



# The WINning Edge

An Update on U.S. WIN Activities

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## 2015 U.S. Women In Nuclear National Conference – *The Student Experience*

### *How I Went from Ripping My Skirt to Speaking at the 2015 National Conference*

Written by: **Renee Frohnert**, Intern at Kennett Square Exelon, Senior, Penn State University, Region I

It was summer 2014. I was interning with Westinghouse Electric Company. While standing in my cube, I dropped a piece of paper. Like anyone would, I went to pick it up and heard a lovely ripping sound. Hoping my skirt was still intact, I slowly looked around to my side; my skirt was narrowly hanging on me by a few threads. With my face bright red, I peeked above my cube to see if there was a woman who could help me. Unfortunately, I could not find someone who could help me in this most embarrassing situation. I grabbed the stapler and ran to the restroom. I turned around and started to laugh at myself as I stapled my skirt back together.

Following this incident, I went straight to my computer and researched somehow to become more involved with women in the company. I saw that Westinghouse had a local chapter of U.S. Women in Nuclear. I contacted the chapter secretary and signed up right away – not knowing the doors it would open. The chapter secretary told me about the 2014 U.S. Women in Nuclear National Conference that was coming up in Boston, MA. She said that U.S. WIN has a Student Sponsorship Program that allows students to attend. I was lucky enough to be one of these students!

I fell in love with U.S. WIN at the 2014 National Conference. As part of the Student Sponsorship Program, I was partnered with a mentor who I could ask questions about the industry. The plenary and breakout sessions were amazing and I learned about different aspects of the industry moving forward. My experiences at this conference led me to establish the Penn State Chapter, return to the industry for two more internships, and sign up for the 2015 National Conference Committee.

This summer, I had the opportunity to attend the 2015 National Conference as part of my internship at Exelon Generation and the U.S. WIN Student Sponsorship Program. From being a part of the Conference Committee, I became a facilitator for a breakout session – Effective Usage of Electronic Communications. Not only was this the first time

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### 2015 Nuclear Science Week (NSW)



NSW kicks off Oct. 19. Go to [nuclearscienceweek.org](http://nuclearscienceweek.org) for activity ideas that your chapter can emulate. The U.S. WIN communications Committee will award \$500 in U.S. WIN Wear to the chapter that is the most "re-active" in promoting NSW. **#nuclearsciweek**

Email [commcomm@winus.org](mailto:commcomm@winus.org) for more information.

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facilitating, but it was my first time speaking in public in a professional setting! This allowed me to further my professional development. I networked with new WIN members in the industry, while also strengthening relationships with those I met in 2014. Also, I spent time learning from my mentor as part of the program.

I anticipate graduating with an Electrical Engineering degree from Penn State in May. My involvement in U.S. WIN has helped prepare me for my transition from student to new hire. I never expected the extent that the U.S. WIN Student Sponsorship Program would improve my professional development and networking skills. For any student who is interning or interested in the nuclear industry, I would highly recommend applying for the program. Two years ago I was stapling my ripped skirt together and now I have two great mentors, a lot of wonderful relationships in the industry, and enhanced public speaking skills! ✨



*Renee starting her break-out session on Effective Usage of Electronic Communications.*

### ***Sponsored Student Program is Encouraging More Collegiate Members***

Written by: **Kalene Hanson**, Industrial Engineering Intern, North Carolina State University, Region II

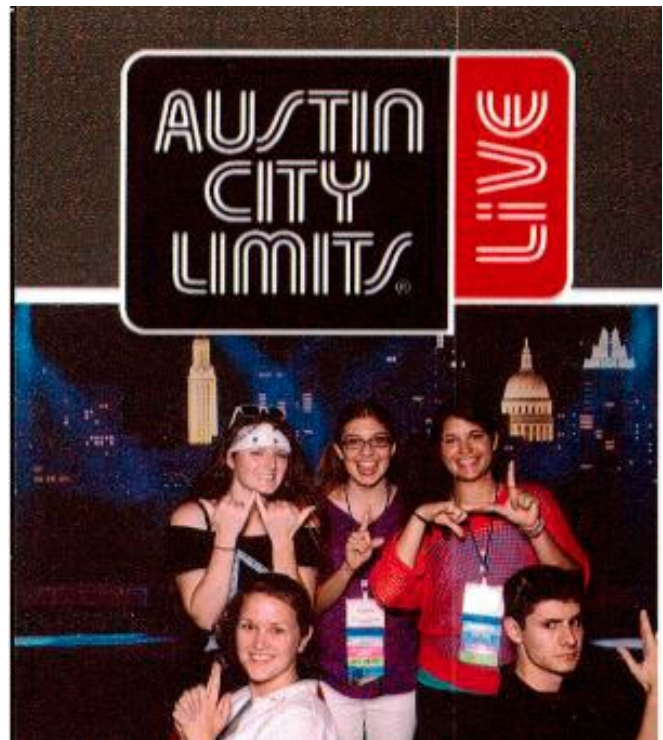
Sponsoring students to attend the National Conference is one of the most wonderful opportunities that U.S. WIN extends to students, and I am so thankful it continues to be offered year after year. Attending a conference allows students to completely focus on improving themselves and their chapters away from the commotion of work and school while networking with mentors that help them navigate their future career paths.

To collegiate members, conferences are incredibly inspiring – seeing accomplished women in the workplace excites and motivates us to continue to work hard and challenge ourselves. In July in Austin, I met many bright students from around the nation who will one day work beside me in industry. Friendships are made so quickly and in an effort to preserve the support we find in other members, we decided to host a collegiate get together.

