



A Quarterly Update on U.S. WIN Activities

Committee Updates

Metrics Committee Recognizes BMPC-KAPL WIN

It has been one year since the U.S. WIN Metrics Committee presented the new template for chapter reports and metrics tracking website at the 2011 US WIN conference in St Louis. We are happy to report that over 90 percent of chapters are using this new template, and although some confusing at first, chapters such as the Bechtel Marine Propulsion Corporation-Knolls Atomic Power Laboratory (BMPC-KAPL) WIN are finding it to be very useful.

In 2011, the BMPC-KAPL WIN Executive Board received a KAPL "Best of the Best" Team Award based on the WIN chapter's ability to organize and execute well-attended, influential events related to personal, professional, and career development. BMPC-KAPL WIN gathers ideas, organizes presentations and presenters, establishes topic meeting schedules, and advertises these events that reach hundreds of employees. Some key accomplishments included professional development events such as monthly topic presentations and Pink Day awareness and fundraising. The topic meetings have grown in popularity and influence; a WIN presentation on Fukushima reached personnel in 12 time zones.

Metrics for these events and activities are tracked in the U.S. WIN metrics tracking database. The new template for the WIN chapter reports proved to be a valuable tool to evaluate the amount of time spent coordinating presentations; to track the number of WIN members and other attendees at the presentations; and to use the information to evaluate future activities. The information was readily available to submit as evidence that the KAPL WIN chapter was deserving of the Best of the Best Team Award.

The Metrics Committee congratulates KAPL WIN chapter on a job well done in their submittals of timely, detailed chapter reports and on application of their chapter report information to become a recipient of the KAPL Best of the Best Team Award! Feel free to contact the Metrics Committee with more success stories or for questions and help submitting your chapter reports.



Region I News

Murder Mystery Dinner: A Fukushima Fundraiser

On March 22, members of the Pittsburgh WIN chapter joined forces to raise money for the Japanese Red Cross in order to help those affected by the earth quake and tsunami that led to the events at Fukushima Daichi. To help raise funds, the Westinghouse chapter enjoyed a murder mystery dinner, including a delicious buffet at Gaetano's Restaurant in Pittsburgh, while actors from McCaffery Mysteries Inc. interacted among us. After dinner, the show began and we collected clues that were needed to solve a murder mystery!

We asked attendees to donate \$10 to the charity, which our chapter was able to match, giving us the privilege of raising roughly \$600 for the Japanese Red Cross. Fun was had by all who attended. Not only did we raise money to help those in need, but we had a wonderful time networking with each other and enjoying great food and entertainment!

WIN Hosts Girl Scouts at Headquarters

On March 31, Westinghouse WIN Pittsburgh hosted 32 Girl Scouts and 10 parents at the Cranberry Township headquarters for an interactive workshop titled "Girl Power-Nuclear Power" that was well-received by both the students and adults.

The workshop began with a safety brief and welcome by Debbie Pillar and a nuclear power overview by Mary Ann Walsh, co-chairs for the event. Debbie, Mary Ann and a team of seven WIN members lead the Girl Scouts through various activities. The Scouts obtained hands-on experience building a candy "nuclear reactor" and used M&Ms to understand the concept of radioactive half-life. Everyone was introduced to the AP1000 plant design while viewing an interactive scale model and toured the simulator, which is an exact replica of the main control room of an AP1000 plant. The group saw controls for the plant and experienced what it would be like as a reactor operator at an operating nuclear plant. The afternoon wrapped up with each girl estimating her radioactive dose from everyday life; some were surprised at their results!

The Scouts were very engaged and asked many great questions for which they received tickets. At the end of the event, those with the highest number of tickets received Westinghouse prizes. Every girl received a gift bag that included a custom-designed Nuclear Power-Girl Power Fun Patch to sew on their Girl Scout uniform. Feedback was so positive that WIN plans to conduct another Girl Scout workshop this fall!

WIN Pittsburgh Hosts Speed Mentoring Event

Members of the Westinghouse Pittsburgh WIN chapter participated in our first speed-mentoring event on May 24, 2012.

