



The WINning Edge

An Update on U.S. WIN Activities
VOLUME 9, ISSUE 2 MAY 2015

Professional Development (PD) Corner: Events and Feature Opportunities

Submitted by: **Amanda E. Card**, Chemical Engineer at MPR Associates, Inc. and PD Committee Member

On Thursday, May 7, the U.S. Women in Nuclear PD Committee hosted a webinar devoted to delegation. The webinar, titled "Mastering Delegation and Why it Enhances Personal Success," was presented by Elisabet Rodriguez Dennehy. The objective of the training was to expose members to the importance of delegation and to learn styles that help members understand how to delegate based on their individual learning preferences. If you weren't able to catch the original webinar, email ProfDvmt@winus.org for a copy of the slides.

This year's PD workshop, *Radiation Safety and Fundamentals: Knowledge and Communication*, will be held just following the national conference in Austin, TX on July 15. Continuing Education Credits will be provided to all participants who complete the workshop. Be sure to mark your calendars and register for the conference and workshop ASAP as spots are limited. ✨

Nuclear Matters to U.S. WIN

Written by: **Shilo Terek**, Employee Concerns Program, Pacific Gas and Electric Company's Diablo Canyon Power Plant, Region IV

U.S. WIN is one of more than a dozen organizations that have partnered with the Nuclear Matters campaign to educate the public on the clear benefits of nuclear energy and to explore possible policy solutions to preserve this essential energy resource.

In our role, U.S. WIN will participate in monthly partner calls to learn of potential outreach events occurring throughout various regions, share information through social media channels, and keep members updated on key policy decisions and success milestones.

The mission of Nuclear Matters is to inform the public about the clear benefits that nuclear energy provides to our nation, raise awareness of the economic challenges to nuclear energy that threaten those benefits, and to work with stakeholders to explore possible policy solutions that properly value nuclear energy as a reliable, affordable and carbon-free electricity resource that is essential to America's energy future.

Visit www.nuclearmatters.com for more information and be sure to follow them on [facebook](#) and [twitter](#). ✨

NUCLEAR MATTERS

IN THIS ISSUE ▼

- Professional Development (PD) Corner: Events and Feature Opportunities
- Nuclear Matters to U.S. WIN
- High School Students Learn How Base Load Electricity Works
- South Texas Project Nuclear Operating Company (STPNOC) Chapter Hosts POWERSET Symposium
- DC Chapter Gets More Involved in 2015 Outreach Events
 - National Air and Space Museum Women in Aviation and Space Family Day
 - Annapolis High School Advanced Placement (AP) Physics Class Presentation
 - American Association of University Women (AAUW) STEMtastics Career Day for Middle School Girls
 - Capital Partners for Education Career Fair
- Three Mile Island (TMI) Chapter Judge Student Projects at the 2015 Capital Area Science and Engineering Fair (CASEF)
- Steering Committee Completes Annual Meeting
- TMI Chapter Partners with Middletown Area High School Career Fair
- Baking Powder Again the Highlight of Science Fairs Sponsored by PPL Susquehanna's Chapter
- TMI Chapter Supports Junior Achievement STEM Summit
- TMI Chapter Facilitates Lunch and Learn: "How to Become a Senior Reactor Operator"
- Oyster Creek Celebrates Women in History Month
- Diablo Canyon Chapter Hosts Professional Development Booth at Annual Expo

PD Committee Favorites

Looking for a way to stay up to date with current events related to the nuclear industry as well as learning fundamentals of good management and leadership? The members of the PD committee suggest subscribing to NEI SmartBrief. SmartBrief is an online publisher of business news and information.

SmartBrief filters thousands of sources daily and delivers the news and information most relevant to your selected industry via email. Subscription is free! Sign up using this link: <http://www.smartbrief.com/industry/nuclear-energy>

SmartBrief

High School Students Learn How Base Load Electricity Works

Written and submitted by: **Christin Rose**, Co-Chair, CB&I Charlotte Chapter, Region II

In March, the CB&I Charlotte Chapter participated in the Engineering Explorers Program Post 228 monthly meeting at Electric Power Research Institute (EPRI) in Charlotte, NC. The Engineering Explorers Program is an after school enrichment program for high school students. The post offers hands-on programs to introduce students to engineering and the engineering profession.