Together with members from the University of Tennessee, Knoxville chapter, NC State University is planning a beach weekend in Wilmington, NC. Students from east coast schools with or without chapters are invited on the weekend of September 25-27. We are intent on getting some R&R – Reactors and Relaxation, that is! We're setting up tours of the local nuclear plant as well as the GE Hitachi fuel fabrication facility with the help of U.S. WIN members we met in Austin.

We really wanted a way to involve more students and to connect student chapters. We face different challenges than regular chapters since our members graduate in four short years, and we have yet to enter into the industry. This will be a social and educational step towards uniting more college students in U.S. Women in Nuclear and we hope it will be a recurring event each year!

Thank you all for helping out the university members of U.S. WIN with your support, guidance, and friendship, and by sponsoring their conference registration. Keep your eye out for this amazing group of future leaders that are actively working to better U.S. WIN and the entire nuclear industry. ✨



*Students spell out WIN at Austin City Limits*

## Responding to Fukushima, FLEX Strategies from Both Sides of the Plant

Written by: **Travis J. Labossiere-Hickman**, Intern at Atkins Nuclear Solutions, Senior, University of Tennessee, Region II

This summer, I had the good fortune of being sponsored to attend the National Conference in Austin. It was an incredible experience and every moment was packed with some combination of brilliant speakers, friendly attendees, and delicious meals.

While I enjoyed making friends and partaking in the banquets, the reason I was sponsored was for professional and academic development. Over the summer, I worked as an engineering intern for Atkins Nuclear Solutions in the risk analysis and fire protection engineering division. While there, I worked on pre-fire plans for the Fukushima Daiichi power plant, as well as researched the current status of the post-Fukushima response programs at each commercially operating U.S. Nuclear plant.

Through these projects I learned quite a bit about the accident at Fukushima Daiichi and what strategies are being implemented to prevent such an event from occurring again. In particular, I read through countless pages of NRC documents detailing how each plant in the country is (or isn't) following the new regulations.

I was right in the middle of this when the conference started. As luck would have it, the very first breakout session I attended was Current Technical Issues, which featured a presentation called "FLEX Strategy for Fukushima Response." Norman Terrel, the Comanche Peak Fukushima Program manager, broke down the spent fuel instrumentation, plant modification, and mitigation strategy projects in progress at the plant.

While I had read all about the regulatory side of beyond-design-basis mitigation, this was the first time I had heard from an individual who was actively involved in its implementation at a site. Hearing first-hand what Comanche Peak was doing to comply with the NRC orders and recommendations helped me to gain an appreciation of the real-world impact of the programs I researched. Mr. Terrel further highlighted both the technical and non-technical challenges the plant had faced, which is the part I found the most interesting.

When I resumed work following the conference, I had a newfound understanding of what the FLEX strategies and plant modifications were, how they could have reduced the damage at Fukushima, and what difficulties U.S. plants encounter when implementing the strategies and modifications. On my very first day back, I could already observe how much easier it made my task and how much more knowledgeably I could write about the topic.

My benefits from attending the conference were not just restricted to my internship at Atkins. No description of my time at the conference would be complete without a shout-out to my wonderful mentor. I met Renae Lenhof, of NuScale Power, during the student-mentor orientation the first night. Throughout the conference, she helped me to figure out the next steps in my career planning and explained the GRE, FE, and PE testing processes. I also enjoyed our discussions about small modular reactors. Thank you, Renae!

I would also like to thank U.S. WIN for sponsoring my hotel and conference attendance, and Dr. Hines of the University of Tennessee, Knoxville for sponsoring my airfare to and from Austin. Their generosity made it possible for me to experience this outstanding conference. I look forward to participating in more U.S. WIN events in the future! ✨



## An Experience That Keeps Giving

Written by: **Saya Rutherford**, Intern at AREVA Lynchburg, Senior, University of Tennessee, Region II

### Seizing the Opportunity

The 2015 National Conference is one for the books. It went way over any expectation I had for my first ever conference in the nuclear industry. I traveled to Austin, Texas from Lynchburg, Virginia, where I interned for Areva Inc. in pressurized water reactor (PWR) Fuel Neutronics. The second day of my internship, Peggy Hobbs, President of Areva Lynchburg's chapter, came to talk to all the interns about U.S. Women in Nuclear. I was the only female of the 13 interns in Lynchburg so I was excited to meet these ladies and get involved, since I will be serving as Secretary for the University of Tennessee

chapter. As Peggy was describing U.S. WIN and the Lynchburg chapter, I remembered the National Conference which I had first heard about back at school. I wanted to go so badly but I didn't think I would be able to because of my internship. But maybe I can go and this is my chance to ask! I raised my hand, "Will you be attending the National Conference in Austin, TX?" Peggy said, "Yes, we are. I think we would be able to support an intern. Would you be interested in going?" Yes, yes, a hundred times, YES!! Peggy made it happen. The Lynchburg chapter paid for my plane ticket. Now, I had to receive the Conference

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Sponsorship and I would be attending the conference at no cost at all. I applied and sent in all my paperwork. About two weeks later, I received an email from Richie Hayes congratulating me on receiving sponsorship to the conference.

