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Office of External Affairs
888 First Street, NE
Washington, DC 20426
Fax: 202-208-2106
Email: foia-ceij@ferc.gov
[FERC Electronic FOIA Request Form](#)

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FEDERAL ENERGY REGULATORY COMMISSION
WASHINGTON, D.C. 20426

APR 11 2016

Re: FOIA No. FY16-38,
First Rolling Response

VIA ELECTRONIC AND REGULAR MAIL

By correspondence received on February 29, 2016, you filed a request for information pursuant to the Freedom of Information Act (FOIA), 5 U.S.C. § 552 (2012) and the Federal Energy Regulatory Commission's (FERC or Commission) FOIA regulations, 18 C.F.R. § 388.108 (2016). Specifically, you requested a copy of "each FERC employee newsletter (FERC Insider) produced during calendar years 2014 and 2015."

A search of the Commission's non-public files identified the responsive material. Given the amount of Commission staff time required to process the responsive information, we are making an initial determination with additional determinations to follow.¹ At this time, we are releasing five documents in which portions have been redacted pursuant to FOIA Exemption 6. Under FOIA Exemption 6, an agency should not disclose "personnel . . . and similar files the disclosure of which would constitute a clearly unwarranted invasion of privacy." 5 U.S.C. § 552(b)(6). Here, the personal information redacted from the documents includes the names and other personally identifying information about lower-level employees. *See e.g., Elec. Privacy Info. Ctr. v. Dep't of Homeland Sec.*, 384 F. Supp. 2d 100 (D.D.C. 2005); *see also Cofield v. City of LaGrange, GA*, 913 F. Supp. 608, 616 (D.D.C. 1996).

¹ *See S. Yuba River Citizens League v. Nat'l Marine Fisheries Serv.*, No. Civ. S-06-2845, 2008 U.S. Dist. LEXIS 107177, 47 (E.D. Cal. June 20, 2008) (supporting the practice of releasing documents on a rolling basis); *Hinton v. Fed Bureau of Investigations*, 527 F. Supp. 223, 225 (E.D. Penn. 1981) (noting that rolling responses preserve the government's right to carefully review material while promoting FOIA's disclosure goals); *see also* U.S. Dept. of Justice, *FOIA Post*, "OIP Guidance: The importance of Good Communication with FOIA requesters," (posted 2010).

Commission staff will continue to review the documents with determinations to follow on a rolling basis. We anticipate our next response will issue within twenty (20) business days of the date of this letter. If you have any questions regarding this matter, please contact the undersigned by facsimile at (202) 208-2106 or contact Toyia Johnson of my staff at (202) 502-6088 or by e-mail to foia-ceii@ferc.gov.

Ordinarily, any appeal from a FOIA determination must be filed within 45 days of the date of issuance as provided by the Freedom of Information Act and 18 C.F.R. § 388.110(a)(1) of the Commission's regulations. However, because your request is being processed on a rolling basis, the Commission is willing to hold your appeal rights in abeyance pending a final determination. This would allow you to file a single appeal at the conclusion of our processing of your request. We anticipate making our next determination in this matter in approximately twenty business days. If you decide to appeal, this appeal must be in writing, addressed to Max Minzner, General Counsel, Federal Energy Regulatory Commission, 888 First Street, NE, Washington, DC 20426, and clearly marked "Freedom of Information Act Appeal." Please include a copy to Charles A. Beamon, Associate General Counsel, General and Administrative Law, at the same address.

Sincerely,



Leonard M. Tao
Director
Office of External Affairs

Enclosures (2)

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EDITORIAL

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Welcome to the January 2014

ISSUE OF THE FERC INSIDER!



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- [2013 CFC a Success](#)
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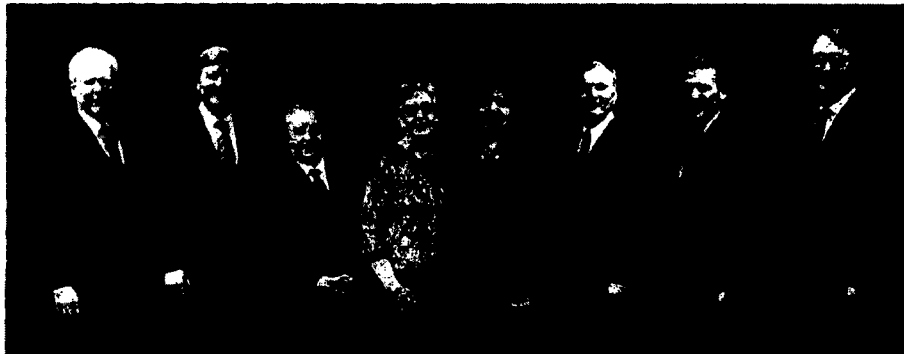
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FERC Celebrates 1,000th Meeting



FERC celebrated its 1,000th Commission meeting on December 19, 2013, with a gathering of former FERC Chairmen and a performance by a student from the Duke Ellington School of the Arts.

The Commission celebration took place during its regularly scheduled December meeting. It began with the National Anthem performed by [REDACTED], a student at the Duke Ellington School of the Arts in Washington, D.C. Former FERC Chair Elizabeth Moler (1993-1997), Chairmen James Hoecker (1997-2001), Curt Hébert Jr. (2001) and Joseph Kelliher (2005-2008) joined Acting Chairman Cheryl LaFleur and Commissioners Phillip Moeller, John Norris and Tony Clark at the dais for a retrospective discussion of Commission activities.



FERC was formed in 1977 when Congress enacted the Department of Energy Organization Act, which reorganized the Federal Power Commission and expanded its responsibilities to better address the nation's energy challenges. FERC administers the Federal Power Act, the Natural Gas Act and the Interstate Commerce Act. Congress created the Federal Power Commission in 1928.





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HOT
TOPICS**FERC, CFTC Sign MOUs on Jurisdiction and Information Sharing**

FERC and the Commodity Futures Trading Commission (CFTC) have signed two Memoranda of Understanding (MOU) to address circumstances of overlapping jurisdiction and to share information in connection with market surveillance and investigations into potential market manipulation, fraud or abuse. The MOUs allow the agencies to promote effective and efficient regulation to protect energy market competitors and consumers.

The jurisdiction MOU sets out a process under which the agencies will notify each other of activities that may involve overlapping jurisdiction and coordinate to address the agencies' regulatory concerns. The new information sharing MOU establishes procedures through which the agencies will share information of mutual interest related to their respective market surveillance and investigative responsibilities, while maintaining confidentiality and data protection. In support of the new information sharing MOU, CFTC Chairman Gary Gensler and FERC Acting Chairman Cheryl LaFleur also agreed that the agencies will work together to share appropriate data relating to financial markets for gas and electricity on an ongoing basis.

"These memoranda will further strengthen FERC's ability to perform its market oversight and enforcement responsibilities," said Acting Chairman LaFleur. "As FERC's role in overseeing the competitive energy markets has grown since the passage of the Energy Policy Act of 2005, our need to coordinate with the CFTC is increasingly important. I appreciate Chairman Gensler's work on these agreements and look forward to continued cooperation between our agencies."

"I'm so pleased that with Acting Chairman LaFleur, our two agencies have been able to enter into these Memoranda of Understanding," said CFTC Chairman Gensler. "These memoranda will help lead to better protection of the nation's energy markets and increase cooperation between the agencies."

Congress directed the CFTC and FERC to develop the MOUs as part of the Dodd-Frank Wall Street Reform and Consumer Protection Act. The agencies have been operating under a 2005 MOU that allowed information exchange related to oversight or investigations.

You can view the PDF documents on FERC.gov:

[Jurisdiction MOU](#) | [Information Sharing MOU](#) | [CFTC Chairman's Letter](#)

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Leadership Development Program

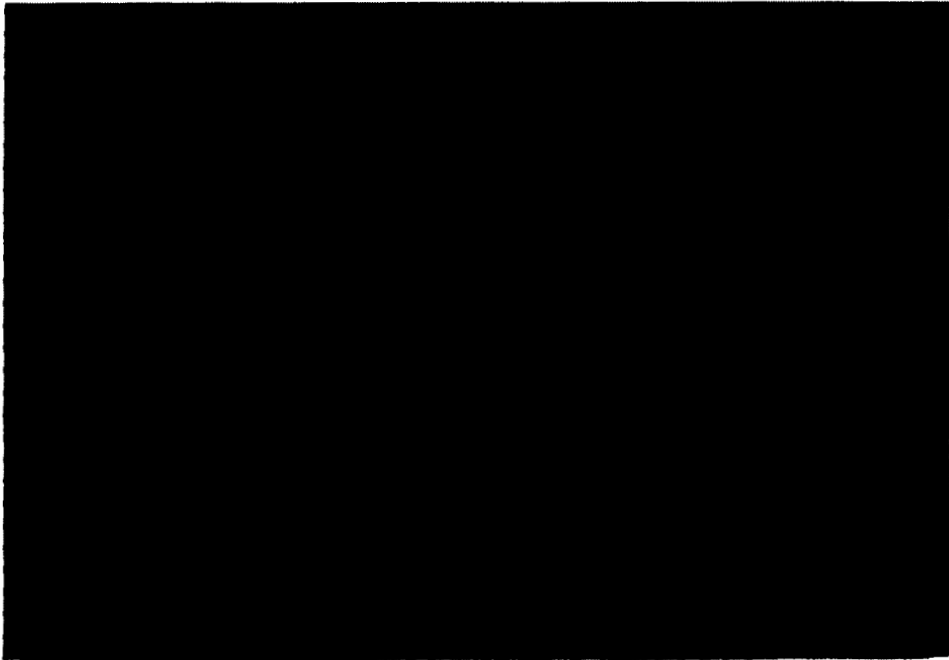
Written by [REDACTED]

The fifth class of the Leadership Development Program (LDP) was selected on October 31st by the LDP Selection Panel. The LDP is designed to give GS 13-15 level employees a comprehensive understanding of the Commission, with an emphasis on personal and leadership development.

This year, as in previous years, the quantity and quality of applicants was impressive with more than 95 applicants for 16 spots. LDP V is comprised of employees from 11 different offices within the Commission who went through an intense selection process, including writing five competency narratives to be rated by the LDP Selection Panel.

To kick off the program, the LDP V attended an orientation week-long training at the Federal Executive Institute in Charlottesville, Virginia, November 17th. The FEI course covers an array of topics from neuroscience to team dynamics and 22nd allows the participants to get to know each other better.

Over the course of the 16-month program, participants will be exposed to an integrated view of the fundamentals of leadership, preparing participants for roles of increasing responsibility through a combination of classroom training, e-learning, mentoring and group discussion. Program participants also will have the opportunity to interact with Commission leaders to gain a deeper understanding of core agency functions.



Congratulations LDP VI in the back row, left to right, are [REDACTED]

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Adults & Children

FERC Surpasses 2013 CFC Dollar Goal

Written by Edward Singald

[CFC Gallery of Photos](#)

FERC Participation Rate Among the Best in the National Capital Area

Results of the Federal Energy Regulatory Commission's 2013 CFC are among the best in the entire National Capital Area in terms of progress on reaching our dollar goal and our rate of participation. Since our October campaign kickoff event, the Commission's staff has pledged more than \$368,000, surpassing our \$383,000 campaign dollar goal.

Eleven of the Commission's 16 offices have surpassed their campaign dollar goals. Even before the CFC ends January 15, we have reached and surpassed our campaign dollar goal.

With 644 pledges received so far, the Commission enjoys better than a 48% rate of participation. The Commission's participation rate is better than triple the rate of participation of our peers in the entire National Capital Area. This is something of which we can all be proud.

This year's campaign saw a fun innovation. There were numerous office-level mini-CFC events. This innovation will likely continue in future years. The refreshments were outstanding!

The Office of Administrative Law Judges/Dispute Resolution led the way with an E-Giving tutorial. Refreshments included gourmet coffee and fresh bakery cookies. Virtually the entire office attended.

[REDACTED] of the Executive Director's Office developed a simple and highly effective Power Point presentation to explain how E-Giving works. [REDACTED] presentation was so good that [REDACTED] our CFC Loaned Executive, asked to use [REDACTED] handiwork for other government departments and agencies. Once again, FERC is a leader.

OALJ/DR was the first Commission office to surpass its dollar goal and achieve 100% participation! Judge Michael Haubner and his team did a fabulous job. Year after year CFC success is a proud tradition with OALJ/DR.

The Office of Administrative Litigation hosted a lavish and well-attended dessert event that included a pumpkin carving contest. The Office of the Secretary screened this year's CFCNCA campaign videos accompanied by an ice cream and cake social.

This year's CFCNCA Campaign video shown Government-wide in the National Capital Area includes appearances by [REDACTED] of our Office of External Affairs and her dog Moxie, as well CFC Campaign Manager [REDACTED] of the Energy Projects Branch of OGC. This was [REDACTED] unprecedented 10th year as the Commission's CFC Campaign Manager.

Last but not least, the Office of the Executive Director hosted a well-attended and exciting miniature golf tournament, followed by a reception with lavish refreshments. This is the third year in row that Eddie Ribas, Chief Human Capital Officer, has organized this successful event. This tradition is likely to continue.

During our CFC we hosted weekly events to spotlight worthy CFC beneficiaries, and we heard presentations from 20 diverse and representative causes from the 4400 listed in Catalogue of Caring. Many were favorite causes returning from prior years. Many new causes were added to the roster and are sure to be back again in future years.

All of the invited causes were recommended by members of the FERC community. Every single Commissioner hosted at least one weekly event. Some Commissioners hosted multiple events. Anton Porter, Chairman of the Commission's 2013 Combined Federal Campaign, also hosted an event.

Here is a list of the causes that presented during the campaign: (1) Gonzaga College High School, (2) Fidos For Freedom, (3) Disabled American Veterans, (4) Raptor Conservancy of Virginia, (5) KIPP DC, (6) Art for Humanity, (7) Women's Micro-Finance Initiative, (8) Oxford House, (9) Shriner's Hospital for Children, (10) Shakespeare Theatre, (11) WETA, (12) George Washington's Mount Vernon, (13) A Wider Circle, (14) Habitat for Humanity of Washington, DC, (15) So Others Might Eat, (16) American Red Cross, (17) Global Impact, (18) Project Hope, (19) Potomac Riverkeeper, and (20) Bikes for the World.

We are planning a charity fair campaign finale at 10:00 a.m. January 14, in the lobby, featuring 13 CFC beneficiaries. Acting Chairman LaFleur will host the event. Door prizes will be awarded. You must be present to win.

The final numbers for the 2013 won't be available until after the campaign ends officially January 15, and all the pledges are totaled. Final numbers will appear in the February FERC Insider.

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What's MY LINE?

What's Your New Year's Resolution?



"I gave up making New Year's resolutions a long time ago."- [REDACTED], OEP

"Paint more cows in front of monuments and sunflowers."- [REDACTED], OEP

"Drive I-95 less."- [REDACTED], OEP

"To work harder at working smarter."- [REDACTED], OEP

Photos taken by Jenean Sold

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Commissioners Testify on the Hill



On December 5, Acting Chairman Cheryl A. LaFleur and Commissioners Philip D. Moeller, John Norris and Tony Clark testified before the House Energy & Commerce, Subcommittee on Energy and Power on the role of FERC in a changing energy landscape.

View testimonies on FERC.gov in PDF format:
[Acting Chairman's Testimony](#) | [Commissioners: Moeller](#) | [Norris](#) | [Clark](#)



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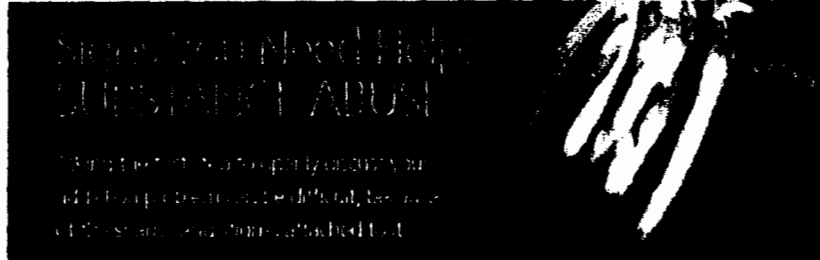
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Healthy LifeStyles



You're not alone. Substance abuse problems affect many lives across a broad spectrum—people of all ages and backgrounds—from middle school students to people in their “golden” years. The substances being abused can also cover an equally wide range—everything from street drugs to improper use of prescription medications.

Taking an honest look

While it is often difficult to do, taking an honest look at your behavior can put you on the road to change and, ultimately, recovery. The thing to determine is whether your use of a substance has become abuse. Ask yourself if your substance use has had a negative impact on your life.

One of the first steps needed for change is an honest evaluation of your own behavior. Here are some questions to ask yourself:

- o Have you ever thought you should cut back on your substance use?
- o Has anyone ever told you that you should cut back?
- o Have you ever felt guilty or shameful about your substance use?
- o Have you ever used a substance in the morning just to be able to function normally?

Taking a look at your life

Substance abuse can have a powerful effect on your life. Some warning signs include:

- o Missing work, school or other responsibilities
- o Noticing that your relationship with friends and loved ones is starting to suffer
- o Needing more of your substance of choice to “feel good”
- o Not remembering everything you did under the influence of the substance
- o Feeling like you need the substance to feel “normal”

If you've experienced one or more of these signs and you think it might be related to your substance use, talk to a professional so that you can get your life back on track.

Seeking help

If you feel like you have an unhealthy relationship with some substance—food, gambling, alcohol or other drugs—take that first step to freedom and reach out for help. Don't hesitate to find someone who can help you explore where you stand regarding your substance use and point you to the right path for your recovery.

Help is available from numerous sources. If you find that you have become dependent on alcohol or another substance, seek help immediately. There are counseling services through your EAP at [REDACTED], or visit us on the website at FOH4You.com.

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Guest Wireless Access at FERC

Can I get wireless access for my personal devices? YES!!!



Guest wireless access for - EMPLOYEES

FERC employees may request guest wireless access (to get internet access for personal devices). Check with your Administrative Officer or designated office contact to request access. Once access is approved, you'll need to visit the IT Support Center to sign a Rules of Behavior form and get your credentials. Your access will last for one year.

Guest wireless access for - VISITORS

FERC also offers a temporary guest account log-in for visitors who would like to have access to the Internet while they are on-site. If you have a visitor who needs Internet access, check with your Administrative Officer or designated office contact to request a temporary guest account. When the visitor comes on site, they will need to visit the IT Support Center to sign a Rules of Behavior form and get their credentials.

Contact the IT Service Center for more details!

Helpful Hints and TIPS

Are you currently using your smartcard to login to your workstation? Please be aware that after 7 failed attempts at entering your PIN number your login to the smartcard will be disabled. Unlike entering your username and password wrong several times, this does not reset. Through the lifespan of your card, you are allowed seven failed attempts. After the seventh failed attempt, your access will be disabled. In order to have your PIN reset, you must visit the Security office on the ground floor.

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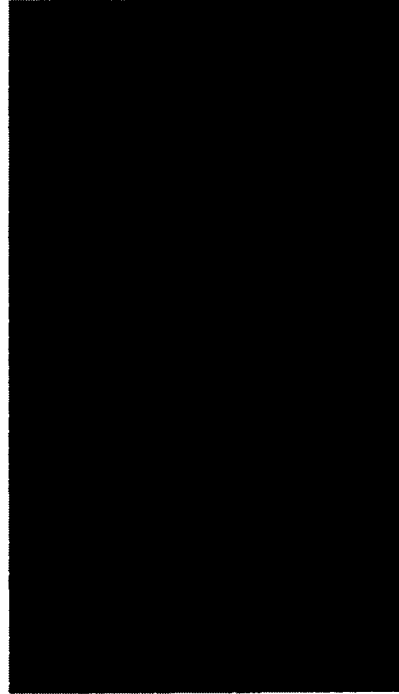
Arrivals DEPARTURES

Departures: November 16 - January 7



In Memoriam

OEMR's [REDACTED] passed away on January 2. He began his service at FERC in May of 1979.



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Photograph taken by Lee Emery - Check out FERC's featured photographers inside

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Senate Approves FERC Nominees



On July 15, the United States Senate confirmed Cheryl LaFleur and Norman Bay to terms on the Federal Energy Regulatory Commission (FERC). LaFleur, who has been Acting Chairman of the Commission since November 2013, will now serve a second term that expires in 2019. Mr. Bay, who now is serving as Director of the FERC Office of Enforcement, will serve a term expiring in 2018.



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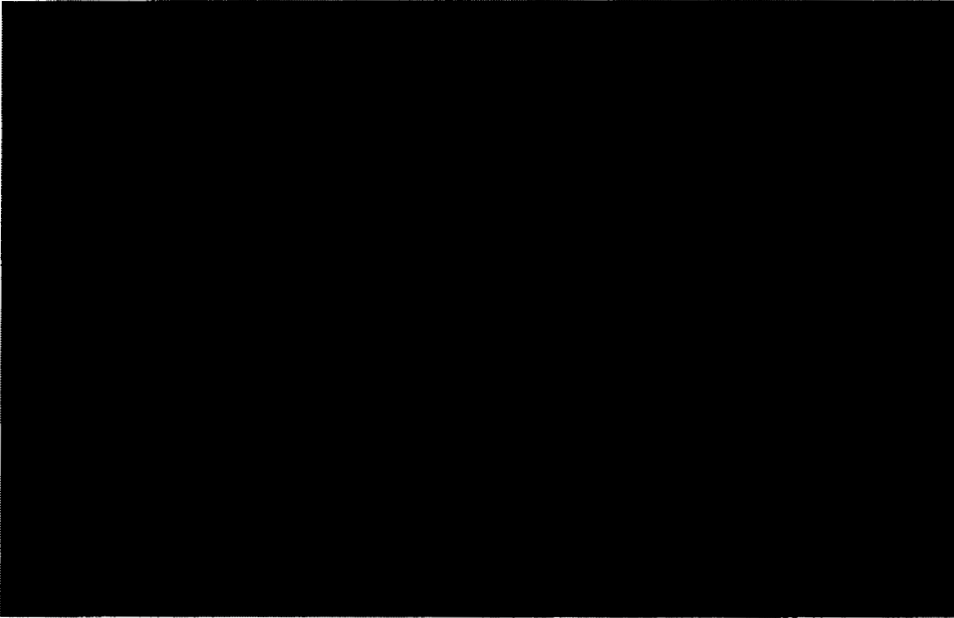
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"We are here to serve," both [redacted] and [redacted] emphasize.

Taking Care of Others



Seeing a need and doing something about it. That is exactly what OGC's [redacted] (R) and [redacted] (L) have done. During this winter's extremely cold temperatures, they noticed a homeless man cold and hungry near the K Street bridge, just blocks from FERC headquarters. Instead of looking the other way, they took action the next day and brought the man hot soup and crackers for lunch. Every weekday since, during their lunch hour, [redacted] have prepared lunches for the homeless in the area and hand delivered every one.

"People are so appreciative," [redacted]. "A little becomes a lot."

"It warms your heart when you give people something to eat," [redacted].

In the beginning, [redacted] handed out four hot lunches daily. Today, they make at least 10 a day and often many more. They serve both women and men and often see the same faces day-to-day.

"We are here to serve," both [redacted] emphasize.

Their campaign has quietly spread at FERC and now many employees bring in food, paper products and drinks to help [redacted] with their efforts. If you are interested in donating goods, [redacted]

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Six FERC Photographers At Play

Click on the images below to view the picture in full frame. Images are the property of the individual photographer.

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Sparrow Chicks



May 2014, Arlington, VA
Nikon D90, 400 mm ISO
2000, f/4, 1/640 sec

Ocean Abstract



November 2013,
Chincoteague, VA
Nikon D90, 90 mm plus
variable density filter ISO
200, f/27, 1 sec

Pelican



February 2014, New Orleans,
LA ISO 200, f/11, 1/160 sec

Power Steering



July 2011, Provincetown, MA
Nikon D90, 200 mm ISO
1000, f/9, 1/200 sec

Holiday Season in Pink



Washington DC

Summer Storm Approaching



A New Tidal Basin Visitor



Washington DC

Serenity and Honor

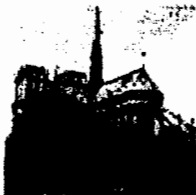


Monaco



Taken off the Mediterranean
Sea in the Principality of
Monaco

Notre Dame



Notre Dame from the Seine
River in Paris, France

The Cluney Abbey



The Cluney Abbey in the
south of France.

Shanghai, China



Lady working in a restaurant
in Shanghai, China

Flowers in the Fog



Curtis Bay Ghost Ship



Blue-eyed Grass



Flying Lady



Cadillac

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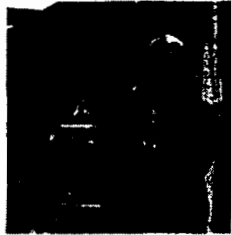
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Commission Meeting Presentations and Award Given

Lauren O'Donnell Receives Exemplar of Public Service Award

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Acting Chairman Cheryl LaFleur presents Lauren O'Donnell with to an Exemplar of Public Service Award at the June 19 Commission Meeting. "She established the first Gas Outreach Program for the Commission between 2000 and 2004; presided at stakeholder workshops across the country speaking to agencies, industry, property owners, tribes, and environmental groups," Acting Chairman LaFleur said. "She helped set up the pre-filing process that we now rely on for all of our gas pipeline work. And she has been a leader in recruiting and developing talent to take the Commission forward, and really leave her area a better place than when she came."



At the June 19 Commission Meeting, [redacted] discussed FERC's acceptance of the CAISO Energy Imbalance Market. [News Release](#) | [Presentation](#) | [Decisions E-4 and E-5](#)



Presenters on a NOPR on a proposal to refine electric market-based rate programs included: [redacted]
[News Release](#) | [Presentation](#) | [NOPR](#)



A presentation was given on a new ROE methodology for electric utilities. Those participating were: [redacted]
[News Release](#) | [Presentation](#) | [Chairman's Statement](#) | [Opinion No. 531](#) | [Decisions E-8 , E-9 , E-10 , E-11 , E-12 and E-24](#)



OEPI staff discussed FERC's intention to explore regional market price formation issues. Those participating in this discussion included: [redacted]

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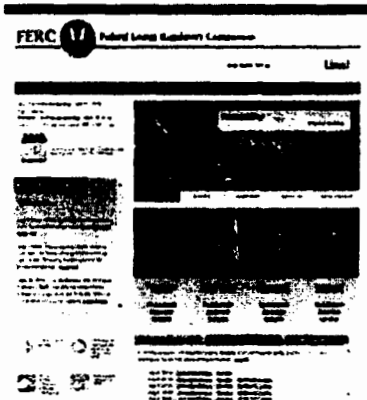
OEP Produces New Hydro Guide



OEP recently released a new Hydropower Filing Guide in order to: 1) provide a guidance document specific to the hydropower community; 2) simplify the guidance into a shortened format; 3) emphasize eFiling as the Commission's preferred method of receiving hydropower filings; and 4) clarify when paper copies are required. The new Hydropower Filing Guide will improve the efficiency of processing and routing hydropower filings within FERC and reduce paper use both internally and externally. Chrystal Martin and Rachel Price developed the content of the guide with input from staff and managers in the three hydropower divisions within OEP and the Dockets & Registry Group in OSEC. They worked with [redacted] from OEA on the layout, design, and printing of the brochure. The brochure is available in hard copy from

[redacted] and also posted on FERC.gov. [Guide](#)

New Public Site Recognized



At the Commission's Open Meeting on June 19, Acting Chairman LaFleur highlighted the changes to FERC.gov. "On Monday, June 16th, the Commission launched a new home page for its website. What we tried to do - I know change is hard any kind of web thing, but we tried to put the things that are most frequently clicked on more accessible, closer to when you first get on the website, and give greater prominence to things that change - like the schedule, and so forth, as opposed to things that are static," Acting Chairman LaFleur commented. A special thank you to [redacted] and the entire web team for their efforts in making this possible.

