

WiNUP - Northern Indiana Chapter The Power Line

Fall 2017

A quarterly publication



Women's International Network of Utility Professionals
Empowering Women in Utilities Since 1923
WINUP.ORG

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A Chat with our Chair

This has been an exciting year so far for our WiNUP chapter! We have helped the communities we live in, raised money for breast cancer, spent valuable time with friends and colleagues, and attended exciting events to learn about the utility industry. It has been a busy year!

Being a member of WiNUP provides an opportunity to serve, network, and learn. These are all opportunities that I have had the pleasure of benefiting from since I joined WiNUP many years ago. I have been a member for the last 7 years and have enjoyed every minute of it! I have met a lot of talented women and made many new friends over the years.

As you may already know, I&M has graciously donated funds to pay our international dues for next year. I have submitted my application to renew my membership for 2018 and I encourage all of you to do the same. As a member of the Chapter Executive Committee, I vow to work hard to offer many opportunities for our chapter to serve, network, and learn. Don't delay, send in your application and renew your membership today!



Have a Facebook account?

Like WiNUP



Winter newsletter will be issued in January.

If you would like to submit photos or news to be included in a future newsletter, please send to rlgarza@aep.com

Register now for 2018 WiNUP Membership

I&M President Toby Thomas has confirmed his continued support for the Northern Indiana Chapter in 2018! Company funding of international membership dues is available for all employees. Those who wish to join will only be asked to pay for the local chapter fee of \$15.

If you are interested in joining WiNUP, please contact Rebeca Garza: rlgarza@aep.com



Recipes for Success

Mind, Body & Soul Recipes!

Recipes for Success features articles that will feed your mind, body, and soul.

FEAR:
False
Evidence
Appearing
Real!

- Nick Vujicic

3 Ways to Overcome Fear Immediately

Matt Mayberry • Contributor

If there is one thing that holds millions of people back each day from growing as an individual, achieving high levels of success and becoming the best version of themselves, fear is definitely at the top of the list.

High achievers, regardless of occupation, understand that taking risks and massive action is a vital part in getting from where you are to where you want to go. And that goes for in life -- and in business. But often these risks are met with fear, which can cause people to question their ambitions and prevent them from taking action.

One thing I want you to understand is that fear is absolutely normal. Even the best experience fear from time to time. The key is to not let fear hold you back and prevent you from taking action and go after what you want in life.

Here are three ways to overcome fear immediately.

1. Rewire your brain. Rewiring your brain is one of the surest ways to overcome your fears and develop the courage that is needed to get to where you want to go. Develop mantras and affirmations that build you up and increase your self-confidence. Read uplifting books to help interrupt the negative inner dialogue that goes on in your mind. Beginning as a child, we are told negative things that we can't do, be or have. If you don't take the initiative to rewire your brain, life will do it for you.

2. Have a well thought out plan. We begin to worry and over analyze situations when we don't have detailed and well thought out plans for our life. Set extremely clear goals with a detailed plan on how to achieve those goals. After you have a well detailed plan, take action. Taking action towards meaningful goals helps to relieve stress and gives you a huge sense of enjoyment. Fear creeps in and paralyzes us when we don't take the time to plan our lives. *Continued on page 3*

Food for Thought

Frito Corn Salad

Quick and easy dish for home or a carry-in.

Ingredients:

- ❖ 3 cans of corn drained
- ❖ 1 med red onion chopped
- ❖ 1 tsp salt
- ❖ 1 cup of mayo
- ❖ 2 cups of shredded cheese
- ❖ 1 bag of chili cheese Fritos



Directions:

Mix and chill all ingredients except for the Fritos. Add the bag of chili cheese Fritos right before serving.

In the Spotlight

Strides Against Breast Cancer



Left to right: Gail Buhr, Lesley Odom, Tondra Sanders, Lynn Adamson, Rebeca Garza, and Wanda Smith

The Northern Indiana Chapter of the Women's International Network of Utility Professionals (WiNUP) geared up to walk in this year's Making Strides Against Breast Cancer fundraising walk in Fort Wayne. Making Strides Against Breast Cancer walks unite communities to support each other by honoring those touched by the disease and raise awareness and funds to save lives from breast cancer. Thanks to the determination of Making Strides supporters, the American Cancer Society funds innovative breast cancer research; promotes education and risk reduction; and

provides comprehensive patient support to those who need it most.