### *Destination: Austin, TX*

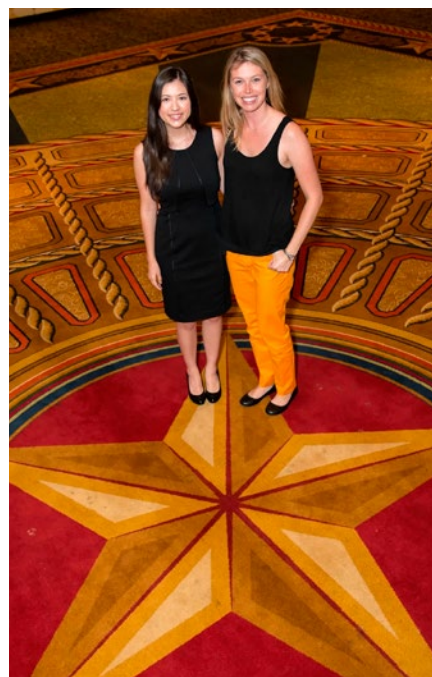
First off: Austin, TX. Need I say more? What a fun and vibrant city with so much life and so much to do! After settling into the hotel and enjoying the view of the colossal Texas capitol building from my 22nd floor window, I went downstairs to register and attend the student and mentor orientation. My first impression? Members are the kindest, friendliest, most close-knit group I have ever met. Everyone knew everyone! It was like a family reunion, where all the new members were immediately and warmly welcomed into the family. I also found that everyone is laid back. I wanted to be professional and career-oriented to make a good impression on all these accomplished mentors. However, everyone is very relaxed and personable, and they are interested in knowing about all parts of your life, not just your career. I truly felt comfortable among everyone here and it allowed me to really focus on meeting new people. Orientation began and Richie Hayes, the mastermind behind this program, gave a quick introduction, and then started naming off mentors and their mentees. I wasn't able to find my mentor before the meeting so I was anxious to see where she was. Richie called my name and I stood up and waved, looking around, waiting for an accompanying wave. Then, she said my mentor's name, Shilo Terek. It took only a second and Shilo and I were waving at each other across the room with excited smiles on our faces. I quickly learned how involved Shilo is with U.S. WIN. I would love to be just as involved as she is and attending the conference is the first step. In just the short amount of time we had before the welcome mixer, I already received so much advice from her. This was my first conference so I really wanted to make the best of it. With Shilo's advice, I went through the rest of the conference with the confidence to introduce myself to many people and to enjoy it all as much as possible.

### *Down to Business*

The topics of the breakout sessions varied and there were so many to choose from! From technical to professional development to political matters, so many facets of our industry were covered by all these incredible men and women from numerous companies and organizations. The differences in background in each of the speakers gave attendees so many different perspectives, some that you never thought of before, which helps to expand your mind and the way you think. Having a nuclear engineering background, I found the Advanced Reactors session to be very fascinating. In addition to describing the current advanced reactor designs, the technical facts of the three big nuclear disasters were explained and why they would never happen again. Being knowledgeable and aware of this information is a large part of being a nuclear advocate. With these tools, I can confidently promote nuclear power and convince anyone that reactors are inherently safe. Another session that really stood out to me was the plenary session about policy climate which discussed the political obstacles that the nuclear industry must overcome to begin growing once again. I left that day with more passion for our industry than before and the realization of the role I have as an individual who supports nuclear energy.

### *The After Party*

In conjunction with the conference was a social night, which turned out to be the most fun I've had in a long time! 80's Night with The Spazmatics is and will be the subject of many conversations between members for years to come. At Austin City Limits, The Spazmatics played all the great songs of the 80's and had the most hilarious commentary and dance moves. As soon as they started playing, everyone



went straight for the dance floor! Students, mentors, professors, Vice Presidents, CEOs, everyone! I saw so many people in 80's costumes that I had seen earlier in the day in a suit up on stage. We all had so much fun with old friends and new. Members work hard and play hard.

### *Revitalized Perspective*

What did the conference give me? Besides an enormous amount of nuclear knowledge and career advice, the greatest thing it gave me is a connection to these successful members of the industry. Being aware of these people's experiences helps you better understand yourself and will help you discover your passions and goals. I met so many amazing individuals that I have already contacted after the conference. If you want to be involved in the industry, the first step is to be part of an organization with people who are also very involved. I recommend both young female and male professionals to attend the conference. It was an incredible experience that keeps giving back. I am inspired. I want to help make UT's chapter great before I graduate next spring. The knowledge I received from the conference will allow me to do that. Thank you U.S. WIN and all the sponsors who allowed me to go to my first National Conference. I will definitely be attending next year! ✨

## An Incredible Experience

Written by: **Kaitlin McCarthy**, Intern Westinghouse, Senior, Virginia Tech, Region I

At the 2015 U.S. Women In Nuclear National Conference, in Austin, Texas, there was so much energy in each session; sessions filled with women who are usually in a setting where men are the majority. It showed me that with a strong, confident mindset, women can work alongside men in the nuclear industry. Since it was my first time attending the conference, it was beneficial to have a mentor to guide me to which events to attend and answer my questions. The entire event was an incredible experience that included a mix of technical, professional, and social events.

With whatever work I do, I like to create a picture for myself of how my efforts fit into the broader masterpiece of other's contributions. As an intern for Westinghouse in the nuclear field, the technical sessions at the conference helped me construct that picture. Talks concerning prospective projects, challenges in the nuclear field, and developing research made me realize the importance of my work in system testing.

Aside from the abundance of information presented in technical sessions, the sessions on how to act professionally in the workplace were very beneficial. As a student about to enter the workforce, these professional development sessions were very informative and showed me how to present myself as a new addition to the professional work environment. One of the sessions I attended was "Strategic Career Planning." During this talk, a variety of women gave insight on how to act, present myself, and other useful advice.