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FERC-Wide Migration to MS Outlook 365

In June, FERC successfully upgraded its official web browser to Internet Explorer 11 and migrated from GMAIL to MS Outlook 365!



We are proud to announce that we are now up and running on the latest and greatest web browsing and e-mail platforms from Microsoft. We have not encountered any major issues resulting from these efforts, but we are aware of some ongoing minor issues being reported by the user community:

Delegated Resources:

Some users reported issues using delegated resources such as mailboxes or calendars. If you experience this, below are the instructions reset permissions or reach out to the IT Support Center to have them reset the permissions on these items.

Accessing a Shared Mailbox

To access a shared mailbox, use the following steps:

1. Log into your Office 365 account via Outlook Web App (OWA).
2. Click on your name in the top right corner of Outlook Web App and select "Open another mailbox..." from the drop-down menu.
3. Within the "Open another mailbox" window, enter the email address of the account to which you have full mailbox permissions.

Granting permissions to your calendar will allow users to add your calendar directly to their calendar view. Please use the following steps to re-share a calendar and assign the appropriate permission.

Assigning Permissions in the Outlook Client

Please use the steps below to share a calendar and assign the appropriate permissions:

1. Open the Outlook client and click on Calendar in the menu bar.
2. Click on the calendar you wish to share.
3. On the tool bar at the top of the screen, click on the Share Calendar button. This will create an Outlook event.
4. Click on the To box and select a recipient(s). Click OK.
5. Select the appropriate details: Availability Only, Limited Details, or Full Details.
6. Click the Send button.
7. Click Yes when the permissions window appears.
8. To set specific calendar permissions, click Calendar Permissions and select the user. This will allow you to update the level of permission for that user.
9. Click OK.

Assigning Permissions in OWA

The permission levels in OWA include Availability Only, Limited Details, and Full Details. Please note that "None" is not a permission level that can be used in OWA. The automatic default permission levels are Availability Only and Limited Details. Use the steps below to set permission levels in OWA:

1. Log into your Office 365 account via Outlook Web App (OWA).
2. Go to "Calendar".
3. At the top right corner of the calendar view, select Share.
4. Type the name or email address of the person you want to share your calendar with in the Share with box. This box works just like the To box in an email message. You can add more than one person to share your calendar with.
5. After you have added who you want to share your calendar with, select "the type of permissions" from the drop-down menu next to their name.
6. You can edit the Subject of the message if you want. We recommend adding text to this field stating what permissions you granted the other user.
7. By default, your primary calendar will be shared. If you have created other calendars, you can select one of them to share instead.
8. After you've finished adding people to share with, setting their access levels, and choosing which calendar to share with them, select Send. If you decide not to share your calendar right now, select Discard.

For additional information, use the [Microsoft Online Help](#) website.

Notes:

- * Each person will receive an email message telling them that you've shared your calendar with them.
- * Calendar items marked Private are always protected. Anyone you share your calendar with will see only the time of items marked Private, and not the details. Users have an option to allow those with "Delegate" access to see the details of private events. This option is set in the "Permissions" page and will only appear for those who have been assigned delegate access.

General Slowness in Outlook Client

Some users reported general slowness using e-mail via the Outlook Client. This was due to the increased workload that e-mail syncing puts on a user's workstation. If you experience this, please try using webmail at <http://email.ferc.gov> and reach out to the IT Support Center to ensure that your Outlook Client is syncing properly.

While IT is no longer providing hands-on support through walking the floors or in 3M-5, the IT Support Center is ready to help you with these, or any additional, browser or e-mail issues. Feel free to e-mail, call, or walk in to get the help that you need.

A couple key items to remember as we move forward:

- * E-mail older than 90 days will appear gradually throughout the following six weeks.
- * If you need to access email older than 90 days, you can still log into the GMAIL web interface at gmail.ferc.gov.

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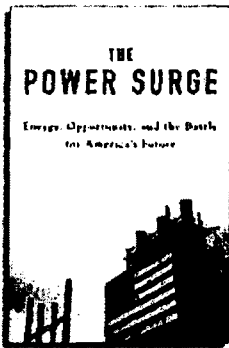
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Leadership Speaker Series

Written by [REDACTED]



DEPI's Jeff Dennis, left, interviews the author, Michael Levi.

On June 24th, the Commission held its seventh Author Speaker Series event featuring author, Michael Levi. The author of five books, Levi is an expert on climate change, energy security, arms control and nuclear terrorism and director of the CFR program on energy security and climate change.

Jeff Dennis from the Office of Energy Policy and Innovation led the engaging exchange of ideas with Levi, bringing the content to life for the more than 100 employees in the audience. The discussion focused primarily upon Levi's 2013 book, *The Power Surge*, in which Levi takes readers inside the changes sweeping American energy to find out what they mean for the country and how the United States can harness the new opportunities they create.

If you would like to learn more about the author series contact [REDACTED]. Copies of the book are still available, contact [REDACTED] if you would like a free copy.

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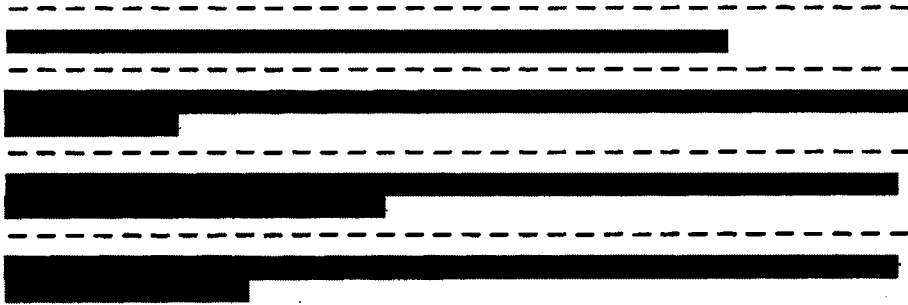
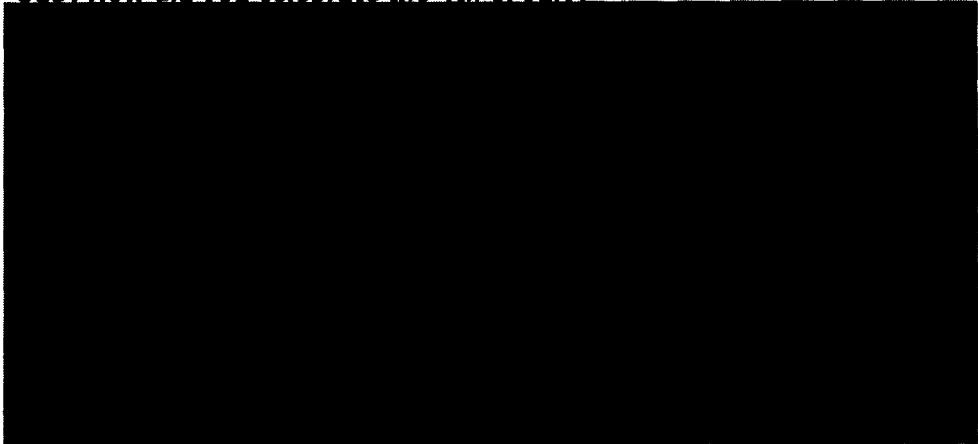
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What's MY LINE?

OED: How did you celebrate the 4th of July?



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Recycling News

Written by [REDACTED]

I often hear FERC staff ask, "Do we really recycle? I see the cleaning staff dumping everything in one bin." The answer is, yes, we do. The reason that you see "everything" being dumped into one bin is that the building uses a single stream recycling system. That means that white paper, aluminum cans, glass bottles, plastic coffee lids and all other recyclable materials can share a container because they will be processed together.

If you haven't already noticed it, a number of kitchenettes around the building have new blue recycling bins. Additionally, many of the old gray trash bins around the building have been converted for recycling. You can identify the gray bins that are safe for recyclable materials by looking for the green liner.

Now that we've answered the question of whether the building recycles, the next step is doing our part to see that we are recycling everything we can. Aluminum, glass, most plastics and paper products can usually be recycled. However, many of these items need to be cleaned first. Soda cans and food containers should be rinsed to get rid of the sticky syrup or food particles. Taking that extra step will ensure that there will be no contamination to the other recyclables in the bin.

One product that many assume is recyclable that isn't, is paper towels. Sure, they are paper but typically they aren't recycled because they are usually made with a fairly high percentage of recycled paper and the fibers are too short to be woven into new paper products. So please keep those paper towels out of the recycling bin.

When in doubt about what can be recycled and what should be dumped into the trash, refer to the handy guides posted in the kitchenettes.

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Safety & Security

Practicing Individual Protective Measures



In today's, current environment it is imperative that we stay as vigilant as possible. A threat can come from any place or person at any time. So we must be prepared to protect ourselves and our families. As government employees or contractors we are required to take security awareness training and practice good security procedures while in the workplace. However, what happens when we are not at work. This is when we are the most vulnerable and tend to relax our guard the most. So, how do we make ourselves less vulnerable targets.... We must adopt and practice individual protective measures.

Individual protective measures are tactics or techniques we use to limit opportunities to be a target of individuals or groups with radical beliefs or ideas, or even larger terrorist organization. Threats are dynamic and come in many different forms such as lone gunman, suspicious package, car bomb, cyber threat, etc.

In fact, we have faced nearly all of these threats in the National Capital Region. One of the most recent events was the AMC movie theater bottle bombs in Tysons Corner, VA; Largo, MD; and several other theaters within our community. While these attacks caused minimal to no injuries, they highlight the fact that we must remain vigilant at all times because the threat can be anywhere.

In today's society, there is no guarantee that we will ever be entirely safe from threats or violence, but individual protective measures can hopefully limit some of these threats.

Read the The Department of Homeland Security [Personal Protective Measures Memo](#) online.

This quick video developed by Homeland Security can be accessed on thier site; ["If you See Something, Say Something"](#)

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What Causes High Blood Cholesterol?

Many factors can affect the cholesterol levels in your blood. You can control some factors, but not others.



Factors You Can Control

Diet: Cholesterol is found in foods that come from animal sources, such as egg yolks, meat, and cheese. Some foods have fats that raise your cholesterol level.

For example, saturated fat raises your low-density lipoprotein (LDL) cholesterol level more than anything else in your diet. Saturated fat is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods.

Transfatty acids (trans fats) raise your LDL cholesterol and lower your high-density lipoprotein (HDL) cholesterol. Transfats are made when hydrogen is added to vegetable oil to harden it. Transfats are found in some fried and processed foods.

Limiting foods with cholesterol, saturated fat, and trans fats can help you control your cholesterol levels.

Physical Activity and Weight: Lack of physical activity can lead to weight gain. Being overweight tends to raise your LDL level, lower your HDL level, and increase your total cholesterol level. (Total cholesterol is a measure of the total amount of cholesterol in your blood, including LDL and HDL.)

Routine physical activity can help you lose weight and lower your LDL cholesterol. Being physically active also can help you raise your HDL cholesterol level.

Factors You Can't Control

Heredity: High blood cholesterol can run in families. An inherited condition called familial hypercholesterolemia causes very high LDL cholesterol. ("Inherited" means the condition is passed from parents to children through genes.) This condition begins at birth, and it may cause a heart attack at an early age.

Age and Sex: Starting at puberty, men often have lower levels of HDL cholesterol than women. As women and men age, their LDL cholesterol levels often rise. Before age 55, women usually have lower LDL cholesterol levels than men. However, after age 55, women can have higher LDL levels than men.

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InsiderJuly-August 2014 | Volume 21, No. 7 [Prev](#) | [Next](#)[Capitol Watch](#)[Feature: Big Hearts](#)[Hot Topics](#)[IT Corner](#)[What's My Line?](#)[Safety and Security](#)[Healthy Lifestyles](#)[Arrivals & Departures](#)**Feds Feed Families**

This summer FERC joined the government-wide "Feds Feed Families" campaign to donate food and help combat hunger in local communities across the country.



Written by [REDACTED]

The U.S. Department of Agriculture (USDA) is leading the campaign, running from June 1 through the end of August.

"The spirit of service runs deep across the federal government. *Feds Feed Families* offers another opportunity to give back to our communities and serve our neighbors in need," U.S. Department of Agriculture Secretary Tom Vilsack said in a statement.

Feds Feed Families started when Rep. Frank Wolf (R-Va.) and former Office of Personnel Management Director John Berry realized that food donations were dropping during the summer months because many families were on vacation.

"By the time summer comes, the shelves are bare and that need still exists," said Lt. Thea Lopez, Department of Navy (DON) Feds Feed Families operations officer. "Hunger goes year-round."

Last year, the overall federal campaign brought in 9 million pounds of food in the three-month summer program.

Donation boxes have been placed at each elevator bank from the 4th-11th floor at FERC Headquarters and one box has been placed at the 1100 building. Regional offices may participate by donating to a local food bank and reporting their donations (in pounds) to [REDACTED]

[Access additional information on FERCNet.](#)

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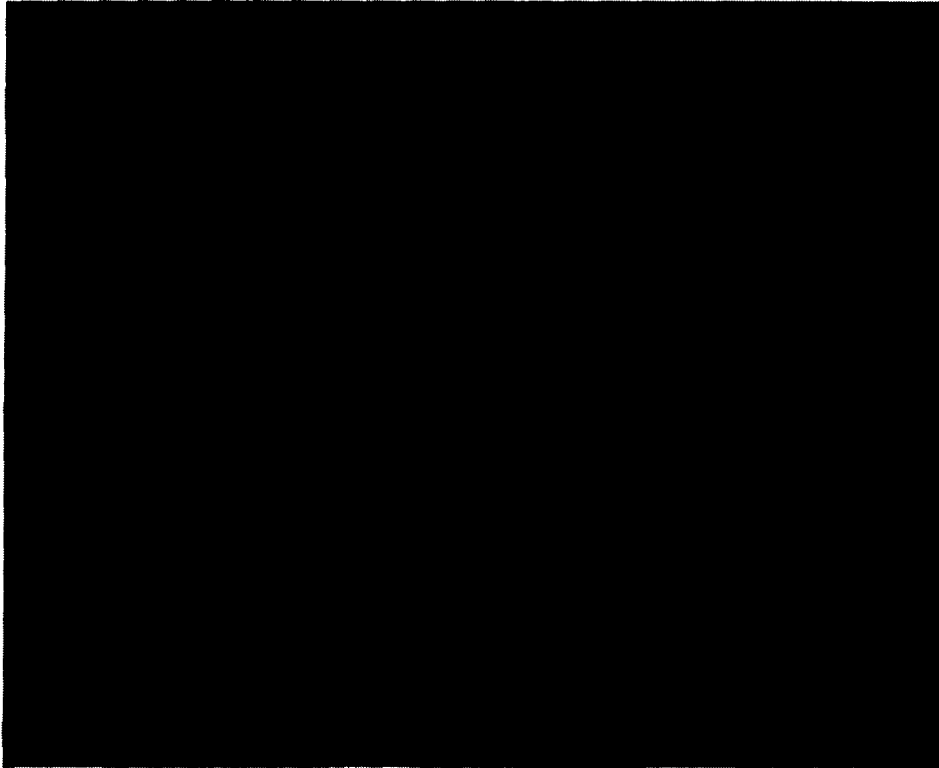
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FEDERAL ENERGY REGULATORY COMMISSION
WASHINGTON, D.C. 20426

SEP 01 2016

Re: FOIA No. FY16-38,
Final Response

VIA ELECTRONIC AND REGULAR MAIL

This is the second and final response to your correspondence received on February 29, 2016 in which you filed a request for information pursuant to the Freedom of Information Act (FOIA), 5 U.S.C. § 552, as amended by the FOIA Improvement Act of 2016, Pub. L. No. 114-185, 130 Stat. 538 (2016), and the Federal Energy Regulatory Commission's (FERC or Commission) FOIA regulations, 18 C.F.R. § 388.108 (2016). Specifically, you requested a copy of "each FERC employee newsletter (FERC Insider) produced during calendar years 2014 and 2015."

On April 11, 2016, you received an initial response letter releasing two documents in which portions of the documents were withheld under FOIA Exemption 6.¹ That letter also informed you that given the amount of Commission staff time required to process the remaining documents, additional responses would follow on a rolling basis.² At this time, the remaining seventeen documents are being released to you with redactions pursuant to FOIA Exemption 6.

Under FOIA Exemption 6, an agency should not disclose "personnel . . . and similar files the disclosure of which would constitute a clearly unwarranted invasion of privacy." 5 U.S.C. § 552(b)(6). Here, the personal information redacted from the documents includes the names and other personally identifying information about lower-level employees. *See e.g., Elec. Privacy Info. Ctr. v. Dep't of Homeland Sec.*, 384 F.

¹ 5 U.S.C. § 552(b)(5), (6).

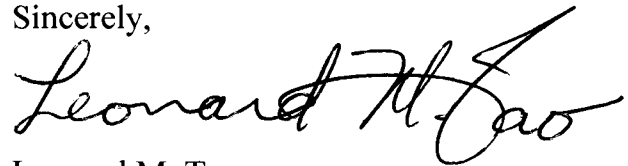
² *See S. Yuba River Citizens League v. Nat'l Marine Fisheries Serv.*, No. Civ. S-06-2845, 2008 U.S. Dist. LEXIS 107177, *47 (E.D. Cal. June 20, 2008) (supporting the practice of releasing documents on a rolling basis); *Hinton v. Fed Bureau of Investigations*, 527 F. Supp. 223, 225 (E.D. Penn. 1981) (noting that rolling responses preserve the government's right to carefully review material while promoting FOIA's disclosure goals); *see also* U.S. Dept. of Justice, *FOIA Post*, "OIP Guidance: The importance of Good Communication with FOIA requesters," (posted 2010).

Supp. 2d 100 (D.D.C. 2005); *see also Cofield v. City of LaGrange, GA*, 913 F. Supp. 608, 616 (D.D.C. 1996).

As provided by FOIA and 18 C.F.R. § 388.110 of the Commission's regulations, any appeal from this determination must be filed within 90 days of the date of this letter. The appeal must be in writing, addressed to Max Minzner, General Counsel, Federal Energy Regulatory Commission, 888 First Street, NE, Washington, DC 20426, and clearly marked "Freedom of Information Act Appeal." Please include a copy to Charles A. Beamon, Associate General Counsel, General and Administrative Law, at the same address.

You also have the right to seek dispute resolution services from the FOIA Public Liaison of the agency or the Office of Government Information Services (OGIS). Using OGIS services does not affect your right to pursue your appeal. You may contact OGIS by mail at Office of Government Information Services, National Archives and Records Administration, Room 2510, 8601 Adelphi Road, College Park, MD 20740-6001; email at ogis@nara.gov; telephone at 301-837-1996; facsimile at 301-837-0348; or toll-free at 1-877-684-6448.

Sincerely,

A handwritten signature in black ink, appearing to read "Leonard M. Tao". The signature is fluid and cursive, with the first name "Leonard" being the most prominent.

Leonard M. Tao
Director
Office of External Affairs

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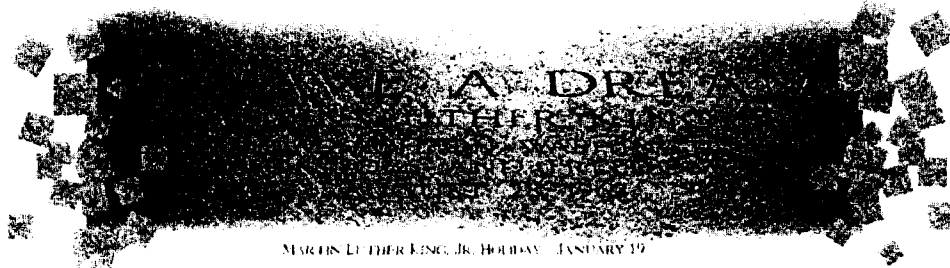
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FYI: You have several options to move around the Insider:

- o **Prev | Next:** These button options is are at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
- o **Links:** More Articles in this issue (above) will take you to edition-specific stories.

To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider.

Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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Colette Honorable Sworn In As A FERC Commissioner

On Jan. 5, Colette Honorable was sworn in as a FERC Commissioner for a term that ends in June 2017. She was nominated to the FERC by President Barack Obama in August 2014, and confirmed by the U.S. Senate in December 2014 for a term that expires in June 2017. A lawyer, Commissioner Honorable came to FERC from the Arkansas Public Service Commission, where she served since October 2007, and led the Commission as Chairman since January 2011.



FERC Chairman Cheryl A. LaFleur congratulated Honorable on her confirmation:

"Colette brings a wealth of experience and expertise to the important issues we are facing. She and I worked together closely during her time as the President of NARUC, and I very much look forward to continuing that strong relationship when she joins the Commission."

Commissioner Honorable began her career at Legal Services, and worked as a consumer protection attorney, in civil litigation and as a Medicaid fraud special prosecutor before serving as chief of staff to then-Arkansas Attorney General Mike Beebe.

As Chairman of the Arkansas PSC, Commissioner Honorable oversaw an agency charged with ensuring safe, reliable and affordable retail electric service. She participated in rate case proceedings, plant acquisitions, transmission buildout applications, regional transmission efforts and other transactions to ensure the reliability of the Arkansas grid and diversity in generation in the state. During Commissioner Honorable's time at the PSC, Arkansas led the South and Southeast in comprehensive energy efficiency programs, and electric rates were consistently among the lowest in the nation.

Honorable is past president of the National Association of Regulatory Utility Commissioners (NARUC) and is known by her peers as a fair, pragmatic, moderate and hardworking leader who is able to build consensus across party lines for common goals. Honorable represented NARUC on an array of issues ranging from pipeline safety to reliability and resilience efforts, and diversity. She testified before Congress on multiple occasions and advocated for infrastructure development to ensure safety and efficiency, increased reliability and resilience efforts, and diversity of energy and the energy workforce.

A native of Arkansas, Honorable is a graduate of the University of Memphis and received a Juris Doctor from the University of Arkansas at Little Rock School of Law.

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FERC Gets Top Rankings in Employee Satisfaction, Commitment Survey

FERC ranked No. 5 out of 25 mid-sized agencies in employee satisfaction and commitment, according to the nonprofit Partnership for Public Service 2014 Best Places to Work in the Federal Government survey. In addition, FERC's Office of General Counsel ranked No. 1 among agency subcomponents for this year's survey.

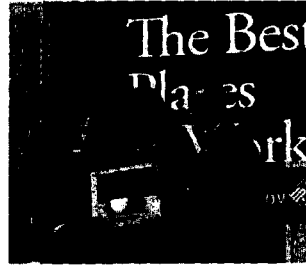
FERC scored 79.3 out of 100 on the survey's employee satisfaction and commitment score, in the top 25 percent of mid-size agencies, an increase of 1.7 points over last year.

"I am honored about FERC's excellent rankings in the Best Places to Work survey," said FERC Chairman Cheryl A. LaFleur.

"I am proud to lead an organization where employees feel valued and committed to their work. I especially congratulate the Office of General Counsel on its top score."



FERC's Chief Economic Capital Officer, Eddie Ribes, FERC's General Counsel, David Morozoff, Chairman LaFleur, and FERC's Executive Director, Arlan Porter.



FERC's Executive Director, Arlan Porter and Chairman Cheryl LaFleur accept FERC's award for one of the Best Places to work in Government.

Many issues – from pay to teamwork to strategic management – influenced how employees view their workplaces and rate their satisfaction and commitment. FERC scored highest, 77.5 out of 100, in work-life balance, and scored 78.6 among veterans.

FERC's Office of General Counsel earned its No. 1 ranking among agency subcomponents with a score of 88.8 out of 100, earning particularly high scores in several areas of effective leadership, work-life balance, teamwork, strategic management and support for diversity, awards.

Produced by the Partnership and Deloitte, the Best Places to Work rankings provide critical information to help agencies, the administration and Congress assess workplace health and performance. The rankings measure overall satisfaction and commitment and employee attitudes on 10 workplace categories, including leadership, teamwork, strategic management and innovation.

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Commission Reschedules January 2015 Commission Meeting

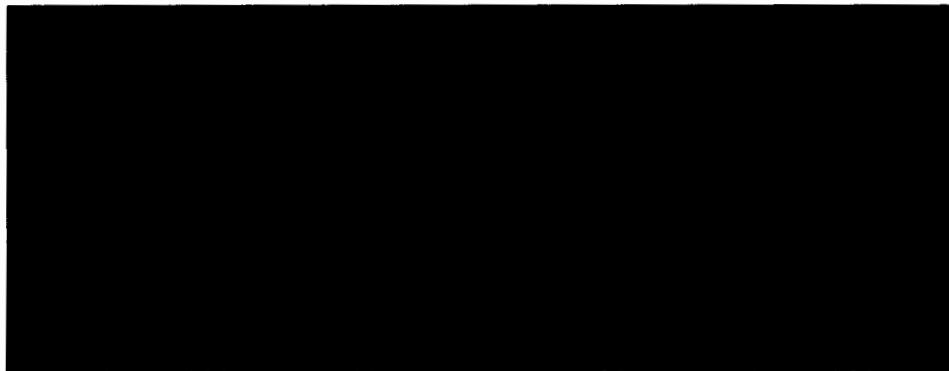
FERC Chairman Cheryl LaFleur has announced the Commission's open meeting for January will be **moved to January 22** to accommodate a compressed preparation schedule due to the holiday season.

In addition, the February 19 open meeting will begin at 9 a.m. to accommodate the Commission's technical conference on EPA's Clean Power Plan (Docket No. AD15-4), which will begin at 9:30 a.m. that day.

HOT TOPICS



At the December 18 Open Meeting a discussion on coal delivery was presented by [REDACTED] [REDACTED]. In addition, outside presenters included: Michael Higgins, Surface Transportation Board, Deputy Director, Office of Public Assistance, Governmental Affairs and Compliance; Dave McMillan, Senior Vice-President, External Affairs, ALLETE/Minnesota Power; Stevan Bobb, Executive Vice President and Chief Marketing Officer, BNSF Railway; and Todd Ramey, Vice President, System Operations & Market Services, Midcontinent Independent System Operator.



A discussion was held at the Dec. Open Meeting on interregional issues associated with Order No. 1000. Presenters included: [REDACTED]

The following PDF's can be accessed on FERC.gov: [Item E-1: Staff Presentation](#) | [Item A-3: Staff Presentation](#) | [Item A-3: STB Presentation](#) | [Item A-3: BNSF Presentation](#)

At the November 20 Open Commission Meeting, a presentation was given on the centralized capacity markets in RTOs and ISOs as well as the winter 2013/14 performance report in RTOs and ISOs. Those participating in the presentation included: [REDACTED]

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[REDACTED]
A variety of reliability standard orders was discussed in a presentation at the Nov. 20 Open Meeting given by: [REDACTED]

A discussion of cost recovery mechanisms for the modernization of natural gas facilities was given by [REDACTED]

The 2014 Enforcement report was presented by [REDACTED]
[REDACTED]

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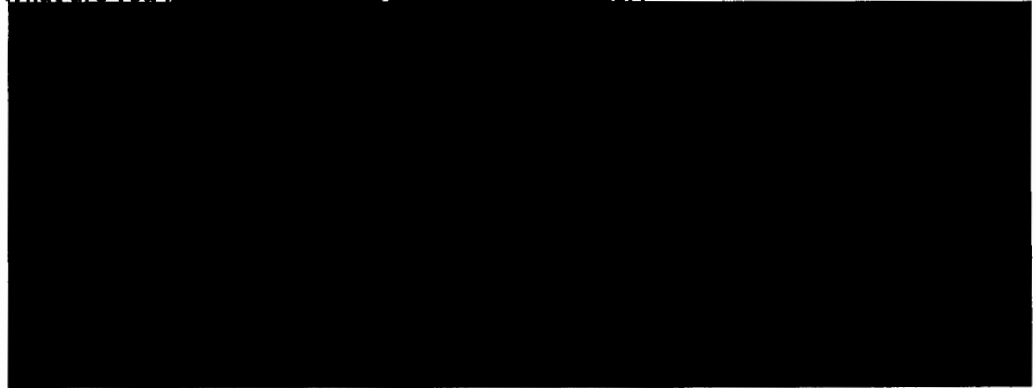


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What are you looking forward to in 2015?