This particular night, the students learned about energy production, and how base load electricity works. Jeff Lyash, President of CB&I's Power business unit, kicked off the program with a brief history of his educational background and road to success, followed by a presentation on power. The students were then given instructions to create an environment where they had to "keep the lights on" at 3 volts for a specified period of time using a boxed circuit board game. They used different power generation sources for this activity, which included; a desk lamp (solar), small fan (wind), hand crank (gas), and battery pack (nuclear). Worksheets of base load scenarios were provided for the students to explore, and the results were discussed as a group. The volunteers provided guidance to help students stay on task and answered.

Students commented that the activity was a great way to get perspective of how important, and equally, how difficult, it is to manage base load electricity on our grid systems. ✨



CB&I Volunteers; Mary Z., Jeff L., Tiffani T., Christin R., and Crystal M.



Students of the Engineering Explorers Program

South Texas Project Nuclear Operating Company (STPNOC) Chapter Hosts POWERSET Symposium

Submitted by: **Judy Triplett**, Corporate Communications, STPNOC, Region IV

On Monday, March 2, the STPNOC Chapter hosted the "Weaving the Stories of Women's Lives" symposium and invited area high schools' POWERSET (Powerful Opportunities for Women Eager and Ready for Science Engineering and Technology) members from Van Vleck, Bay City, Palacios, El Campo, Sweeny, and Tidehaven. There were 125 attendees. This event was held to show members all the diverse careers in this industry for the Science, Technology, Engineering and Mathematics (STEM) fields.

Kicking off the symposium and offering the keynote address was Al Capristo, Executive Vice President and Chief Administrative Officer. In his message to the attendees, he addressed his background in the nuclear industry and advised the students to say "yes" to new opportunities and seize every opportunity to shine.



Some of the symposium highlights included:

- Michelle Smith, Supervisor, Electronic Records Management and Automation and Technical Assistance Center, acknowledged the 2015 National Honorees for National Women's History Month.
- Valerie Segovia, Director of Outreach and Development at the Nuclear Power Institute at Texas A&M and creator of the POWERSET program, spoke about the importance of having a positive attitude and being resilient in the face of challenges.
- Wendy Brost, Licensing Engineer, facilitated a panel discussion about women in STEM-related fields. The panel was made up of Kathy Van Daalen, Physicist, ALARA; Cathy Gann, Manager, Employee Concerns Program; Peggy Travis, Supervisor, Environmental; Kathleen Cornett, Manager, Accounting and Judy Ashcraft, Sr. Specialist, Quality.

A networking lunch closed out the well-attended three-hour symposium. 🍷



DC Chapter Gets More Involved in 2015 Outreach Events

Submitted by: **Katie Mulvaney** and **Laurene Dobrowolski**, Mechanical Engineers, MPR Associates, Inc., Region I

In March and April, the DC Chapter participated in several outreach events to encourage youth in the DC area to consider careers in engineering, science, and the nuclear industry.

Women in Aviation and Space Heritage Family Days

As part of the Heritage Family Day Series, the Smithsonian National Air and Space Museum hosted Women in Aviation and Space Family Day in March. The goal of this event is to encourage young people to pursue careers and opportunities in aviation, science, and aerospace fields, and to educate parents about these fields. Similar to past years, the DC Chapter ran a "street fair" booth with several activities and display materials related to nuclear energy and careers in the nuclear industry.

Lollipop handouts provided information on the energy content of very small amounts of uranium fuel, and a radioactive decay activity taught families about radioactive half-life. Additionally, the volunteers used a miniature windmill to explain how electricity is generated from the steam turbines used in a nuclear power cycle.

Annapolis High School Advanced Placement (AP) Physics Class Presentation

Four DC chapter members gave a presentation for 80 students at Annapolis High School on nuclear energy, nuclear fuel cycle, and radiation. The presentation was interactive and included a demonstration with a radiation meter and radiation sources. The DC chapter members also led a discussion with the students on why nuclear energy is important in their lives and talked about careers in the nuclear industry.

American Association of University Women (AAUW) STEMtastics Career Day for Middle School Girls

The AAUW STEMtastics Career Day is designed to inspire middle school girls to pursue STEM (Science, Technology, Engineering, and Math) careers. During this event, four DC chapter members introduced the concept of nuclear power to middle school girls. After the presentation, the girls participated in a myth and fact game on nuclear energy in which they had to guess if the statement read by the presenters was an actual fact or a myth. With the help of the presenters, the girls also measured and compared the power used by everyday objects (hair dryer, light bulb, etc.).