The free time between planned events was a perfect time to network with other women who work in the nuclear field. I loved having the opportunity to talk with women individually to hear their personal experiences of working in the industry. On the social side, the 80's night at Austin City Limits gave attendees a more relaxed setting to network and have fun with each other. I believe interacting in both the work and social environment is very important in the professional field and this conference encouraged both forms of networking.

A quote that I believe sums up the conference was mentioned by Dennis Koehl quoting Cindy Wahler, "Women ask for input, women ask great questions, and women encourage being challenged – not for the art of debate but rather to advance thinking." With any job, especially engineering, problem solving is a big component of getting the job done correctly. Women think differently than men, which adds a different perspective on challenging issues. Therefore, the increasing amount of women in the nuclear field is beneficial to companies and the entire field in general because more issues can be tackled with women's different mindset. The conference is a great annual event to encourage women to realize their potential with the variety of sessions and sharing individual experiences with each other. I feel very privileged to have attended such an impactful conference and I will utilize the skills that I learned and remember it for many years to come. ✨



## So Much to be Grateful For

Written by: **Hanah Choice**, University of Texas at Austin, Region IV

The second I walked into the grand lobby of the Hilton Hotel, my jaw dropped. From the sheer size of the lobby to the impressive echo my footsteps made across the marbled floor, I knew I was about to spend three days in the most luxurious hotel I had ever been to. Even after I checked in, I was still trying my best not gape so much. When I walked into the elevator, there was a group of women who were also attending the conference. Immediately I tuned in, they greeted each other warmly and soon laughter filled the elevator as we went up what it seemed like an infinite number of floors. That was when I started to go into panic mode, worrying about how I didn't know anyone and if I would waste this opportunity to network because of my shyness.

When it was time to go to orientation for students to meet their mentors, my next worry was about not making a good impression and as a result botch my entire time at the conference. After I nervously sat down at an empty seat, I was surprised at how easy it was to start a conversation with the people at my table. The other students seemed just as excited as I was to be there, and the other mentors were more than happy to talk about what they did in the industry. And when I met my mentor, I felt pure relief. She had me laughing within seconds and right away she made it clear that whatever I needed, she was there. Already I felt comfortable telling her my worries about not only the conference, but also my future in the nuclear field. She told me she went through the same thing, and didn't hesitate to offer her contact details

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if I ever wanted to reach out to her. When it was time to head to the networking session, once again I was overwhelmed, but this time by the sheer number of women in the room. I was introduced to her coworkers who were also just as hilarious and welcoming. During the event I couldn't help but get goose bumps knowing that all these amazing women, who were paving the road for my generation, were here to talk to and to learn from. Not only were the women in the industry impressive, the other students who had been to this conference before were extremely knowledgeable about the nuclear field and more than happy to share what they knew.

Over the course of those two days, this conference gave me so much to be grateful for. I learned about advanced nuclear reactors, the causes and repercussions of the Fukushima accident, and the need to address the public perception of nuclear energy. And that's just the tip of the iceberg. I made about twenty new role models,

including Carol Browner who candidly spoke about the need for nuclear energy to respond climate change and brought up the Clean Power Act with regulations that would enforce the reduction of energy plants' carbon emissions. And of course, my mentor who was there to answer my questions about the things I wasn't familiar with.

I was also able to enjoy my time outside of the conference events with the new friends I made. I actually attend University Texas Austin, but during this conference I finally took advantage of this great city exploring the Capitol and Austin's famed restaurants. And from talking with other students who have U.S. WIN or American Nuclear Society (ANS) chapters at their university, I gleaned new ideas for my university's ANS Chapter. Being surrounded by so many people to look up to and learning from the presentations, I became inspired to not only pursue a career in nuclear research, but to become a strong advocate for nuclear energy which I can do now and in the future. ✨

## *An Invaluable Experience*

Written by: **Leila Safavi-Tehrani**, University of California Irvine, Region IV

I first learned about the nuclear field in 2010, when I was still an undergraduate student at University of California Irvine, through a radioisotope techniques elective course. Prior to that I was very ignorant about the field and had the perception anything radioactive and nuclear-related was dangerous. My knowledge about the nuclear field became more in depth after starting graduate school at The University of California Irvine and joining Dr. Mikael Nilsson's nuclear research group. Knowledge in this field has replaced the misconception about nuclear, with the disciplines versatility to contribute positively to important areas such as energy and medicine.

The nuclear field is continuously contributing to both the diagnosis and treatment of various diseases. But the contribution of nuclear research is not only specific to medical advancements; it is continuously contributing to various fields. One major field is development and improvements in the energy field. With natural resources being depleted at a worrying rate, research and development in alternative and efficient energy sources such as nuclear power can contribute greatly to societies worldwide. After completing my graduate education I look forward to making a long lasting impact in the nuclear field through research and development in addition to educating future generations about nuclear science.

The 2015 U.S. Women in Nuclear National Conference in Austin, Texas was the first U.S. WIN conference I attended. As a graduate student I have participated in my fair share of conferences, both domestic and international, but there was something different at the U.S. WIN conference. It was very inspiring to be in the company of so many powerful, influential and smart women. The program for

students was very organized; each one of the students was paired up with a mentor. Having a mentor from the industry is very valuable to graduate students like me, who are mostly exposed to academics and research and rarely have the opportunity to interact and be mentored by individuals in the industry. I was paired up with Brooke Shehata from Exelon Generation, Oyster Creek, and we instantly connected. She was very nice, honest, sincere and informative. We both talked about our journeys although I was the one mostly trying to gather information and perspective about her experience in the nuclear field. The main areas where I was looking to get some perspective were the fact that the nuclear field, although evolving, has been a predominately male field and, as a woman, what opportunities are available and how easy is it to excel to higher positions in this field.

