



An Update on U.S. WIN Activities

VOLUME 11, ISSUE 1 | JUNE 2017

Cook Chapter Hosts Career Day for Local Students

Written by: **Irene E Weaver**, Senior Training Instructor, Cook Nuclear Plant, Region III



On Mar. 10, the Cook Nuclear Plant Chapter hosted 51 freshmen and sophomore students for a Career Day. The students attend schools from around the local area and were brought together by the Berrien Regional Education Service Agency.

Mark Lloyd, Engineering Vice President and the chapter's Executive Sponsor, kicked-off the visit with a welcome and overview of how the plant works. The day included three breakout sessions including a radiation protection dress out activity, a simulator demonstration and an indoor security range demonstration. After the students completed the sessions they gathered back at the Training Center for a Career Panel discussion. Each panel participant shared a ten-minute story about what they do at Cook and spoke about how Cook would be a great place to launch a career, if not to "spend" a career.

Cook panel participants included: Human Resources Manager, Kathy Wozniak; Mechanical Engineer, Kelly McElroy; Information Technology Manager, Pat Yates; Training Instructor, John Krieger; Maintenance Supervisor, Scott Schimmel; and Strategic Business Planning Nuclear Specialists, Ashlie Guyberson and Kate Lefon.

Andy Gardner, Operations Initial License Training Instructor, stated, "I think it's a great opportunity to reach out and talk to some of the community's young people across several communities all at once and to answer their questions about how we keep them safe with a nuclear power plant in their backyard.

Continued...

IN THIS ISSUE ▼

Public Outreach

- Cook Chapter Hosts Career Day for Local Students
- Three Mile Island (TMI) Chapter Hosts Homeschoolers
- Diablo Canyon Chapter Supports National Engineers Week
- TMI Chapter Supports 60th Annual Capital Area Science and Engineering Fair
- Women's Health and Lifestyle Fair features Quad Cities Chapter
- TMI Chapter Promotes Nuclear Careers at Middletown Area High School Career Expo
- Diablo Canyon Chapter Speaks at Local Women in Technology Dinner
- INL Chapter Members Support Hands-on Educational Activities Reaching 200 at Family Nuclear Science Night
- Ginna Chapter Hosts Girl Scout Event

Professional Development

- WIN-ning Proposition
- Farley Chapter Supports Strengthening Individual Development Plans
- PSEG Chapter Hosts Enlightening Women in Politics Discussion
- Peach Bottom Celebrates Women's History Month
- TVA Chapter Focuses on Advice for Career Goals

Networking

- Ginna Chapter Promotes Networking and Health

We had several safety related questions concerning Fukushima, how we personally feel about living in the surrounding communities, and also lots of good career questions from the students. It was a great interaction and I think it was mutually beneficial for us and the students.”

“This experience confirmed that there are many young people willing to consider making career choices at an early age” said Yates. “I even had a side conversation with one individual who specifically asked if his career interests in a technical/robotic field could be applicable at the plant. “

Additional volunteers that made this all happen included: Fao Sanni, Amanda Salliotte, Chelsea Eble, Joe Tanko, Danielle Burgoyne, Laura Stark, Theresa Wilson, Irene Weaver (Cook Chapter Chair), April Barricklow, Corey Shimulunus, Joe Carter, Scott Hehl, Brian Evans, Beth Heyeck, Ryan Brooks, and Amy Hojara. ✨



Diablo Canyon Chapter Supports National Engineers Week

Written by: **Heather Matteson**, Procedure Writer, Pacific Gas and Electric Company's Diablo Canyon Power Plant, Region IV

When a local middle school asked for help with a brand new Science, Technology, Engineering, Arts and Math (STEAM) pilot program for 15 young girls, the Diablo Canyon Chapter stepped up to the challenge. During National Engineer's Week, five female Diablo Canyon engineers from five distinct fields shared their experiences in working at a nuclear power plant.