DC Chapter member Nidhi Sharma explaining how a steam turbine generates electricity in a nuclear power plant.



DC chapter members Sandhya Madan (left) and Erin Tindall (right) explaining the concept of nuclear power to middle school girls.

Capital Partners for Education Career Fair

Capital Partners for Education (CPE) is a mentoring and college success program for low-income students in the Washington, DC area that assists students with college and career readiness. Three DC chapter members participated in a career fair for CPE students to introduce them to various careers in the nuclear industry and help them practice their professional skills. The career fair included a "business card challenge." Students who dressed professionally, conducted themselves professionally (good eye contact, firm handshake, etc.), and asked good career-related questions were given a business card, which could be used in a raffle to win prizes. DC chapter members shared their nuclear industry experiences and encouraged the students to join U.S. WIN.

Overall, DC chapter volunteers interacted with more than 1,000 students ranging from elementary school to high school. The students showed great interest in the activities and asked many questions. These experiences were extremely rewarding for chapter volunteers, who are looking forward to similar future outreach events. ✨

Note that the material used during the DC Chapter events are available at the U.S. WIN Outreach Library (<http://www.winus.org/Member-Resources/Outreach-Library>).

Don't hesitate to download the material for future presentations!

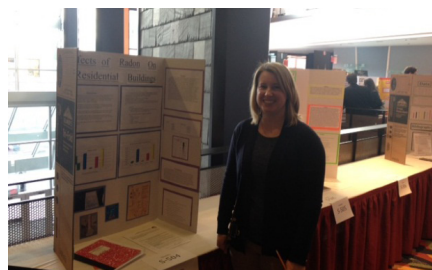
Three Mile Island (TMI) Chapter Judge Student Projects at the 2015 Capital Area Science and Engineering Fair (CASEF)

Submitted by: **Tammy Hanlon**, Senior Chemist, Exelon Generation Company, TMI, Region I

Several TMI chapter members participated as judges for the 2015 CASEF on March 19, 2015 at the Whitaker Center for Science and the Arts in Harrisburg, PA. To qualify to judge, each member was asked to provide their field of study, degree conferred, college/university, occupation, place of employment, years of service, and whether they had ever judged for a science and/or engineering fair before.

The science fair projects were judged under two age divisions; Junior Division (grades 7-8) and Senior Division (grades 9-12). The project categories included animal sciences, behavioral and social sciences, biochemistry, cellular and molecular biology, chemistry, computer sciences, earth sciences, energy and transportation, engineering, environmental, mathematical sciences, medicine and health, microbiology, physics and astronomy, and plant sciences.

This year's judges from TMI included Tammy Hanlon, Jessica Spagnuolo, Rich Freeman, Michelle Vera, Pat Brady, and Bob Masoero, who commented that it is a very rewarding experience to interview the talented students in the area and see their enthusiasm for the sciences. ✨



Jess Spagnuolo and Rich Freeman judging some of the Senior Division projects

Steering Committee Completes Annual Meeting

Written by: **Shilo Terek**, Employee Concerns Program, Pacific Gas and Electric Company's Diablo Canyon Power Plant, Region IV

Each year, the U.S. WIN Steering Committee comes together for an invaluable face-to-face meeting. The purpose of the meeting is to align on key organizational activities, strategize on future initiatives, and guide organizational policy. This year the agenda focused on succession planning. Like so many other organizations in our industry, U.S. WIN is anxious to maintain the strong knowledge and talent base that has been developed over the years.

Committee members from across the United States met in Washington D.C. to reflect on the accomplishments of the year and to develop tactics for how to motivate members moving forward. One of the ways that U.S. WIN is looking to enhance its framework for the future is through the WIN 2020 initiative. WIN 2020 is a member-driven, strategic five-year plan that will be shaped in large part by you – our members. The next key step in solidifying WIN 2020 is to get input from you along with our industry sponsors. Be on the lookout for a WIN 2020 survey coming your way soon. ✨



TMI Chapter Partners with Middletown Area High School Career Fair

Written by: **Carolyn Flory-MaGatz**, TMI Chapter Co-Chair, Maintenance Department Administrator, Exelon Generation Company, TMI, Region I

Exelon Nuclear's TMI Chapter members supported Middletown Area High School (MAHS) Career Expo on March 26, 2015. The expo consisted of local businesses and partners that set up booths to promote their companies' lines of business. Booths were sectioned into several areas of affiliations including engineering, instrument technology (IT), business finance, science and health, arts and communications, and human services.

