

WiNUP METRO QUARTERLY



INSIDE THIS ISSUE:

International Conference	1-2
Emotional Intelligence Presentation	2
Breckenridge Brewery	3
Get To Know-Julie Oakley	3
International Conference Photo	4-7
Carmelite Christmas Event	8
Save the Date: Topgolf Social	9
WiNUP 2020 Events Calendar	9
Workshop Info & Reminders	10
Winter Safety Message	11

Don't Forget to Like and Follow Us on [Facebook](#) and [LinkedIn](#).



Save the [Metro Chicago website](#) to your favorites!

INTERNATIONAL CONFERENCE By: Lisa Juergens

This past fall, several of us had the wonderful opportunity to visit the beautiful state of Colorado for WiNUP's International Conference. It was three days filled with engaging speakers, interactive and interesting tours, and dinner at the Denver Aquarium. Mother Nature kept us guessing with one day warm enough to hike at the nearby trails, and the next gracing us with temperatures in the teens and a blanket of the white stuff. There were many laughs, connections, and even friendships made October 6-9, 2019.

Kicking the event off with a Welcome Reception, there were introductions and networking that started our journey together with stories of our home states, families and how we found WiNUP. On Monday we learned about Electric Utilities from all Angles hearing from a panel with years



of experience and Renewable Energy from Bobi Garrett, the Deputy Laboratory Director and COO of NREL. Several of us then headed to NREL for a fascinating tour, while others headed to fun and scenic tours of Red Rocks and Breckenridge Brewery, which you can read more about on pages 2-7.

On Tuesday we listened with our hearts as we heard the incredible story of Emily Stark and how turning challenges into Opportunities can determine a path of success and strength. We also learned the importance of cyber security and how a posi-

tive self-“Brand” can allow you to show others what you are worth. As the day went on, leadership skills were discussed giving us insight into what kind of leader we strive to be. We also discussed how the utility industry was adapting to change, with an impressive panel consisting of Jennifer Montague, NIPSCO Vice-President of Communications and External Affairs. We closed the day with a presentation from Francesca Wahl of Tesla-

(continued on next page)

“It is very important to understand that emotional intelligence is not the opposite of intelligence. It is not the triumph of heart over intelligence. It is the unique intersection of both.”

David Caruso

who provided a background of the innovative company, and an opportunity to sit in one of Tesla’s slick cars.



The evening was filled with glitter, tiaras and awards as we attended the formal dinner at the Denver Aquarium. It was a unique experience being introduced to a few aquarium residents and gathering the entire Metro-Chicago Chapter for a picture on the staircase (pictures on page 6).

Our final day was a presentation on Emotional Intelligence presented by Sarah Turner of Faroute Group. We were engaged in discussions, both serious and humorous, on how our success in careers depends on how we do our job and how we interact with others. See below for more on the emotional intelligence presentation.

The WiNUP International Conference in the amazing state of Colorado was four days of new faces, fun moments, deep conversation and memories.

EMOTIONAL INTELLIGENCE PRESENTATION

By: Lisa Juergens

In a presentation by Sarah Turner of Faroute Group we were introduced to the study of Emotional Intelligence. Sarah gave insight into our own minds and made us think deeply as to how we show up to situations. We started our day by learning that Emotional Intelligence (EI) is the capacity for recognizing our own feelings and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships. It is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way.

In a very engaging way Sarah explained exactly what that means in our everyday lives. Through self-assessments, quizzes and active discussion we were walked through the five components of EI. We looked at ourselves from a new perspective and consciously become aware of our self-expression, stress management, decision making, self-perception and interpersonal relationships. Through out the presentation Sarah passed out \$2 bills as incentive to participate. In doing so, she explained it was her hope that after this presentation we would be more aware, more present and more understanding of who we are.

GET TO KNOW: JULIE OAKLEY

By: Brittany Komenda

Q: Share a little bit about your background. Where did you grow up? Where did you go to school? How did your path bring you to NiSource?

I am a region native. I grew up in Cedar Lake and now reside in Crown Point. I attended Purdue Calumet (now Northwest) in Hammond. I obtained an Industrial Engineering degree in 2009. Upon graduation the job market was not favorable, so I went back to school and obtained a Bachelor's degree in Nursing. I became a Registered Nurse and worked at an area hospital in the ICU (Intensive Care Unit). During this time a job posting for field engineering came about at NIPSCO and I decided to explore this opportunity and utilize my engineering degree. I was fortunate and was selected for the position.

Q: Explain your current role with NiSource.