The students were full of questions. In addition to being impressed that more than five women engineers worked at the station, they expressed surprise at their varied backgrounds and job functions. The students stated they had no idea that a nuclear power plant could offer so many different career choices, including chemistry, maintaining mechanical equipment, inspecting plant systems, instrumentation, operations, and technical writing.

The team shared the personal rewards of supporting a technology that has the power to improve people's lives while also protecting the planet for the future. ✨



From left to right: Lourdes Torres, Electrical Engineer, Heather Matteson, Materials Engineer, Alyssa Labrado, Judkins Middle School teacher, Heather Tarango, Nuclear Engineer, Merrie Johnson, Chemistry, and Stephanie Barnes, Mechanical Engineer.

Three Mile Island (TMI) Chapter Hosts Homeschoolers

Written by: **Kyle Routh**, Operations Shift Supervisor, Three Mile Island, Exelon Generation, Region I

In February, the TMI chapter organized and hosted a site visit for the parents and students of New Horizons Homeschool High School. Students from chemistry, physics and physical science classes were treated to an educational demonstration and tour of the simulator building, facilitated by chapter representatives Kyle Routh, Operations Shift Supervisor and John Tesmer, Simulator Coordinator.

The students were allowed to try their hand at being control room operators by pushing buttons and manipulating settings. Many commented that they were in amazement of how many dials and indicators were present, and they asked, "How do you know what all those buttons do?" Tesmer replied, "Lots of training!"

Following the tour and demonstration, students and staff discussed the many career opportunities that are possible in the nuclear industry. The chapter provided educational handouts including samples of simulated fuel pellets and mini chocolates with colorful wrappers that promote the chapter and the benefits of nuclear power, with phrases such as "Go Green, Go Clean, Go Nuclear."

All the participants commented on what a fascinating visit the experience was. The parents asked as many questions as the students, and all participants stated how thrilled they were to have had the opportunity to visit the TMI plant. ✨



TMI Chapter Supports 60th Annual Capital Area Science and Engineering Fair

Submitted by: **Carolyn Flory-MaGatz**, Maintenance Administrator, Exelon Generation, Three Mile Island (TMI), Region I

Each year the Capital Area Science and Engineering Fair reaches out to the TMI chapter to recruit employees to serve as judges for student projects, which cover a range of technology related topics. This year, chapter members Mara Levy, Tory Molchany, Michelle Vera, and Carolyn Flory-MaGatz volunteered.

Judges are instructed to look for project definition, design and methodology, execution, creativity, documentation, a chronological account of development, as well as solutions or further investigation. Once the judging is completed, interviews are conducted with each student to better understand the basic science relevant to the project.

The title of Grand Champion was awarded to a young man from Hershey High School who developed a cost-effective 3D printed hand with speech recognition. He will have the opportunity to compete in a global competition in Las Vegas against students from across the globe.

Chapter volunteers stated that they enjoy the opportunity to support the fair. "It is always an exciting event and educational to the judges as well," said Flory-MaGatz. "The projects were amazing and the students were very engaged." ✨

Women's Health and Lifestyle Fair features Quad Cities Chapter

Submitted by: **LuEllen Lee**, Senior Financial Analyst, Exelon Generation Station, Quad Cities, Region III

On Saturday, Mar. 4, the Exelon - Quad Cities Chapter hosted a table at the KWQC Women's Health and Lifestyle Fair held at the Davenport River Center, Davenport, IA. The event focuses on women's daily health and lifestyle choices and all aspects of daily living. The Quad Cities Chapter discussed how nuclear energy is important to air quality and health in the region and encouraged attendees to learn more about nuclear energy and the positive environment impacts nuclear reaps. Visitors spun a color wheel and answered trivia questions about nuclear. They also received a thermally insulated sleeve and fact sheet that covered the myths of nuclear power. Career information with the Exelon website was also handed out to perspective employees. The chapter was able to touch and discuss nuclear energy with more than 2,000 attendees during the event. ✨



Pictured: Liz Roberts and Melissa Baenziger

TMI Chapter Promotes Nuclear Careers at Middletown Area High School Career Expo

Submitted by: **Tamara Hanlon**, Senior Chemist, Exelon Generation, Three Mile Island (TMI), Region I

For the fifth consecutive year, the TMI chapter supported the Middletown Area High School's Annual Career Expo. The expo, which takes place in March, is held in the high school's gymnasium and includes participants from across the community that are considered "business partners" of the school.