I not only talked to Brooke about excelling in the nuclear field, but also other women in the field, and hearing about all their accomplishments and how they have worked their way up to senior positions was truly inspiring. Another question and general concern I have regarding my future career is how I can effectively balance my career and be a mother and raise a family. All the women I talked to in this regard were very helpful and honest, they mentioned at times it was challenging to maintain the balance between a career and a family but with setting priorities straight and some compromise it is definitely achievable and very rewarding. Until I participated in the U.S. WIN conference my exposure to the nuclear field seldom included more than a few women so I am honored to have had the opportunity to participate in this conference and witness first-hand how women are excelling in the nuclear field. ✨

## U.S. WIN is for Both Women and Men

Written by: **Ernesto Ordóñez Ferrer**, Texas A&M University, Region IV

Conference experiences vary for each person. It all depends on how the traveling went, the things they learned, the people they met, and how much fun they had. I can't express how happy I was when I was approached to write an article about my experience, since my passion for nuclear engineering was definitely revitalized.

The first thing I would like to make abundantly clear is that U.S. WIN is for both women and men. Even though the acronym has the word "woman" in it, I did not feel left out at any point of the conference. I was treated as an equal and was able to participate in valuable and constructive conversations with many individuals.

In addition, I was chosen to participate in the Student Sponsor program. Looking back at my experience one month later, I realize that my experience would have been completely different if I had not participated in the program. Not only was I able to attend the conference with my friends, but I was also given the opportunity to engage with my mentor one-on-one. I was able to start my networking before the conference officially started and I gained a valuable friend. My mentor was Katherine Kunz and it was the first time in the student-mentor program for the both of us. Ms. Kunz gave me tips on how to network, introduced me to people, checked up on me during the conference, and even took a picture of me having fun at the 80's dance party. At the end of the conference, Ms. Kunz gave her two mentees paperweights and it is now sitting on my desk reminding of

how fun, exciting, and instructive the whole experience was. I'm happy knowing that we were both able to enjoy the conference and get to know each other.

Having gone to one conference before this one, I expected the conversations to go in a very specific way, however, as the conference went on, I noticed that the conference boiled down to giving attendees the chance to talk about the issues. There were no competitions and posters. It was always about "here are some issues regarding the industry and these are some ways we are trying to fix them." As a rising senior entering the industry I valued that a lot since it gave me a chance to learn. Even though most of the information went straight over my head, the fact that I was being exposed to social, economic, and political issues of my future career is invaluable.

Attending the conference in Austin was by far one of the best decisions and trips of this summer. I learned, saw, and ate a lot (the food we had was amazing). The contacts and friends I made are invaluable, and the memories are for a lifetime. So if anybody is on the fence about whether or not going to the conference, I would persuade you to go. You will get the chance to meet dedicated women and men trying to improve this industry. It will open you up to new challenges and solutions. It will give you the chance to travel and get to know a new city. But most importantly it will give you the chance to have fun and make connections that may last a lifetime. ✨

## Just Say Yes

Written by: **Savannah Racer**, Intern PSEG, Salem /Hope Creek, Salem Community College, Region I

This was the first U.S. WIN conference in which I was a sponsored student. The mentor program is a great way for college students to get out there as possible future nuclear employees. The networking experience with our mentors and the other students is amazing. Exchanging information and keeping in touch with your mentor or others from the conference will benefit all of us in the future. Also, learning from U.S. WIN members about their struggles provides perspective. I learned that they didn't get to where they are in a week or even a month and it wasn't easy but you just have to believe in yourself and know what you're capable of doing because becoming successful doesn't just happen with a blink of an eye. This conference taught me to "JUST SAY YES" to opportunities that you are given because you never know where they can take you!

The sessions, wow, what can I say? They were nothing shy of incredible. It's truly inspiring to listen to all of the success stories from women who have been in nuclear for 20+ years or even just a few years. The breakout sessions were great, and if you left them without a full page or notes you're doing something wrong. A few that stuck out to me; Effective Public Outreach, Strategic Career Planning, Social Media, and although I didn't get the opportunity to attend, I heard Healthy Living was a huge hit.

Effective Public Outreach is a great way to see and get ideas from

other nuclear facilities on what worked and what didn't for outreach activities. This session was all about reaching out to youth to get them aware of the nuclear world; most kids are terrified because they think of radiation and as soon as they hear the word they're terrified. This is why we need to reach out and educate because we want them to know more than just what they hear about the nuclear world. The most important thing I noticed in this session was the involvement from the audience in asking questions. Not only did the panel answer the questions, peers in the audience also gave their advice or suggestions. For example, there was a question raised about creating a girl scout badge and a few audience members chimed in who have either done a badge with girl scouts, are in the process of creating one, and we even had a girl scout leader who gave some insight. This session was important to me as a student because I can use the skills or even the successful events others used to reach out to my classmates to educate those who don't even know this career option is available to them.

Strategic Career Planning was another great session. Marjorie Buriaga, a professional image and wardrobe consultant, showed us how to present ourselves properly and professionally in the work place and gave some great advice and style tips that anyone could use including students to ensure we portray ourselves professionally in interviews.