Students from seniors to freshman were required to do a rotational visit to at least four booths; three of personal interest and one of noninterest. Each grade level had 15 minutes at each booth to ask their scripted questions.

Sample questions included:

- Is an education beyond high school necessary?
- What high school courses should I take to thrive in this career?
- What hours do you work?
- How important is team work?
- What is your salary range?
- What are three valuable interviewing tips?
- How did you choose your career?
- What advice would you give me in preparing for any career choice?

The TMI Chapter represented areas of Maintenance, IT, Engineering, Chemistry, and Regulated Assurance. All the students who visited the TMI booth were interactive and interested in what the nuclear industry had to offer.

The chapter was able to reach more than sixty students, along with a few teachers who now have greater knowledge of the nuclear industry. ✨



Tracy Arnold, Regulatory Specialist and TMI Chapter Lead, talking with Justine Shippling, Business Education Teacher Chair, Arts and Communications Pathway Chair and Yearbook Advisor.



Robin Stoner, IT Specialist and Tracy Arnold, Regulatory Specialist and TMI Chapter Lead.

Follow U.S. WIN On Twitter!

Follow **@WomenInNuclear** to keep up with U.S. WIN happenings.

We welcome your suggestions and comments by direct message on Twitter or by email to **CommComm@winus.org**. If you'd like to join the Twitter Team, please contact **Kara Lukehart** at **karalukehart@urs.com** for more information.



Alyse McDowell and Tracy Arnold, TMI Chapter Lead, answering questions from two seniors.

Baking Powder Again the Highlight of Science Fairs Sponsored by PPL Susquehanna's Chapter

Submitted by: **Susan Downs**, PPL Susquehanna, LLC, Region I

Just like flour is the foundation of many baked goods, baking soda is the driving force behind many science projects. It blows up balloons on bottles, causes various gooey concoctions to rise, and makes volcanoes come alive with bubbling ooze. Elementary students in the Bloomsburg and Berwick Pennsylvania school districts learned about their world and the scientific method at science fairs sponsored by PPL Susquehanna's Chapter this year.

Parents, teachers, and students were greeted by the smell of the second favorite medium of choice, vinegar, as they entered gymnasiums and cafeterias to be awed by the amazing projects.

"I've really enjoyed seeing how the students have grown more self-confident over the years and developing more intricate projects," said Patty Horn, internal communications, who has organized the Nescopeck fair for the past three years. "The students were well-versed about their projects and very eager to teach people who approached their exhibit. The faculty and staff deserve recognition for their work in teaching and encouraging these students to learn all they can about the world of science," she said.

All students received a certificate of participation. The students at Nescopeck Elementary School also received a U.S. WIN lunch bag, while a lucky winner from each grade at the Beaver-Main Elementary School won a science kit. Chapter member Mimi Mylin of corporate communications organized the Beaver-Main fair.

More science fairs will be held at local schools over the next two months. ✨



Student Hayden Henrie presents on air resistance.



PPL Susquehanna Chapter members Barb Eyer, Darlene Dewalt, Patty Horn, and Lisa Helsel support science fair.

TMI Chapter Supports Junior Achievement STEM Summit

Written by: **Lisette Villarreal**, Manager Instrument Technology, Exelon Generation Company, TMI, Region I

The goal of the Junior Achievement STEM Summit is to inspire students to pursue STEM in their high school academic selections to help prepare them for related careers in the future. The STEM Summit was located at Northeast High School in York County and was held on April 16, 2015. It consisted of nine, thirty-minute sessions that were a mixture of hands-on experiments, team competitions, and career panel presentations.

Lisette Villarreal had the opportunity to volunteer as a career panelist and was placed on a panel of three career speakers. Lisette provided insights about her career journey and daily work responsibilities. She had discussions with nine different groups of sophomore grade students who were reported to be engaged and asked great questions. This program was well-organized, provided good value to the students, and was rewarding to the panelists.

"I personally think that after the event-full day, many students will now consider a STEM field for future," reported Lisette. ✨



Register Now for the 2015 U.S. WIN National Conference!

on July 12-15, 2015 at the Hilton Austin, Austin, TX
Visit www.winus.org for more information.

