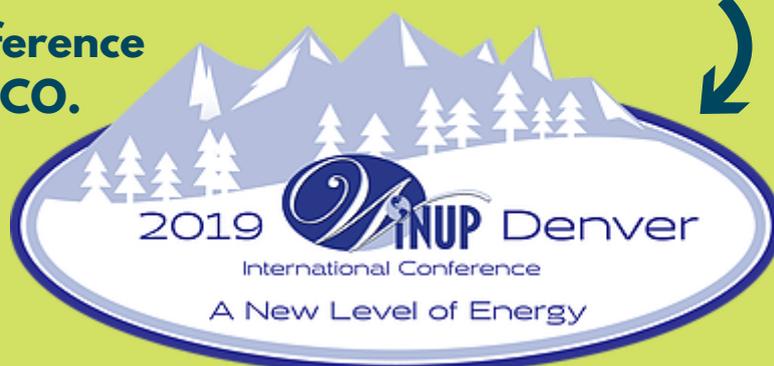
Finally, the 2019 International Conference will be held in Denver, CO. Attendance will be capped at 280 registrants so please register early! The conference theme is "A New Level of Energy." Additional information regarding the conference is posted on the WiNUP website.

## Register Now!

The 2019 WiNUP International Conference will be held October 6-9 in Denver, CO.

Registration is OPEN! Click to check out more information!

Click!



# 2018 Conference Recap *By Diane Antonelli*



The 2018 WiNUP Annual Conference, hosted by the Metro Chicago Chapter, was held in the Windy City from September 16 - 19, 2018. Thirteen members of the Mid-Atlantic Chapter attended the action packed three day event that featured a diverse agenda of speakers and topics, all aimed at addressing their unique take on the theme of the conference, "Power Up".

The event kicked off Sunday, September 16th with an opening evening reception that featured local Chicago delicacies and gave attendees a chance to meet and reconnect. Monday's conference session included an engaging keynote address on the concept of being BOLD (Be Brave, Seize Opportunities, Lead your Journey and Drive Results) followed by a hands-on workshop around Difficult Dialogues as well as a technical presentation on the utility of the future from ComEd. In past years, the Monday afternoon conference session has been reserved for industry-related tours. This year, the Metro Chicago Chapter took the opportunity to use this time as well as the member's resources to benefit a local children's hospital, La Rabida. Conference participants worked together to make unique fleece blankets that will be utilized by the patients at the facility.



As in the past, Tuesday's conference session was jam packed with interesting topics and discussion including a powerful presentation on championing diversity in the workplace, a panel on diversity and inclusion, and a hands-on workshop on "Making POWERful Requests." After the Past President's Luncheon, the annual business meeting was held during which the 2019 WiNUP officers were announced. On Tuesday afternoon, the Mid-Atlantic chapter attendees had a unique opportunity to do a site visit with Invenergy, a PJM member company headquartered in Chicago. The Invenergy team gave us a tour of their operations center and provided an overview of their business which builds, owns and operates power generation and energy storage projects in both North America and Europe.



Tuesday night featured the conference awards banquet where a number of members were recognized for their contributions to WiNUP as well as their personal accomplishments outside of the organization. The 2019 WiNUP officers were officially inducted and in recognition of hosting a successful and profitable 2017 Annual Conference, the Mid-Atlantic Chapter and the Ohio Chapter each received a check in the amount of \$500 from the International Board.



The 2018 conference closed out on Wednesday morning with a presentation on conservation and sustainability by the Shedd Aquarium, a workshop on networking using LinkedIn and a preview of the 2019 conference in Denver scheduled for October 2019.

See you in Denver! Click!



# STEM ROCKS!

by Laura Walter & Melissa Pilong

WiNUP Mid-Atlantic partnered with the Evoluer House, an innovative and dynamic nonprofit organization, which delivers empowerment programs to help girls envision a future devoid of disadvantages and filled with possibilities, as the official charity of the 2017 Annual WiNUP Conference in Philadelphia. The young women of Evoluer captured our hearts and taught us all to never lose sight of our dreams and aspirations.



In 2018, Mid-Atlantic's Charity and STEM Committees joined forces with the PJM STEAM Employee Resource Group to continue working with the Evoluer House by organizing a series of collaborative STEM workshops. Volunteers participated in STEM workshops on July 27, August 7 and August 14 as part of a program created by Evoluer House. During the STEM workshops, WiNUP members and PJM employees explained how to make catapults and motors and played a team building game with the students.