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The Social Media session was interesting because no matter how much we all think we know about the internet and social media there's always something new to learn. For example, if you want to get people's attention or want something to be seen by a large audience, add a picture or a video. One presenter said, "A video is the best way to display a point, and the brain processes visuals 60,000 times faster than text. Therefore visual posts have a higher engagement rate than those without." As a student, I'm very tech savvy because that's the world we live in now and that's what's taught, so I know the power of the internet. As a young adult going into my final years of college what we post or say on social media could have a HUGE impact on our careers. Of course no one will forget about the awesome special event that was put on for us. I think 80's night at Austin City Limits with the Spazmatics will be a tough act to follow. The food was great, the band was entertaining, the photo booth was fun (who doesn't love a photo booth?), and of course memories were made. It was a wonderful event that gave us all the opportunity to relax, let loose, and have fun.

On a personal note, I would like to extend my appreciation and thanks to my group from PSEG, Carolyn Flory-MaGatz (CJ), my

mentor, Richie Hayes, and all others who helped put together this wonderful conference. To my PSEG colleagues, thanks for welcoming me, entertaining me, and guiding me through the week. It's a wonderful feeling as a student and intern knowing you have so many successful women behind you willing to support you any way they can. To CJ, my mentor, thanks for your insight, support, and a lifelong connection outside of the conference. Last but not least, Richie and the supporting individuals who put together this conference...WOW! I can't imagine the countless hours of time you all put into this and it's greatly appreciated! It was a huge success in my eyes and I wanted to thank you all for the dedication and efforts because it's obvious you all feel very passionate about this conference.

I would recommend this conference to any student thinking about coming next year and urge them to not to think twice about it. This is an awesome networking experience with many intelligent, successful, and inspiring women who want to help you and teach you from their experiences to ensure you are fully prepared for when and if you decide to seek employment in the nuclear industry.

Thanks again for this awesome opportunity, it was more than I could have ever imagined. ✨

## Susquehanna Chapter Awards Educational Gifts

Submitted by: **Patricia Horn**, Nuclear Communications, Talen Energy, Region I

Seniors Kelby Truchon and Emily Snyder from Northwest High School in Luzerne County Pennsylvania were the appreciative recipients of \$100 educational gifts contributed by Susquehanna Nuclear's chapter. The students were presented with their awards May 28 at Northwest Area Senior Academic Awards Assembly.

Every year, the chapter raises funds at Susquehanna Station to provide female students who express an interest in pursuing secondary education at an accredited college or university with an educational gift. Students who wish to pursue a course of study in either science, communication, business or engineering are eligible to participate.

This year the essay topic was, "There is no doubt that technology has changed the world. Tell us about a typical day in your life today and then compare/contrast it to a typical day in the life of someone your age 50 years ago when there were no cell phones, computers, iPads,

etc. Is life better or worse today than 50 years ago and why?" The award committee is comprised of members Lisa Helsel, Patty Horn and independently verified Bill Kahler.

"The gifts are a small token of encouragement to young women to consider and pursue a degree that can provide them with the solid building blocks for a successful career," said member and Nuclear Communications Coordinator Patty Horn who organizes the fundraising.

"There is a core group of members who are active in providing items for which employees donate money. We appreciate their willingness to consistently showcase their skills and commitment. Additionally, those co-workers who purchase our donated items to support these gifts deserve a heartfelt thank you. Without the work of the members and the buyers, these academic awards would not be possible." ✨

## Calvert Cliffs Chapter Awards Local Scholarship

Submitted by: **Lori Pyska**, Senior Maintenance and Training Instructor, Exelon Generation, Region I

The Calvert Cliffs chapter selected George Guethlein as the recipient of their annual \$1,000 scholarship. Applicants submitted a 500 word essay describing the importance of educating the public on nuclear energy and technologies. The essay competition is open to any southern Maryland area graduating high school senior that has been accepted to at least one college. Out of the 30 essays submitted this year, George's was selected as the winner because it was a well-researched essay that captured the

need to disprove common myths about nuclear energy and promote the benefits. George was home-schooled in Calvert County, and will be attending the College of Southern Maryland this fall where he will take classes in mechanical engineering. He intends on transferring to the University of Maryland to earn his Bachelor's degree in Mechanical Engineering. This is the fourth year that Calvert chapter has awarded this scholarship. ✨



## Three Mile Island Chapter “Paint Night” Networking Event

Written by: **Christine DeSantis**, Work Week Manager, Exelon Generation, Region I

On April 15, twelve members of Three Mile Island's (TMI) chapter explored their artistic side by participating in Paint Night Harrisburg. Under the instruction of an artist, each of the chapter members created their own “masterpiece” painting. Everyone enjoyed the evening and found that Paint Night was a nice, relaxing networking event. It was interesting to see how each member viewed the painting a little bit differently and put their own unique twist on their artwork. While none considered quitting their nuclear day jobs, overall, the event was a success. Portions of the proceeds from the event were donated to the Susan G. Komen Breast Cancer Walk. Susan G. Komen is the largest nonprofit support of breast cancer research helping to find new treatments and the cures. ✨



Front row Sue Sallade, Lissette Villarreal, Tracy Arnold, Deb Brown, Carolyn Flory-MaGatz, Back row Sue Zimmerman, Christine DeSantis, Guinevere Cripps, Carolyn Lough, Tracy Knisely, Michelle Vera and Becky Balliet

## Three Mile Island Chapter Supports Local Science, Technology, Engineering and Math (STEM) Summits

Written by: **Tammy Hanlon**, Senior Chemist, Exelon Generation, Region I

Two TMI chapter members participated in supporting local schools for STEM summits. During a math competition, students were divided into five groups and cycled through five math challenges comprised of fun math and algebra problems, games and puzzles. One volunteer at each table scores each team and provides all the answer keys.