This year our local chapter raised \$310! Thanks to those who walked and contributed. We look forward to uniting again next year.

Reading Club

Those of you who were able to attend the 2016 Annual Holiday Celebration received a gift that keeps on giving. The book, *Lions Don't Need to Roar*, was distributed to each member with the intentions to start a book club. The part of the gift which keeps on giving is that once each person completes the book they will pass it on to a member who did not receive one. This particular book was chosen because a speaker from the 2016 Annual Conference recommended it.

I hope everyone has enjoyed the book and will be ready to pass it on at this year's holiday dinner!



3 Ways to Overcome Fear
Continued from page 2.....

3. Do one thing every day that scares you. Living in our comfort zone is not the best way to live. Not doing the things that frighten you will increase the likelihood that your fears will become bigger – and take over your life. It can even be something small that you choose to do, but do something daily that scares you. Step out of your comfort zone and work on becoming comfortable with the uncomfortable. When you form the habit of doing something daily that scares you, your courage grows little by little. Soon enough, the barriers that once were holding you back vanish and your potential maximizes tremendously.

Making the bold decision to not let fear hold you back anymore is one of the best decisions you can make to ensure future success. It's not something that happens overnight, but taking intentional action and running towards your fears daily will give you a promising result in the long run.

Everything that you want in life is past your comfort zone. Don't let fear be the reason you lived a half-lived life.



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

Our Objectives:

- Opportunities for professional development of members
- Network and mentoring among members
- Recognition and visibility for members and business partners

Contact Information for your 2017 WiNUP NIN Chapter Leadership

- **Chair**
Lesley Odom
260/287-3387
lkodom@aep.com
- **Vice Chair**
Melanie Koelling
makoelling@aep.com
- **Past Chair**
Rebeca Garza
260/408-3481
rlgarza@aep.com
- **International Rep**
Wanda Smith
260/408-3487
wysmith@aep.com
- **Treasurer**
Sandi Schlemmer
260/408-3490
slschlemmer@aep.com
- **Secretary**
Susan Rogien
574/283-1827
sarogien@aep.com

WiNUP International Announcements

WiNUP 2017 fellowship recipients announced

Recipients of the Women's International Network of Utility Professional's three fellowships for the 2017-18 academic year were announced at the organization's summer board meeting in 2017. The fellowships are awarded annually to students pursuing post-graduate degrees which will lead to careers in the utility industry or allied fields.

New York Chapter member Emily Stinson, who is pursuing an MBA degree at MIT's Sloan School and a master's degree in civil and environmental engineering at the MIT School of Engineering, is this year's Julia Kiene Fellowship recipient. "My interest in a master's degree in engineering and an MBA stems from my desire to lead the energy industry through a period of dramatic technological developments and policies," Stinson said.

Angela Soriano Quevedo, who will study climate and society at Columbia University, is this year's recipient of the Lyle Mamer Fellowship of \$1,000. Quevedo's educational and employment experiences have taken her from South America to the United States and to Europe. Upon completion of her studies at Columbia University, Quevedo plans to return to Peru and use her knowledge to help develop renewable energy opportunities in the local communities. "My academic proficiency will be essential to provide innovative methods and modern perspectives to solve energy dilemmas more critically, scientifically and rationally," she said. "I will hopefully be able to contribute effectively to the sustainable development of Andean and Amazon communities that do not have access to energy, by providing them new hope and an opportunity to preserve natural resources that are precious for them."

To apply next year please visit WiNUP.org. Applications must be postmarked by May 1, 2018 to be eligible for awards for the 2018/2019 academic year. Fellowship funds will be paid directly to your university. Winners will be notified by June 30 of each year.

2018 International Conference

The 2018 WiNUP International Conference will be held Sept. 16-19 in Chicago.



Powering My Future at the 2017 WiNUP Conference

Lynn Adamson

The Women's International Network of Utilities (WiNUP) Conference is always amazing - and the 2017 event was no exception! Hundreds of women and a handful of men from utility and utility-supporting companies and industries from around the country met in Philadelphia, Pennsylvania from September 25-27 for this year's conference. The theme was "Find the key to power your future" and was woven throughout the many conference activities.