If you've heard of speed dating—dozens of people looking for the right match, cycling through timed conversations to quickly sort out prospective future romantic interests from potential romantic "duds"—you're



on the right track. Now think about using this process to meet future potential mentors and mentees, allies and sources of information to help you make the most of your career.

First impressions have important consequences. Research shows that first impressions are made within the first three seconds—that's why speed mentoring works so well to match mentors with mentees!

During the event, mentors stayed at their locations while mentees circled the room every four minutes. During the conversations, mentors and mentees provided a quick hit of information in the form of a discussion on their background, experiences in the nuclear industry, professional strengths and professional challenges.

Our hope is that the conversations and mentoring will continue in the future and that our participants gained new networking connections at Westinghouse.

Take Our Children to Work Day Is a Success

The Pittsburgh Westinghouse WIN chapter, along with NA-YGN, co-sponsored Take Our Children to Work Day at the Cranberry headquarters in Cranberry Township, Pa., on April 26, 2012.

Approximately 100 children of employees had the opportunity to participate in engineering-related activities and talk with engineers about careers in engineering from 8:30 until 11 a.m. The activities included an ice-breaker titled "What Kind of Engineer Am I?" along with hands-on activities: an ice cream relay, in which the students had the ingredients to make ice cream and had to race to the finish, and paper races, in which the students competed with paper airplanes and paper footballs).

One of the students noted, "I told my dad that I didn't realize missing school today would mean I still had to go to science class." She further added, "But I did have fun today and I'll say that my favorite activity was making paper airplanes and paper footballs."

"On behalf of the NA-YGN and WIN leads, we were thoroughly impressed by all the participating students – they were very engaged and seemed genuinely excited.", said Lori Schmidt, co-chair of the Public Outreach Committee of Westinghouse WIN. "Our volunteers did an amazing job putting together a fun-filled, yet educational, morning of activities. It is very encouraging to see the dynamics between students interested in learning more about science and engineering and the parents and volunteers willing to take the time to encourage them."

Tour and Networking at Beaver Valley

On Feb. 9, members of the Westinghouse Pittsburgh Chapter of WIN joined members of the Beaver Valley Power Station Chapter of WIN for an afternoon of networking and an enlightening tour of the Beaver Valley plant, located in Shippingport, Pa., the site of the first commercial PWR.

After a safety brief and introductions, the tour began and took the groups through security, the turbine building, the diesel generators, around the yard and to the control room. After the tour, members mingled, discussed what they had seen and shared their nuclear work experiences.



Carol Heinecke, a principal engineer in reactor vessel integrity at Westinghouse, said, “I have been to a few plants before, but never had a chance to have a tour like that. I especially liked seeing the control room and the turbine room. It really brought my work to life to see everything that we did on the tour. It was a fantastic opportunity.”

Entergy’s Pilgrim WIN Team Awards First Scholarships

On May 30, Amy Bouchard and Judy Plummer presented the first Entergy WIN Team Scholarship (\$500) to Lauren Richards at the Plymouth South High School Class of 2012 Senior Academic Awards and Scholarship Night. Lauren will be attending Worcester Polytechnic College this fall majoring in mechanical engineering.

On May 31, Judy Plummer presented the first Entergy WIN Team Scholarship (\$500) to Melissa Whittaker at the Plymouth North High School Class of 2012 Academic Convocation. Melissa will be attending Franciscan University of Steubenville, Ohio, in the fall majoring in biochemical engineering.

2012 Westinghouse WIN Scholarship Awarded

Michelle Lee, an academic standout and talented musician from North Allegheny Senior High School is this year’s Westinghouse WIN Scholarship recipient. The award—\$2,500 for Michelle’s college education—was presented at a special breakfast in her honor on May 15 at Westinghouse’s Cranberry Woods headquarters.

After a safety brief, Debbie Pillar, manager of product data management in nuclear automation and scholarship committee chair, welcomed the winner, her parents and two school counselors. Then she introduced Michele DeWitt, Westinghouse’s vice president of Nuclear Fuel Global Product Management and Strategy and WIN executive sponsor. She congratulated Michelle and presented the award, which Michelle plans to apply to her undergraduate degree in engineering, chemistry or physics at Harvard College.