The TMI chapter had two tables representing nuclear Instrument Technology and Engineering (EIT), along with chemistry, maintenance, and projects. Chapter members note the experience is very rewarding as they get an opportunity to share their personal career stories with students and hear more about students are looking for in a career path.



Tammy Hanlon, Renae Ditty and Jessica Spagnuolo answer student's questions about what kind of careers the nuclear industry offers.

The organizer, Adam Shaffer, who serves in many roles including Earth System Science Teacher, EIT Pathway Chair, Student Council Advisor, Senior Class Advisor, Football Coach and Baseball Coach, is key to the events success. However, Adam gives credit to the business partners, noting that, "Without the business partners, the Pathway Program couldn't exist!" ✨

Diablo Canyon Chapter Speaks at Local Women in Technology Dinner

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

Diablo Canyon Chapter board member Shilo Terek spoke at the Third Annual Women in Technology Dinner hosted by Softec on Feb. 22. Softec is a nonprofit organization with more than 2,000 members committed to creating and promoting technology events for enthusiasts of all ages throughout the community to connect, network, educate and learn. The organization and their mission directly support the Diablo Canyon Chapter's initiatives and the partnership has been blossoming since 2016.

The theme of the evening was "Talent, Technology, and Tactics: Everything you need to know about attracting and retaining talent." Terek's speech focused on attracting talent, specifically on how to engage future talent at an early age through the use of mentoring. Terek shared her personal story and journey to a technology career, which included being discouraged from entering STEM related fields by close family members. Her story centered around the big impact that small comments can have on an impressionable youth's decision making process.



Terek encouraged audience members to pursue mentorships and to partner with young women to encourage them to enter technology-related fields.

In addition to providing a keynote speaker, several chapter members attended, and the Diablo Canyon Chapter sponsored five student attendees from a local technology-focused high school. ✨

INL Chapter Members Support Hands-on Educational Activities Reaching 200 at Family Nuclear Science Night

Submitted by: **Marsha Bala**, Ph.D., R&D Strategic Initiatives Relationship Manager, Idaho National Laboratory, Region IV

Research shows that students are considering future career paths as early as middle school. Introducing them to science, technology, engineering and mathematics (STEM) subjects at an early age is vital to building the talent pipeline at Idaho National Laboratory.

This was a driving force behind Family Nuclear Science Night on Nov. 3 at the Center for Advanced Energy Studies in Idaho Falls. More than 200 attendees participated in several hands-on educational activities geared for elementary and middle-school children.

"I like science," 10-year-old Raquel Rodriguez said. "School can be boring, but it might be fun if it were more like this."

Dozens of Idaho National Laboratory (INL) employees, including members of their U.S. WIN chapter, volunteered to help at the event, held in recognition of Nuclear Science Week. Every

third week of October, Americans celebrate NSW to focus on the vital role nuclear science plays in everyday life and to expand awareness about new contributions, innovations and opportunities in the field.

Following opening remarks from INL Director Mark Peters, participants visited stations to play "Nuclear Science Bingo," create an electroscope from a foam cup and aluminum foil, learn about common sources of radiation, build a helium atom, see a space battery, or have an atom painted on their faces.

"Make sure to feed your curiosity," Peters said to the students in attendance. "Science is fun because every new day brings with it the possibility of some great discovery."

"We're having a great time," said Mary Rose Holtz, an INL employee who attended with her son, Hunter. "It's a fun way to share with the kids what we do at our jobs."

Employees repurposed the Snake River Room of CAES to create a "Human Reactor," where ping pong balls and a handful of participants demonstrated the chain reaction that occurs inside a nuclear reactor.

The four-walled, 3-D computer assisted virtual environment—or CAVE—was opened for guided tours, and proved to be one of the most popular stops. "The CAVE was really cool," said 10-year-old Paige Scates.