What's MY LINE?

"I'm looking forward to the Star Wars movie being released on Dec. 18, 2015." [Redacted]

"Eating healthier, exercising more, enjoying life more and struggling with completing all of these New Year's resolutions." [Redacted]

"Summer and warmer weather." [Redacted]

"A family trip to Italy to celebrate my mother-in-law's birthday." [Redacted]

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CFC Charity In Action

Written by OGC's [REDACTED]
Photo courtesy of [REDACTED]

My family was driving south on I-95 when a beautiful large falcon tried to fly across the highway in front of us. Unfortunately, he flew too low and hit the front of our car. We heard the thump, but didn't see what happened to the bird. We felt heartsick about what happened and hoped the bird was OK.

When we pulled into a rest stop, we saw that the collision had resulted in a big hole in the grille at the front of our car. As we looked more closely, we saw a feather sticking up from the hole. We went closer to inspect the damage and saw the bird's chest expanding and contracting as he breathed. He was alive! He had landed on the shelf between the grille and the radiator and had stayed there while we had driven. We bent down under the car and the falcon calmly looked us straight in the eye. He didn't screech or peck, but looked like he needed help. There was no way he could get out of the car by himself.

We called 911 to get advice on where we could find a local vet. Minutes later a deputy arrived. The deputy said the local vets only worked with horses and dogs and didn't treat birds. We then gently removed the falcon from where he was nestled and kept warm on the ledge in front of the radiator and put him in a box we brought for our dog's toys. The bird laid quietly and allowed us to rescue him without any protest. People gathered around to see what was going on, including a nice family heading north from Florida. The husband was an EMT.

I then remembered the presentations at FERC presented by the Raptor Conservancy of Virginia. I used my phone to look up their website and they had a number to call if you find an injured bird. I hoped they'd know someone in the area to whom we could take the bird for help. We called and were told that if we brought the bird to the Conservancy's office they'd care for it. The Florida EMT family volunteered to drive the falcon to Falls Church on their way north and the EMT programmed the address into his GPS. They asked for a towel to keep the bird warm and our dog kindly added his towel to his toy box to help. My family thanked the EMT's family for offering to transport the bird and we exchanged waves as they drove away. The next day we called the Raptor Conservancy and were told that the falcon was a hard case. He had broken one of his wings and a leg. But they thought he would survive. We felt great relief and joy at the outcome. We called again the next day and he had in fact survived! The experience made me very glad that the Raptor Conservancy had come to FERC and made me appreciate all they do.

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FERC APPROACHES 2014 CFC DOLLAR GOAL; PARTICIPATION NEARLY TRIPLE THAT OF OUR PEERS!

[View Event Photo Gallery Here](#)

Members of the FERC community have shown themselves extraordinarily generous to those in need locally, nationally, and internationally. As the January 2015 FERC Insider goes to press, results of the Commission's 2014 Combined Federal Campaign are still being tabulated. As in prior years, we have done quite well.

This year we sought to raise \$390,000. So far pledges total \$388,674.05. As of press time, FERC is 99.7% to reaching our 2014 CFC dollar goal. FERC's participation rate is 50.3%, or close to triple that of our peers in the National Capital Area.

Nine Commission's offices have surpassed their campaign dollar goal: Energy Policy and Innovation (216.8%), Energy Infrastructure and Security (197%), External Affairs (186.4%), ALJ/DR (173.3%), Secretary's Office (172.8%), Commissioners and Chairman's offices (160%), Electric Reliability (119.6%), and the Executive Director 104.7%, and General Counsel's Office (101.8%). Administrative Law Judges/Dispute Resolution and Energy Infrastructure Security have achieved 100% participation. This reflects an extraordinarily high level of commitment to those in need. The Commission salutes all these outstanding efforts.

Eye Street Boys of Gonzaga College High School performed at the October 7th kick-off event to a near standing room crowd. Weekly events followed throughout the campaign spotlighting a diverse and representative selection of CFC causes from the Catalogue of Caring. This year the paper Catalogue contains 4,400 worthy causes. This year's on-line universal giving roster lists 24,000 worthy causes.

Over a period of ten-weeks 16 worthy causes, all connected with the FERC Community, or recommended by FERC staffers, presented: (1) Gonzaga College High School, (2) Raptor Conservancy of Virginia, (3) Fidos for Freedom, (4) FERC Child Development Center, (5) Women's Microfinance Initiative, (6) Habitat for Humanity of Washington, DC, (7) Art for Humanity, (8) Shriners' Hospitals for Children, (9) George Washington's Mount Vernon, (10) WETA, (11) A Wider Circle, (12) Some Others Might Eat, (13) Oxford House, (14) Potomac Riverkeeper, (15) Project Hope, and (16) Global Impact. All the causes that presented during the 2014 CFC earnestly requested that they be invited to return for the 2015 CFC. The beneficiaries of our pledges stretch from our neighborhood, our region, across our country and around the whole world (Asia, Africa, and Latin America).



At the Dec. 10 CFC event, Global Impact and Project Hope were the featured charities. Pictured are: Secretary of FERC, Kim Bosc; Brittany Mattfeld, Director of the Mid-Atlantic Region for Global Impact; CFC Loaned Executive [redacted] and FERC's [redacted]

CFC Manager, [REDACTED]

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Weekly events were hosted by Chairman LaFleur, who served as Co-Chair of the Commission's 2014 CFC, as well as Commissioners Bay and Clark. Secretary Kim Bose also hosted two events. Executive Director Anton Porter, Co-chair of the 2014 campaign, supervised the selection of the winners of the fun door prizes offered each week. The Commission's Fitness Center and the Child Care Development Center generously contributed multiple door prizes.

Longtime CFC loyalist [REDACTED] contributed five all-you-can-eat (up to a maximum of \$10) lunches at Philip's Café. Commissioner Clark generously contributed a free lunch. Several of guest presenters also contributed door prizes. [REDACTED], now completing an unprecedented 11th year as Campaign Manager, assured everyone that these door prizes would be worth real money in thirty or forty years on the Antiques Road Show.

Following last year's innovation, five different Commission offices held well-attended individual mini-CFC events: Administrative Litigation, Executive Director, Enforcement, Energy Market Regulation, and Secretary's Office. All the office-level events featured delicious and ample refreshments.

This year's Loaned Executive [REDACTED], on loan to us from the National Institute of Health (NIH), insisted that FERC was her favorite CFC account. [REDACTED] noted that no other agency hosted as many CFC events. [REDACTED] was impressed by the huge attendance at the weekly events. Further, no other agency or department in the National Capital Area enjoyed such broad and sustained top leadership support as did the CFC at the FERC. Finally, Dr. Pham also recognized our extraordinary level of participation which is nearly triple that of our peers in the National Capital Area.

Before concluding Edward Gingold would like to thank one last time his hard-working and dedicated CFC Campaign Committee [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
and videos screened smoothly and professionally at each event.

The final numbers for the 2014 Campaign are still being totaled. Paper pledges are still being accepted through January 15, 2015. Final campaign statistics will appear in next month's FERC Insider.

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Darn! I don't have my PIV!

Using a PIV and PIN to log in is much easier than a user ID and an ever changing password. However, if you forget your PIV—or lose it—getting in to your system to get working is a problem!

IF YOU LEAVE YOUR PIV AT HOME:

I work at HQ:

Once you get through Security and get a temporary access badge, head to the Security Office in 1D. They will issue you a temporary PIV to use for the day.

NOTE: The temporary PIV will work to get you logged in to Windows. However, if you have a laptop and need to log in through McAfee (the black and red screen when you first boot up your laptop), you will need to call the IT Support Center at x8163. McAfee will not recognize the temporary PIV like Windows does.

I work at a Remote Office:

Call the IT Support Center at x8163. Let them know you forgot your PIV and work at a Remote Office. They can update the network to allow you to log in with your user ID and password for the day.

NOTE: The change to allow user ID and password can take time (30 - 120 minutes) to update on your laptop or desktop, and the system needs to be ON to get the update.

IF YOUR CARD IS LOST OR STOLEN:

I work at HQ:

Once you get through Security and get a temporary access badge, head to the Security Office in 1D to report the loss of the card. They will issue you a temporary PIV to use until a new card is issued.

NOTE: You will need to call the IT Support Center at x8163 after you get your temporary card to ensure that your temporary card works for both Windows and your laptop encryption. When your new card arrives, you'll need to call the ITSC again to make sure your new PIV is recognized.

I work at a Remote Office:

Report the loss to the Security Officer first. Then call the IT Support Center at x8163. Let them know you lost your PIV and work at a Remote Office. They can update the network to allow you to log in with your user ID and password until your new PIV arrives.

NOTE: The change to allow user ID and password can take time (30 - 120 minutes) to update on your laptop or desktop, and the system needs to be ON to get the update.



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Fall Pedometer Challenge

The FERC Fitness Center partnered with FitterFERC to bring all FERC employees and contractors the Fall Pedometer Challenge! The goal of the 6-week challenge was to increase employees' awareness of healthy lifestyle habits. The event kicked-off on Sept. 30 and continued through Nov. 4. Teams were self-chosen and were made of four individuals with one serving as team captain.



██████████ (co organizer of Pedometer Challenge), ██████████
██████████ (Fitness Center employee and co organizer of Pedometer Challenge).

Thirty-one teams participated in the event.

The first place team, Marathon Men and Sole Sisters, tallied up of 4,058,330 steps during the compition. Team members included: ██████████. Second place finishers, from the Muffin Toppers, finished the competition with a total of 3,942,617 steps. Team members included: ██████████, ██████████, ██████████

Brown bag lunches were held on Tuesdays during the event to provide information for participants on wellness topics.

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In Remembrance

The FERC Family lost two special members this month- [REDACTED] on December 6 and HQ Security Officer [REDACTED] who passed away on December 11.

[REDACTED] was a supervisory management analyst in the Technology and Data Group within the former Office of Markets, Tariffs, and Rates where he retired in February 2000. He began his federal career at FERC when he came on board in January 1972 to join the former Office of Electric Power Regulation in the Case Tracking Section.

FERC headquarter's [REDACTED] began protecting FERC employees in March 2012 after a long career of serving as a member of the U.S. Capitol Police assigned to the Library of Congress.

A native of Port Gibson, [REDACTED] served our country as a member of the U.S. Army and helped to defend America during the Vietnam War.

[REDACTED] Project Manager, who serves as a liaison for FERC's security force, said that [REDACTED] "was a consummate professional who was a pleasure to work with and to know."

[REDACTED] is survived by his wife, [REDACTED] two grandsons and a host of other relatives and friends.

The FERC Family extends its deepest condolences to the families of [REDACTED] and Officer [REDACTED].

Officer [REDACTED]

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Handle Emotions in a Healthy Way

Don't let them get the best of you.

Healthy
LifeStyles



Everyone is emotional at one time or another. But you can manage your emotions in a healthy way.

The American Academy of Family Physicians offers these suggestions:

- Don't get carried away by a powerful emotion. Instead, stop and think before you act or speak.
- Make time for things that make you happy, and stay focused on the positive things in your life.
- Avoid drugs and alcohol, get regular exercise and plenty of sleep, and eat a nutritious diet

Source: [Healthfinder.gov](http://healthfinder.gov)

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Resolutions for our Health and Well-being

As we embark on a new year, many of us will be making changes to improve some aspect of our lives. As we make these resolutions, it is important to keep our safety and security in mind. Below are some tips that will guide you as you make these changes.

For many of us, the number one resolution is to improve our health and fitness levels. This often means changing our workout routines and eating habits. While this is an excellent goal, it is important to weigh risks and be informed prior to the start of a new project. Keep these tips in mind when making decisions regarding your health:

SECURITY & Safety

- When exercising outdoors, ensure that you are in a highly populated area and also make sure that you inform someone of where you will be and for how long. Avoid exercising outdoors at night, if possible.
- If exercising alone be sure that you have a charged cell phone with you in case of an emergency.
- Stay hydrated.
- If you are taking dietary supplements, ensure that you have discussed them with your doctor, and that they are reviewed and approved by the FDA
- Do not take supplements offered to you by another person.
- Do not over-exert yourself.
- Consider getting a physical or full health screening before strenuous exercise.

Home Improvement is often a goal for many of us. It is especially important to practice safety when embarking on these projects, as they can pose immediate and long term threats to our well-being and that of our family's.

- Never work on a project using power tools or on elevated levels while alone at home and always wear goggles, gloves and other protective gear.
- For all electrical and plumbing projects ensure that you have the proper training and knowledge to complete the job safely, or that you have sought help from a licensed professional.
- When completing jobs such as yard work or shoveling ice and snow, be sure that you take many short breaks and stay hydrated, and also that there is someone nearby to assist you if you need it.
- When painting, or working with any chemicals, make sure that you have the proper ventilation and that you and those exposed to the chemicals wear the appropriate protective gear, such as face masks.

Whatever your resolution is, please make sure that your safety is a priority when making these changes.

SSD would also like to remind you that the New Year is an excellent time to start an Emergency Preparedness Kit and a Family Preparedness Plan. Information on both of these can be found on the [FERCnet](http://fercnet).

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Arrivals: Nov. 15 - Dec. 31



Arrivals DEPARTURES

Departures: Nov. 15 - Dec. 31



Greener FERC Tip: Waste Not, Want Not

One of the biggest areas of waste in our country is food. According to the NRDC, \$90 billion worth of food goes to waste annually. That's a startling number, especially when you think about how tight household budgets are and how empty the shelves of food pantries have been. Below are a few tips to help you save money, extend the life of your food and create less waste for the planet.

- **Use Your Freezer.** Frozen foods remain safe indefinitely. Freeze fresh produce and leftovers if you won't have the chance to eat them before they go bad.
- **Buy Funny Fruit.** Many fruits and vegetables are thrown out because their size, shape, or color are not "right". Buying these perfectly good funny fruit, at the farmer's market or elsewhere, utilizes food that might otherwise go to waste.
- **Shop Wisely.** Plan meals, use shopping lists, buy from bulk bins, and avoid impulse buys. Don't succumb to marketing tricks that lead you to buy more food than you need, particularly for perishable items.
- **Learn When Food Goes Bad.** "Sell-by" and "use-by" dates are not federally regulated and do not indicate safety, except on certain baby foods. Rather, they are manufacturer suggestions for peak quality. Most foods can be safely consumed well after their use-by dates. Use the smell and taste test before discarding. Additionally, fresh meats that have been properly packaged and frozen can last up to a year. Eggs don't need to be refrigerated and can last for 30 days beyond the date on the package.

Source: [Earth Share](#)



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More Articles in This Issue:

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Attention: The Insider is introducing a new feature in the next issue that shines a spotlight on employees' hobbies, extracurriculars, volunteer work, interests, etc. Please email InsiderDL@ferc.gov if you have any suggestions.

FYI: You have several options to move around the Insider:

- o **Prev | Next:** These button options are at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
- o **Links:** More Articles in this issue (above) will take you to edition-specific stories.

To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider.

Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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Meet the 11th Floor—a Peek Inside the Commissioners' Offices

Ever wonder who rides the elevator all the way to the 11th floor? Here's your chance to meet the Commissioners and their staffs. We hope you enjoy getting to know the various offices a little better.

Up this Month: Team Moeller

Joining Commissioner Philip Moeller, center, from left to right, are: Cristie DeVoss, Policy Advisor for Eastern U.S.; Jesse Hensley, Policy Advisor for Western U.S.; Robert Ivanauskas, Policy Advisor for Central U.S.; Michelle Brown, Secretary; and Jennifer Murray, Confidential Assistant.

Commissioner Moeller is serving his second term on the Commission, having been nominated by President Obama and sworn in on July 16, 2010, by Congresswoman Cathy McMorris Rodgers (R-Wash.), for a term expiring June 30, 2015. He was first nominated to FERC by President George W. Bush in 2006 and sworn into office on July 24, 2006, by Chief Justice of the United States John Roberts.

Join Commissioner Moeller on Twitter [@PMoellerFERC](https://twitter.com/PMoellerFERC)

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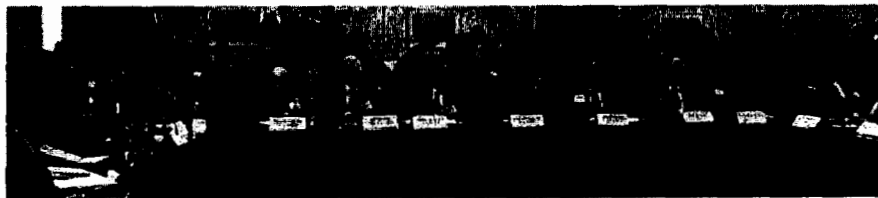
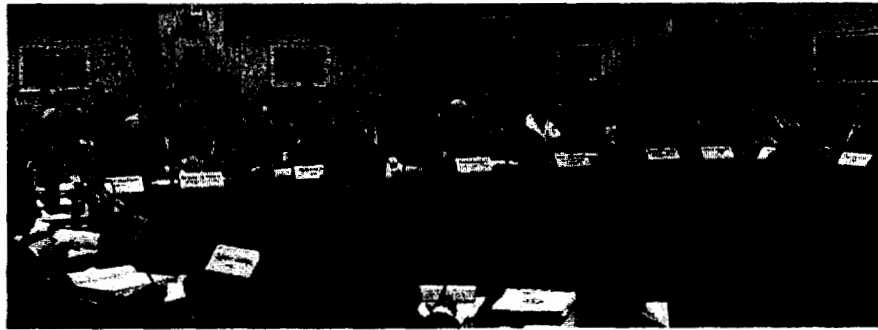
HOT TOPICS

FERC is holding a series of technical conferences to discuss implications of compliance approaches to the Clean Power Plan proposed rule, issued by the Environmental Protection Agency (EPA) on June 2, 2014. In particular, the technical conferences will focus on issues related to electric reliability, wholesale electric markets and operations, and energy infrastructure. A total of four technical conferences will be held through March. A National Overview technical conference was held in Washington D.C. on February 19, followed by conferences in Denver, St. Louis and an additional conference in Washington, D.C.



State, regional and/or federal plans for compliance with the proposed Clean Power Plan may impact FERC-jurisdictional markets, grid operations, and infrastructure. The technical conferences will provide a forum for interested persons to discuss how to address any issues concerning the reliability of the power grid and the efficient operation of wholesale electric markets that may arise in the context of potential state and regional compliance approaches to EPA's Clean Power Plan. Additionally, the technical conferences will provide an opportunity to discuss how compliance scenarios may impact existing infrastructure and drive the need for additional infrastructure, especially new electric transmission and natural gas pipeline facilities, and whether there are regulatory barriers that need to be addressed, and by whom, to ensure the timely development of those facilities.

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[Event Details on FERC.gov](#)

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COMMISSION Meeting HIGHLIGHTS

Jeff Wright Receives Distinguished Award

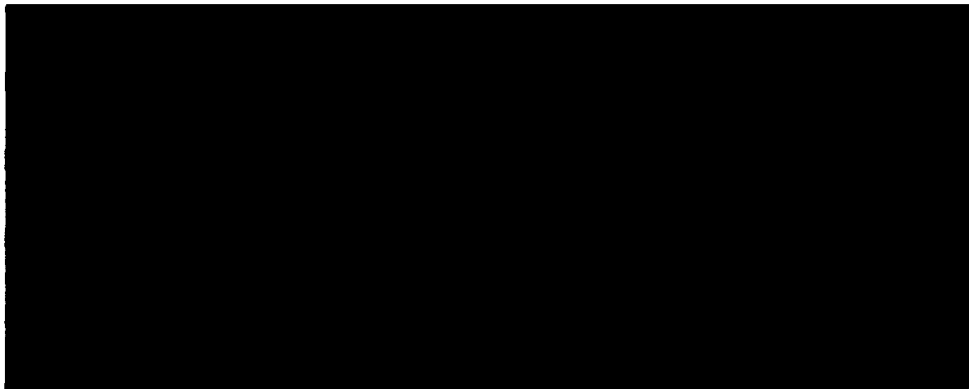
Chairman LaFleur presents retiring OEP Director Jeff Wright with the Chairman's Executive Leadership Award.

"Jeff has been an outstanding leader of the wonderful team in Energy Projects," Chairman LaFleur said.



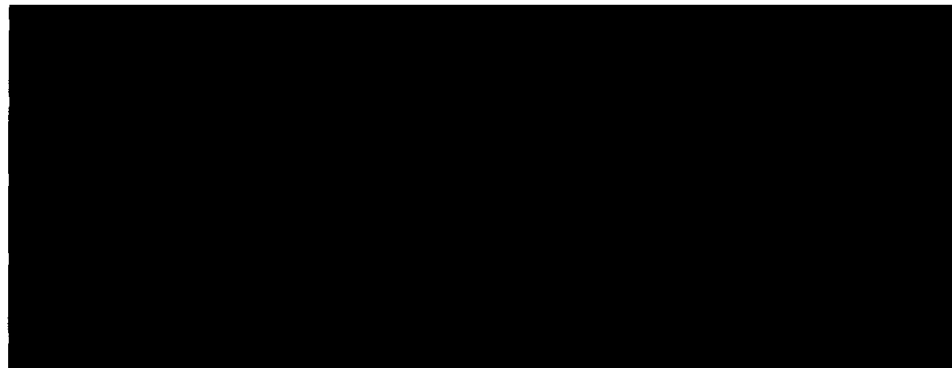
"And Jeff has supported, developed, and nurtured the people we rely on to ensure the safety and environmental soundness of projects, and the people who go out and represent the Commission at meetings in communities across the country."

February Open Meeting Presentations



OER's [redacted] (left) and OGC's [redacted] discuss NERC's risk-based approach to electric reliability compliance.

Access PDFs on FERC.gov: [News Release](#) | [Presentation](#) | [Decision E-10](#) | [Order No. 804](#)



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Staff discusses several proceedings related to the allocation of costs associated with operating generation resources needed to maintain reliability in the American Transmission Company LLC (ATC) pricing zone within the Midcontinent Independent System Operator Inc. (MISO) region. From left to right: OEMR's [REDACTED]; OEMR's [REDACTED]; OGC's [REDACTED]; OEMR's [REDACTED] and OGC's [REDACTED].

Access PDFs on FERC.gov: [News Release](#) | Decisions: [E-3](#) and [E-4](#)

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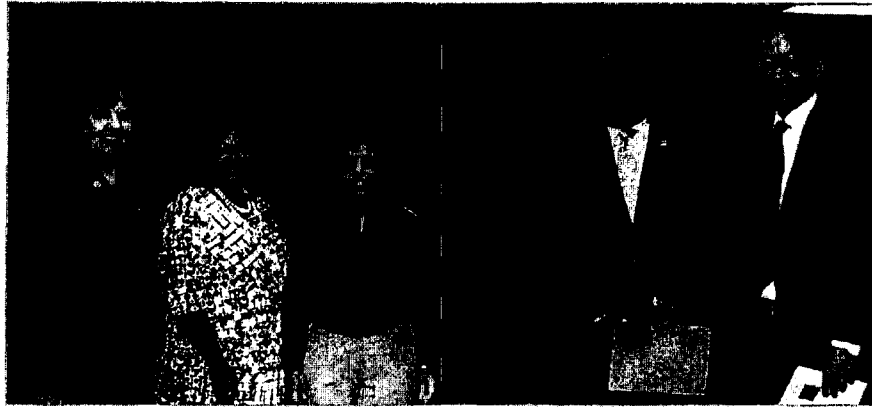
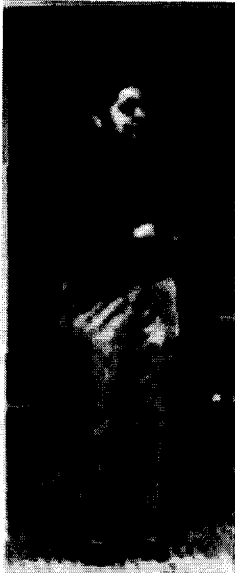
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FERC Celebrates Black History Month



Admiral Howard, third from left, is joined by Chairman LaFleur, Commissioner Honorable, [redacted] Anton Porter and Commissioner Bay.

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FERC celebrated Black History Month with a standing room only crowd and an impressive keynote speaker, Admiral Michelle J. Howard, Vice Chief of Naval Operations, United States Navy. The event marked FERC's 29th annual observance of Black History Month. "A Century of Black Life, History and Culture" served as the theme for this year's observance.

Anton Porter, FERC's Executive Director, opened the event and praised employees by saying, "Because of your participation and continued support, we are able to celebrate the life, culture and achievements of the African American community on an annual basis."

Chairman Cheryl LaFleur welcomed employees to the event. "Events like this make us a community," she said.

"Diversity is our strength. Diversity makes us better," Commissioner Colette Honorable said in her opening remarks to FERC employees. The event marked Commissioner Honorable's first formal opportunity to speak with FERC employees since joining the Commission in January.

Commissioner Honorable introduced Admiral Howard and highlighted her impressive list of accomplishments. Of particular note was when Admiral Howard took command of USS Rushmore on March 12, 1999, becoming the first African American woman to command a ship in the U.S. Navy.

Admiral Howard's remarks focused on the history of the U.S. Navy and how the organization has changed over the years. For example, she pointed out that originally in the late 1770s until the early 1990s the Navy was an integrated organization. During the Civil War, she pointed out, there were 18,000 African Americans serving in the Navy, including 11 women, who made up 20 percent of the enlisted population.

Beginning from 1919 until 1932, Admiral Howard said, the Navy did not allow African Americans to come into service. Finally, in 1944, the Navy started to bring African Americans back into the organization.

"Talking about the journey is to appreciate how far we have come. How far we have come as a country, a nation, and as citizens," Admiral Howard said.

"This Constitution has become more inclusive," Admiral Howard said.

Admiral Howard also provided employees with the history of the Federal Power Commission (FPC) and FERC and the evolution of the electric industry.

OED's [REDACTED] provided closing remarks followed by the singing of the Black National Anthem. OED was the host of this year's event.

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Meet FERC's Security Team: Part 2

The *FERC Insider* is pleased to introduce the remaining members of the FERC Security Team. Each of these individuals is dedicated to ensuring a safe workplace for employees at 888. Please take time to find out a little more about each of them.



A veteran of the United States Army, [redacted] time served has provided him with the skills to supervise numerous security officers here at FERC. His duties include maintaining a secure facility, conducting post inspections, and responding to emergency situations. [redacted] enjoys the sense of community at FERC and the Security Team.