Michelle was selected from nearly 50 applicants received from Pittsburgh-area high schools. Submissions were judged by a committee of Westinghouse WIN representatives based upon the applicants’ academic performance, extracurricular activities and responses to a two-part essay question.

At North Allegheny Senior High School, Michelle has a QPA of 4.65, placing her at the top of her graduating class. She was a semifinalist in the 2012 Intel Science Talent Search and in 2011 placed first in three science competitions: the Pittsburgh Regional Science and Engineering Fair (in physics); the Pennsylvania Junior Academy of Science (also in physics); and the Pennsylvania Computer Fair (in computer programming.) She founded and led the North Allegheny Senior High School’s Computer League.

Outside the classroom, Michelle has performed as a harpist and pianist with the Three Rivers Young Peoples Orchestras, Carnegie Mellon University’s Music Preparatory School and as a soloist at Carnegie Hall in New York for seven of the past 12 years. Athletics have also had an important role in her life. Michelle played varsity tennis for her high school and rowed or coxed with the Pittsburgh Rowing Club, the North Allegheny Rowing Association and the Three Rivers Rowing Association, winning numerous awards and medals. In addition, she



founded and performed for Kids Do Care!, organized musical performances for senior centers and assisted visually impaired rowers in an adaptive rowing program.

The scholarship was established in 2007 and is awarded to an area female high school senior who intends to pursue a bachelor's degree in engineering, mathematics or physical sciences at an accredited college or university. From 2007 to 2009, the scholarship amount was \$1,000. In 2010, in recognition of the continuing success of this program, the award amount was increased to \$2,500.

A special thank you to the WIN scholarship committee for their hard work and dedication to the scholarship program!

For questions on the Westinghouse WIN scholarship program, contact Debbie Pillar (pillardz@westinghouse.com).

Region II News

Oak Ridge WIN Participates in Introduce a Girl to Engineering Day

Introduce a Girl to Engineering Day, a first-time event in recognition of National Engineers Week, encouraged some 400 9th-12th grade girls from area schools to pursue careers in science, technology, engineering and mathematics. The girls were able to interact with women working in the engineering fields and experience hands-on activities at this event. Participating schools included Anderson County Career and Technical Center, Anderson County High, Claiborne High, Clinton High, Coalfield High, Farragut High, Hardin Valley STEM Academy, Karns High, Knoxville West High, Lenoir City High, Oak Ridge High, Oakdale School, Oneida High and Sunbright High.

Six WIN volunteers, Carolyn Corley, Peggy Emmett, Christy Fisher, Katherin Goluoglu, Bernie Kirk, and Elizabeth Phillips, demonstrated radiation using two detectors, several sources and a lead shield. Some of the students were able to use the detectors and relate the shielding to getting a dental X-ray. Along with the detectors, the students could see a visual representation of the nuclear fuel cycle and take home a mock-up pellet with nuclear energy information.

Science Club's Inaugural Knoxville Science Expo Held

The Oak Ridge WIN chapter, in conjunction with the local Oak Ridge/Knoxville section of the American Nuclear Society, hosted the inaugural Knoxville Science Expo, in which K-5 students participated in five hands-on activities related to radiation and detection. The activities addressed nuclear security: Using detectors to find hidden source material; simple circuits: how electricity works and how it is used in a radiation detector; electromagnetism: how electricity can be used to make a magnet and how we can see the flow of electricity; cloud chambers; and robotics, using robots to do the dirty work!

This event was part of the Science Club's outreach program to increase awareness of science education and make science activities available to children at no charge. Numerous volunteers from area professional STEM



fields and engineering students from the University of Tennessee assisted with the experiments. Approximately 130 students with 90 parents attended the event, held at the new Knoxville STEM Academy in downtown Knoxville. Local media came out and covered the event (<http://www.youtube.com/watch?v=Y54n-xe-eo4>).

Progress Energy CR3 WIN Holds Breakfast for Summer Interns

Fourteen summer interns enjoyed an informal hot breakfast hosted by the Crystal River 3 chapter of WIN. WIN members Mary Bennett, Shirley Bornemeier, Deanna Carr, Heather Dixon, Cheryl Brown, Jill Epperson, Annemarie Hooper and Sandy DePirro welcomed the interns and chatted about Progress Energy and the nuclear industry. After opening the meeting with a safety message, Sandy DePirro explained the history of WIN as well as its role in the nuclear industry.