I'm an Electric System Planning Engineer on the distribution side of our system. I analyze our system and run studies to ensure new residential, commercial and industrial customer loads can be handled on the current state of our distribution system. If we cannot handle the new loads I make recommendations for upgrades that are needed to maintain reliability. I also help plan what improvements or additions to our system are required in future years. Lastly, I review all the distributed generation (solar and wind) applications from customers that want to interconnect to our distribution system.

Q: What do you do when you're not working? Hobbies? Interests?

I have two young children Olivia age 6 and Ethan age 4 1/2. So life is full of fun but busy. They do consume much of my time with school, sports, and activities but when I do find some time for myself I really enjoy reading and building puzzles. I am working on a reading challenge where I have set a goal to read 25 books in 2020, I have completed 3 so far!



Q: What is the best career advice you have received so far?

Network, Network, Network. We hear it all the time that networking helps with career growth. For me, this is very true. I have found the more you network the more you know. You build relationships with others outside your area to gain knowledge and guidance, but also find that shoulder to lean on during difficult situations where you need advice.

Q: What's one thing you've done that's really pushed you out of your comfort zone?

Making the career change from Nursing to Engineering. I was comfortable and confident in my nursing career so it was definitely scary to "start over" and learn a whole new skill set.

Q: Why did you join WinUP and what recommendations would you have for others to join?

I joined WinUP my first year at NIPSCO after attending the International conference. I love the history of the WinUP organization and how it has evolved over the years. I would recommend others to join because it gives you many opportunities for personal growth and networking with others from different career paths.

BRECKENRIDGE BREWERY

By: Julie Burch

The tour to the Breckenridge Brewery began with a taste test in their Farm House with a panoramic view of the Rocky Mountains. This offered a wonderful venue and networking opportunity. A guided tour provided a step by step view of their brewing process. The Breckenridge Brewery produces 60,000 barrels a year, servicing 35 states as a unit of Anheuser Busch.

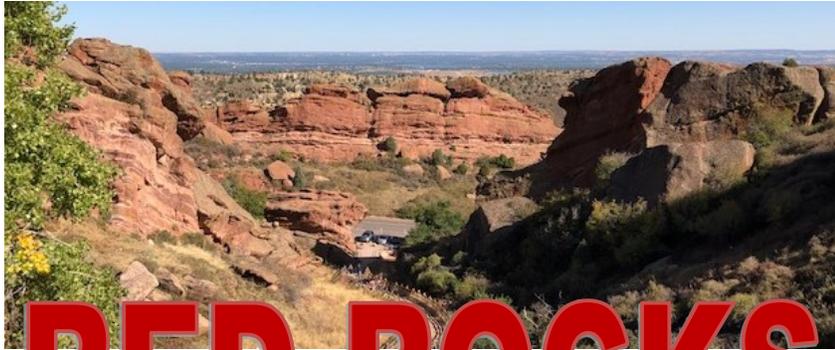
Their quality and consistency earns them an impressive reputation by their customers and within their industry. It was a great opportunity for WinUP members to get an inside view of such a successful business.