Her sister, Hayden, preferred the cloud chamber activity: young scientists used dry ice and isopropyl alcohol to craft an inexpensive homemade particle detector. After learning about alpha, beta and gamma rays, they used flashlights in a darkened room to see particles "squiggling like worms" across the bottom of the cloud chamber. In addition to nuclear scientists from INL, a number of famous historical figures were in attendance: Idaho Falls High School students dressed up as physicists such as Marie, Pierre



Lab Director Mark Peters looks on as two visitors show him how to make an electroscope.



INL's Marsha Bala (center, tie-dye lab coat) participates in a chain reaction to demonstrate the self-sustaining fission process that occurs in the core of a reactor.

and Irène Curie, Lise Meitner, Hans Geiger and Chien-Shiung Wu. Visitors used biographical booklets to ask these famous guests about their contributions to nuclear science.

"I asked Albert Einstein where he was from," Rebecca Pennock said. "He's from Germany."

Other students dressed as figures with INL connections, including Walter Zinn, who opened Experimental Breeder Reactor I in 1951, and Adm. Hyman Rickover, who managed the Navy's nuclear-propulsion project for a number of years at the Site.

Rebecca Pennock's brother, Seth, didn't have any questions for Adm. Rickover, but he did have a favorite of his own—the station where he answered a question about nuclear science in exchange for "Cosmic Cotton Candy."

Other favorites included "Working Safely with Nuclear Materials," a station where children learned about the importance of safety and how INL protects radiation workers by dressing in personal protective equipment.

Family Nuclear Science Night was hosted by INL, CAES and the University of Idaho American Nuclear Society Student Chapter, in partnership with Mothers for Nuclear, and the INL Chapter of U.S. Women in Nuclear. ✨

GINNA Chapter Hosts Girl Scout Event

Submitted by: **Jules Fiorita**, Records Management, R.E. Ginna Nuclear Power Plant, Region I

On Saturday, Nov. 5, the Ginna Chapter hosted its second Girl Scout "Get to Know Nuclear Patch" event. The event was attended by 96 Girl Scouts and 41 leaders and chaperones. The event kicked off with an overview about nuclear energy and the history of R.E. Ginna. Various interactive and informational stations taught the troop about fission, atom modeling, radiation decay, how a nuclear power plant produces electricity and STEM careers. Participants also built candy reactors, experience radiation protection markups, performed a nuclear dance and Atoms family song, as well as built an atom. Simulator tours were available for the duration of the event. A pizza lunch and Girl Scout song closed out the event. Each girl earned her "Getting to Know Nuclear Patch". It also brought awareness, not only to the Girl Scout Troop, but also the parents about clean, safe energy of nuclear power. ✨

WIN-ning Proposition

Submitted by: **Scott Fiedler**, Public Relations and Corporate Information, Tennessee Valley Authority, Region II

The maze of pipes and valves of the Tennessee Valley Authority's Browns Ferry Nuclear plant is a world away from an airplane cabin where Brady Queen-Peden started her professional career as a flight attendant in the 1980s. But her amazing career trajectory took her from helping air travelers to ensuring the safety and soundness of nuclear energy equipment that helps generate electricity for millions of people in the Tennessee Valley.

Success stories like Peden's circulated faster than cooling water in a reactor at the 2017 Region II U.S. Women in Nuclear Conference, hosted by TVA in February in Chattanooga, Tenn.

"It's an interesting ride to reinvent yourself," says Peden who held a career in marketing before returning to college and landing at TVA's Browns Ferry Nuclear Plant in 2003.

Safety lessons learned at 35,000 feet apply directly to Peden's current position as one of two nuclear surveillance [equipment test] coordinators at Browns Ferry. She helps ensure the plant's equipment is continually tested and that it always operates as designed. Missing even one test on the day and time is "unacceptable," Peden explains.