[redacted] works primarily on the night shift. He is responsible for maintaining a secure facility by monitoring all after hours employees and visitors as well as reporting on the conditions of the building. While the night shift is hard for many, [redacted] has grown accustomed to the late hours and enjoys interacting with those employees that work the same hours.

During his time at FERC, [redacted] has performed many duties, from access control to responding to emergency situations. [redacted] enjoys the camaraderie he feels with his fellow officers and the time he gets to spend talking to FERC employees.

As one of our newest officers, [redacted] has been with FERC Security for less than a year. He frequently can be found at the Pavilion Entrance where he maintains visitor access, screens visitors, and reports on the conditions of the facility. [redacted] enjoys the friendships he has developed with his fellow officers and the sense of accomplishment he feels at the end of each shift.

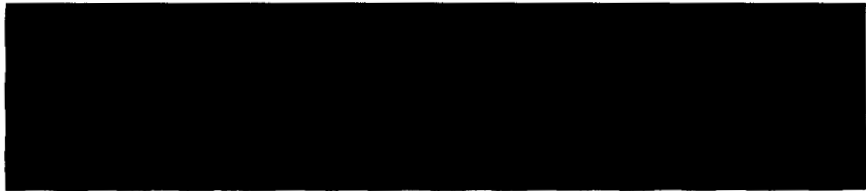


[redacted] can almost always be found at the First Street entrance where she signs visitors in and out, performs screening, and greets the employees. She has the ability to work in a supervisory capacity, but enjoys the time she spends with fellow officers on post. During her time at FERC she has gotten to know many of the employees in the building and is happy to be able to provide a safe environment for them.

[redacted] works nearly every post and relishes the opportunity to greet each and every employee and visitor that comes to FERC. Her bright demeanor has allowed her to learn a lot about each person who crosses her path so that she can provide the best customer service possible.

[redacted] is usually found at the garage post or the First Street entrance. While Officer [redacted] is quiet, he is observant and this characteristic contributes to his fine tuned skills as an officer. Officer [redacted] enjoys ensuring that all FERC employees and visitors are safe while they are in the building.

[redacted] is skilled at visitor control and screening and emergency response. [redacted] has enjoyed his year here and finds the employees to be very friendly and loves working with his fellow security colleagues.



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OER: What is your favorite National Park in the U.S.?



What's MY LINE?

"Grand Teton National park. The peaks of the Teton Range rise up more than a mile, and they are simply breathtaking. I've enjoyed hiking there, and skiing near there with the Tetons in the background." [REDACTED]

"Cape Hatteras National Seashore in the Outer Banks. I was a rescue boat driver there, so I've spent a lot of time there." [REDACTED]

"Volcano National Park in Hawaii. I saw the glow of the volcano and sulphur banks. It was like being in Jurassic Park." [REDACTED]

"Yellowstone National Park. I visited it last summer and enjoyed wildlife and natural landscape and the beauty of its vastness." [REDACTED]

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New Leadership in OEP



At a recent Commission Meeting, Chairman LaFleur announced that Ann Miles has been appointed Director of OEP and Michael McGeehee will serve as Acting Deputy Director. Ann most recently served as Deputy Director and Michael was Director of the Division of Pipeline Certificates in OEP. The new appointments were announced when Jeff Wright announced his retirement from FERC as Director of OEP.

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Meet FERC's EEO Counselors

It's been some time since *The FERC Insider* highlighted our EEO Counselors, so we are introducing them to you in this month's edition. If you feel that you have been discriminated against because of race, color, religion, sex, national origin, disability or age, contact one of our EEO counselors. Once you contact the agency's EEO Office, an EEO Counselor will talk to you about your rights and responsibilities.

For more information on the EEO process, go to the [FERCnet EEO and Diversity](#) web page.



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Did you know that... There have been four women who have served as Chairman or Acting Chairman of FERC: Cheryl LaFleur; Elizabeth Moler; Martha Hesse; and Georgianna Sheldon. And, nine women have served on the Commission: Colette Honorable; Cheryl LaFleur; Suedeen Kelly; Nora Brownell; Linda Breathitt; Vicky Bailey; Elizabeth Moler; Martha Hesse and Georgianna Sheldon.

Chairman LaFleur Receives Woman of the Year Award

The Women's Council on Energy and the Environment (WCEE) presented FERC Chairman Cheryl A. LaFleur with its 2015 Woman of the Year award on the evening of March 9.



Chairman LaFleur, center, with Kimberly Boer, FERC Secretary, and Vicky Bailey, former FERC Commissioner.

(photo by Andrea Spring)

"It was a special honor to receive this award from WCEE, an organization that does so much for women in energy," Chairman LaFleur commented. "I was especially grateful to have so many FERC friends who were there for a special evening."

Asian Pacific Group



Founders of the Asian-Pacific-Americans (APA) FERC employee group gather together with Commissioner Bay to celebrate their kick-off event on March 3. From left to right are [redacted], [redacted], [redacted], [redacted], Commissioner Bay, [redacted].

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I'm teleworking, and I need my password reset!

As more and more FERC employees telework, there is an increased demand for password resets while teleworking. You may remember from your IT Security Awareness training that phishing attempts are common, and phishers often try to gain access to networks by requesting a password reset. Because of this, the ITSC can't reset your password when you call from home or email from a personal email account. They don't have any way of confirming your identity and ensuring that you're not a phisher.

FERC's current process for remote user password resets is below.



Before you telework, make sure you have the office phone numbers for your supervisor and AO!

1) Reach out to your supervisor or Administrative Officer. Let them know that you are teleworking and need your password reset.



From: Supervisor Name
Sent: Monday, January 05, 2015 8:43 AM
To: IT Support Center
Cc: Teleworking User
Subject: Password reset

Please reset Teleworker's network password. He can be reached 202-555-1234. Thank you.

Supervisor Name
 Title
 Office Information
 Division Information
 Federal Energy Regulatory Commission
 Phone: (202) 502-0000

2) Your supervisor or AO can confirm that it is YOU (not a phisher) who is asking for the password reset, and they will let the ITSC know that they can reset your password. Your phone number should be included, so that the ITSC can give you your new password.

The ITSC will reset your password, then call you to get you up and running!

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Walking Group a Step Toward Better Health, Researchers Say

Your heart rate, cholesterol and even depression might improve, study suggests

Joining a walking group may be just what the doctor orders, because research suggests it is one of the best ways to improve your overall health.

It's easy to stick with this type of exercise program, which offers a wide range of health benefits and has virtually no side effects, the study authors said in the report published online Jan. 19 in the British Journal of Sports Medicine.

Healthy LifeStyles

The researchers reviewed 42 studies, involving nearly 2,000 adults in 14 countries, that examined the physical and mental health effects of joining an outdoor walking group. Some of the people in the studies had chronic health problems such as arthritis, diabetes, obesity, fibromyalgia, Parkinson's disease, dementia, and mental health disorders.

Joining a walking group led to decreases in blood pressure, resting heart rate, body fat, weight and total cholesterol, the study found.

In addition, walkers saw improvements in overall physical functioning and lung power, the researchers said in a journal news release. And symptoms of depression also seemed to be reduced by joining an outdoor walking group, they found.

Three-quarters of the walking group participants stuck with the exercise program. The only negative side effects reported were a few falls on roots or wet ground, the findings showed. And, the study authors pointed out, the social aspect of walking groups may help people develop positive attitudes about physical activity.

"Walking groups are effective and safe with good adherence and wide-ranging health benefits," study author Dr. Sarah Hanson, of Norwich Medical School at the University of East Anglia in the United Kingdom, and colleagues said in the news release.

The study findings suggest that doctors and other health care providers should recommend patients join a walking group as a way to improve their health, Hanson's team added.

SOURCE: British Journal of Sports Medicine, news release, Jan. 19, 2015



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Community Emergency Response Team (CERT)

One of the most talked about issues within the Security and Safety Division is Emergency Preparedness. Each year SSD hosts trainings such as First Aid and CPR and educational events such as National Preparedness day in an effort to ensure that the FERC community is well informed and prepared for any event that may arise. We have been pleased to see a number of individuals take advantage of what we have offered, and love to hear stories of how each of you are preparing yourself and your families for emergency situations.

**SECURITY
&
Safety**

Many of you know that Gerald McAteer is very active in emergency response and planning for his community as well. CERT Members have different responsibilities based on the needs of the area that they live in. Some respond to search and rescue missions, volunteer on fire safety teams, or in medical operations. CERT members receive specialized training and education which not only assists the community they live in, but increases their own survival skills in emergency situations. While these programs are volunteer based, they are headed by highly qualified and knowledgeable individuals and usually overseen by the Department of Homeland Security. By offering your time and efforts, you could learn quite a bit more about emergency preparedness and about your community.

If you are interested in becoming a part of a Community Emergency Response Team, the best place to start your research is on the FEMA website. Follow the link below to find a CERT in your area. If you have any questions or would like to discuss the content in this article, please send an email to SAS_SecurityandSafety@ferc.gov.

For more information: [FEMA Community Emergency Response Team](#)

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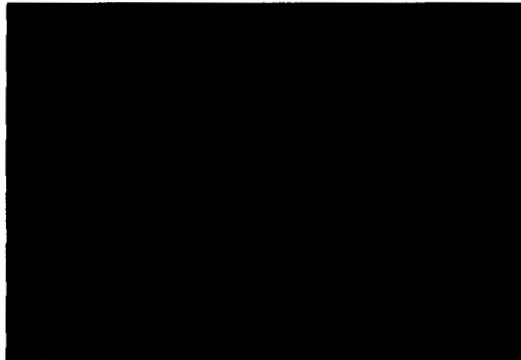
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Arrivals: February 1 -28



Departures: February 1 -28



Arrivals DEPARTURES

Greener FERC Tip:

It may not seem like it but spring is right around the corner. Under the random mounds of snow dotting our streets and sidewalks is grass just waiting to burst forth. And with spring comes cleaning and purging. So as you prepare to attack that messy closet or get behind the refrigerator and stove to do a deep cleaning, consider these tips:

1. Gather your gently used clothing items for donation. Casual wear can be donated to churches, local non-profits and shelters, while your professional items can be donated to organizations with specific programs that help folks transition back into the workforce, like A Wider Circle. For items that aren't quite reusable, like that old favorite concert t-shirt that's on its last thread or your now 18 year old son's Thomas the Train sheets, perhaps use them to dust around the house.

2. As for cleaning products, natural is always best. Consider items like diluted vinegar for cleaning no wax wood floors, windows, toilets, bathtubs, glass and walls; small slices of lemon for freshening up your garbage disposal; baking soda solutions will keep your hair brushes clean, shine your silver flatware and even break up the grease in your oven. You can also add vinegar to your washing machine's rinse cycle instead of fabric softener and baking soda as a booster with your detergent for fresher, cleaner, brighter clothing. At the very least, avoid products that contain dangerous phosphates which contaminate our water.

For more tips on cleaning naturally check out some of the following sources:

www.greenamerica.org

www.gre2.com

www.versatilevinegar.org



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FYI: You have several options to move around the Insider:

- o **Prev | Next:** These button options are at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
- o **Links:** More Articles in this issue (above) will take you to edition-specific stories.

To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider. Questions? Complaints? Compliments? Suggestions? Please contact us at Insider@ferc.gov.

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This month features our fourth installment of our "Meet the 11th Floor" office photos. We decided to embark on this effort so employees around the Commission would have a better idea of who actually works up there.

Up this Month: Team Honorable



Team Honorable: Robert Thormeyer, Strategic Advisor; Emon Mahony, Legal Advisor; Commissioner Honorable; Fredrick Wilson, Legal Advisor; William Sauer, Policy Advisor; and Sakishia Simms, Secretary.

Commissioner Colette D. Honorable was nominated to the Federal Energy Regulatory Commission by President Barack Obama in August 2014, and confirmed by the U.S. Senate in December 2014 for a term that expires in June 2017.

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Earth Week Activities At FERC

This year, Greener FERC put on its 6th annual Earth Week program. The week's agenda included everyone's favorite Child Development Center Children's Parade, a presentation on the Migratory Bird MOU, plant swap, organic market and various recycling efforts. The week was a success thanks to the hard work and efforts of Greener FERC members. Special recognition goes to [REDACTED]



Photos above: OEP's [REDACTED] discusses the Migratory Bird MOU, and the Plant Swap was a success with FERC employees. Both plants and seeds were swapped.

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COMMISSION Meeting HIGHLIGHTS



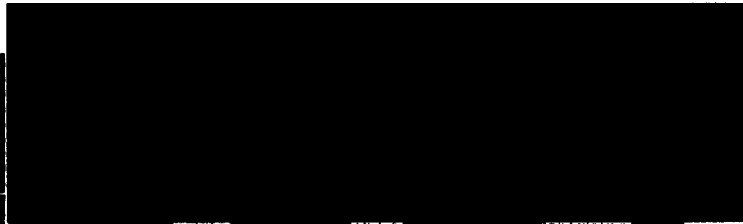
Deputy Chief Judge Bobbie McCartney Retires

Deputy Chief Judge Bobbie McCartney has retired after more than 36 years of federal service. "I wanted to thank her publicly for the tremendous work she has done the agency over the years," Chairman Bay commented. "Since she joined the Commission in 1999, Judge McCartney has presided over some of the most complex matters that have been set for hearing and this is a testament to both her legal acumen and her administrative skills."

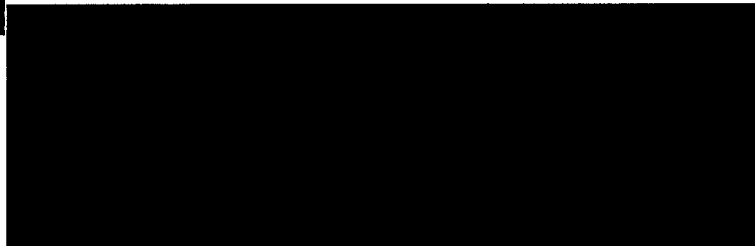
April 16 Discussion Items:



Chairman Bay presides over his first Commission Meeting in April.



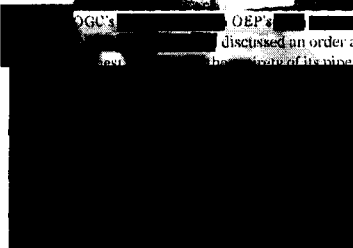
discussed the Commission's approval of a Final Rule to improve gas-electric coordination (RM14-2-000). [News Release](#) | [Presentation](#) | [Order No. 809](#)



OEMR's, OGC's, and OGC's and discussed a policy statement on Cost Recovery Mechanisms for Modernization of Natural Gas Facilities (PL15-1-000). [News Release](#) | [Policy Statement](#)



OGC's, OEP's, OEP's, OALIDR's, and discussed an order approving an uncontested settlement that addresses MIDLA's the system of its pipeline system in Louisiana and Mississippi.



OEP's presented a staff presentation on transmission investment (AD15-12-000). [Staff Presentation on Transmission Investment](#)

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Asian American & Pacific Islander Heritage Month



An impressive event was held on May 6 to observe Asian American and Pacific Islander Heritage Month. The Asian Pacific Americans of the Federal Energy Regulatory Commission (APA FERC) and the Office of the Executive Director sponsored this year's event.

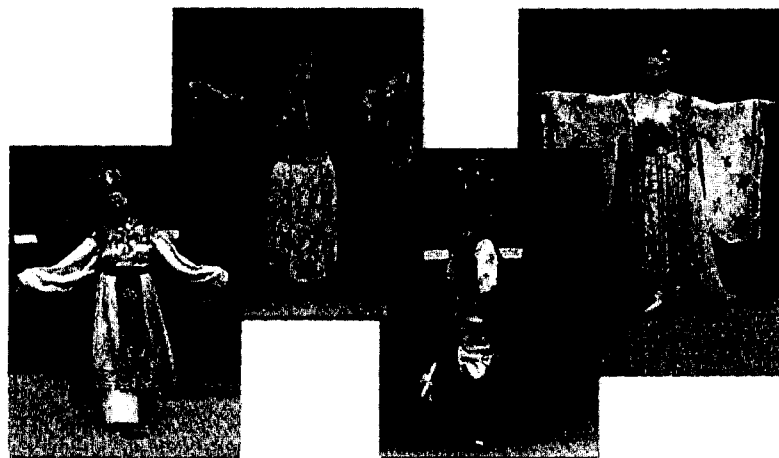
Executive Director, Anton Porter welcomed guests to the event and [REDACTED] of APA FERC introduced the panel speakers.

"APA FERC has done some tremendous things at the Commission," Chairman Bay noted in his opening remarks.



A panel discussion was the featured event and included: Nidhi Thakar, Deputy Director of the Public Lands Project at American Progress; Minh Le, Director of the Solar Energy Technologies Office at DOE; and Hardev Juj, a leader in the electric industry for over 35 years. The panelists spoke about how they overcame diversity in their lives. A lively question and answer discussion followed.

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Following the panel discussion, employees were treated to a cultural presentation including an Asian Heritage fashion show and dancing by the Fairfax Chinese Dance Troupe. A "Feast of the East" food sampling event was the final event of the day's festivities.

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Take Our Daughters and Sons to Work Day



FERC's Take Our Daughters and Sons to Work Day was a huge success this year. Chairman Norman Bay welcomed participants to the event saying, "Study hard in school and listen to your parents."

OEMR's Deputy Director Anna Cochrane provided opening remarks and OEMR's Director of the Division of Pipeline Regulation Nils Nichols provided an overview of FERC's responsibilities. OEMR sponsored this year's event.

Students were treated to a mock trial, tours of the security station, print shop and Market Monitoring Center in OE, among other things.

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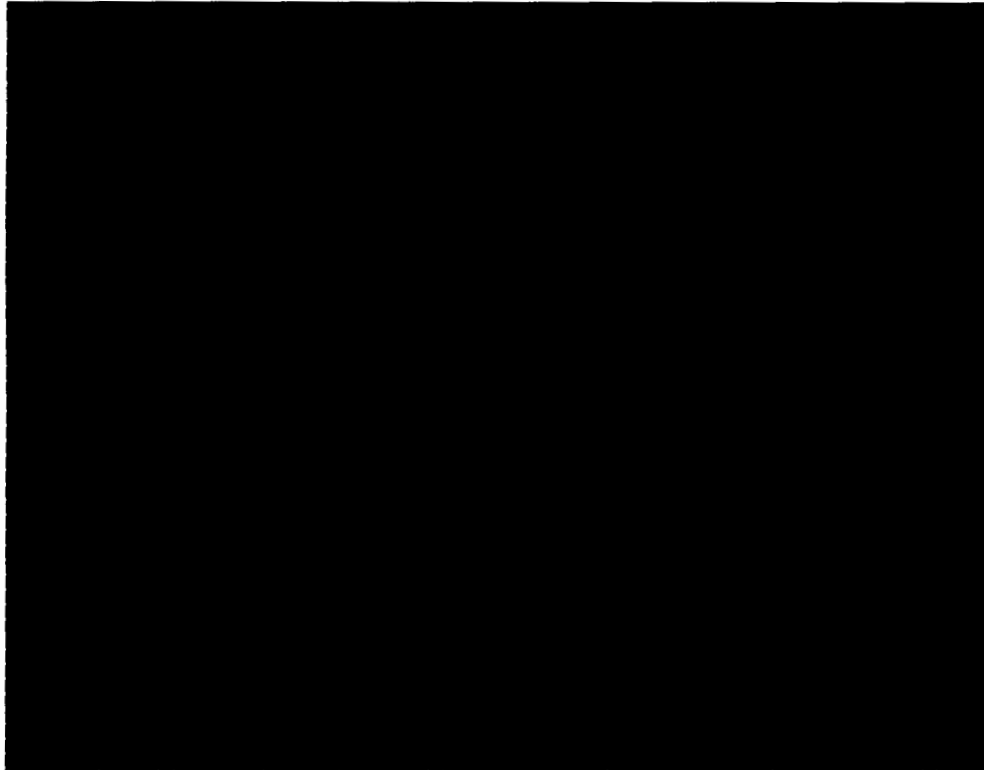
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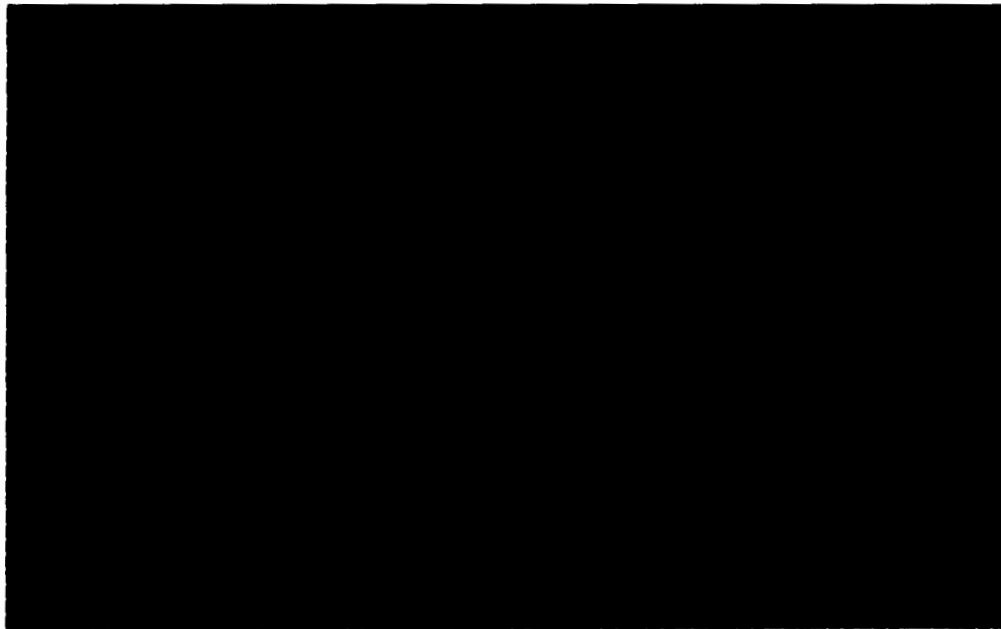
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Team MERCURY

Team MERCURY proved to be a serious competitor in the NCB Capitol Hill Classic 10K race on May 17. The team finished 14 out of 55 teams. The 36th annual event provides funds for the Capitol Hill Cluster School, a DC public school with over 1000 students.



In the back row are: [REDACTED], former FERC staffer; [REDACTED] (OE); [REDACTED] (OE); Chairman Norman Bay; [REDACTED] (OGC); [REDACTED] (OEP1); and [REDACTED] (OAL). In the bottom row are: [REDACTED] (OEMR); [REDACTED] (DALJDR); [REDACTED] (OE); [REDACTED] (OGC); and [REDACTED] (OE).



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What's MY LINE?

"If you give credit to other people, there is no limit to what you can accomplish." [Redacted]

"Don't waste food by letting it go bad...freeze it!" [Redacted]

"To marry my wonderful wife." [Redacted]

"Wash your hands." (My mom's a nurse.) [Redacted]

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Commissioner Honorable was the guest luncheon speaker at the Energy Bar Association's 2015 Annual Meeting in Washington, D.C.

Selfie of the Month

This month's selfie includes veteran members of Greener FERC. From left to right, front row: [REDACTED]



OER Director Michael Bardee testified before the House Energy & Commerce Committee, Subcommittee on Energy and Power on May 19 on energy reliability and security issues. [Event Details](#)



Ann Miles, Director of OEP, testified on May 13 before the House Energy & Commerce Committee, Subcommittee on Energy and Power on the Hydropower Regulatory Modernization and FERC Process Coordination under the Natural Gas Act. [Testimony](#) | [Event Details](#)

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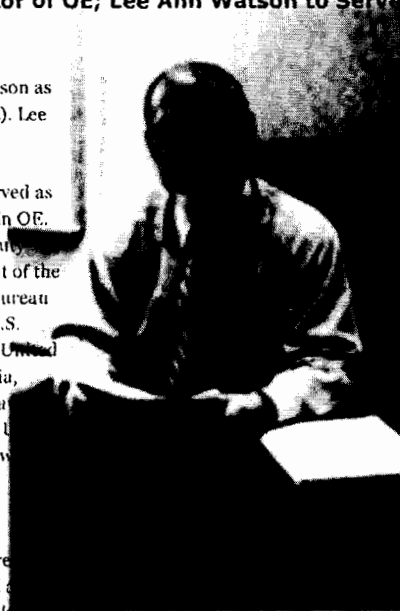
Larry Parkinson Named Director of OE; Lee Ann Watson to Serve as Deputy Director

Chairman Bay has named Larry R. Parkinson as Director of the Office of Enforcement (OE). Lee Ann Watson will be Deputy Director.

From March 2010 to April 2015, Larry served as Director of the Division of Investigations in OE. Before joining FERC, Larry served as Deputy Assistant Secretary at the U.S. Department of the Interior, General Counsel of the Federal Bureau of Investigation, General Counsel of the U.S. Small Business Administration, Assistant United States Attorney for the District of Columbia, litigation associate at Ropes & Gray, and law clerk to the Honorable William G. Young of the U.S. District Court for Massachusetts. He has twice received a Presidential Rank Award for Meritorious Service.

Larry is a graduate of Northern State University and Harvard Law School, where he served as editor of the Harvard Law Review. Before law school, he worked for four years on Capitol Hill as a staff member to two congressmen and as a subcommittee minority staff director.

Previously, Lee Ann was the Director of the Division of Analytics and Surveillance (DAS) in OE and prior to the formation of DAS, Deputy Director of the Division of Investigations in OE. Lee Ann joined the Commission in 2002 after serving four years as an Assistant Counsel in the Office of Professional Responsibility with the Department of Justice, where she investigated allegations of professional misconduct by Department of Justice attorneys, including United States Attorneys. Before coming to the federal government, Lee Ann was a partner in a large law firm in Chicago, concentrating on complex civil litigation. Lee Ann graduated from Indiana University and Washington University Law School.



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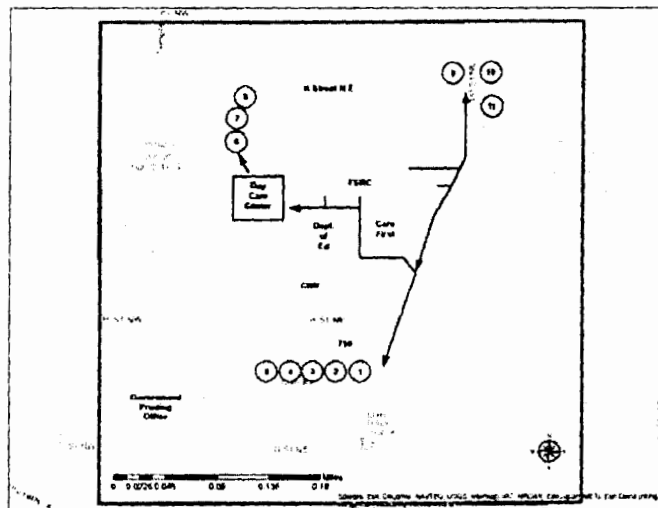
Emergency Evacuation Procedures

Many of you are aware that the Safety and Security Division periodically organizes emergency evacuation drills to refresh the procedures for such an event in everyone's mind and to evaluate the effectiveness of procedures that have been set forth. We would like to take the time to remind our employees of the importance of knowing your emergency procedures and to stress the importance of employee accountability during an emergency situation. Please review the tips below to refresh your memory of these procedures:



- Make yourself aware of your relocation site for an emergency evacuation (See the map below)
- Read and re-read your Occupant Emergency Plan
- Familiarize yourself with the accountability process for your program office
- Report anything that seems unusual, suspicious, or dangerous, to the security command center (ext. 8911)
- Follow the entry and exit procedures every day to ensure that SSD can maintain accountability of those who are in the building during an emergency situation
- Always follow the directives of security personnel, emergency responders, and your floor monitors
- Ensure that you know the locations of all fire alarms and stairwells
- Treat all alarms as if they are actual emergencies. Never assume that an alarm is just a drill.
- Regional employees should proactively seek out the emergency procedures for their respective sites, and participate in any drills that are organized.