We had diverse speakers covering all manner of topics from safety to leadership to cyber security to negotiation. The welcome reception included connecting and reconnecting with our friends and peers, as well as a networking activity in which we worked to fill our passports. A tour of Philadelphia's Navy Yard gave us an opportunity to learn about the smart energy innovations and sustainability initiatives that are in place at that location. And the annual awards banquet took place on the Spirit of Philadelphia as we sailed the Schuylkill River. It was a busy few days!

Here are notes about a few speakers who impacted me at the conference:

- Keynote speaker, Susan Eisenhower, CEO of the Eisenhower Group, Inc., reminded us to develop our 'authentic self' as women. She encouraged us to move from multi-tasking to focused and to take time for solitude in order to be in touch with our priorities. She also held our attention with riveting stories about her work as a policy advisor and consultant both nationally and internationally.
- Cheryl Wadlington, Founder & Director of Evoluer House, brought us up-to-date on the good work her organization does to deliver empowerment programs to teen girls experiencing social and emotional challenges and barriers to success. 'Evoluer' is French for 'evolve' and speaks to the organization's mission, which is to prepare the girls to be "college-bound" and "career ready". (Certain proceeds from the conference were donated to Evoluer House.)
- The cyber security session with Miranda Ballentine - US Air Force, Michele Guido - Southern Company and Jonathon Monken - PJM was eye-opening. Everything from grid security to cyber hygiene (use of strong passwords and multi-factor authentication) to data classification was discussed. It seemed that there was more we all could do to be cyber secure! The message was, "Don't be the unwitting accomplice!" to someone who is up to no good.
- Christine Mooney from Villanova University School of Law had a very interesting presentation on "The Art of Negotiation". First, she presented an overview on how to negotiate and then she facilitated an activity where attendees paired off and worked on opposite sides in a negotiation. I learned many things to keep in mind during a negotiation and have listed a few here:
 - Put yourself in the other's shoes.
 - Say what you want without attacking.
 - Use creativity in inventing solutions to benefit both sides.
 - Just meeting in the middle isn't necessarily fair.

I have only scratched the surface of the things I learned and experienced during the conference. It was an opportunity for both personal and professional growth and development. I saw friends I only see on an annual basis at this conference. I made new friends and contacts. And, I made memories.

Next year's conference is September 16-19 in Chicago, Illinois.

Industry News

Energy Department proposes change to electricity pricing that could boost coal, nuclear plants

Tom DiChristopher 29 Sept 2017

The U.S. Department of Energy on Friday proposed a rule that would change the way regional power markets price electricity, potentially bolstering ailing coal and nuclear plants.

The rule would require the organizations to factor in certain characteristics of coal-fired and nuclear power generation when they set prices for electricity. The sources, known as baseload, provide steady, uninterrupted power, but have lost market share to natural gas and renewable energy in recent years.

The rise of these energy sources, especially solar and wind power, has raised concerns in some circles about the reliability of U.S. power generation. Energy harvested by wind turbines and solar panels provides intermittent power, meaning it is only available when the wind blows and the sun shines.

Energy Secretary Rick Perry is among those concerned about America's shifting power mix.

"A reliable and resilient electrical grid is critical not only to our national and economic security, but also to the everyday lives of American families," Perry said in a statement. "A diverse mix of power generation resources, including those with on-site reserves, is essential to the reliable delivery of electricity — particularly in times of supply stress such as recent natural disasters."

Environmental groups immediately sought to characterize the proposed rule as a handout to fossil fuel and nuclear interests. "Rick Perry is trying to slam through an outrageous bailout of the coal and nuclear industries on the backs of American consumers," Kit Kennedy, director of energy and transportation at the Natural Resources Defense Council, said in a statement.

"This radical proposal would lead to higher energy bills for consumers and businesses, as well as dirtier air and increased health problems."

The proposed rule would allow power-generating units to recover certain costs, so long as they provide "essential energy and ancillary reliability services" and keep 90 days of fuel on site, which helps to mitigate supply disruptions. The typical coal-fired facility and nuclear plants would meet those criteria.

Natural gas-fired power plants rely on supplies shipped in by pipeline, and so would not qualify. The Energy Department last month concluded that natural gas's rising share of U.S. electricity generation, fueled by a boom in U.S. gas drilling, is the main cause of coal and nuclear plant retirements. The finding came in a study on grid reliability ordered by Perry.