The students visited PJM for the final workshop, where they were welcomed by Nora Swimm, senior vice president – Corporate Client Services, and Denise Foster, vice president – State and Member Services. Chantal Hendrzak, executive director – Applied Innovation & Market Evolution, and Darlene Phillips, director, strategic policy and external affairs – State Government Policy, held an open discussion with the girls about their career paths, and Dionne Wright, director – People Services Center, wrapped up the workshop by giving the girls something to reflect on and providing information about future opportunities at PJM. The students wrapped up their visit with a tour of the PJM Control Center.



Click to learn more about the Evoluer House!



# Year End Charity Event

By Melissa Pilong & Michele Greening

For it is far better  
to give than to  
receive

WiNUP Mid-Atlantic's last charity event of the year was held on December 18th at PJM's Conference and Training Center. WiNUP Mid-Atlantic members spent time networking while creating handmade gifts to inspire the women of the Laurel House, a comprehensive domestic violence agency providing supportive and preventative services throughout Montgomery County.

Members assembled gift bags of travel toiletries taking care to include hand written tags of inspiration. With the bags assembled we switched gears getting crafty and a bit sudsy in making felted soaps. Each member made a set of felted soaps using roving wool and a hands on process to bind the fibers around a bar of soap. The soaps are functional with the wool adding a natural exfoliating quality and have colorful designs formed during the felting process. The room was bustling with discussions, laughs, and suds! After drying, the felted soaps were wrapped and added to the gift bags as the perfect final touch.

The event also included a gift drive where we collected donations of items on the Laurel House's Holiday Wish List for Teens. Each year they find a shortage of gifts and items for mothers who have older children, ages 12 and up. This year they created a separate wish list in hopes of encouraging interested donors to focus on buying gifts for this age group. Once again our members delivered showing their generosity with various gifts for the teen demographic.

The gift bags and gift donations were delivered to the Laurel House in time for the holiday season, a perfect time to spread cheer and inspiration.



Click for more information  
on the Laurel House!

Laurel House  Working to End  
Domestic Violence

We look forward to another great year of giving back to our communities in 2019!

## Scent and Sip

By Janell Fabiano

Wednesday, April 4 was Mid-Atlantic's snow-rescheduled Scent and Sip event in Lansdale, PA.



The evening started off with each participant smelling over 150 candles to select their favorite scents. Next everyone was encouraged to mix and match their scents for a custom blended candle, lotion, soap, etc. The ladies of Mid-Atlantic had a blast smelling, testing, and sharing our custom creations while networking with each other. A little bit of chemistry and a whole lot of fun was had!



## Self-Defense Seminar

By Alexandra Scheirer

The WiNUP Mid-Atlantic chapter hosted its second self-defense seminar, led by Ashley Burnley in June at Restore Chiropractic in Wayne, Pa.



During a 90 minute practical seminar, participants learned and practiced a variety of skills to defend themselves against aggressors and assailants including simple but effective strikes and nearly a dozen techniques to break free of strong grips.

Ashley is an extremely accomplished Self-Defense instructor, Karate Instructor, Competitor, and Personal Trainer. She has achieved the level of second-degree black belt in Shotokan Karate and first-degree black belt in Okinawan Kobudo. She is also a 26 time National Champion as well as a 2 time silver medalist and 2 time bronze medalist in the World Karate Championships.

During the Seminar, Ashley teaches students how they can recognize behavior of an assailant and try to stop an attack before it takes place. Should an assailant try to grab hold of your wrists or your neck, Ashley shows you how to maneuver to break free from even the strongest of grips. She also teaches simple, yet effective strikes to help you break free and escape from an assailant. With the techniques Ashley teaches, one does not need to be athletic or muscular to

fight off an assailant. Her techniques are practical, simple, powerful, and are meant to learn to take advantage of natural weak spots in your attacker to fend them off.

Not only do participants learn valuable and potentially life-saving skills, they are able to practice them in a supportive and fun environment.



**POW!**

**BOOM!**

**Nailed It!**

# Chapter Activities & Events

~ 2018 ~

## FERC Site Visit By Amanda Long

In July, WiNUP Mid-Atlantic members and PJM employees traveled to Washington to learn more about the Federal Energy Regulatory Commission, a governing body with strong impacts on the utility industry today.

The day started with the Open Committee meeting where the five FERC chairman review important agenda items and vote on their outcomes. On this particular day, the agenda consisted of the provisions of revenue natural gas pipelines and natural gas companies earned from the 2018 Tax Cuts and Job Acts. In addition, the Commission bid farewell to republican Commissioner and Philly native, Robert Powelson.

Following the Open Committee meeting, FERC staff gave attendees a FERC overview and presentations on the Office of Enforcement which monitors the actions of its constituents and, as the name suggests, enforces the rules put out by the Commission. The Office of Electric Reliability monitors the operations of the U.S. electric grid, including the high-level operations of RTOs and ISOs. They use various tools to monitor the country's electric reliability and inform senior staff and commissioners on any noteworthy events on the grid.