The Occupant Emergency Plan (OEP) provides more guidance and directions regarding all emergency situations. You can view the OEP here: <http://fercnet/newfercnet/OED/security/safety-security/emergency-plan/occupant-plan.pdf>. The map below indicates the relocation sites for each floor. Please make note of the location for your floor. As always, please contact a member of SSD with any questions, suggestions, or concerns you may have. We make your safety our number one priority, and you should too.



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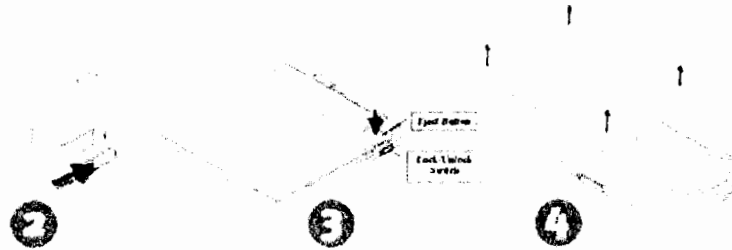
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Undocking Your Laptop

A lot of folks are already finding that laptops allow for a lot of workplace flexibility. However, it can sometimes be challenging to undock your laptop when you are ready to go. The steps below show how to release and eject your laptop from the docking station.



- Remove your **MicroSaver Notebook Lock** from the docking station.
- Push the **Lock/Unlock Switch** on the docking station to the **Unlock** position.
- On the docking station, press the **Eject Button downward** to release your laptop from the docking station. You should hear a slight click when releasing your laptop from the docking station.
Note: If you find that you cannot depress the Eject Button, check the Lock/Unlock Switch to ensure it is in the Unlock position. Do not pick up the laptop or the docking station when the laptop is docked. Doing so can damage the connectors on the laptop and the docking station.
- Lift your laptop from the docking station to avoid damaging the ports on the docking station.

Docking Your Laptop

When you return to your desk, you will need to dock your laptop to begin working. The steps below show how to dock your laptop.

- Place the docking station with enough flat space in front of it to completely support the laptop when docked to the device.
- Retract the **Battery Bar** if your laptop has a battery that extends beyond the back of the laptop.
- Slide the **Battery Bar Adjuster** to the left to retract the battery bar.
- Push the **Lock/Unlock Switch** toward the back of the docking station to unlock it.
Note: The docking station must be unlocked to dock or undock a laptop. Take note of the illustrations on the right side of the docking station for the Lock/Unlock Switch feature.
- Center the laptop with the docking station, and then push down on the laptop until it clicks into place on the **Docking Connector**.

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- If the laptop was not turned on, turn it on by pressing the **Power Button** on either the laptop or the docking station.
- If the laptop **does not turn on** or awaken successfully, undock and re-dock the laptop on the docking station.

Note: You can dock your laptop regardless of whether it is turned on or off.

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Greener FERC Tip

Ahhh, Spring! Time to get your lawn and garden in shape, and in an environmentally responsible way. Here are some tips to follow:

- **Develop healthy soil.** Make sure your soil has the right pH balance, key nutrients, and good texture. You can buy easy-to-use soil analysis kits at hardware stores or contact your local County Cooperative Extension Service for a soil analysis.
- **Choose the right grass for your climate.** If your area gets very little rain, don't plant a type of grass that needs a lot of water. Select grass seed that is well suited to your climate and other growing conditions such as the amount of sunlight and rain your lawn receives. Over-seed your lawn each Fall by spreading seeds on top of the lawn. A thicker lawn helps to crowd out weeds. Your local County Extension Service can advise you on which grasses grow best in your area.
- **Longer is Better.** Make sure the lawn mower blades are sharp. Grass that is slightly long makes a strong, healthy lawn with few pest problems. Weeds have a hard time taking root and growing when grass is around 2½ to 3½ inches for most types of grass.
- **Water Early.** It is time to water if footprint impressions stay in the lawn and do not spring back. Water early in the morning and only for short periods for time so the soil may absorb the water. Longer grass has stronger roots and retains water better.
- **Correct thatch buildup.** Thatch is a layer of dead plant materials between the grass blades and the soil. When thatch gets too thick, deeper than ¾ of an inch, water and nutrients are prevented from getting into the soil and reaching the roots of the grass. Overusing synthetic fertilizer can create heavy layer of thatch, and some kinds of grass are prone to thatch buildup.
- **Recycle grass.** Don't pick up the grass clippings after you mow. Clippings will return nutrients and moisture to the soil. Consider buying a mulching lawn mower. This will cut the grass clippings finer and blow them into the lawn.
- **Let your lawn breathe.** Once a year, remove small plugs of earth to allow air and water to aerate the grass roots.
- **Invite a few weeds and insects into you garden.** Think of you lawn as a small piece of nature where pests have their place. Often, nature provides its own pest control in the form of birds or other insects that feed on the insects we consider nuisances.
- **Use manual tools.** Tools that don't require electric or gasoline engines are especially handy for small yards or small jobs. There are hand tools available that will meet a wide variety of lawn and garden needs, like lightweight, quiet, easy-to-use reel push mowers that generate no emissions.

For more information, go to <http://www.epa.gov/epahome/hi-spring.htm>

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Let Your Voice Be Heard: The Federal Employee Viewpoint Survey



Commission employees are invited to participate in the Federal Employee Viewpoint Survey (FEVS), conducted by the Office of Personnel Management (OPM). This year's survey window will be open April 27 through June 5, 2015. Chairman Bay sent a memo encouraging all FERC employees to take the time to complete the survey and share their views. He stated, "FEVS provides a powerful tool to deliver relevant feedback, and I am committed to leveraging the survey's results to ensure that FERC remains a place that provides rewarding experiences for its employees."

Based on employee responses to last year's survey, the Commission was ranked fifth out of 25 mid-sized agencies in the Partnership for Public Service's Best Places to Work rankings. FERC had a participation rate of 66% on the survey last year, which was well over the government average of 47%. However, Chief Human Capital Officer Eduardo Ribas believes we can have an even higher response rate this year. He states, "The Commission has committed to using the survey's results to influence change and ensure employees feel supported and engaged. So let your voice be heard."

OPM has started sending emails to all FERC employees along with a unique link to the survey. All responses are kept confidential and only aggregate results will be provided to FERC.

For more information about the survey, please contact [redacted] visit the [FERCNet](#).

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- o **Prev | Next:** These button options are at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
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To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider. Questions? Complaints? Compliments? Suggestions? Please contact us at insider@ferc.gov

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FERC Kicks Off 2015 CFC

The 2015 CFC kickoff event was a huge success with the FERC Child Development Center as the featured cause and the annual Halloween parade taking center stage with an impressive turnout by FERC employees. This year's campaign goal is \$390,000.

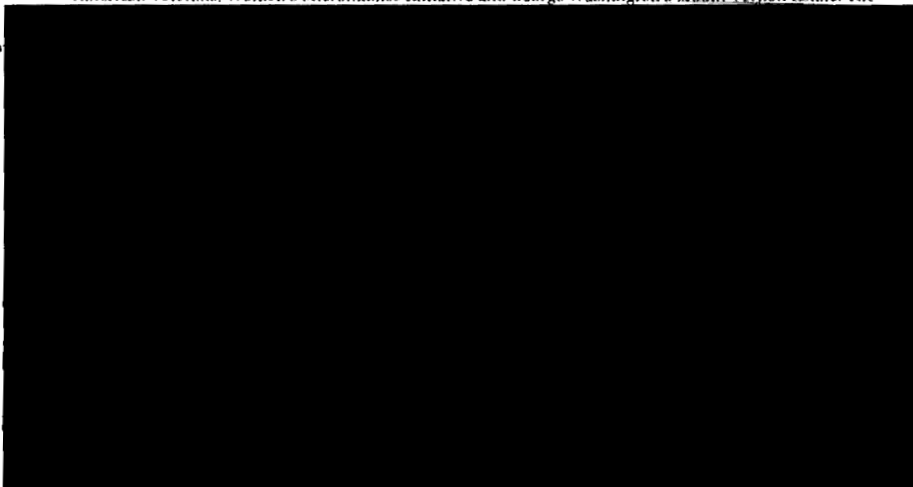
[REDACTED], CFC Campaign Manager for FERC and superstar in the CFC world, served as emcee for the event.

Chairman Bay, who serves as co-chair of the campaign, welcomed employees to the event and thanked them for their generosity. Special guests included: Commissioner Honorable, FERC Executive Director Anton Porter, co-chair of the campaign; CFC Loaned Executive [REDACTED] and Associate Executive Director CFCNCA Geoffrey Rixon

FERC's weekly CFC events this year featured a diverse and representative selection of worthy causes from the Catalogue of Caring including: FERC Child Development Center, Fidos for Freedom, Oxford House, Shakespeare Theatre, A Wider Circle, So Others Might Eat (SOME), Habitat for Humanity, Disabled American Veterans, Women's Microfinance Initiative and George Washington's Mount Vernon Estate. The



[View 2015 CFC Event Photo Gallery here](#)



Above: Commissioner Honorable (center) is joined by the 2015 CFC Key Workers, Office Captains and Campaign Committee.

A special thank you to the CFC 2015 Campaign Committee Members: [REDACTED]
[REDACTED]
[REDACTED]'s [REDACTED]
[REDACTED]

At each weekly event [REDACTED] thanked the FERC key workers and captains, as well as everyone involved in the campaign for their hard work and dedication.

President John F. Kennedy initiated the CFC in 1961 as a formal national giving program for Federal employees. Since then the CFC has evolved into our nation's leading workplace giving program. No other annual employee giving program raises so much money for so many worthy causes. Over the last 54 years, Federal Employees have donated more than \$7 billion.

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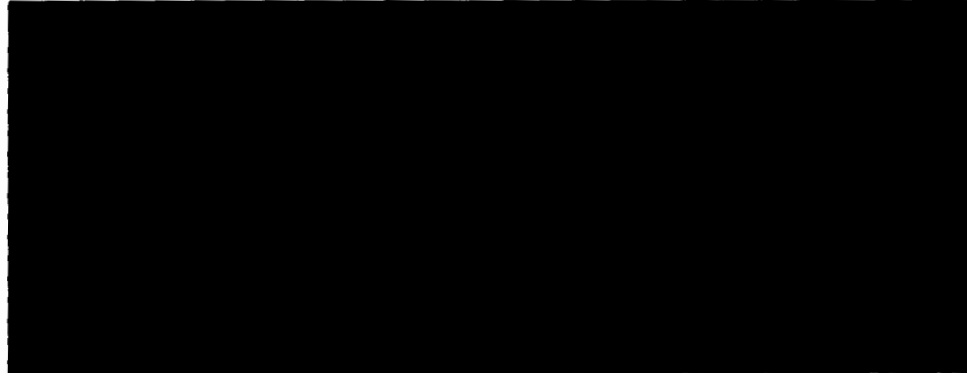
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November Meeting Highlights



COMMISSION Meeting HIGHLIGHTS

OEMR's [redacted], OEPI's [redacted], OEPI's [redacted], OEMR's [redacted] and OGC's [redacted] discuss price formation in energy and ancillary service markets run by RTOs and ISOs.



OE's [redacted] present the 2015 Report on Enforcement.

October Meeting Highlights



OER's [redacted], OEMR's [redacted], OEMR's [redacted], OGC's [redacted] and OGC's [redacted] discuss a final rule refining the electric market-based rate program.



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OER's [redacted], OER's [redacted], OEMR's [redacted], OEMR's [redacted], OGC's [redacted] and OEMR's [redacted] discuss an order involving the Public Service Company of New Mexico.



OED's [redacted] and OED's [redacted] discuss the results of the Federal Employee Viewpoint Survey.



OE's [redacted], [redacted], [redacted], and [redacted] discuss the 2015-2016 Winter Energy Market Assessment.

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Commission Testifies Before House Subcommittee



The House Committee on Energy and Commerce, Subcommittee on Energy and Power, held an oversight hearing of the FERC on Dec. 1. The Chairman and Commissioners appeared before the subcommittee to discuss several issues related to the significant shifts taking place in the energy sector. Among the topics discussed were EPA's cap and trade rules, grid security challenges, and natural gas pipeline permitting.

[Testimony on FERC.gov](#)

Photo courtesy 

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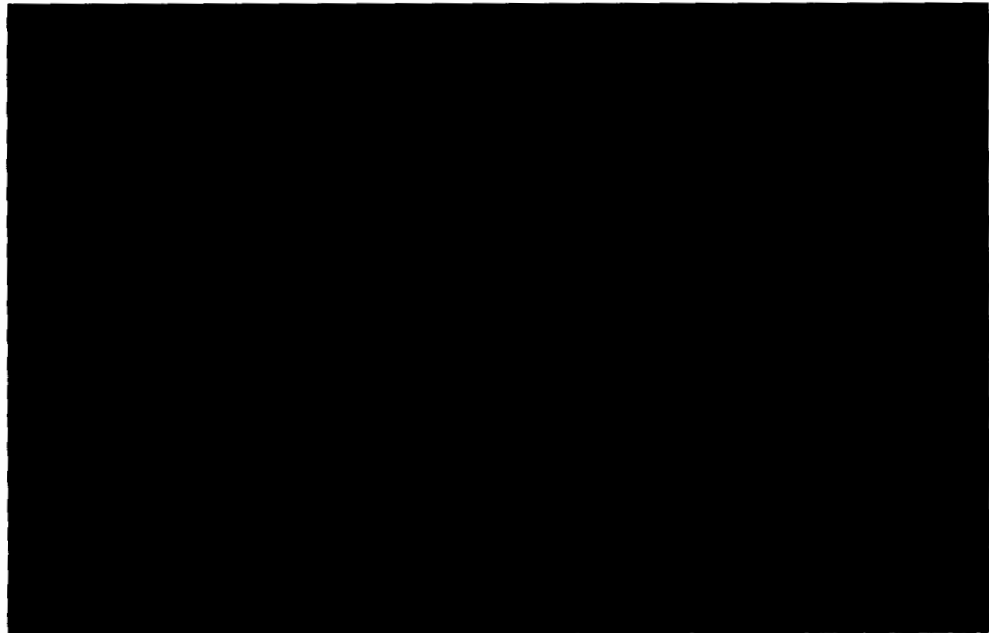
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Coffee and Tea with the Chairman



Clockwise from the bottom left are: [redacted], [redacted], Chairman Bay, [redacted], and [redacted].

Chairman Bay met with staff from OEMR recently for an informal discussion of energy issues. The "coffee and tea" event with the Chairman will be held on a regular basis and will include every office in the Commission. "FERC staff is top-notch and I'm honored to work with them," Chairman Bay said. "Meeting with staff on an informal basis to discuss the energy challenges of the future is a terrific opportunity for me."

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New CIO Director



Christina M. Handley is FERC's new Chief Information Officer. From 2013 to 2015, Christina served as CIO of the Millennium Challenge Corporation (MCC), an innovative and independent US foreign aid agency that provides \$10 billion in large-scale grants to fund country-led solutions for reducing poverty through sustainable economic growth.

Christina is currently a Reservist (Colonel) with the Secretary of the Air Force, Office of the CIO, Pentagon.

Prior to the MCC, Christina served as Deputy CIO of the National Labor Relations Board, worked at the U.S. Department of the Treasury and the Internal Revenue Service.

From 1990 to 2000, Christina served as an Air Force Officer at various domestic and overseas locations.

Christina holds a Masters degree in International Management from Thunderbird American Graduate School of International Management, a Master of Business Administration from Arizona State University, and a Bachelor of Science degree in Mathematics from the George Washington University.



Commissioner Moeller Departs



Chairman Bay presents Commissioner Moeller with a gift as he prepares to depart the Commission after serving for almost 10 years. Commissioner Moeller was the second-longest serving Commissioner in the history of FERC.

"Phil has been a great Commissioner, a great colleague, and a great American," Chairman Bay said. "I'm going to miss working with Phil. Not only is he a deep thinker on energy issues, but he has that special Phil Moeller sense of humor."

"The staff here is incredible," Commissioner Moeller said. "Thank you to everyone involved. It's been an honor."

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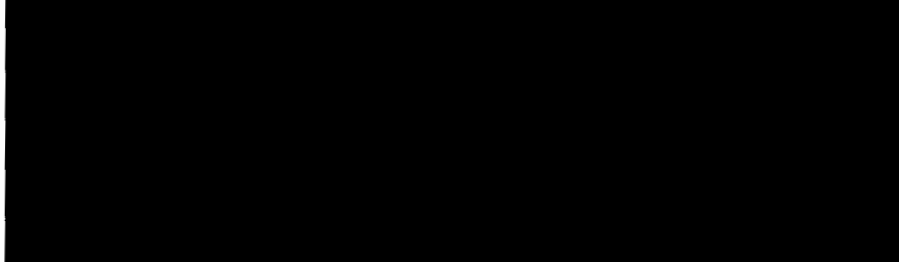
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OEA: How do you Volunteer?



What's MY LINE?

██████████: "I recently did *pro bono* work through the DC Bar helping small businesses."

██████████: "Every year for the past 20 years I have organized the book fair at an annual charity bazaar held by Messiah Methodist Church in Springfield. This year the bazaar raised over \$20,000 to support outreach programs, including battered women and homeless programs, services for immigrants, and emergency services for people in need."

██████████: "I volunteer with Siamese Rescue VA as a short term foster and transporter – CFC# 10027. I also design their cat calendar for the online [Siamese store](#)."

██████████: "I help feed the homeless once a month through the Widow's Pantry."

HOLIDAY SALE • HOLIDAY SALE • HOLIDAY SALE

Dec. 15, 11:30am-2pm in West Lobby
Dec. 16, 10am-2pm in West Lobby

FERC CHILD DEVELOPMENT CENTER'S HOLIDAY SALE

* 2015 White House Ornaments * * Handcrafted Jewelry, Cards and Gifts * * Lindt Chocolate Truffles and Seasonal Chocolate * * FERC Polos, T-shirts, Mugs, Travel Mugs, Totes and Bags * * FERC Fleece Hats and Scarves * * Custom-Made Children's T-shirts * * Giant Food Gift Cards

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Legacy Speaker Series #2



The Commission Legacy Lecture Series continued on October 27 when Susan Court was the featured speaker. Susan is currently Principal of SJC Energy Consultants, LLC. Previously, she was a partner at Hogan Lovells, LLP, and from 1982 to 2009 she worked at the Commission in a number of impressive roles including Director of the Office of Enforcement and Chief of Staff.

Susan discussed natural gas open access, how and why the Commission adopted it and the impact on the gas industry.

The Legacy Lecture Series began in September to provide employees with an opportunity to learn from the perspectives of industry experts and people who led the Commission's major reforms over the last 30 years.

View the Upcoming [Legacy Lecture Series](#) on FERCNet.

Next Up on December 9: Order No. 888 - Open Access: former FERC Chair Betsy Moler - Factors leading to and the impact of the Commission's "landmark order" on electric open access.

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Stay Safe for the Holidays

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Are you planning a big holiday celebration? Do you have shopping plans for the holiday season? Staying secure and safe is very important and it burns brightest from late November to mid-January, the time when families gather, parties are scheduled and travel spikes. By taking some basic precautions, you can ensure your whole family remains safe and injury-free throughout the season. The National Safety Council, as well as Police Departments in the area, identify numerous categories where safety issues can occur during the holiday season. Listed below are several security and safety tips and remembering just a few will ensure you have a fun and safe holiday season.

Shopping Safety Tips

- At night, park in a well-lit area.
- Remember to lock or alarm your vehicle!
- Minimize the number of valuables left in your vehicle. Keep valuables, electronics (including cell phones and DVD players), gifts and other "theft attractors" out of sight.
- Have your keys out and ready when you return to your vehicle.
- Lock purse and other valuables in your trunk PRIOR to arriving at the shopping center, mall, or other parking area.
- Stay ALERT! Be aware of your surroundings and people around you. Trust your instincts; if you feel uncomfortable, get away.
- Shop with a friend – there is safety in numbers.
- Do not leave the store alone. Walk with friends, other shoppers, or security.
- Keep your cell phone on your person.
- Make sure someone knows where you are going and when you will return.
- Only make online purchases from trusted, secure websites. Look for "https" in the web address to verify security.
- Don't carry large amounts of cash or extra credit cards. Carry only those cards that you will need to use that day and keep a master list of all cards so if your wallet is stolen, they can be reported promptly to the appropriate banking facility.
- Never leave your purse, wallet or cell phone unattended in a public place.
- If you carry a purse, carry it close to your body. Place the strap over your shoulder, never around your neck. Keep small wallets in your front pants pocket.
- When fueling your car, take your keys from the ignition and lock your car doors.

Fire Starters

Holidays and candles go together like children and toys. Twelve percent of home candle fires occur in December, according to a report issued in 2013 by the National Fire Protection Association. Increased use of candles combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire. The top three days for home-candle fires were Christmas Eve, Christmas Day and New Year's Day. About 2,200 deaths were caused by fires, burns and other fire-related injuries in 2013, according to Injury Facts 2015, a statistical report on unintentional injuries and death produced by the National Safety Council.

To prevent fire in your home:

- Never leave burning candles unattended; blow them out when you leave a room
- Keep candles out of reach of children and pets
- Never sleep in a room with a lit candle and extinguish all candles before going to sleep
- Make sure candles are on stable surfaces, where they can't easily be knocked over
- Don't burn candles near trees, curtains or any other flammable items
- Don't burn trees, wreaths or wrapping paper in the fireplace
- The Chimney Safety Institute of America recommends checking and cleaning the chimney and fireplace area at least once a year

Holiday Travel

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. In 2013, 343 people died on New Year's Day, 360 on Thanksgiving Day and 88 on Christmas Day, according to Injury Facts 2015. Alcohol-impaired fatalities represented 31 percent of the totals.

- Use a designated driver to ensure guests make it home safely after a holiday party; alcohol, over-the-counter or illegal drugs all cause impairment
- Make sure every person in the vehicle is properly buckled up no matter how short the distance being traveled
- Put that cell phone away; distracted driving causes one-quarter of all crashes
- Make sure the vehicle is properly maintained and keep an emergency kit with you
- Be prepared for heavy traffic and possibly heavy snow

Source: [NSC's Holiday Safety Website](#)

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EL FERC hosted an "Around the World" Hispanic Heritage Month event.



On October 8, employees had an opportunity to "visit" countries to learn more about their cultures. Destinations included Peru, Mexico, Puerto Rico, Argentina, Chile, Spain, Dominican Republic and Equador. Live music and Flamenco dancers were featured as well as Salsa lessons.

The FERC Child Development Center children held a special performance of "Cabeza, Hombros, Rodillas, y Pies" (Head, Shoulders, Knees, and Toes). The event was a huge success!

Hispanic Americans: Energizing Our Nation's Diversity

Mr. Henry Hernandez, pictured at left, was the featured speaker at the Hispanic Heritage event held on Oct. 13. Mr. Hernandez is director of business development for Linden Resources, an Arlington-based non-profit that expands employment opportunities for veterans and people with disabilities within the Washington, DC, region. He has presented and lectured on various topics such as employee resource groups, multicultural marketing and branding, recruitment and retention, diversity communications, supplier and business diversity, and work/life policies and practices.

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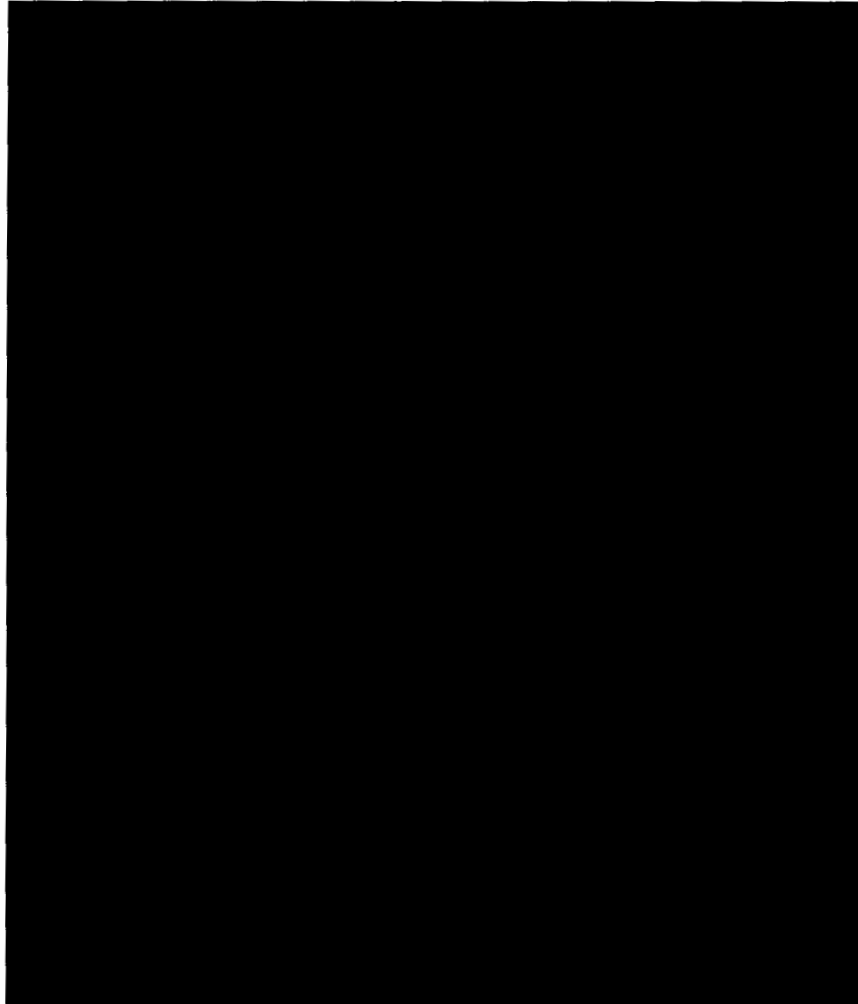
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FERC Resource Group Fair

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A Commission Employee Resource Groups Fair and Membership Drive was held on Oct. 29 in the lobby of 888. Employees who attended were able to talk with members from existing Employee Resource Groups and find out how to join a group or start a new one.

Employee Resource Groups are voluntary, employee-led groups with shared characteristics or life experiences that serve as a resource for employees and the Commission.



Any employee at the Commission can join any of the current Employee Resource Groups or form a new one by submitting an application. To get access to each group's SharePoint site or learn more about starting a new group, visit the Employee Resource Groups and Diversity page on [FERCNet](#).

Current Employee Resource Groups at FERC include: Asian Pacific Americans of FERC; Energy Latinos of FERC; FERC Military Veterans; Greener FERC; Queer Employee Resource Committee; and Women empOWERing Women.