New natural gas plants are also far cheaper to build than coal-fired and nuclear facilities

Perry directed the Federal Energy Regulatory Commission to take final action on the proposal in 60 days. FERC, which has authority to regulate interstate transmission and sales of electricity and natural gas, is not required to decide in favor of the rule, but must consider it.

In a recent FERC podcast, the commission's new chairman, Neil Chatterjee, said, "I believe that generation, including our existing coal and nuclear fleet, need to be properly compensated to recognize the value they provide to the system."

The rule fits with the Trump Administration's stated intention to support the coal industry. The White House has systematically dismantled President Barack Obama's actions aimed at reducing the nation's contribution to global warming, including by rolling back regulations on power plant emissions.

President Donald Trump has claimed that the growing use of renewable energy could plunge parts of the United States into darkness, but grid experts refute that claim. They say the bigger threat to the nation's grid comes from its aging transmission and distribution lines, not power plants.

That was the case during Hurricanes Harvey and Irma, which knocked down utility poles and flooded substations in some areas. Still, Perry cited these storms in his letter to FERC.

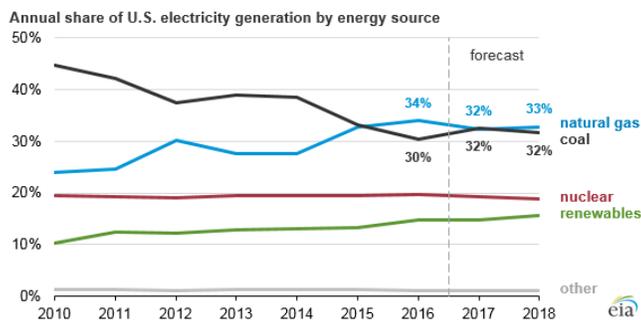
Energy is bought in wholesale markets in many parts of the United States following a wave of deregulation in the early 2000s. The markets were engineered to prioritize the lowest cost energy. That has pushed subsidized renewable plants, which have little marginal cost after they're built, and cheap natural gas to the front of the line.

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The proposed rule is not entirely novel. The PJM-Interconnection, the regional transmission organization that operates the grid and electricity market in 13 states in the eastern U.S., has explored ways to value the attributes of baseload power in its pricing scheme.

Illinois and New York have also allowed nuclear plants to qualify for zero-emissions credits to keep the low-carbon source on the grid as the states attempt to mitigate the effects of climate change. Merchant power generators with nuclear plants in the area lobbied for the policy, while competitors with portfolios weighted to coal and fossil fuel facilities fought it.



VIVINT SOLAR, CHARGEPOINT INTEGRATE ROOFTOP SOLAR, EV CHARGING

09/12/2017

By Editors of Electric Light & Power/ POWERGRID International

Vivint Solar, a residential solar power provider, announced a strategic agreement with ChargePoint, the world's largest electric vehicle (EV) charging network, to offer ChargePoint Home charging solutions and custom installations directly to residential customers.

Vivint Solar will work with ChargePoint and other strategic collaborators to provide solar power, the industry's most comprehensive residential product suite featuring a solar energy system, EV charger, home energy storage battery and smart home technology for intelligent energy management.

Compatible with any EV, ChargePoint Home brings innovation to the home garage, offering the smartest, smallest and most advanced home charging solution for EV drivers. ChargePoint Home charges EVs up to six times faster than a standard 110V outlet, delivering up to 25 miles of range per hour and using 40 percent less energy than a standard EV charger when not charging.

ChargePoint Home features a compact, slim design and is easy to manage with an app that enables drivers to schedule charging, start charging remotely and track energy usage and all charging in one place.

When EV drivers need to charge away from home, they can use more than 40,000 ChargePoint charging spots across North America. ChargePoint is the only charging company that offers a suite of solutions to serve EV drivers everywhere they go: at home, at work, around town and on a trip.

Vivint Solar provides consumers a solution for powering their homes and vehicles with renewable energy. Earlier this year, Vivint Solar expanded its core rooftop solar offering to include smart home energy management capabilities and home energy storage. With today's addition of ChargePoint Home residential chargers, Vivint Solar is now consumers' simplest way to find, install and service the most comprehensive suite of renewable energy technologies for the home.



- November 18th: ETHOS Science Center Lego League Tournament
- December 9th: Holiday Dinner/ Installation of Officers
- Sept. 16-19, 2018 International Conference Chicago, IL

*For more information please contact Rebeca Garza 260/408-3481 or rlgarza@aep.com