During a relay event, students were divided into five teams and competed against each other in a series of fun events. They built a paper crinklier machine out of LEGO Bricks, used a static wand, shot an air canon, made and flew a paper airplane; dressed and undressed in an anti-contamination suit and walked barefoot across six dozen eggs trying not to break any. The volunteers timed each team and acted as the team's cheerleader until the end. During a chemistry experiment, students performed hands on science experiments. They mixed two liquids in a paper cup, poured into a vinyl glove and watched the substance grow and harden into a hand. Then they experimented with polymers and observed an elephant toothpaste chemical reaction. Each volunteer monitored their tables.

During a chemistry experiment, students performed hands on science experiments. They mixed two liquids in a paper cup, poured into a vinyl glove and watched the substance grow and harden into a hand. Then they experimented with polymers and observed an elephant toothpaste chemical reaction. Each volunteer monitored their tables.

During a career panel, panelist spoke about their education, career journey and current job in the STEM field. All panelists shared their starting salaries in their field and also brought props that identified with their current position. It was a personal, fun and engaging experience for the students.



Tammy Hanlon working with some Middletown Area High School students on a Chemistry project.



Cedar Cliff High School Junior students walking across raw eggs dressed out in protective clothing before they reach the finish line.

continued...

Students also participated in the marshmallow challenge. The students were divided into five groups and competed against each other to see who could build the tallest tower using 24 pieces of spaghetti, one yard of masking tape, and one marshmallow to be placed at the top. Volunteers monitored and measured the towers.

During an 80/20 competition, students were divided into five groups and competed against each other to see who could follow written directions to build a small barrier using 80/20 extruded aluminum profiles in the shortest amount of time. The volunteers explained the competition and monitored the student's participation.

The local schools were very thankful for the TMI chapter's dedication and enthusiasm and taking time out of their busy schedules to volunteer. A notable comment shared in response to, how would you describe the STEM Summit, was, "Awesome and I walked in here not wanting to do it. I was going to skip today and possibly drop out. Now staying in school to be a mechanical engineer." ✨

## AECOM's Fort Mill Hosts "Get to Know Nuclear"

Written by: **Kara Lukehart**, Administrative Assistant, AECOM (formerly URS), Region I

On June 6, AECOM's Fort Mill office hosted a "Get to Know Nuclear" workshop for approximately 15 local Girl Scout Cadets and their troop leaders. The workshop is based on a program developed by the American Nuclear Society and following completion of the event, the girls earn their patch. After a fun exercise where they learned the difference between fission and fusion, the Cadets rotated through five stations which each focused on a different aspect of nuclear. The girls learned about the structure of an atom, isotope half-life, how a nuclear energy facility operates, radiation and shielding, and nuclear careers.

Not only did the Cadets learn, but their mothers did, too! Comments included "Nuclear energy is very safe, despite what people think," and "Nuclear power plants emit STEAM and not smoke - safe! These engineers like their careers."

The event was such a success that the Hornet's Nest Council invited AECOM to present the workshop for their STEM day camp program in July. AECOM's U.S. Women in Nuclear and NA-YGN chapters are proud to promote STEM and nuclear careers for our local Girl Scouts. ✨





## Comanche Peak Nuclear Power Plant hosts Industry and University Tour

Written by: **Lauren Neuburger**, Engineering Corrective Action Program Coordinator, Luminant Power, Comanche Peak, Region I

Heat, hospitality and high-quality are three themes common to the comments from a group of nuclear industry professionals and university students that recently toured Luminant's Comanche Peak Nuclear Power Plant. The group of nearly 50 visitors who attended the 2015 U.S. Women In Nuclear National Conference, most from outside of Texas, toured the educational visitor's center, control room simulator, turbine building, and independent spent fuel storage installation.

Many of the visitors have benchmarked other nuclear stations and noted that Comanche Peak is "clean, impressive and has a lovely view from the turbine deck." They also said the staff is "friendly, informative, diverse, interesting and accommodating." Those who had never visited Texas before also noted that it was "very, very hot" with temperatures inside the turbine building reaching about 113 degrees.

"All of the tour guides and staff who helped with our visit were wonderful," said Jamie Dunn, a U.S. WIN member and civil design engineer from Columbia Generating Station in Washington. "My favorite part of the tour was the open-air turbine deck. It was the first time I've been to a pressurized water reactor and seen the open air concept in person. It was also a nice reprieve from the heat inside the turbine building!"

Comanche Peak chapter members enlisted the plant's North American Young Generation in Nuclear chapter members to assist as tour guides. They set up authentic Texas barbecue, provided safety briefs, gathered personal protective equipment for the visitors prior to entering the protected area, and answered visitors' technical and logistical questions. The visitors commented that seeing the young engineers, interns and maintenance technicians so willing to work together to organize the tour was refreshing.

The members of the Comanche Peak chapter are honored to have hosted the National Conference attendees, and hope to see them next time they return to Texas! ✨



*2015 National Conference attendees pose on the open-air turbine building roof at Comanche Peak during their site tour*

## AREVA Chapter Hosts Local Girl Scouts for STEM Power Day

Submitted by: **Peggy Hobbs**, Director, Corporate Internal Communications, WIN AREVA Chapter President, Lynchburg, Region II



Volunteers from the AREVA chapter hosted nearly 40 local Girl Scouts for their second "STEM Power Day" on Saturday, March 14.

The event was held at the Mt. Athos Road (MAR) facility and included workshops on engineering, electricity, electromagnetism, chemistry and teamwork.