Photos courtesy of [Buu Nguyen](#) and [Judy Eastwood](#)

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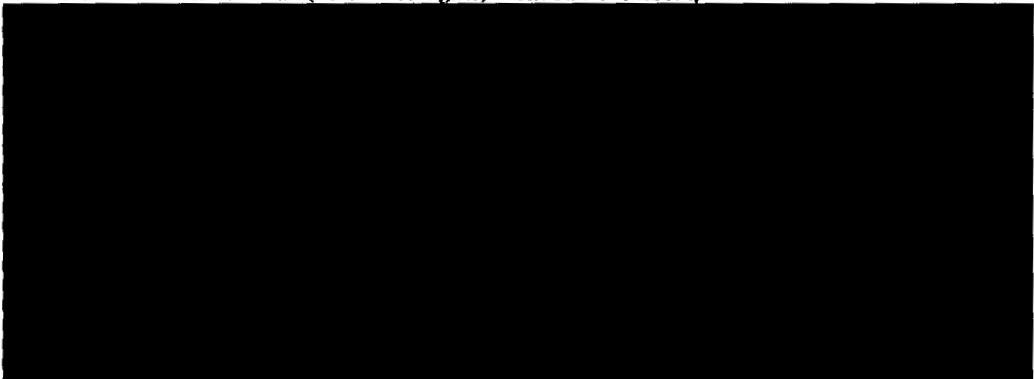
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FERC's First Diwali (Festival of Lights)

FERC's Asian Pacific American Employee Resource Group, APA FERC, held FERC's first Diwali (Festival of Lights) event on November 4.

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Chairman Bay inaugurated the program by lighting *diyas* (traditional candles). The program included a speech on the significance of Diwali, Indian music, chai (tea), food, sweets, and a rangoli design contest. More than 120 FERC employees attended the program.

Diwali (or Deepavali, the "festival of lights") is an ancient Hindu festival celebrated in autumn (northern hemisphere) every year. Diwali is the biggest and the brightest festival in India. The festival spiritually signifies the victory of light over darkness. The festival preparations and rituals typically extend over a five-day period, but the main festival night of Diwali coincides with the darkest, new moon night of the Hindu lunisolar month Kartika. In the Gregorian calendar, Diwali falls between mid-October and mid-November.



Photos courtesy of [redacted] and [redacted]

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In Memorium

Our FERC Family lost four members recently, [REDACTED], former FPC Commissioner Tom R. "Rush" Moody, and [REDACTED].

[REDACTED], passed away on October 30, 2015. A former member of FERC's mail room, [REDACTED] began his federal career with the U.S. Navy shortly after graduation from high school. He continued his career with the federal government by taking on a position with the US Postal Service before his service to FERC in the late 1980's. He retired from FERC after completing 60 years of dedicated service.

An active member of the From the Heart Ministries since 1985 and an ordained member of the church, John founded a new ministry, Choose Life Church Ministries in the southern Maryland area. This ministry was later transferred to the authority of From the Heart Ministries and is now known as From The Heart Ministries of Waldolf (MD).

[REDACTED] served as pastor of this ministry for 12 years up until his death October 30.

[REDACTED] is survived by his wife, [REDACTED] and a host of other family members and close friends.

[REDACTED] died November 4. A legal assistant with OGC's Energy Markets branch dating back to February 2006, Dorothea career at FERC included positions in various OGC offices where she served as a legal clerk in the OGC's Pipeline Certificates section from January 1998 through July 2000 and then as a legal assistant in the OGC's Markets, Tariffs, and Rates branch from July 2000 until her death November 4.

A native of Lunenburg County, VA, [REDACTED] moved to Washington, DC, and began her federal career in 1984 and transferred to FERC October 1986.

Her friend, [REDACTED] said, [REDACTED] was very caring. Anytime a homeless person would ask her for money, she would ask them what they wanted it for. Although she would not give them money, if they said it was to get something to eat, [REDACTED] would allow them to order what they wanted to eat and pay for it."

[REDACTED] leaves her husband of 26 years [REDACTED]; four grandchildren; and a host of other family members and close friends.

FPC Commissioner **Rush Moody** passed away on November 5. A Texas native, Commissioner Moody received his J.D. degree from the University of Texas in 1956 and was admitted to the State of Texas Bar the same year. After taking a position with the Baker, Botts, Andrews and Shepherd law firm in Houston and later practicing law with a Midland, TX, firm, Tom was nominated by President Richard Nixon to a five-year term with the Federal Power Commission, then chaired by John Nassikas.

According to the Easton, MD, Star-Democrat newspaper, "Rush served ably for three years but found himself increasingly voting in dissent with regard to the Commission's continued regulation of interstate natural gas prices under the Federal Power Act. He ultimately resigned in 1975, urging President Gerald R. Ford in his resignation letter to pursue a legislative solution to end the natural gas shortages then plaguing the Atlantic Seaboard. Texas Governor Dolph Briscoe immediately appointed Moody to serve as his special counsel, advising him and Lt. Governor Bill Hobby on energy policy and helping Senator Lloyd Bentsen draft what ultimately became the Natural Gas Policy Act of 1978."

In 1977, Rush returned to private law practice in Washington, working at a number of Texas-based firms, helping each of them grow their energy practice groups. After stints with Baker & Botts, Vinson & Elkins and Akin Gump, Moody joined Andrews Kurth where he served as managing partner from 1992 until his retirement in 1996. He worked on regulatory, trial and energy policy matters for many clients but was perhaps most proud of his work helping his friend John G. McMillian organize and finance a consortium to

build the first natural gas export pipeline from Prudhoe Bay, AK, to the lower 48 states.”

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Upon retirement from law practice, Commission Moody and his wife, Ann settled in Trappe, MD, where he served on the Talbot County Planning and Zoning Board of Appeals until his death.

██████████ died November 16. A former member of FERC's procurement office, ██████████ retired from FERC and federal service in the early 2000's.

She is survived by three children, two grandchildren and other family members and friends.

The FERC Family extends its deepest condolences to the families and friends of ██████████ and ██████████. All of them will be truly missed.

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It's Time for Your Flu Shot

The start of flu season is here and U.S. health officials are urging everyone age 6 months and older to get their yearly flu shot.

The FERC Health Unit has about 100 doses of Flu vaccines available for FERC Federal employees. Flu Vaccines are available Mondays through Fridays from 9 a.m. to 11:30 a.m. and 1 p.m. to 3 p.m. at the Health Unit on the 3rd floor, in room 3F.

Healthy LifeStyles



The flu vaccine is the best way to protect yourself and those around you from getting the flu, said Dr. Lisa Grohskopf, a medical officer in the influenza division at the U.S. Centers for Disease Control and Prevention.

"Flu is a serious illness," she said. "Most people are going to feel very ill for a time and will get better without any bad things happening, but we can't predict who is going to get super sick."

Grohskopf said that those who are likely to get very sick and run the risk of complications, including hospitalization and death, are people 65 and older, very young children and people with chronic health problems such as asthma, heart disease, diabetes and those with weakened immune systems.

The most common complication from flu is pneumonia, Grohskopf said. Pregnant women are also at increased risk from the flu, and it's vital that women with newborns get their flu shot to help protect their infants who can't be vaccinated until they are at least 6 months old, she said.

The vaccine is available in a variety of forms, including a shot, a nasal spray and an ultra-thin needle, called an intradermal flu vaccine. People allergic to eggs can get an egg-free vaccine, and seniors can get a high-dose vaccine.

"The vaccine is safe, you can't get the flu from a flu shot," Grohskopf said. However, side effects from the flu vaccine may include fever and muscle aches, according to the CDC.

More information about the flu, visit the U.S. Centers for Disease Control and Prevention website.

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Accessing FERC Reports

There are hundreds of reports available to FERC users associated with each FERC application. Each report provides specific data that can be used to query work status, personnel, completion tasks, Commission items and other information related to FERC operations.

To access the reports perform the following steps:

1. Access the FERCNet website.
2. Select the FERC Applications menu.
3. Select the reports menu from the drop down list.

The screenshot shows the FERCNet website navigation menu. The 'Reports' option is circled in red. Below the navigation menu, a list of report categories is visible, including 'ATMS Reports' and 'OALDR - Litigation'. The 'ATMS Reports' section is expanded, showing a list of report types such as '22-CEMR: DOL Completion', '23-CEMR: Staff Completion', '24-CEMR: DETAIL REPORT - ENHANCED VIEW', '49-SES/Budget Performance Results (Statutory)', '50-Pending Non-Advisory Cases', '51-Pending Statutory Cases by Due Date', '57-Pending Cases by Group and Analyst Report', '57a-Pending Cases', and '57b-Completed Cases'.

4. The reports portal opens.
NOTE: This site does not require an additional log on.
5. Click on any application folder to view additional offices under a report type folder.
6. Click on an office to view reports for that office.
7. Select the report. Most reports will have parameters to enter, for example, data ranges.
NOTE: There is a quick guide located in the reports portal. For questions about reports contact Linda Baker, x8411.

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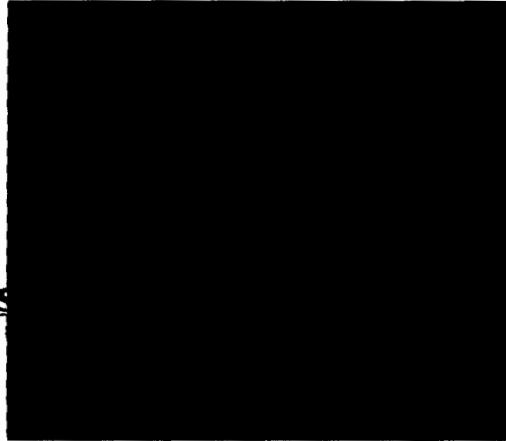
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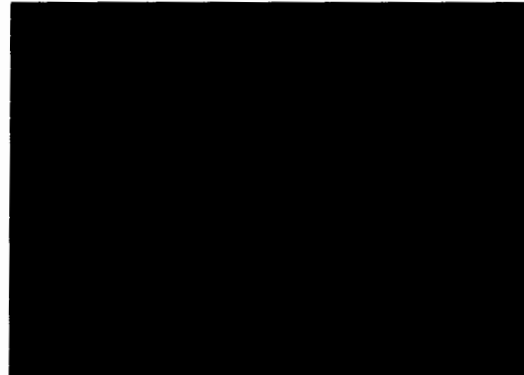
Arrivals & Departures

Arrivals: October 1-31



Arrivals DEPARTURES

Departures: October 1-31



Greener FERC Tip: A Greener Holiday Party

The FERC Holiday Party is coming up!!! Let's make the party environmentally friendly again this year by RECYCLING as much of the waste that we generate as possible. Believe it or not, it has gotten a bit easier to be GREEN ...

Current Recycling System:

The owner of the FERC headquarters building (888 First St) uses a "single-stream recycling system." This means we can mix all recyclables together in the same bin, BUT food and other trash must be kept separate. Also, recycle bins are now lined with green plastic bags & trash cans have clear plastic bags inside.

How You Can Help:

1- If your floor is hosting a party, please consider joining the party committee and/or volunteering to help with the recycling effort.

2- Before the party starts, please clearly label all recycle bins and trash cans on your floor as either "RECYCLABLES ONLY" or "TRASH ONLY." See below for a link to example signs. You could also label a few bins near printers and copiers as "PAPER ONLY" so that we can avoid mixing food and other trash in those recycle bins too.

3- If trash or recycle bins get full during the party, please contact Logistics Management Division at x8313 or email OLM.Helping. They will bring empty bins to replace them.

4- Please reuse signs from previous holiday parties if you have them. If needed, example RECYCLING SIGNS and trash signs are saved to this folder: (P:\Florentino, Sarah\Greener FERC\Signs\Holiday Party RECYCLE & trash signs).

Thanks in advance for helping with the recycling effort and happy holidays!

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EDITORIAL

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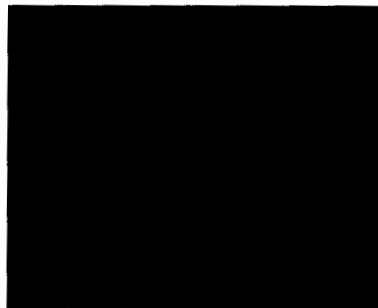
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- [Leadership Development Program Graduation Ceremony](#)
- [Commissioner Clark Talks Energy with the Post](#)
- [FERC 101](#)

"Selfie" of the Month: Inspired by Commissioner Moeller's office "selfie" in the March Insider, we've decided to create a "Selfie of the Month" space in the newsletter. Send us your "selfie" at work, play, with your pets, colleagues or family members. Email all "selfies" to insiderd@ferc.gov and be sure to include information about the photo and who's in it.



FYI: You have several options to move around the Insider:

- **Prev | Next:** These button options are at the top of each page
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Meet the 11th Floor—a Peek Inside the Commissioners' Offices

This month features our third installment of our "Meet the 11th Floor" office photos. We decided to embark on this effort so employees around the Commission would have a better idea of who actually works up there.

Up this Month: Team Clark



"We may not have all the answers, but we sure know how to line up by height."

Pictured above: Nicholas Tackett, Technical Advisor; Robin Meidhof, Legal and Policy Advisor; Rebecca Bittstein, Legal and Technical Advisor; Commissioner Clark; Meghan Estenson, Confidential Assistant; Jesse Fonkert, Program Analyst; and John Miller, Technical and Policy Advisor

Commissioner Clark is serving his first term on the Commission, having been nominated by President Obama and sworn in on June 15, 2012. A Republican, he is serving out a five-year term that expires June 30, 2016.

Join Commissioner Clark on Twitter [@TonyClarkFERC](https://twitter.com/TonyClarkFERC)

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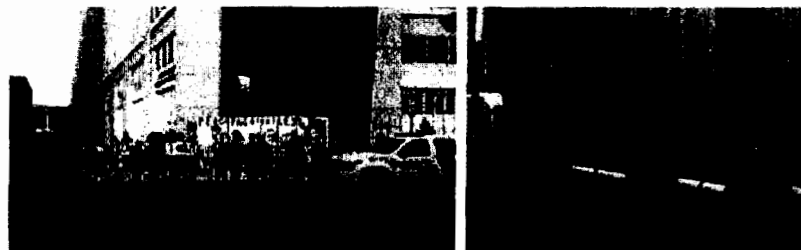
Arrivals & Departures

Protestors and Protecting Employees

By [REDACTED] Director of FERC's Security and Safety Division

Who knew the 1st Amendment to the U.S. Constitution would be such a challenge to the FERC Security Team?

HOT TOPICS



We all have to balance things in our jobs, and some of our most recent challenges have been to allow citizens to openly express their opinions about effects of energy production on the environment. The Commission (led by the Chairman and Commissioners) has stood fast on maintaining an "open to all citizens" agency, especially during open meetings, technical conferences and at the various scoping meetings (town halls) led by the Office of Energy Projects (OEP).

As many of you know, the Security and Safety Division (SSD), with assistance from the Federal Protective Service (FPS), has had to physically remove from FERC those individuals who are intent on disrupting the Commission meetings. So far, these disruptions have been non-violent, but they have presented numerous challenges to the SSD and FPS.

You recall in November 2014 the various protest groups' main intent was to stop FERC from working by blocking entrances to the building. Unfortunately, we had situations where FERC employees or daycare families may have been pushed around a little while we tried to preserve order, which certainly was more than a little unnerving. Meanwhile, FERC's OEP professionals who are presenting at the scoping meetings at times come under verbal fire. Fortunately, we are able to obtain assistance from either local law enforcement or security personnel during the meetings, but the most important thing we can do is to avoid confrontation and know the safest and quickest escape route. For many of the recent scoping meetings in PA, NJ and VA, we have had a member of our SSD team attend to observe the progress of the meetings and to ensure we have the quickest way-out scenarios, should the situation warrant it.

We on the Security team continue to strive to ensure the safety of both the FERC and Contractor Staff on site. I am certain many of these protest groups will be visiting us again this spring and summer. With the assistance of our Federal partners and the Security Officers employed here at FERC, I am confident we will be prepared, and we will be able to act quickly. Please take a moment and visit the [Security page](#) on the FERCNet for tips and ideas on how you can help personally manage future protests.

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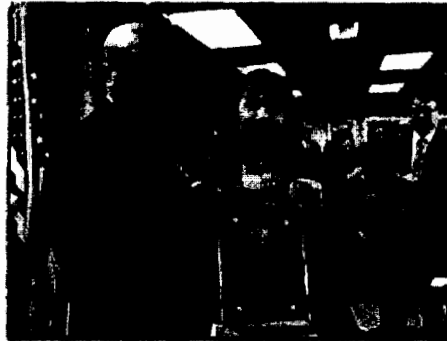
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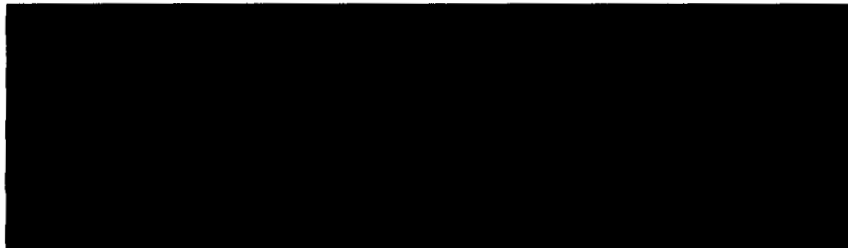
Chairman LaFleur presents FERC Executive Director Anton Porter with the Exemplar of Public Service Award. "Anton is basically the chief operating officer of the Commission," commented the Chairman. "He is unflappable, a pleasure to work with, and he has been a wonderful asset."



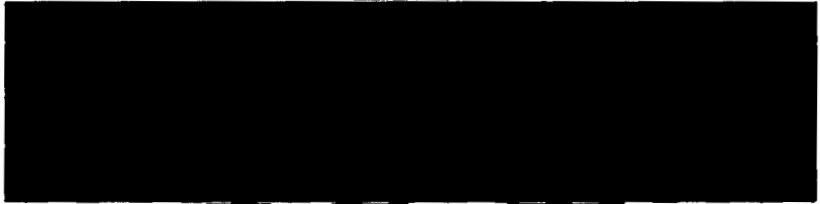
COMMISSION Meeting HIGHLIGHTS



and present the 2014 State of the Markets Report to the Commission. [2014 State of the Markets](#)



and discuss OAL contributions to the work of the Commission. [Presentation](#)



Above left: OEP's, OGC's and OFMR's discuss the Open Access and Priority Rights on Interconnection Customer's Interconnection Facilities at the Commission Meeting. [News Release](#) | [Order No. 807](#)

On Right: OER's and OGC's discuss the approval of NERC's risk-based registry initiative. [News Release](#) | [Decision: E-3](#)

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CFC Awards Handed Out

FERC held its annual CFC awards ceremony on April 1 to recognize the outstanding efforts of employees during this year's campaign. Members of the FERC community were extraordinarily generous to those in need locally, nationally, and internationally. Employees surpassed this year's goal of \$390,000 by contributing more than \$415,000. Every FERC office received recognition for their efforts in this year's campaign. In addition, nine of the 13 offices received the Presidential award.



Chairman LaFleur, third from right, participates in the finale award ceremony for this year's CFC. FERC was recognized at the event for its outstanding performance in this year's campaign.

In addition, Chairman LaFleur and FERC CFC team members attended the CFCNCA Finale event on March 12 at the Smithsonian Institution's Natural History Museum where FERC was recognized as *one of the best agencies in the government for reaching and exceeding its dollar goal.*



FERC Campaign Manager Edward Grogoli is presented with the "Special Service to the Campaign" award at the CFC awards ceremony. From left to right are: Vince Malone, Chairperson of the Board of Directors for the CFCNCA; FERC Campaign Manager [redacted]; [redacted], FERC's Chief Information Officer; and Chairman LaFleur.

FERC's Campaign Manager [redacted] would like to thank our last time his hard-working and dedicated CFC Campaign Committee: [redacted]
[redacted]
[redacted]

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Leadership Development Program Graduation Ceremony

LDP V Bios

[Redacted]

The fifth class of the Leadership Development Program (LDP) recently completed a 16-month program where participants were exposed to an integrated view of the fundamentals of leadership, preparing participants for roles of increasing responsibility through a combination of classroom training, e-learning, mentoring and group discussion. Program participants had the opportunity to interact with Commission leaders to gain a deeper understanding of core agency functions.

[Redacted]

OEP's [Redacted] was elected to speak on behalf of the class.

The LDP is designed to give GS 13-15 level employees a comprehensive understanding of the Commission, with an emphasis on personal and leadership development.

This year the quantity and quality of applicants was impressive with more than 95 applicants for 16 spots. LDP V is comprised of employees from 11 different offices within the Commission who went through an intense selection process, including writing five competency narratives to be rated by the LDP Selection Panel.

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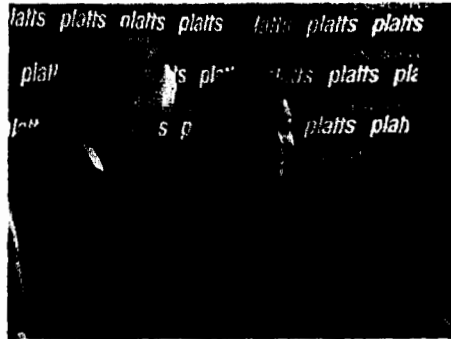
Commissioner Clark Talks Energy with the Post



Photo credit: [Redacted]



Commissioner Clark was interviewed by Washington Post reporter Chris Mooney on Securing America's Energy Future, a program sponsored by Washington Post Live and streamed on the internet. Also participating in the discussion were Robert R.J. Johnston, Chief Executive, Eurasia Group, and David Owens, Executive Vice President, Business Operations and Regulatory Affairs, Edison Electric Institute. [View the video](#)



Commissioner Honorable was the featured speaker at the 48th Platts Energy Podium event on April 8. She discussed an array of issues including the Clean Power Plan, energy markets and infrastructure.

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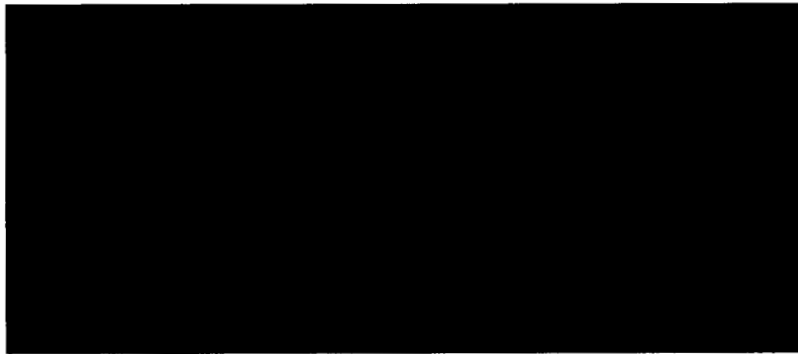
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OGC: What question would you like to ask in the "What's My Line" feature?



What's MY LINE?

"What's your favorite restaurant in the DC area (and why)?" - [Redacted]

"What is your favorite DC monument?" - [Redacted]

"To what would you like to devote more time?" - [Redacted]

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FERC 101



Congressional staff had the opportunity to learn a little more about FERC on April 7 when FERC Chairman Cheryl LaFleur, and Commissioners Bay, Clark, Honorable, and Moeller, along with FERC staff, briefed participants on topics such as natural gas and hydropower facilities, electric reliability, and cyber security. Congressional staff members also toured the Market Monitoring and Reliability Monitoring Centers.



Participants had the opportunity to virtually operate the grid using a computer simulation developed by

PJM.

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Town Hall: Building Modernization Plans

The building modernization effort began in full force in March with OED convening a series of town hall meetings to discuss the project. The meetings focused on project details and the design process.



Find more information and updates on FERCNet under OED's Logistics Management Division: [Building Modernization Plans](#).



OEA Conducts Media Training

OEA's [redacted] recently provided OEP employees with tips on talking with the media while conducting public meetings or other events in the field. Interested in learning how to work with the media? Contact the Media Relations Team at mediadl@ferc.gov.

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I'm teleworking, and I need to forward my office phone!

Many FERC employees are forwarding their office phones to their telework locations. This makes it easy to keep in touch with co-workers regardless of work location! If you forget to forward your phone before you leave your office, or if you want to forward it only during work hours, below are the steps to forward your office phone remotely.

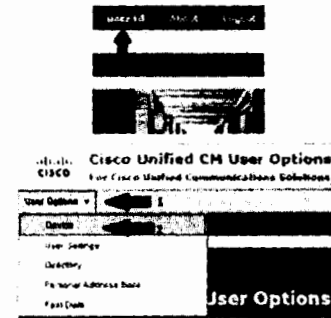
Before you try to forward your office phone remotely, make sure you are logged in to the FERC network through either VPN or Citrix!



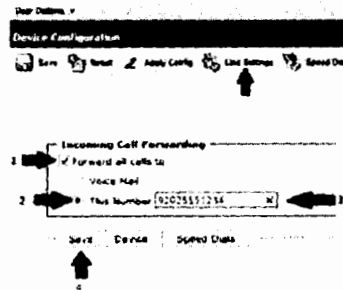
- 1) In a browser window, go to callmanager.ferc.gov.
- 2) Log in using your FERC user ID and password. Then click Login.
- 3) When you are logged in, you'll see your user ID in the upper right-hand corner.



- 4) At the top of the window at the far left, you will see a drop down arrow next to the words User Options.
- 5) Click that down arrow, then select Device.

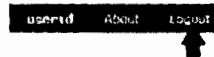


- 6) On the next screen, select Line Settings.
- 7) On the Line Settings page, go to the section called Incoming Call Forwarding.



1. Check the Forward all calls to box.
2. Click the This Number radio button.
3. Enter the target number. (Don't forget to add a 9 at the beginning if the number is outside the FERC building!)
4. Click Save.

- 8) Once you have saved the settings, click Logout in the upper right-hand corner.



You will want to call your office number to check the forward. If it doesn't work, check that you added the "9" at the beginning of the target phone number, and that you have typed in the correct number.

Don't forget to remove the forward when your telework is completed or when you return to the office!

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Health
LifeSt

Stress, the body's physical and mental response to any demand or pressure happens. It not only affects our minds but it also affects us on a cellular level. This is why long term stress going unchecked can lead to a wide range of illnesses and/or diseases such as high blood pressure, stroke, heart disease, insomnia, depression, etc. Stress can be unavoidable and unbearable at times; and this is why it is necessary to take time out for you to relax, renew, and rejuvenate. The following power point describes stress and provides some stress management tools.

If you've tried to manage your stress on your own to no avail, remember the Employee Assistance Program offers up to six sessions with a certified therapist.

For More Information: [An Overview of Stress Management](#)

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In Memoriam: [REDACTED]

[REDACTED], an attorney in OGC, passed away unexpectedly on March 29.

[REDACTED] worked in OGC-Energy Markets for more than nine years. She was the "go to" person for electric utility corporate issues and matters involving the Commodity Futures Trading Commission, to name a few.

She will be greatly missed by her friends and colleagues, who are deeply saddened by this sudden loss. A celebration of [REDACTED] life will be held at FERC headquarters in Room 3M-2A/2B on Wednesday April 22 at 3:30 p.m.

[REDACTED] was smart, dedicated and very highly regarded both inside and outside FERC. She had a real gift for recognizing the essential underlying problem to be resolved in a complex case and left no stone unturned in trying to answer a question or resolve a legal matter.

[REDACTED] received her undergraduate degree from VCU in Richmond, VA, and her law degree from Washington and Lee School of Law. From 1994 to 1995, she was an Assistant Editor of the Editorial Board of "Masthead" a Journal of Civil Rights and Social Justice. She was recommended for and accepted to the Bar of the United States Supreme Court.

Before coming to FERC, [REDACTED] practiced Corporate Law in the energy field with the firm of Millbank, Tweed, Hadley and McCoy. She was honored by her colleagues by being selected to serve as Chairperson of the Energy Division of the Virginia Bar Association.