Each CR3 WIN member introduced herself and let the interns know where they worked and how to contact them if they have any issues, as anyone new to the nuclear world can be a bit overwhelmed. (One of the interns commented that they were surprised to be handed a nine-page handout of acronyms.) The interns were also told that more information was available regarding WIN membership, WIN events and upcoming events on the U.S. WIN Web page.

Sandy DePirro discussed the importance of networking through avenues such as WIN and past WIN events that were held at CR3. Jill Epperson gave a summary of Region II WIN conference held in Charlotte. Other discussions included document control at CR3, Maintenance and Major Projects.

All of the WIN members stressed the importance of staying involved and encouraged the students to join a local WIN chapter—the interns learned that each Progress Energy site has a chapter and that colleges can form their own chapters. An open discussion concluded the event.

CR3 WIN Sponsors EPU Lunch and Learn

On June 27, the Progress Energy CR3 WIN Chapter sponsored a lunch and learn detailing the CR3 extended power uprate (EPU) modifications, presented by EPU Design Engineering Manager Ted Williams. Twenty-eight people representing seven different departments attended this informative session on current plant changes taking place with the EPU project.

Ted Williams opened the session with a presentation on the current status of the EPU project and how the original project for CR3 was conceived in 2006. He discussed how the EPU project changes will benefit the plant, the operators, the community and the rate payers. Ted gave a detailed overview of specific systems in the plant that have already been upgraded or are in the process of being changed out and why, including before and after photos. He shared OE from another plant, involving a turbine failure. The new turbine blade vibration monitoring system at CR3 will help minimize risk of damage to the LP turbines.



CR3 WIN Recaps Regional Conference

Crystal River 3 Women in Nuclear chapter hosted a lunch and learn on April 26 to recap WIN Regional II Conference held in Charlotte, N.C., in January.

Deanna Estep opened the meeting with her impressions of the conference. She enjoyed the variety of technical and professional mini-sessions available at the conference.

Chantelle Hurst was most impressed with the session featuring the nuclear employees from each generation, reflecting on a quote from Socrates: "Children today are tyrants. They contradict their parents, gobble their food, and tyrannize their teachers." Chantelle stated that she never thought this quote pertinent until she heard how each generation thinks that they are better than the coming generation. She found the rest of the lecture extremely helpful in understanding why she had difficulty with some generations and how their thought patterns interacted with her everyday work.

Brandy Estridge relayed how impressed she was with her tour of the McGuire Nuclear Plant, which opens up the park area outside the station on Lake Norman for free concerts.

Jill Epperson and Anne Marie Hooper showed their video recap of all the interesting sessions they attended and held a question-and-answer period.

The meeting was closed by Chapter President Sandy DePirro after she updated those in attendance with the upcoming CR3 WIN events.

CR3 WIN and NA-YGN Promote Engineers Week

Progress Energy Crystal River 3 WIN Chapter teamed up with North American Young Generation in Nuclear (NA-YGN) to support Engineers Week. The event, sponsored by the National Engineers Week Foundation, promotes recognition among parents, teachers and students of the importance of a technical education and a high level of math, science, and technical literacy and motivates youths to pursue engineering careers in order to provide a diverse, vigorous and informed engineering workforce. Each year, Engineers Week reaches thousands of schools, businesses and community groups across the United States.

This spring, information about engineering was presented to middle and high school students in Citrus, Marion and Levy counties.

Sandy DePirro, representing WIN, along with nuclear plant health engineer Tom Salute and engineer T.J. Scott presented to 250 eighth-grade students of Crystal River Middle School facts about the nuclear plant in their back yard.

They showed an informative film showing the building of the plant, various components and the control room of CR3, which was followed a boisterous question-and-answer period. Students were encouraged to ask good, thought-provoking questions – and it helped to know that prizes would be awarded. The students were glad to hear we do not hurt the environment, that we recycle and that there are more jobs available than just



engineering. The children were surprised to hear that training, education and testing never stops. We explained that we are graded, have reviews and receive an equivalent of a report card every year.