"Just like AREVA, the U.S. WIN chapter is a strong proponent of STEM education and outreach. This event is one of the chapter's planned outreach activities with a goal of getting more girls interested in science and STEM-related learning," said Peggy Hobbs, Director Internal Communications and chapter president. "Thanks to volunteers representing the chapter, MAR employees and retirees and former employees who gave up their Saturday to work this event – because of their efforts, these girls learned about STEM careers and earned the new U.S. WIN STEM Power Day patch," she added. ✨



*Lynchburg area Girl Scouts enjoyed a full day of activities and a tour of AREVA facilities at MAR on March 14.*

## CB&I & Duke Energy Support Women in Engineering Summer Camp

Submitted by: **Christin Rose**, Sales Support Representative, CB&I Charlotte, Region II

On July 22, 2015, the U.S. Women in Nuclear CB&I Charlotte Chapter along with Duke Energy McGuire Chapter presented at the Women in Engineering Summer Camp held at ATI Specialty Materials in Monroe, NC. The Women in Engineering Summer Camp is an enrichment program for eighth-ninth grade girls interested in math and science. This program helps to inspire young girls in the different aspects of engineering. The volunteers were asked

to share their experiences as engineers, and address education, opportunities in their specific field, and lead an interactive activity, building candy reactors.

The CB&I and Duke Energy volunteers gave an "Engineering is Fun" presentation followed by a question and answer time, and then lead a "Basics of a Candy Reactor" activity. This activity was a great way to give students the perspective of how nuclear reactors work. ✨

## AREVA Chapter Hosts Tours of AREVA Facilities

Submitted by: **Peggy Hobbs**, Director, Corporate Internal Communications, WIN AREVA Chapter President, AREVA Lynchburg, Region II

AREVA's U.S. WIN chapter hosted tours of their Lynchburg facilities for members of U.S. WIN who attended the Region II conference in Richmond April 13-14. The conference, which was co-sponsored by AREVA and Dominion, focused on Life to 80 – prolonging the life of nuclear power plants from 60 to 80 years. Participants visited the AREVA U.S. Technical Center, Pump and Motors Service Center, and Technical Training Center to learn more about products and services that support Life to 80.

"We were excited to be included on the conference agenda and host more than 40 fellow members of U.S. Women in Nuclear," said Peggy Hobbs, AREVA Inc. Director of Internal Communications and President of the AREVA chapter of U.S. WIN in Lynchburg. "Activities such as this take our professional development endeavors to the next level, providing the opportunity for our chapter members to share AREVA's technology and innovation with industry representatives." ✨



## Vogle Chapter Support M.A.G.I.C. Summer Camp

Submitted by: **LaToya Hawes**, CB&I Construction Field Engineer and Vogle WIN Chapter Public Outreach Chair, Vogle 3 & 4, Region II

In Waynesboro, GA, Burke County High School hosted seventeen high school girls for a week long summer camp called M.A.G.I.C. – Mentoring A Girl In Construction. M.A.G.I.C. introduced the girls to the numerous employment opportunities for women in the nuclear construction industry. The girls participated in hands-on activities to acquire basic construction skills taught by female employees of Vogle with expertise in carpentry, electrical, and welding. In addition to developing new skills, a "safety-first" attitude, and greater confidence, U.S. Women in Nuclear members shared their stories and offered advice to the girls of M.A.G.I.C. Such questions including the following:

- **How they got into their roles in the nuclear industry?**
- **What it's like working in a construction industry which is predominately male?**
- **What are some of the positive experiences gained from working in the nuclear construction industry?**

U.S. Women in Nuclear, inspired the girls to focus on education, maintain a good work ethic, understand the importance of mentorship, and the benefits of the nuclear power industry. On the last day of camp, U.S. WIN provided giveaways and toured the Vogle units with the young women. By the end of camp week, some of the girls expressed genuine interest in pursuing training and degree programs in carpentry, welding, chemical engineering, and nuclear engineering to name a few and were given business cards from industry professionals offering continuous mentorship after the camp. ✨



*The girls of MAGIC dressed in pink PPE visit Vogle Units 1 & 2 cooling towers.*



## Four Exelon Midwest Chapters Partner for Professional Development Event

Written by: **Stephanie Kotnik**, Performance Improvement/Accreditation and Evaluation Specialist, Exelon Generation, Clinton Power Station, Region III



*Elisabet Rodriguez (center) with participants from the Professional Development Event*

On June 22, thirty women from Braidwood, Clinton, Dresden and LaSalle's Chapters of U.S. Women in Nuclear participated in a professional development event with Elisabet Rodriguez Dennehy at the Parke Regency Hotel and Conference Center in Bloomington, IL. Elisabet Rodriguez is the founder and president of Rodriguez & Associates, a strategic consulting firm headquartered in Pittsburgh, Pennsylvania. The firm specializes in a customized approach to women's advancement in organizations and author of *"Can You Afford to Ignore Me? How to Manage Gender and Cultural Differences at Work."*

Participants spent the day discussing topics such as: Self Awareness, Self Promotion, Biases, Diversity, Multi-generational Workforce and Managing Stress. Through probing questions and lively discussion, Elisabet drew out the real-world personal experiences of the participants - and helped them reframe the challenges they face, discuss difficulties in a constructive way, and discover solutions to the obstacles that have blocked their success. The session included mini workshops and break-out sessions. Additionally, a multi-site networking event was hosted after the seminar. ✨



### U.S. WIN is Social, Join Us

Social Media Statistics

**Facebook Likes – 1,557**

**Twitter Followers – 4,083**

**LinkedIn - 1,544**



## 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.

### 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 **kara.lukehart@aeom.com** for more information.

## 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.