[REDACTED] was predeceased by her father, [REDACTED] and sister, [REDACTED]. She is survived by her mother, [REDACTED] brother, [REDACTED] nephew, [REDACTED] uncle, [REDACTED] [REDACTED]



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New Deputy General Counsel Appointed



Chairman LaFleur has appointed Christy Walsh as Deputy General Counsel. Christy began her career at FERC in the summer of 2002 as an intern. She became a full-time employee in 2003 and served as an Attorney-Advisory in OGC. She was a Legal and Policy Advisor to former Chairman Jon Wellinghoff and, most recently, Special Counsel in OGC. Christy is a graduate of Texas Tech and University of Texas School of Law.

Save the Dates!



April 20 - 24 is Earth Week at the Commission! Greener FERC is planning a variety of activities, including everyone's favorite, the Child Development Center's childrens parade. This year will also see new events, like an employee plant swap. More details to come! Sponsored by the Office of External Affairs.

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In Memoriam: [REDACTED]

Accomplished attorney, adventuresome world traveler, effective Washington networker, proud Texan, best friend, confidante...all words that described [REDACTED]. [REDACTED] died at home in Sarasota, Florida, on March 19, 2015, with her husband, [REDACTED], and friends by her side. Death resulted from a series of health complications.

Her legal career with the government took her from that first position at HHFA (now Housing and Urban Development) to an Air Force civilian staff attorney position in Turkey, a field investigation spot at the Federal Trade Commission (investigating the movie industry), a legal position at the Federal Energy Administration, and, eventually, service as Legal Advisor to Commissioners George Hall and Georgiana Sheldon at the Federal Energy Regulatory Commission (FERC). It was at the FERC where she met and fell in love with [REDACTED].

[REDACTED] ventured into the corporate world when she left her position as Legal Advisor at the FERC to join Houston Natural Gas. She arrived as the landmark merger was being completed - Houston Natural Gas, InterNorth, Transwestern and Florida Gas Transmission consolidated to become Enron Corporation. At Enron, [REDACTED] was one of the first women in Washington responsible for managing federal agency affairs for a large energy company. When she left Enron, she engaged in independent consulting, including for the Pacific Gas Transmission Company, after which she returned to the FERC for a last tour. She finally retired in 1998.

At one time, [REDACTED] opened a private law practice in Beaumont, TX. However, the allure of foreign places drew her in throughout her life, including adventuresome periods of time in a college year abroad; teaching adult literacy in Nigeria; a 25-day trek in Nepal, to 17,700 feet, and back to Kathmandu; working on public housing projects in Puerto Rico; and visits to Europe, Asia and South America.

After many years of vacationing with [REDACTED] along Florida's Gulf Coast, in 2011 [REDACTED] made the decision to move to Sarasota, Florida.

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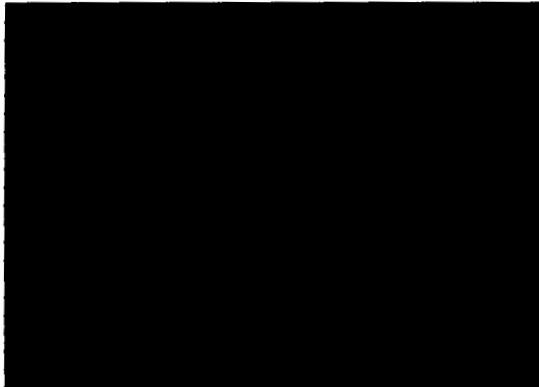
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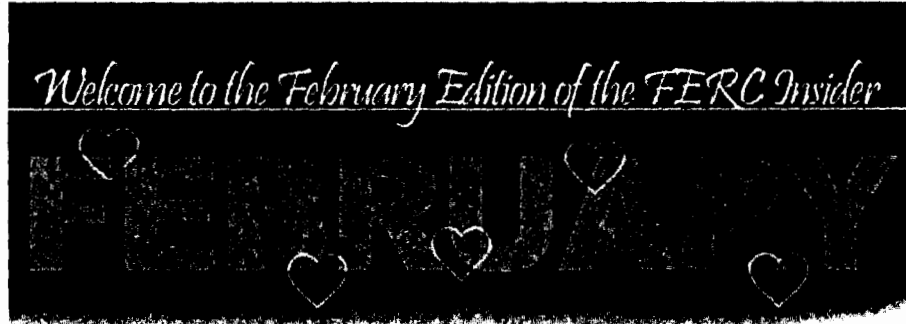
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More Articles in This Issue:

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- [FERC Surpasses CFC Goal; Raises More Than \\$415,000](#)
- [Meet FERC's Security Guards](#)
- [Chairman LaFleur Leads Women emPOWERing Women Event](#)

Attention: The Insider will be introducing a new feature in March that would spotlight employees' hobbies, extracurriculars, volunteer work, interests, etc. Please email InsiderDI@ferc.gov if you have any suggestions.

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Meet the 11th Floor—a Peek into the Commissioners' Offices

Each month for the next five months, we will be featuring a Commissioner's office in the FERC Insider. This will include a photo of the Commissioner's office team and what they do. We hope you enjoy getting to know the various offices a little better.

First up is Team LaFleur



Pictured in the front row with Chairman LaFleur (center) are: Jette Gebhart, Co-Chief of Staff; and Andrew Weinstein, Legal Advisor. In the back row are: Kurt Longo, Co-Chief of Staff; Kim Shannon, Confidential Assistant; Patricia Herrion, Secretary; and Steven Wellner, Legal Advisor.

Chairman's LaFleur's office is always a busy spot at 888. Her team is an exceptional group of employees who work extremely hard to ensure the office runs smoothly and the Chairman is prepared for her demanding schedule.

Chairman LaFleur was first nominated by President Barack Obama to the Federal Energy Regulatory Commission in 2010 and was confirmed for a second term by the Senate in 2014. She was named Acting Chairman on November 25, 2013 and Chairman on July 30, 2014.

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Note: Commission has rescheduled February 19 Commission Meeting time to 9 a.m.

Newly Sworn-In Commissioner Honorable Attends First Meeting



HOT TOPICS

FERC's newest Commissioner, Colette Honorable, attended her first Open Meeting on Jan. 22. She joined her fellow Commissioners to create a full five-person Commission, the first one in some time.



At the Commission's January Open Meeting, a panel discussed coordination across the PJM/MISO. Panelists included: Stu Bresler, Vice President, Market Operations, PJM Interconnection, L.L.C.; Jennifer Curran, Vice President, System Planning and Seams Coordination, Midcontinent Independent System Operator; Dr. David Patton, President, Potomac Economics (MISO Independent Market Monitor); Dr. Joseph Bowring, President, Monitoring Analytics (PJM Independent Market Monitor); Chair Elizabeth (Libby) Jacobs, Iowa Utilities Board; and Commissioner Greg White, Michigan Public Service Commission.

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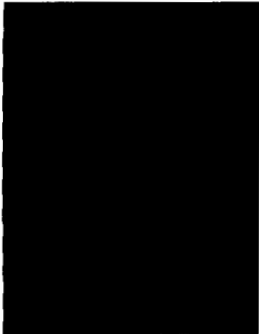
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FERC Surpasses CFC Goal; Raises More Than \$415,000

FERC's amazing generosity was evident once again this year as employees gave to charities all over the globe and exceeded expectations by pledging more than \$415,000. There were 701 pledges with a 52.6% participation rate. FERC's participation and giving in this year's campaign far exceeded that of the CFCNCA.



We want to extend a special thank you to [REDACTED], FERC's Campaign Manager, for his tireless efforts again this year.

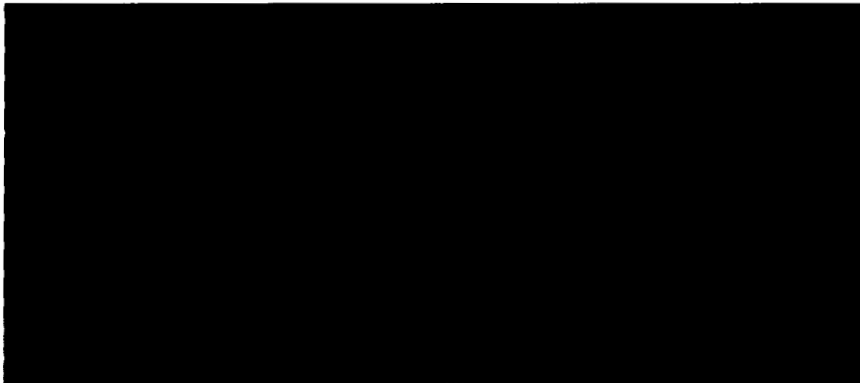
There will be an awards ceremony at FERC in the next few months to honor every Commission office for their participation, nine of them will receive the President's Award, the highest distinction handed out to participants.

This year's campaign featured weekly events hosted by Chairman LaFleur, who served as Co-Chair of the Commission's 2014 CFC, as well as Commissioners Bay and Clark. Secretary Kim Bose also hosted two events. Executive Director Anton Porter, co-chair of the 2014 campaign, supervised the selection of the winners of the fun door prizes offered each week. The Commission's Fitness Center and the Child Care Development Center generously contributed multiple door prizes.

Over a period of 10 weeks, 16 worthy causes, all connected with the FERC Community or recommended by FERC staffers, were presented: (1) Gonzaga College High School, (2) Raptor Conservancy of Virginia, (3) Fidos for Freedom, (4) FERC Child Development Center, (5) Women's Microfinance Initiative, (6) Habitat for Humanity of Washington, DC, (7) Art for Humanity, (8) Shriners' Hospitals for Children, (9) George Washington's Mount Vernon, (10) WETA, (11) A Wider Circle, (12) Some Others Might Eat, (13) Oxford House, (14) Potomac Riverkeeper, (15) Project Hope, and (16) Global Impact. All the causes that presented during the 2014 CFC earnestly requested that they be invited to return for the 2015 CFC. The beneficiaries of our pledges stretch from our neighborhood and region, to across our country and around the whole world (Asia, Africa, and Latin America).

[REDACTED] I would like to give one last thank you to his hard-working and dedicated CFC Campaign Committee: [REDACTED]

Finally, no final roster of gratitude would be complete without mentioning [REDACTED] and his many colleagues at the IT Hot Line for making sure the PowerPoint presentations and videos screened smoothly and professionally at each event.



GETS holds pizza party for CFC.

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Chairman LaFleur Speaks at The National Press Club



Chairman LaFleur and NPC President John Hughes. Photo courtesy: Noel St. John

Chairman LaFleur was the featured speaker at the National Press Club on Jan. 27 where she spoke about a variety of important topics facing FERC, including the Clean Power Plan proposed by the EPA. Chairman LaFleur's appearance marked the first by a FERC Commissioner or Chairman at the Press Club.

[Video of the Chairman's speech](#) | [Transcript](#)

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OSEC: How long have you lived in the metropolitan DC region and what are the biggest changes you've seen in the area?

What's MY LINE?



Nathaniel Davis



"I've lived here 49 years, 11 months and 27 days and I've noticed the disappearance of movie theaters in the city, particularly in Southeast and Northeast DC."—*Nathaniel Davis*

"I've lived here eight years in Arlington County. I've noticed that transient areas are becoming areas where people establish roots and stay in place for more than a few years."—[REDACTED]

"I've lived here for over 30 years and the biggest changes have been the new structures."—[REDACTED]

"I've lived here my entire life and the NOMA area has been one of the biggest changes I've seen, particularly the H street corridor."—[REDACTED]

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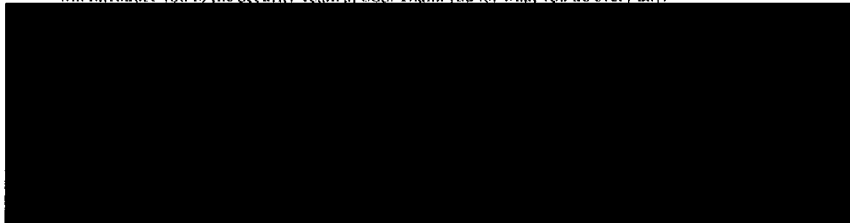
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Meet FERC's Security Team: Part 1

The FERC Security team works 24 hours a day to provide a safe and secure working environment for FERC employees. The work they do is critical to all employees. Over the next two issues of the FERC Insider, we will introduce you to the Security Team at 888. Thank you for what you do every day!



Project Manager, three years

■■■■■■'s duties include supervising officers and staff, providing logistical support to the Safety and Security Division, and ensuring all officers are appropriately trained and certified. ■■■■■■ says he enjoys the friendly atmosphere here.

Security officer, three years

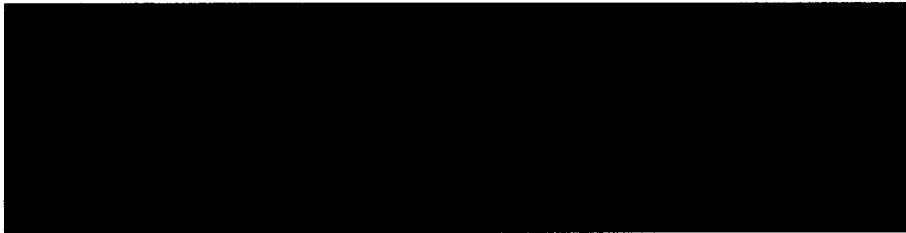
■■■■■■'s primary security posts include all entrances and exits, routing, and as supervisor working to maintain a safe and secure environment for all FERC employees, contractors, visitors, and property. ■■■■■■ says he has met great friends while working here.

Security officer, 11 years

■■■■■■ works on the day shift. She mans the 24-hour Operations Command Center, which serves as hub for all physical security including cameras, alarms, and emergency response and dispatch. ■■■■■■ favorite part of working here is interacting with the employees.

Security officer, five years

■■■■■■ works the day shift. Her primary security post is the lower garage entrance. ■■■■■■ enjoys the sincere appreciation she receives from coworkers.



Security officer, nine years

■■■■■■ works the day shift. Her primary security post is the First Street Entrance. In addition to her security officer duties, she supports the FERC ID and Badging Office. ■■■■■■ says she enjoys the pleasant atmosphere here at FERC and the friendly demeanor of the FERC community.

Security officer, nine years

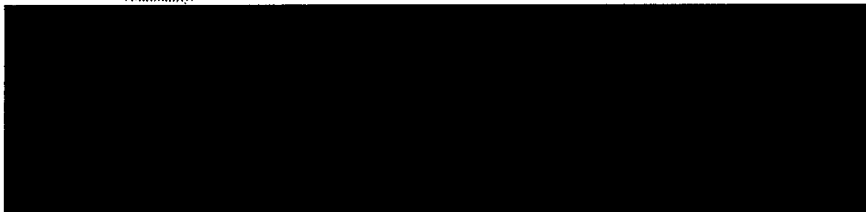
■■■■■■ works the day shift. Her primary duties involve Shift Supervisor, which includes ensuring all officers are following procedures. ■■■■■■ enjoys putting smiles on the faces of employees.

Security officer, seven years

■■■■■■ works the day shift. His primary posts are morning post. ■■■■■■ enjoys the interaction he has with his coworkers and supervisors as well as FERC employees.

Security officer, eight years

■■■■■■ works the day shift. His primary security posts are the Gift and Pavilion entrances. He is a veteran of the United States Army. ■■■■■■ comes to work each day looking forward to the time he gets to spend talking with FERC employees and his coworkers.



Security officer, 12 years

■■■■■■ works the day shift. His primary security posts are the First Street and Pavilion entrances. ■■■■■■ enjoys providing such an important service to the employees.

Security officer, two years

■■■■■■ works the day shift. Her primary security posts are First Street and Pavilion entrances. ■■■■■■ says she enjoys working here because everyone is kind and friendly.

Security officer, three years

■■■■■■ has worked as an officer on post as well as a supervisor. He is usually found at the Pavilion Entrance. ■■■■■■ enjoys serving the employees by ensuring they are in a safe and secure environment.

Security officer, 11 years

■■■■■■ is a veteran to the building; he has worked any and everywhere. His usual post is at the garage ramp. ■■■■■■ says that he loves being here because everyone is friendly.

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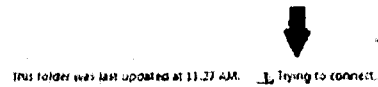
I Just Changed my Password. Now my Outlook isn't Updating!

When we had Google email, password changes were automatically recognized by the Outlook application. However, Microsoft 365 email does not automatically update. When you change your network password every 60 days, you will want to update Outlook with your new password so that Outlook updates with current email.

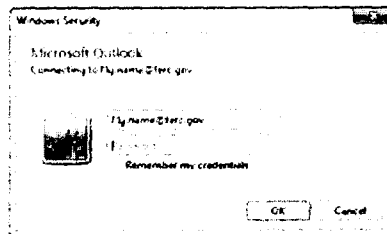
IT CORNER

After you have changed your password, you will notice that the Outlook application will soon stop synchronizing new messages. This is normal. You can make sure that Outlook stays synchronized by updating your password in Outlook shortly after changing your FERC network password.

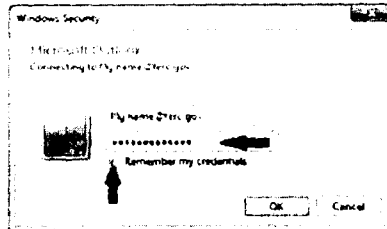
1.) Close Microsoft Outlook. Wait a few moments, then, re-open Microsoft Outlook. Outlook will attempt to connect to Microsoft Mail Services to synchronize and update new mail. You will see the status in the bar at the lower right corner of the Outlook window.



2) After trying to connect unsuccessfully (because it's using your old password), Outlook will prompt you with a box asking for a new password



3) Type your new network password in the password line, then click Remember my credentials.



4) Click OK. Outlook will use your new password to log in to Microsoft Mail Services. When Outlook connects, it will update your Inbox and other folders.



You're done! Outlook will continue to synchronize until you change your network password in 60 days.

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Lack of Exercise More Deadly Than Obesity, Study Suggests

What's My Line?

Just a 20-minute brisk walk each day can lower odds of early death, researchers add

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Being sedentary may be twice as deadly as being obese, a new study in *HealthDay News* suggests. However, even a little exercise - a brisk 20-minute walk each day, for example - is enough to reduce the risk of an early death by as much as 30 percent, the British researchers added.



"Efforts to encourage small increases in physical activity in inactive individuals likely have significant health benefits," said lead author Ulf Ekelund, a senior investigator scientist in the Medical Research Council Epidemiology Unit at the University of Cambridge.

The risk reduction was seen in normal weight, overweight and obese people, Ekelund said. "We estimated that eradicating physical inactivity in the population would reduce the number of deaths twice as much as if obesity was eradicated," he said.

From a public health perspective, it is as important to increase levels of physical activity as it is to reduce the levels of obesity - maybe even more so, he added. The report was published Jan. 14 in the *American Journal of Clinical Nutrition*.

"The message from this study is clear and simple - for any given body weight, going from inactive to active can substantially reduce the risk of premature death," said Dr. David Katz, director of the Yale University Prevention Research Center.

The study is a reminder that being both fit and lean are good for health, he said. "These are not really disparate challenges, since the physical activity that leads to fitness is also a way of avoiding fatness," Katz said.

For the study, Ekelund and his colleagues collected data from 334,000 men and women. Over an average of 12 years of follow-up, they measured height, weight, waist circumference and self-reported levels of physical activity.

Ekelund's group found that a moderate amount of physical activity, compared with no activity, was the key to lowering the chances of premature death.

The researchers estimated that exercise that burns between 90 and 110 calories a day could reduce the risk of an early death by between 16 percent and 30 percent. The effect of moderate exercise was greatest among normal weight people, but even overweight and obese people saw a benefit, they said.

Using the most recent data on deaths in Europe, Ekelund's team estimated that 337,000 of the 9.2 million deaths of European men and women were linked to obesity. However, twice that number of deaths could be connected to lack of exercise.

Samantha Heller, a senior clinical nutritionist and exercise physiologist at New York University Medical Center in New York City, said, "If you look at the human body, you will notice the odd, irregular shapes of the bones and muscles. Just the musculoskeletal architecture of the human body shows that it is designed to move."

The adaptations the body makes to regular exercise are nothing short of "astounding," she said. Aerobic exercise ignites the body's immune system, improves mental function, boosts energy, strengthens muscles and bones, and reduces the risk for chronic diseases such as heart disease, cancer and diabetes, she said.

"If we do not move, we will not be able to move," Heller said. "Gee, I am so sorry I exercised today" is

something no one has ever said."

SOURCES: Ulf Ekelund, Ph.D., senior investigator scientist, Medical Research Council Epidemiology Unit, University of Cambridge, U.K.; David Katz, M.D., M.P.H., director, Yale University Prevention Research Center, New Haven, Conn.; Samantha Heller, M.S., R.D., senior clinical nutritionist, New York University Medical Center, New York City; Jan. 14, 2015, *American Journal of Clinical Nutrition*

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Women emPOWERing Women



Photos courtesy of [REDACTED]

The newly created Women emPOWERing Women (WEW) employee resource group held its kickoff event on Jan. 12. Chairman Cheryl LaFleur, the featured speaker, shared here career experiences and how she became a leader in a male-dominated industry.



WEW's mission is to provide an opportunity for members to interact, mentor, learn, and build skills applicable to the workplace by networking with peers and agency leaders and by maintaining an open and educational forum for improving industry knowledge and personal and professional development. The vision, mission, goals, policies and activities of WEW are fully aligned with those of FERC'S mission, goals, and policies. Membership in WEW is open to all FERC employees.

WEW participants were able to view the organization's charter and sign-up to join the group.

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In Remembrance

The FERC family lost two former employees recently— [REDACTED] **and**

[REDACTED] passed away on December 18 at the age of 73. [REDACTED] worked in the ED's office on software engineering matters and was a dedicated federal employee. He was named Employee of the Month in December 2000 because of his work on FERC Forms 1, 2, and 423. To read more about [REDACTED], access his obituary from [The Washington Post](#).

[REDACTED] passed away on January 16 [REDACTED] worked in the ED's office, specifically in the Public Reference Room. Donations may be made in her memory to [REDACTED]. [View her obituary from the Washington Post here.](#)

The FERC Family extends its deepest condolences to the families of [REDACTED].

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Arrivals: January 1 -31



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Departures: January 1 -31



Greener FERC Tip:

Who says being environmentally responsible isn't romantic? I say, knowing that my gift was sourced ethically, purchased responsibly or made from recycled materials is quite romantic. That tells me that a lot of thought went into not only me but the planet.

Here are just a few ideas for going green this Valentine's Day:

- Purchase cards made from recycled or tree-free paper
- Arrange dinner at a local restaurant specializing in organic or locally grown food. Eating locally cuts down on food miles
- Purchase fair trade and/or organic chocolate, coffee and other treats
- Consider purchasing natural perfumes and skin care products rather than chemically laden items. These items are easy to find at your local farmer's market.

[Check out more ideas here](#)



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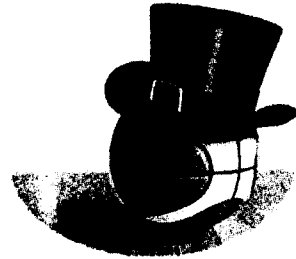
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Welcome to the

 March Edition
 of the FERC Insider



More Articles in This Issue:

- [Media training offered to FERC employees](#)
- [OEIS celebrates CFC success with pizza party](#)
- [Commission issues updated Strategic Plan](#)
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- o **Prev | Next:** This page option is at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
- o **Links:** More Articles in this issue (above) will take you to edition-specific stories.

To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider.

Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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FERC Holds 28th Annual Black History Month Program



FERC celebrates its 28th Annual Black History Month to a packed Commission Meeting Room on Feb. 26. This year's theme is "Civil Rights in America."

The Honorable Stephanie A. Finley, introduced by Acting General Counsel David Morenoff, served as the keynote speaker for the event. Ms. Finley was appointed by President Obama to serve as the United States Attorney for the Western District of Louisiana. In her position, Ms. Finley is responsible for overseeing all federal criminal prosecutions including terrorism, public corruption, environmental crimes and civil rights.

Ms. Finley told the audience that we can all make a difference in society.

"This celebration is a reminder that we have a role to play," she said. "Equality and fairness begins with me."

"What really matters is what we do every day. That is the breath and life to those who dreamed in 1963."

Ms. Finley gave a tremendous reminder to the audience of the great sacrifices of not only those great individuals such as Martin Luther King but also the importance of everyone to what we have today. "Small parts are always needed. They stood up and they believed. The unrest in their minds was the beginning."



From left to right are: Leonard Tao, Director of OEA; Anton Porter, Executive Director; [REDACTED] Ms. Finley; Kimberly Bose, Secretary of FERC; and David Morenoff, Acting General Counsel.

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Kimberly Bose, Secretary of the Commission, provided inspiring closing remarks. She reflected on her experiences growing up and told the audience, "We are all in this together," she said, "We wouldn't live in this great country without this great legacy."

Executive Director Anton Porter presented Ms. Finley with a plaque for her contributions to the program.

This year's event was hosted by the ED's office and the Special Emphasis Committee. A special thank you was given to [REDACTED] for recommending Ms. Finley as a speaker for the program.

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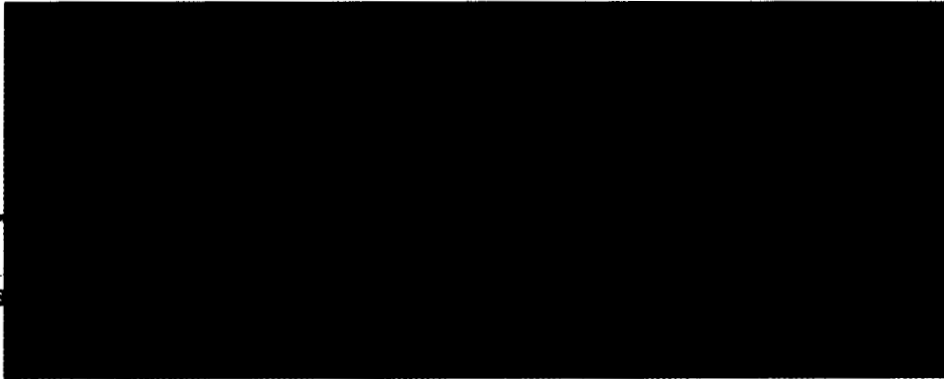
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Leadership Development Program Recognized



At the Commission's Feb. 20 meeting, Acting Chairman LaFleur recognized FERC's Leadership Development Program (LDP) participants. The LDP is a competitively selected program launched at the Commission in March 2008 to provide training and developmental opportunities to Commission employees.

"I am happy to have one alum right on my team in [REDACTED]" Acting Chairman LaFleur said. "The success of the program has been demonstrated over the years with more than 40 percent of graduates being promoted to a supervisory role at the Commission within a year of completing the program. This year's class of 15 was selected from a record number of 96 applicants, and includes representatives from 11 different Commission offices. So congratulations to all of you, and thank you to [REDACTED], who I'm sure is hiding somewhere, who worked so hard to make the program successful."

Participants in the LDP V are: [REDACTED]

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John Katz Testifies Before Senate Committee



John Katz, Deputy Associate General Counsel, testified before the Senate Energy & Natural Resources, Subcommittee on Water & Power on Feb. 27. John discussed S. 1419, the Marine and Hydrokinetic Renewable Energy Act of 2013.