McGuire WIN Lend a Few Helping Hands

Each year, Duke Energy's Volunteers in Action program hosts the Global Service Event from May 1 - June 30 to celebrate the spirit of employee and retiree volunteerism. During this time, employees are encouraged to complete service projects within the community and apply for grants through the Duke Energy Foundation to cover the cost of project supplies.

On June 2, members of the McGuire chapter of Duke Energy WIN from Region II completed two Global Service Event projects at East Lincoln Pregnancy Counseling Center (ELPCC) in Denver, N.C. Twelve lovely ladies from McGuire WIN spent the day removing the old single-pane windows from the center and replacing them with new energy-efficient windows and sanding and painting a stairwell and handrail leading to the basement. McGuire WIN was able to obtain a \$1,000 grant for each of the two projects at ELPCC. These grants helped purchase the new energy efficient windows and painting supplies. The ladies of McGuire WIN had a great day filled with hard work and fellowship and look forward to working with the ELPCC again in the future.

Charlotte WIN Raises Funds for 2012 March of Dimes for Babies

This year Shaw's own WIN Charlotte chapter raised \$2,632 in total to support the March of Dimes foundation, which aims to improve the health of babies by preventing birth defects, premature birth and infant mortality.

WIN, with the generous donations from many Shaw employees through efforts such as Jeans Days, contributed big this year. WIN kicked off their March of Dimes 2012 campaign by inviting March of Dimes Greater Piedmont Division Director Kamin Brennan and Greater Charlotte region's 2012 ambassadors Teryl Griest and her daughter Maelyn to speak at the WIN general meeting in March. Teryl shared the story of her daughter Maelyn, who survived as a premature baby, born 15 weeks early weighing 1 pound, 11 ounces, by receiving five blood transfusions, undergoing two spinal taps and surviving MRSA. Thanks to the care and support of March of Dimes foundation, Maelyn is now a healthy and confident 6-year-old attending Park View Elementary School in Mooresville, N.C. Recounting real-life examples of prematurity, birth defects, and other infant health problems helped WIN members to become more aware the urgency of research in the above realms.

On April 28, 2012, the official March of Dimes walk took place in downtown Charlotte. WIN members and volunteers from Shaw together with hundreds from other companies participated in the 3-mile walk to support the March of Dimes cause. Shaw WIN would like to extend a special thanks to Shaw and employees for the support of the March of Dimes campaign.



According to the March of Dimes, March for Babies is held in more than 900 communities across the nation. Every year, 1 million people—including 20,000 company teams, family teams and national sponsors—participate in the event, which has raised more than \$1.8 billion since 1970.

McGuire WIN Participates in Pony Express Program

Seven McGuire WIN members participated with 10 other McGuire teammates in the Pony Express program at McGuire Nuclear Station. The Pony Express program pairs station personnel with third graders at Oakdale Elementary school to participate in a pen pal program. The pen pals corresponded for five months, but did not meet until the May 16 Pen Pal Picnic. McGuire pen pal participants greeted their Oakdale Elementary counterparts with smiles and small gifts, and the third graders also came bearing one last letter and a thank-you gift for each of their pen pals. After lunch, the pen pals enjoyed a fun afternoon of Frisbee, jump rope, checkers and catch.

Region IV News

Diablo Canyon WIN Parks Support for CASA During Outage



Planned maintenance and refueling outages mean different things to different people. For some it simply means extended hours; for others it's a chance to rotate functions and learn new skills, but for all of us it means less available parking. The Diablo Canyon WIN chapter eased that burden for two employees at the plant and supported a local nonprofit by working with leadership and security to secure two reserve parking spaces for the duration of the outage for the winners of a drawing.



WIN raised more than \$1,250 to benefit the local Court Appointed Special Advocates (CASA) of San Luis Obispo County chapter by selling tickets for the reserved spaces. Members of the chapter volunteered their time to sell tickets in the plant's cafeteria.