As a chairperson for the Browns Ferry's Chapter of U.S. Women in Nuclear, Peden's mission is outreach. "When people hear the word nuclear they seem to panic," says Peden. She changes that mindset by working with hundreds of young women to educate them about careers in the nuclear industry. She helps them to realize that all careers at TVA Nuclear and the nuclear industry in general are open to women—and that positions include administration, communications, engineering, finance, IT, medical, maintenance, plant operators, technical trades and more.

"Maintaining a willingness to learn is key," Peden concludes. "There are jobs for women in all applications of nuclear science and technology."

The nuclear industry employs about 100,000 people in the United States; however, a very small percentage of them are women. U.S. WIN wants to increase awareness among women that the nuclear career door is open to them. This year the U.S. WIN conference is bringing together over 250 female nuclear industry employees and nuclear engineering students from around the southeast who want to recruit new "sisters" into their nuclear family.



Conference vendor Jay Frankhouser of C&D Technologies, Inc., left, discusses product innovations with student and TVA's Brady Queen-Peden.

Jenny Baglio, a nuclear engineering major at North Carolina State University and first time Region 2 attendee, wanted to network and meet the women who in a few short months will become her peers.

"I don't think it has fully hit yet," says Baglio, who's a senior. "I'm going to be around these people for the rest of my career."

Baglio, who grew up in Houston, Texas, recently accepted a nuclear engineering position at GE-Hitachi, in Wilmington N.C. She chose an engineering career because "I really wanted to do something for the world. I could not see a major that was as active in everyone's lives as engineering. I think it is the easiest way to touch on multiple lives in a positive way."

Baglio is just the type of woman U.S. WIN wants to attract into the industry. "I would like to be in the forefront of nuclear technologies. I want to be part of the first economic simplified boiling water reactor that is going to go online in the future. I'm very hopeful that it will happen in my lifetime."

At U.S. WIN conferences around the country participants learn about just such new industry trends, network with each other and share their experiences to with the hope to achieve "critical mass" by inspiring young ladies to choose STEM careers that may lead directly to the nuclear industry.

"TVA is proud to be a part of this conference," says Beth Jenkins, TVA Watts Bar director, Plant Support. "TVA fully supports U.S. WIN's mission to inspire young women to choose STEM careers and break all barriers before them." ✨

Farley Chapter Supports Strengthening Individual Development Plans

Written by: **Kassondra Moore**, Farley License Renewal Project Manager; Farley Chapter Communications Chair; Region II

On Jan. 31, the Farley Chapter participated in a professional development meeting centered on Performance Development, specifically Individual Development Plans (IDPs).

An IDP is a plan that assists employees in career and personal development, with the primary purpose of helping employees reach short and long-term career goals, as well as improve current job performance.

Scott Briggs, Plant Manager, opened the meeting with a discussion around the key results and a case for change. Kim Armstrong, Human resources Business Consultant, led a stimulating discussion concerning the tools needed to formulate an effective personal development plan. Armstrong opened the discussion by contrasting the relationship between manager input and employee input to an employee's IDP. "We are encouraged to use the 5-point scale when we have performance discussions," explained Armstrong. The 5-point scale gives a balanced view of what development looks like and how

to leverage that information to help us focus and more clearly identify our personal developmental goals.

Armstrong's discussion transitioned to specifics about input into the IDP. A short skit led by Armstrong was beneficial in clarifying the collaborative role between the manager and the employee concerning input into the IDP. It should be noted however, that the employee is ultimately responsible for developing and implementing their IDP. The employee's supervisor or manager facilitates the IDP discussion and supports the employee on their journey to accomplishing the goals set forth in the IDP.

Several chapter members shared their experiences with developing IDPs and using the information on the Farley's Employee and Leader Development website. Others discussed that the IDP is personal and should contain information that helps the individual improve and meet their personal development goals. ✨

PSEG Chapter Hosts Enlightening Women in Politics Discussion

Written by: **Tanya Timberman**, Senior Licensing Engineer, PSEG Nuclear, Region I

On Mar. 23, the PSEG Chapter hosted a "Women in Politics" panel discussion. Attendees heard firsthand the inspirational stories and experiences from women who have served in local, regional and state elective offices. They discussed why they entered public life, which accomplishments they are most proud of and their advice for those considering getting involved. In addition to discussions on elected positions, the panelists discussed opportunities to serve on boards and appointed commissions and how others can advocate for issues that are important to you or your community.