Breckenridge Brewery

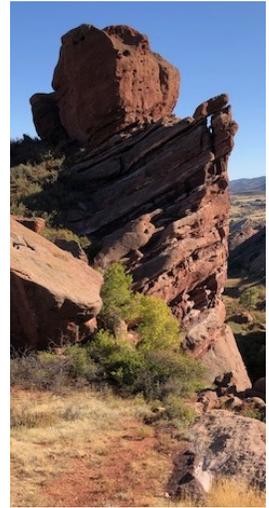




RED ROCKS



T O U

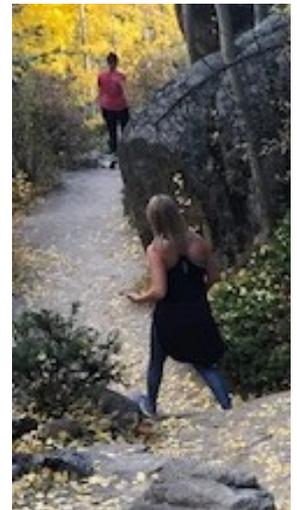


R





The
Aquarium



WINUP SUPPORTS CARMELITE HOME CHRISTMAS PARTY

By: Natalie Ladd

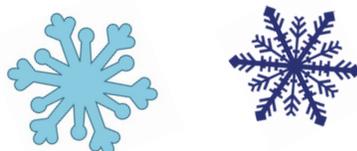
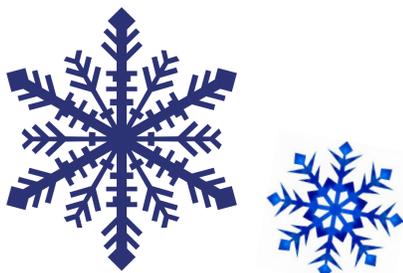
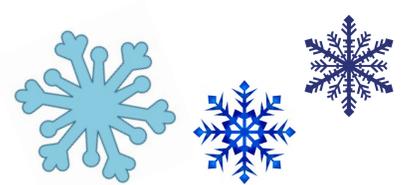
Members of the Metro Chicago chapter volunteered on Saturday, December 14th at the St. Joseph's Carmelite Home in East Chicago for their annual Christmas Party. In addition to volunteering, the Metro Chicago chapter sponsored an 11 year old girl and were able to contribute wonderful Christmas gifts for her.

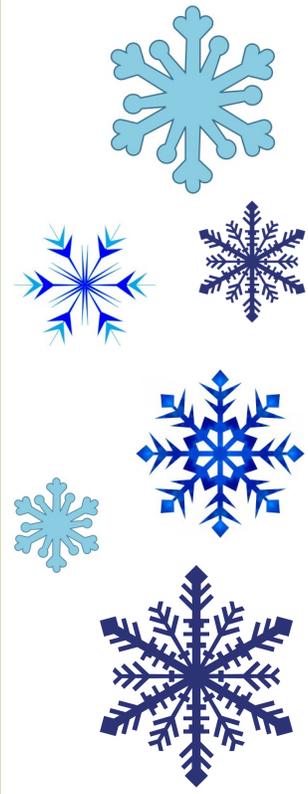
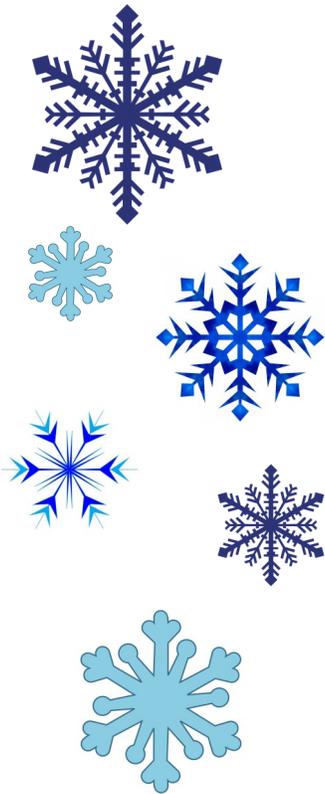
Founded in 1913, St. Joseph's Carmelite Home serves children, from newborn to age 18, on the same East Chicago street where it began. The home initially began as an orphanage and over time evolved into a non-profit residential treatment center. Children are placed in the home through the Indiana Department of Child Services. The home's focus is on rehabilitating the whole family and often will house siblings.

For more information about the St. Joseph's Carmelite Home, visit their website: <http://carmelitehome.org/>.



WiNUP Metro Chicago Members Denise Muniz, Liz Dousias, and Beth Postma volunteer at the St. Joseph's Carmelite Home Christmas Party.





WiNUP Member Social



Topgolf – Naperville

Open to all WiNUP Metro Chicago Members
Appetizers, soft drinks, and one alcoholic drink provided
\$35 per member
Final RSVP and payment due by February 20th
February 28, 2020 7pm – 9pm
3211 Odyssey Ct, Naperville, IL 60563
REGISTER NOW @
<https://www.winupmetrochicago.org/upcomingevents>



WiNUP Metro Chicago 2020 Events

January

- Jan. 26th - Ice Skating Outing
- Jan. 29th - Workshop: 'Get to Know You' Conversations

May

- Metro Chicago Regional Meeting
- Buddy Bags Project
- May: National Electric Safety Month

September

- Pizza Party & Movie Event
- Sep. 27th - 30th: WINUP International Conference - Little Rock, AR

February

- Feb. 17th - Introduce a Girl to Engineering Day
- Feb. 28th - Topgolf Outing
- Metro Chicago Road Show

June

- Volunteer with Calumet Humane Society
- Cozy Barn Signs Creative Outing

October

- Field/Plant Tour
- Breast Cancer Walk
- Pumpkin Patch Outing

March

- Mar. 27th - Beecher HS Career Fair
- Membership Breakfast & Business Meeting
- Cosmic Bowling Outing
- March: Women's History Month

July

- Cubs vs. White Sox Baseball Outing
- Volunteer with Phil's Friends

November

- Membership Breakfast & Business Meeting
- Volunteer with Food Pantry/ Soup Kitchen
- Nov. 8th: National STEM Day

April

- Apr. 8th - Hebron Middle School Science Fair
- Apr. 18th: Lineman Appreciation Day
- Workshop: Personality Assessment
- April: National Safe Digging Month

August

- Workshop: Executive Presence
- Volunteer at Pack-A-Palooza
- Aug. 11th: National Safe Digging Day

December

- Carmelite Home Holiday Party - Sponsor a Child
- Buns Care Shoe Drive
- The Nutcracker Outing

*All events listed above are subject to change. Additional STEM volunteer opportunities may be available as well. Please contact winupmetrochicago@gmail.com for additional details.