CASA of San Luis Obispo County advocates for the best interests of abused and neglected children within the court system. CASA recruits, trains and supervises volunteers who advocate for this vulnerable population with the goal of ensuring that each and every child—some

who maybe future WIN members—grows up in a safe, nurturing and permanent home. This is the fourth year the chapter has carried out the initiative, which is well received by all the staff, including the weary walkers of distant parking.

Diablo Canyon WIN Rolls Up Their Sleeves for Earth Day

The spirit of service and sense of community are alive and well within Diablo Canyon's WIN chapter. Several members volunteered their time to participate in Pacific Gas and Electric Company's (PG&E) annual Earth Day Restoration and Cleanup, a partnership between PG&E and the California State Parks Foundation.

The WIN members joined nearly 100 other company employees to plant native trees and vegetation, restore 5 miles of trails and collect more than 500 bags of trash.



The initiative took place at Montaña de Oro, a state park north of Diablo Canyon on the San Luis Obispo coast that features more than 8,000 acres of cliffs, beaches, coastal plains and canyons. The park's name, which means "mountain of gold" in Spanish, comes from the golden wildflowers that bloom there in spring.

Diablo Canyon WIN Have a Girls' Night Out to Benefit CASA



Diablo Canyon WIN attended a special Girls' Night Out in May. The event, cohosted by Court Appointed Special Advocates (CASA) of San Luis Obispo County and Meathead Movers, not only raises money to support the CASA but also serves as a great avenue to share information about nuclear in a relaxed environment. Girls' Night Out raised a total of \$15,000, with \$1,000 provided by Diablo Canyon's WIN network table.

Students Encouraged to 'Get Wild About Their Future' at POWERSET Summit 2012

Education is powerful, and getting an education can change a person's life. That was the theme for POWERSET Summit 2012, where 15 young POWERSET members from Bay City, Louise and Sweeny school districts learned about career opportunities for women in the nuclear industry—and were encouraged to "get wild about" their future.

"We know you have a lot of choices when you are trying to decide what to do after you graduate," said Cathy Gann, owner relations manager and STPNOC Women in Nuclear managing sponsor. "We hope you consider the nuclear industry. "But whatever you do, get wild about your future."

POWERSET (Powerful Opportunities for Women Eager and Ready for Science, Engineering and Technology) was developed in 2008 to provide high school girls the tools, academic support and mentoring needed to



pursue educational and career opportunities in science, technology, engineering and math. STPNOC WIN members, who helped launch the program at Palacios High School, volunteer to mentor students during the school year. POWERSET and a co-ed program, WIT (Workforce Industry Training), are managed by Texas A&M's Nuclear Power Institute.

During POWERSET Summit 2012, STPNOC WIN members told their personal stories about how they navigated their way to a career at STP. Speakers included Gann; Mary Anne Billings, risk management engineer; Laura Brieden, career management and leadership development supervisor; Brenda Verbeck, career management and leadership development specialist; Irma Pena, executive assistant; Micole Berg, mechanical and civil engineer; Vivian Wagnon, staff emergency response specialist; and DeDe Powell, senior equipment clearance order specialist. Susie Brannon, staff scheduler; Kim Danielski, radiation protection; and Joy Patterson, cyber security, also shared their experiences at the event.

The students were given tools to help them learn more about themselves and their interests, which could guide them to the type of career that would be a good fit for them. They also heard about different paths to college degrees, including pursuing a four-year degree while living on campus, pursuing a two-year degree, attending college or taking online classes part time while working full time. The speakers each emphasized that with education and determination, anyone can find a fulfilling and well-paid career. "One central message resonated throughout the day," said Clarence Fenner, workforce development coordinator. "Education is important. It's liberating and it changes your life."

After the summit concluded, the students were encouraged to stay and ask further questions. After a day of discussions ranging from options and obstacles and balancing career and family life to personal growth and discovery, many were excited about expanding their skills. "I was really impressed that the new high school graduates were asking about how to apply for internships at STP next summer, and the high school upperclassmen were asking us to come to their schools next fall and give classes on interviewing and how to write a resume, especially since the new POWERSET members next year won't have had any exposure to that yet," said Mary Anne Billing. "Being motivated and having a positive attitude at a young age can make the difference in whether or not you succeed. These girls are definitely on the right track and it is a joy to work with them."