One of the driving themes of the discussion was to "Just say YES!" if someone taps you on the shoulder and tells you that they want you to join their board/committee/commission. It was inspiring to hear the accomplishments of these women and know that so many of them entered politics because they were approached and said "Yes!" The event resulted in three chapter members saying "yes" to local service opportunities. ✨



Peach Bottom Celebrates Women's History Month

Submitted by: **Michelle Martelli**, System Engineer, Peach Bottom Atomic Power Station, Exelon Generation, Region I

On Friday Mar. 10, the Peach Bottom Chapter held their annual Women's History Month Luncheon. Peach Bottom's Plant Manager, Pat Navin started the offsite event off with a welcome message and stressed the importance of the National Women's History Month 2017 Theme of "Honoring Trailblazing Women in Labor and Business."

The luncheon is strategically scheduled and designed to leverage Women's History Month to encourage leadership development among women in the industry. This year's guest speaker was Julie Sickle, Exelon's Vice President of Nuclear Training. Julie discussed her career journey and had the group

"Develop their Leadership Story." This activity helped the group replay the videotape of their life and highlight key moments that developed them as a leader. These milestones were not only achievements, but difficulties and challenges that influenced their leadership journeys. Peach Bottom's Chapter is continuing their leadership story at the Chapters 2017 Professional Development Ted Talk Club. The first meeting of the Ted Talk Club was held on April 20, where the group watched TED Talks from Sheryl Sandberg on why there are too few women leaders. ✨



REGISTER NOW!

**2017 U.S. WIN
National Conference**
Hilton San Francisco
July 23-26

TVA Chapter Focuses on Advice for Career Goals

Submitted by: **Kendra Ware**, Program Manager of Procedures and Specifications, Tennessee Valley Authority, Region II

David Czufin, Senior Vice President of Engineering and Operations Support at Tennessee Valley Authority (TVA), provided career development advice to members of the TVA Chapter of U.S. WIN. At the chapter's November professional development meeting, David gave a one-hour presentation on Individual Development Plans (IDPs), which included discussion on the importance of setting specific goals, identifying personal strengths and weaknesses, and creating actions to bridge the gaps. He also provided insight into TVA's practice for selecting qualified candidates for advancement. Using his own career as an example, he shared candid advice with everyone about identifying needs for improvement in both knowledge and behavioral deficiencies.

"David's presentation was very valuable," said member, Amber Aboulfaida. "He encouraged us to think big when setting our goals, and to create actions that would help us achieve those goals." After the meeting, David met with members individually to provide feedback on their IDPs, which would enable them to successfully manage their careers. ✨



David Czufin gives valuable career advice to WIN member, Amber Aboulfaida

Ginna Chapter Promotes Networking and Health

Submitted by: **Jules Fiorita**, Records Management, R.E. Ginna Nuclear Power Plant, Region I

The U.S. WIN organization is built on three strategic objectives; public outreach, professional development and networking. The Ginna Chapter experienced a unique way for members to network, while maintaining a focus on health and seeing the city of Rochester, New York. As members pedaled through the city, stories were told by their guide of historical events that took place at each landmark. Several stops were made along the route for group photos and to experience the city's history, including murals, sculptures, the Sibley Building, and the Liberty Pole to mention a few. The networking event not only enlightened the group on history and great architecture of the city but what the future holds for it as well. ✨



WHAT IS U.S. WOMEN IN NUCLEAR?

- U.S. Women in Nuclear (U.S. WIN) is the premier network of over 8,000 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 thousands of members in more than 100 countries.

Follow U.S. WIN On Twitter!

Follow [@WomenInNuclear](https://twitter.com/WomenInNuclear) to keep up with U.S. WIN happenings.

We welcome your suggestions and comments by direct message on Twitter. If you'd like to join the Twitter Team, please email CommComm@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.