TMI Chapter Facilitates Lunch and Learn: “How to Become a Senior Reactor Operator”

Submitted by: **Susan Sallade**, Initial License Training Lead, Exelon Generation Company, TMI, Region I

Becoming a Senior Reactor Operator (SRO) is a major career milestone; from the technical mastery of license class to the opportunity to supervise a team on shift. TMI is starting its next Initial License Training (ILT) class in January 2016 and a Lunch and Learn was held on the topic. Twenty employees attended the seminar, facilitated by chapter member Susan Sallade, to learn more about the qualification and position.

The agenda covered the ILT class selection process, the ILT candidate bonus structure, SRO eligibility requirements, ILT course structure, operation shift and SRO roles, as well as the shift schedule and opportunities within the operations career path.

Previously qualified SROs were also in attendance to assist in facilitating questions and covered questions such as:

- What was the most difficult part of ILT?
- What study strategies did you find helpful?
- What was your weekly time commitment to studying while in ILT?
- As a younger individual with an SRO license, how did you handle overseeing older and more experienced reactor operators?
- What does the Ops schedule look like for days/nights on and off plus training rotation once on shift?

The discussion was interactive and informative. The chapter would like to thank NAGYN for scheduling the event and supplying the lunch. ✿

Oyster Creek Celebrates Women in History Month

Submitted by: **Dana Ivan**, Site Controller, Exelon Nuclear's Oyster Creek Generating Station, Region I

At a special “Women in History Month” Lunch and Learn, sponsored by the Oyster Creek Chapter, Pam Cowan, Exelon Generation Director of Spent Fuel and Decommissioning, spoke with the group about diversity in Exelon, and offered her perspectives about work-life balance and enrichment, as well as her career with the company. ✿



Diablo Canyon Chapter Hosts Professional Development Booth at Annual Expo



Written by: **Shilo Terek**, Employee Concerns Program, Pacific Gas and Electric Company's Diablo Canyon Power Plant, Region IV

On Wednesday, May 6, Diablo Canyon hosted the second annual Human Performance, Safety and Wellness Expo. The event is designed to allow individual employees, departments, and vendors an opportunity to share their unique experiences and perspectives on Human Performance, Safety, and Wellness through interactive demonstrations. The Diablo Canyon Chapter hosted a professional development-focused booth that featured Lynn Walter, founding CEO and President of Light H2O Solutions, LLC. Lynn, a PG&E retiree and inaugural member of the Diablo Canyon Chapter of U.S. WIN, provided on-the-spot mentoring and professional development consultations to booth attendees.

“It was such an honor to have Lynn back on site representing our chapter [of U.S. WIN]. She is truly the model of what women in nuclear should be; articulate, compassionate, ambitious. She is a true inspiration,” said Sarah Risley, Diablo Canyon Chapter founding board member.

The booth was hosted in conjunction with the station's Knowledge Transfer Program booth, which enabled members to have a unique bridge between the off-site support of Light H2O Solutions and the on-site, station-sponsored program to deepen the impact to members. ✿





WHAT IS U.S. WOMEN IN NUCLEAR?

- U.S. Women in Nuclear (U.S. WIN) is the premier network of over 7,000 women and men who work in nuclear- and radiation-related fields around the country.
- U.S. WIN members participate in networking, professional development and outreach activities through local chapters, regional organizations, and the national organization. Local chapters are organized based on company, university/college, or geographic region.
- In addition, U.S. WIN is an affiliate of the Women in Nuclear Global organization (WiN-Global). The WiN-Global organization is made up of more than 25,000 members in 107 countries.

**For more information
visit us at winus.org**

SUBMIT YOUR STORY TODAY

We want to know what your U.S. WIN Chapter is doing to support an environment in nuclear energy and technologies, provide a network for professional development, or provide public education opportunities. This is how you can contribute:

1. COMPOSE YOUR STORY.

Brag about a great event you put on recently, tell us about something important happening at your facility, or highlight a personal achievement of a member of your chapter. You can type it in a word processor document, or even just put it in the body of an email. Make sure to include your name, plant and company, region, daytime phone number, and email address.

2. ADD PHOTOS.

They say a picture is worth a thousand words, so be sure to add a photo! Photos make your story pop and add that personal touch. Make sure that you follow the guidelines – get permission from everyone in the photo before you submit it. You can find a copy of the release form at the U.S. WIN website.

3. SUBMIT YOUR STORY.

Email your story and photos to **CommComm@winus.org**.

For a complete set of submission guidelines, go to **www.winus.org**, click on Member Resources, select Publication Materials, then U.S. WIN Newsletter Submission Guidelines.