Overall, attendees were able to gain further insights into the major governing body of PJM and provide perspective on how FERC impacts our day-to-day work.



## Designer Bag Bingo Fundraiser By Janell Fabiano



Friday, November 16 marked Mid-Atlantic's inaugural designer bag bingo fundraiser. The chapter hosted almost 100 bingo players eager to win one of twelve Coach, Kate Spade, Michael Kors, and Tory Burch handbags. Several raffles were offered including tickets to the musical "Beautiful", a Lehigh Valley Phantoms game, and a Phantoms jersey, as well as baskets and items donated by chapter members, friends, family, and local businesses. A full snack bar, bake sale, and 50/50 raffle enhanced the night, along with fun doorprize giveaways.

Mid-Atlantic STEM committee chair Laura Walter was the bingo-caller and announcer for the evening's festivities. Planning committee members included Madalyn Beban, Janell Fabiano, Jasmin Jaen, Tahmina Khan, Jennifer Long, Emma Nix, Melissa Piong, Stephanie Rhoads, Lauren Strella, and Cheryl Velasco. Several other members assisted with setup, cleanup, and onsite help.

The event raised over \$1,700, and the chapter is in talks about doing it all again in 2019.



BINGO!



BINGO!

BINGO!

BINGO!



# Chapter Activities & Events

~ 2018 ~

## Breast Cancer Awareness Month

By Lauren Strella

In coordination with PJM's Women's Empowerment Association (WEA) Employee Resource Group, the WiNUP Mid-Atlantic hosted a month long event in honor of Breast Cancer Awareness Month in October. Each week featured a main event and the opportunity to sign a pink breast cancer support/remembrance ribbon in honor of a friend or loved one. The weekly events included:

### Week One – Theme: Awareness & Education

- Snack table
- Pink Ribbon Scavenger Hunt across the PJM campus
- Post Article (PJM's internal daily newsletter)
- Pink breast cancer support/remembrance ribbons

### Week Two – Theme: Wellness (Prevention, Screening, Nutrition, & Wellness)

- Revive and Refresh session
- Smoothie Bar (pink smoothies and associated recipes)
- Post Article
- Pink breast cancer support/remembrance ribbons



### Week Three – Theme: Resources (Coping & Support)

- Breast Cancer Support Walk
- Post Article
- Pink breast cancer support/remembrance ribbons

### Week Four – Theme: Get Involved

- Wear Pink Day
- Photo Booth with props
- Post Article
- Pink breast cancer support/remembrance ribbons

The week culminated with a wall full of pink Breast Cancer Awareness ribbons honoring those affected by this disease. Overall the week was a great success and we would like to thank all that volunteered their time and support to this great cause!

## Resources & Opportunities:

- To find a walk event near you, check out the American Cancer Society's Making Strides Against Breast Cancer, Relay for Life or Susan G Komen Race For The Cure.
- To donate your hair for use in making wigs, find details at Locks of Love.

For more information, resources,  
and ways to get involved!



~ 2019 ~

# Young Professionals in Energy

Thursday, January 10, 2019 from 6:00 PM - 9:00 PM

WiNUP Mid-Atlantic is co-sponsoring a panel event hosted by the Young Professionals in Energy (YPE) Philadelphia Chapter. Our very own WiNUP Mid-Atlantic member Chantal Hendrzak, Executive Director of Applied Innovation & Market Evolution at PJM, will be one of the featured panelists. We hope that you are able to support WiNUP and YPE by attending this great event!

Get the  
Details!



## Coming Soon...

The Mid-Atlantic chapter board and committee leads are planning an exciting start to the new year!

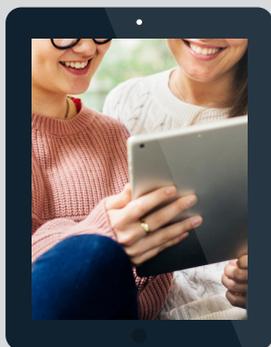
Members will continue to have the opportunity to participate in more great events, networking, charity, and fundraising throughout 2019! Here is just a sneak peek of what is on the horizon in the first quarter...

"On the Basis  
of Sex" Movie  
Outing & Topic  
Discussion

Q1  
Business  
Meeting

Networking  
for  
Introverts

**Stay Tuned! More Details to Follow!**



Social Media  
Follow Us!



Are you following WiNUP Mid-Atlantic on Facebook yet? Search for WiNUP Mid-Atlantic in the Facebook search bar or find us at: [www.facebook.com/WiNUPMidAtl/](http://www.facebook.com/WiNUPMidAtl/)



Is Facebook not your speed? Check us out on LinkedIn: [www.linkedin.com/in/winupmidatl](http://www.linkedin.com/in/winupmidatl)



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