RSVP for WiNUP Metro Chicago January Workshop



“Get to Know You” Conversations

Date: January 29, 2020

Time: 11am – 1pm CT

Lunch: Bring your lunch (light refreshments provided)

Location: NiSource Southlake Office

Conference Room ABC, 2nd Floor

801 E. 86th Avenue

Merrillville, IN 46410

Presented By: **Jennifer Montague**, NIPSCO Vice President
Communications and External Affairs

Session Description: Jennifer will lead attendees through a
proven method of navigating introductory conversations to
create a foundation for networking and building purposeful
relationships.



RENEW YOUR WiNUP MEMBERSHIP TODAY!

<https://www.winupmetrochicago.org/upcomingevents>

Memberships must be renewed by February 1st

KEEP UP WITH WiNUP!

<https://www.winupmetrochicago.org/>

REGISTER FOR TOPGOLF SOCIAL TODAY!

<https://www.winupmetrochicago.org/upcomingevents>

WINTER SAFETY MESSAGE

Harmful Effects of Cold

General Hypothermia

Occurs when the body temperature falls to a level where normal muscular and cerebral functions are impaired. While hypothermia is generally associated with freezing temperatures, it may occur in any climate where a person's body temperature falls below normal. For instance, hypothermia is common among the elderly who live in cold houses.

Symptoms

The first symptoms of hypothermia, shivering, an inability to do complex motor functions, lethargy, and mild confusion, occur as the core body temperature decreases to around 95° F. As body temperature continues to fall, hypothermia becomes more severe. The individual falls into a state of dazed consciousness, failing to complete even simple motor functions. The victim's speech becomes slurred and his or her behavior may become irrational. The most severe state of hypothermia occurs when the body temperature falls below 90° F. As a result, the body moves into a state of hibernation, slowing the heart

rate, blood flow, and breathing. Unconsciousness and full heart failure can occur in the severely hypothermic state.

Treatment

Treatment of hypothermia involves conserving the victim's remaining body heat and providing additional heat sources. Specific measures will vary depending upon the severity and setting (field or hospital). Handle hypothermic people very carefully because of the increased irritability of the cold heart. Seek medical assistance for persons suspected of being moderately or severely hypothermic. If the person is unresponsive and not shivering, assume he or she is suffering from severe hypothermia. Reduction of heat loss can be accomplished by various means; obtaining shelter, removal of wet clothing, adding layers of dry clothing, blankets, or using a pre-warmed sleeping bag. For mildly hypothermic cases or those more severe cases where medical treatment will be significantly delayed, external-rewarming techniques may be applied. This includes body-to-body contact, chemical heat packs, or insulated hot water bottles. Good areas to place these packs are the armpits, neck, chest, and groin. It is best to have the person lying down

when applying external rewarming. You may also give mildly hypothermic people warm fluids orally, but avoid beverages containing alcohol or caffeine.

Frostbite

Occurs when the skin tissue actually freezes, causing ice crystals to form between cells and draw water from them, which leads to cellular dehydration. Although this typically occurs at temperatures below 30° F, wind chill effects can cause frostbite at above-freezing temperatures.

Symptoms

Initial effects of frostbite include uncomfortable sensations of coldness; tingling, stinging or aching feeling of the exposed area followed by numbness. Ears, fingers, toes, cheeks, and noses are primarily affected. Frostbitten areas appear white and cold to the touch. The appearance of frostbite varies depending on whether rewarming has occurred. Deeper frostbite involves freezing of deeper tissues (muscles, tendons, etc.) causing exposed areas to become numb, painless, and hard to the touch.

Treatment

If you suspect frostbite, you should seek medical assistance immediately. Any existing hypothermia should be treated first. Frostbitten parts should be covered with dry, sterile gauze or soft, clean cloth bandages. Do not massage frostbitten tissue because this sometimes causes greater injury. Severe cases may require hospitalization and even amputation of affected tissue. Take measures to prevent further cold injury. If formal medical treatment will be delayed, consult with a licensed health care professional for training on rewarming techniques.