[View Testimony](#) on FERC.gov

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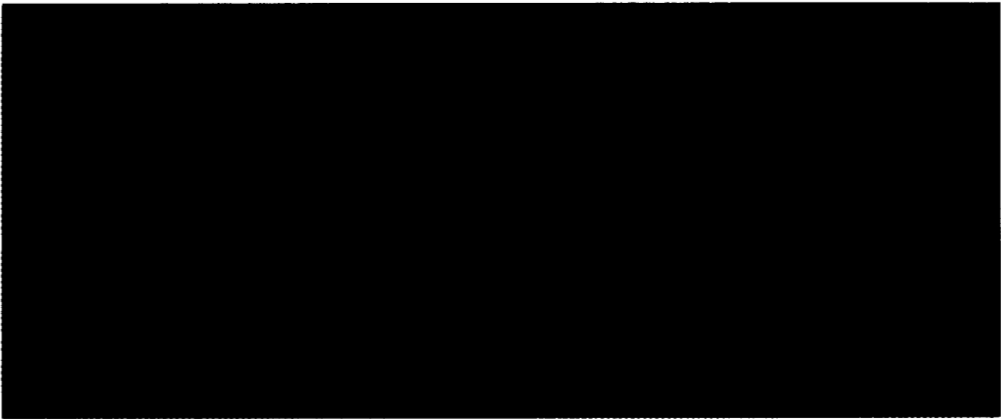
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What's MY LINE?

OEP: What Was Your Favorite Movie of the Year? And which is your Oscar pick for best film?



[REDACTED] "I haven't seen any movies this year, I have children. I do want to see Gravity." "I'll say Gravity."

[REDACTED] "Frozen was my favorite for animated films." "I would say Frozen."

[REDACTED] "I haven't seen a movie this year." "I'm going to say Wolf of Wall street."

[REDACTED] "12 Years a Slave was my most unforgettable movie for 2013!" " My prediction for the movie winning best film for the Oscars is also 12 Years a Slave. The film stays with you long after you've watched it!"

Photos taken by [REDACTED]

Note: 12 Years a Slave won Best Picture at the Oscar's.

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TURN IT DOWN Preventing noise-induced hearing loss



Hearing can bring us so much joy—from the sound of a loved one's whisper, to beautiful music. Without good hearing, we'd have a difficult time getting the full effects of these moments.

Unfortunately, according to the National Institute on Deafness and Other Communication Disorders (NIDCD), approximately 17 percent of American adults report some degree of hearing loss.

The ears are sensitive instruments that need to be protected. The majority of hearing loss is caused by the effects of continued exposure to loud noises. The intensity of the noise and the length of exposure are contributing factors to the damage that can be done.

DON'T CROSS THE THRESHOLD

If you're going to be dealing with prolonged exposure to sounds that are 85 decibels or higher, be sure to wear some form of ear protection.

- It causes pain in your ears
- You have to raise your voice to be heard over the noise
- You have ringing in your ears immediately after you're away from the high-volume situation
- You have trouble hearing afterward These can all indicate that you're in a situation where you should protect your ears.

PROTECTION AND PREVENTION

In high-volume situations, you should always:

- Block the noise with earplugs or noise-cancelling headphones
- Cover your ears if it's a temporary situation (like a siren)
- Walk away from the sound, if that's possible
- Turn down the volume on your headphones when listening to music
- Avoid places where you know there will be overly high volumes of sound

PROTECT YOUR EARS EVERY TIME

Be sure to wear ear protection:

- Snowmobile – 100 decibels
- Personal stereo at maximum volume – 105 decibels
- Rock concert – 110 decibels
- Ambulance siren – 120 decibels
- Firecracker – 140 to 165 decibels

Remember: Always protect your ears when you go into situations with noise at 85 decibels are higher. And, limit your time of exposure.

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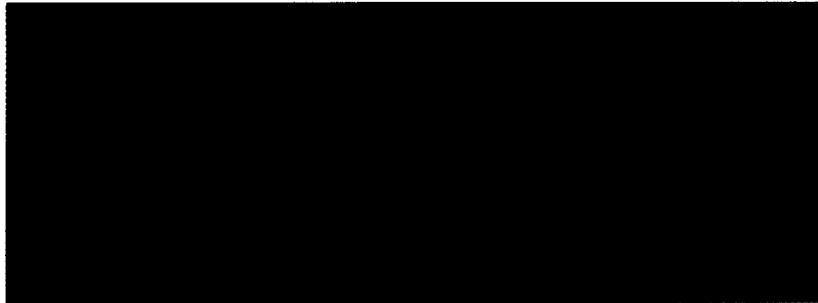
Media Training



OEI's [REDACTED] attend a media training class presented by OEA's Division of Media Relations. The class offers staff an opportunity to participate in mock on-camera interviews and learn tips for working with the media while conducting public meetings. For more information on media training, contact [REDACTED]

Photo taken by [REDACTED]

OEIS Staff Pizza Party



OEIS had a pizza lunch to celebrate the office's outstanding performance in this year's CFC. The office was the largest office at FERC to have 100 percent participation in the campaign. Pictured from left to right are: FERC's CFC Campaign Manager [REDACTED], CFC Captain for OEIS [REDACTED], Acting Chairman Cheryl LaFleur and Director of OEIS Joseph McClelland.

Photos taken by [REDACTED]

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How to Schedule a Conference Call

If you have a meeting coming up and would like to schedule a conference call, you can do that online from your desk!

Accessing Website

- Navigate to the web address meetingplace.ferc.gov
Note: you must be connected to the FERC network in order to access the referenced site
- **Click** Schedule and **enter** your Windows credentials in the Username and Password fields.



Schedule a Meeting

- In the Schedule Meeting window, **enter** the requested information. Do not enter any information in the meeting ID field.

- **Expand** the Invitees section by **clicking** on the title Invitees.

Add Invites from the Directory

- **Enter** the first or the last name of the invitee in the From Directory field.
- **Click on** the magnifying glass
- **Select** the desired invitee from the populated list and **click on** the right arrow.

Add Invites by Email Address

- To add invitees via email, **type** the invitees email address in the By Email field.

More Options

- **Expand** the More Options section by **clicking on** the title More Options.
- In the More Options section, **select** Participant list only for the Web Meeting Room.

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v More options

Meeting password:

Ending date:

Language: **English (US)** ▾

Who can attend: Anyone Users with Cisco Unified MeetingPlace Express profiles only

Entry announcement: **BeepName** ▾

Exit announcement: **BeepName** ▾

Web meeting room: Full meeting room Participant list only

- Verify that all of the information is correct and **click on** Schedule.

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**Safety
&
SECURITY****Active Shooter Awareness Program**

On Thursday, February 27, the Safety and Security Division was honored to host ATF Chief of Operations and Security Threat Assessment Bernard Conley Sr. We were pleased with the turnout and thrilled with the information that he shared with the FERC Community. Mr. Conley touched on many of the tragic shootings that have occurred in the United States in the past few years. He was able to share with us information that we didn't hear during the news reporting of these events and shed light on what happened behind the scenes. Some of this information led to thought provoking conversation and questions from the audience, for which we are grateful. The more we think about our safety, the better prepared we are for any event that might occur. For those who were unable to attend, we will be hosting a viewing of the presentation. It will be announced in the coming weeks.

Check the Homeland Security website for [tips on active shooters](#).

Photo taken by [REDACTED]

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Updated Strategic Plan



The Commission has issued its FY 2015 Congressional Performance Request and its updated Strategic Plan for fiscal years (FY) 2014 – 2018.

Upon issuance of the Strategic Plan, Acting Chairman LaFleur commented: "The nation is experiencing significant changes in energy supply due to a number of factors, including the increased availability of domestic natural gas; the growth in renewable, demand-side and storage technologies; and new environmental requirements. Both the nation's energy infrastructure and energy markets must adapt to these changes to ensure that consumers have access to reliable, efficient and sustainable energy at a reasonable cost.

"This Strategic Plan is not focused on specific technology or policy adaptations, but rather on the underlying and enduring responsibilities of the Commission under our enabling statutes. It is intended to be flexible and adaptable as energy challenges evolve, while providing clear and measurable targets. "This Strategic Plan builds on the success of our prior Strategic Plan, which covered FY 2009 through 2014. Among other changes, it more clearly reflects all major functions and operations of the Commission which will allow each of you understand how your work contributes to the FERC Mission. In addition, this Strategic Plan includes a third strategic goal to highlight our commitment to our employees and empowering them to drive success at the Commission. The third strategic goal further emphasizes the value the Commission places on serving the American public through integrity, openness, and transparency.

"I'd like to thank Anton Porter's team, the Office Directors, Deputies and other members of the Commission's management team for their contributions to this Plan. It will be an invaluable tool for new and veteran staff alike, as well as for the external community, to understand the Commission's core responsibilities, processes and regulatory approach.

"For additional information, I encourage you to attend one of the upcoming Town Hall Meetings later this month. The full plan is now available at www.ferc.gov.

"The Commission is fortunate to have a highly dedicated and professional team of employees across all areas of its operations. We are dedicated to executing our Strategic Plan to achieve results and to address the challenges that face the energy industry and the nation. Thank you for all you do to advance the many aspects of the Commission's work."

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Arrivals: Feb. 4 - Feb. 28



Departures: Feb. 4 - Feb. 28



Arrivals DEPARTURES

On April 2, 2014, the Child Development Center is sponsoring a fund raising event from 8:00 a.m. to 4:00 p.m. in the Building Lobby.

Gold Coast Promotions will be on site to offer a large selection of jewelry, watches, fragrances and electronics. The jewelry includes a wide array of gold and sterling silver items including rings, earrings, bracelets, and chains with a selection of precious and semi-precious stones. Also offered is a large selection of men's and women's watches from leading watch brands. It's a one-day event and all proceeds benefit the Center.

Greener FERC Tip: Washing Your Car

While you may think you're doing your car (and your wallet) a favor by hand-washing it at home, it's actually the opposite.

According to the International Car Wash Association, automatic car washes use less than half the water used when washing your car at home. The average home wash uses 80-140 gallons of water while the commercial average is 45 gallons.

Commercial car washes often reuse water and send the runoff to treatment centers instead of nearby lakes and streams. They also use high-pressure nozzles that require less water usage.

But if you're dead-set on washing your car at home with the kids, here's how to keep the impact at a minimum:

- Park on gravel or grass so soapy water soaks into the ground, becomes filtered and recharges groundwater.
- Avoid soaps with labels that say "harmful, danger or poison."
- Turn off the hose when you're not using the water. During a 15-minute car wash, you could use 150 gallons of water if there isn't an automatic shut-off nozzle.

Source: earth911.com



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Meet the 11th Floor—a Peek Inside the Commissioners' Offices

This month features our fifth and final installment of our “Meet the 11th Floor” office photos. We decided to embark on this effort so employees around the Commission would have a better idea of who actually works up there.

Up this Month: Team Bay



Team Bay: Seated, from left to right, are: Caroline Wozniak, Advisor; Chairman Bay, and Janel Burdick, Advisor. In the back row are: Max Minzner, Advisor; Robert Kennedy, Advisor; Stephen Sweeney, STAR intern; Larry Gasteiger, Chief of Staff; and Benjamin Williams, Confidential Assistant.

Chairman Norman Bay was nominated by President Barack Obama to the Federal Energy Regulatory Commission in January 2014 and was confirmed by the U.S. Senate for a term that expires June 30, 2018. He served as a Commissioner at FERC from August 4, 2014 through April 14, 2015.

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COMMISSION Meeting HIGHLIGHTS



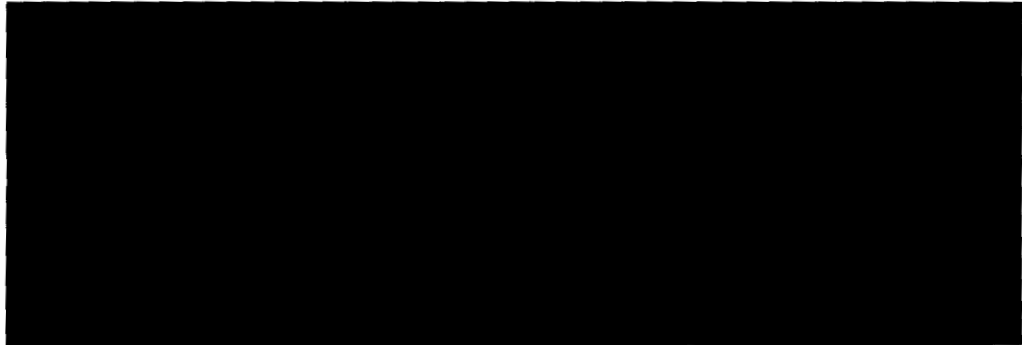
Recognized

Chairman Bay recognized [redacted] at the July Open Meeting as he prepares to retire from FERC after 36 years of public service. [redacted] is one of only a handful of staff at the Commission who has deep expertise on both the gas and electric industries," the Chairman said. "In the early part of his career he was a crucial team member on Order No. 636 which restructured the gas industry and more recently [redacted] was instrumental in providing guidance on many of the Commission's recent gas electric coordination efforts."

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July 16 Meeting Discussion Items:

At the July Commission Meeting, [REDACTED] discussed a Notice of Proposed Rulemaking on revising CIP Standards focusing on the development of supply chain cyber controls (RM15-14-000). [NOPR](#)



OEP's [REDACTED] and OGC's [REDACTED] discussed a rulemaking entitled, "Revisions to Auxiliary Installations, Replacement Facilities, and Siting and Maintenance Regulations (RM12-11-003)."

June 18 Meeting Discussion Items:

At the June 18 Commission Meeting, FERC staff provided the Commission with an update on the Hydropower Regulatory Efficiency Act of 2013. Presenters were: [REDACTED]. [Presentation](#)



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On The Hill

On July 22, OEIS Director Joseph H. McClelland testified before the Senate Committee on Homeland Security & Governmental Affairs on protecting the electric grid from the potential threats of solar storms and electromagnetic pulses.

[Read More on FERC.gov](#)



On June 3 OEPI Director Arnie Quinn and OE Director Larry Parkinson testified before the House Energy & Commerce Subcommittee on Energy and Power on a discussion draft bill on accountability and Department of Energy Perspectives on Title IV: Energy Efficiency.

Testimony: [Mr. Quinn](#) | [Mr. Parkinson](#)



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Commissioner Honorable is Featured Speaker



Commissioner Honorable was the featured keynote speaker at the Platts 2015 Transmission Planning and Development conference held in Arlington, VA on June 16.

In addition, Commissioner Honorable participated in the International Energy Agency's Second High-Level Plenary Meeting on Markets for Secure, Efficient, and Low-Carbon Power held in Paris on July 7.

Osaka Gas Visits FERC



Above are Chairman Bay and Mr. Takehiro Honjo, President of Osaka Gas. The Chairman met with a delegation from Osaka Gas to discuss energy markets and other energy related issues of mutual interest.



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Natural Gas Roundtable



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Chairman Bay was the guest speaker at the Natural Gas Roundtable event on July 21 in Washington, D.C. The Natural Gas Roundtable is a non-profit group established to discuss natural gas and energy policy issues.

Photo taken by [REDACTED]

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FERC Summer Interns



FERC hosted 33 interns this summer who are working in various offices across the commission. Our summer interns, who were recognized by Chairman Bay at the July Commission Meeting, represent schools such as George Washington, Johns Hopkins, American University, the University of Baltimore, Virginia Tech, Colorado School of Mines, Dartmouth and Princeton.

The students are from all over the country and have various backgrounds including law, engineering, economics, public policy and the sciences.

This year's interns toured the Conowingo Hydroelectric Plant, attended brown bag lunches with senior leaders at FERC, participated in professional seminars and toured many DC attractions. The goal of the program is to prepare interns for future careers in the federal government and to increase their understanding of the mission and function of our work at FERC.

Pictured above are [redacted]

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Team FERC Impresses in ACLI Capital Challenge

Team FERC participated in the 34th Annual ACLI CAPITAL CHALLENGE on May 20 and placed 4th in the Executive Branch Division and 5th overall. Chairman Bay received an award for finishing first in the Agency Head (Male) category. The event, a three-mile team race, includes teams representing the Legislative, Executive, and Judicial Branches of the Federal Government and the Media.



Team FERC: [redacted] Chairman Bay and [redacted].
Photo taken by [redacted]

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Greener FERC Tip

This month we are focusing on conserving one of our most used and wasted resources....water.

Summertime means hot temperatures and lots of water consumption. Whether you're swimming in it, drinking it, or using it to feed foliage, there are a number of easy ways to conserve water.

1. Don't leave the faucet running while you're brushing your teeth or washing up.
2. When washing laundry, match the water level to the load size.
3. Catch water in an empty tuna can to measure sprinkler output. 3/4 to 1 inch of water is enough to apply each time you irrigate.
4. Collect water from your roof by installing gutters and downspouts. Direct the runoff to plants and trees.
5. If you accidentally drop ice cubes, don't throw them in the sink. Drop them in a plant instead.
6. Water your plants deeply but less frequently to encourage deep root growth and drought tolerance.
7. Wash your pets outdoors, in an area of your lawn that needs water.
8. Take 5-minute showers instead of baths. A full bathtub requires up to 70 gallons of water.
9. Avoid planting grass in areas that are hard to water, such as steep inclines and isolated strips along sidewalks and driveways.
10. Reduce the amount of lawn in your yard by planting shrubs and ground covers appropriate to your site and region.
11. Use your dishwasher rather than hand washing dishes, but be sure to only wash full loads.
12. One drip every second, adds up to five gallons per day! Check your faucets and showerheads for leaks.

[Find lots more great tips for conserving water around your home here.](#)

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What is plain language?



Communication that your intended audience can understand the first time they read it.

Plain Language Tip:

Avoid Confusing Words and Constructions.

- Don't use two different terms for the same thing (don't use car, vehicle or auto and conveyance--choose one).
- Avoid strings of nouns (don't say "surface water quality protection procedures"; say, "procedures for protecting surface water quality")
- Minimize acronyms and abbreviations; be sure to define them (PMP certification = Project Management Professional certification)

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OED: What's Your Favorite App?



What's MY LINE?

MAPMYWALK (tracks all your fitness activities)- [redacted]

WAZE (provides travel information on routes and travel times)- [redacted]

AROUNDME (provides information about your surroundings, such as restaurants, gas stations)- [redacted]

OFFERUP (an app for buying and selling stuff)- [redacted]

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FERC, Indian Petroleum-Gas Regulator, Extend Cooperative Agreement



From left to right, are: [redacted]; Member P.K. Bishnoi, PNGRB; [redacted]; Chairperson S. Krishnan, PNGRB; Chairman Norman Bay; K. Rajeswara Rao, PNGRB; Nils Nichols, OEMR; and [redacted]

FERC and the Petroleum and Natural Gas Regulatory Board (PNGRB) of India signed a two-year extension on June 1 to a 2011 agreement to share information and regulatory practices.

The extension of the Memorandum of Understanding was signed by FERC Chairman Norman Bay and PNGRB Chairperson S. Krishnan.

This is the second extension of the MOU between the two agencies. The first extension to the 2011 agreement was signed in 2013. This latest extension expires June 30, 2017.

The MOU involves an exchange of information and consultation, training and technical assistance between the two entities. | [MOU](#)

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I just changed my password. Now my Outlook isn't updating!

When we had Google email, password changes were automatically recognized by the Outlook application. However, Microsoft 365 email does not automatically update. When you change your network password every 60 days, you will want to update Outlook with your new password, so that Outlook updates with current email.

After you have changed your password, you will notice that the Outlook application will soon stop synchronizing new messages. This is normal. You can make sure that Outlook stays synchronized by updating your password in Outlook shortly after changing your FERC network password.

IT CORNER

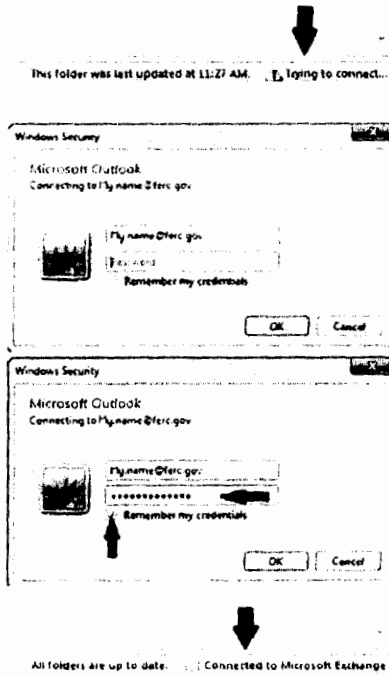
1) Close Microsoft Outlook. Wait a few moments, then re-open Microsoft Outlook. Outlook will attempt to connect to Microsoft Mail Services to synchronize and update new mail. You will see the status in the bar at the lower right corner of the Outlook window.

2) After trying to connect unsuccessfully (because it's using your old password), Outlook will prompt you with a box asking for a new password.

3) Type your new network password in the password line, then click **Remember my credentials**.

4) Click **OK**. Outlook will use your new password to log in to Microsoft Mail Services. When Outlook connects, it will update your **Inbox** and other folders.

You're done! Outlook will continue to synchronize until you change your network password in 60 days.



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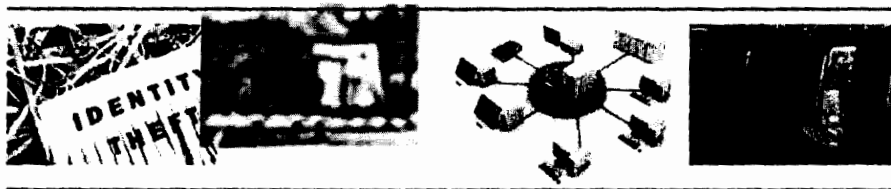
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Effectiveness of the FERC Alert System

"FERC Alert" has become a very well-known term to employees here at FERC. From the very first use of the system in 2006, the FERC Alert has had many roles over the last few years; from sending immediate notifications of possible threats or active shooter events in the D.C. area, to informing and updating employees during the protests we have been experiencing. But how effective is the FERC Alert System during such an event?

SECURITY & Safety



During the last protest here at FERC in May, the FERC Alert System allowed the Security and Safety Team to deliver timely updates to FERC staff about rapidly-changing situations. This includes changes in traffic patterns, access to the building, and updates to the protestors whereabouts. Several comments were received following the protest week.

"I really appreciated the timely updates to the events here at FERC during protest week in May"

"Having information delivered through FERC alert really helped me arrange my schedule during the protests at FERC"

The FERC Alert System not only kept FERC employees at the 888 and 1100 buildings informed, but also updated those individuals in the immediate surrounding buildings, informing the property managers, and the FERC Child Care Center of the impact that they may experience as a result. It informed employees that could not gain access to the 888 building, that the 1100 building was available for employees to set up a work station until the protest activities concluded. FERC Alert also mitigated full impact of the protest on the ability of FERC to continue work as normal.

Using the FERC Alert System, during events such as the protest, cuts out employee confusion about the existing situation by having one centralized means of communication for the Commission.

More detailed information on FERC Alert can be found on [FERCNet](#). Or by contacting SSD at x6829 or email at [securityandsafety](#).

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Exercise May Blunt a Woman's Risk of Lung and Breast Cancer



Healthy LifeStyles

Physical activity may reduce a woman's risk of lung or breast cancer, a pair of new studies suggest. Women seem less likely to either develop or die from lung cancer if they engage in physical activity, and the benefits increase the more a woman stays on the move, Stanford University researchers found. "We saw that as levels of physical activity increase, risk of lung cancer decreased," said lead author Ange Wang, a medical student at Stanford. Even active smokers enjoyed some protective benefit from lung cancer, when compared with couch potatoes who smoked, the researchers said.

Read the entire article on the [HealthDay website](#).

Source: HealthDay News

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Arrivals: June 1-July 15



Arrivals & DEPARTURES

In Memorium

██████████, who formerly served as a legal advisor to the Chairman and as an attorney in the Solicitor's office, passed away May 13.

██████████ was employed with FERC from March 1980 through June 1988. After leaving here in 1988, she held positions as an attorney with two Washington, DC-based law firms. Later she served as the chief counsel for regulatory affairs with Niagara Mohawk Power Company, then as vice president of regulatory affairs with the American Gas Association and later, served as the vice president for regulatory affairs with Exelon Corporation.

Prior to her government service, ██████████ worked in various law firms after receiving her J.D. degree from the University of Houston Law Center in 1976.

According to her friend, ██████████ ██████████ "especially enjoyed her grandchildren" and enjoyed gardening, travel and entertaining in her spare time.

In addition to her grandchildren ██████████ leaves behind her life partner, ██████████ two children, ██████████ and ██████████ and a host of other family members and many friends.

The FERC Family extends sincerest condolences to ██████████ loved ones. She will be missed.

Departures: June 1-July 15





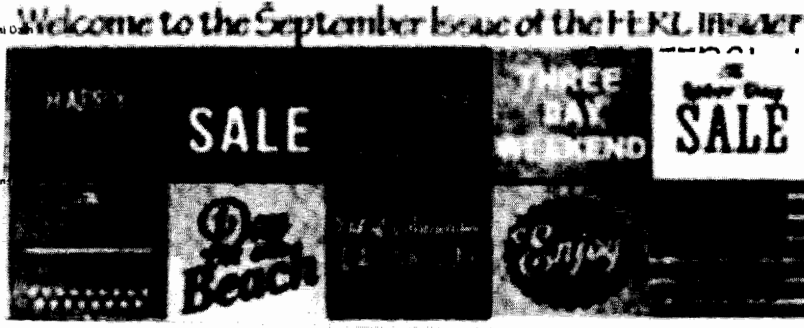
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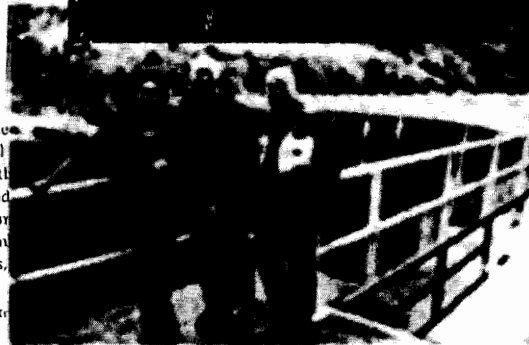
Chairman Bay Attends Salish Kootenai Dam Ceremony

A commemoration ceremony was held at the Salish Kootenai Dam (formerly Kerr Dam) near Polson, Montana, on Sept. 5 to mark the transfer of ownership and operation of the dam to the Confederated Salish and Kootenai Tribes. The dam is under FERC jurisdiction and was relicensed in 1985.



Pictured at right: Carole DePoe Lankford, Tribal Council Vice Chair for the Confederated Salish and Kootenai Tribes; Chairman Bay; and Brian Lipscomb, CEO of Energy Keepers.

Photos Courtesy of Tallyr Tr



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Chairman Bay Names Max Minzner as General Counsel

Chairman Norman Bay has named Max Minzner as general counsel to the Commission.

Minzner, who joined Chairman Bay's staff as an advisor in June, has taught law at the University of New Mexico School of Law and the Benjamin N. Cardozo School of Law. From 2009 to 2010, Minzner was special counsel to Bay, who at that time was director of the FERC Office of Enforcement. At UNM, he served as associate dean for Academic Affairs and was awarded the 2013-2015 University of New Mexico Presidential Teaching Fellowship, a lifetime achievement award given annually to a single professor university-wide to recognize excellence in teaching. A graduate of Brown University and Yale Law School, Minzner's scholarship has appeared in the Harvard Law Review, the Texas Law Review, and the William & Mary Law Review, among other journals.



"I have known Max for almost 20 years, beginning when he was a law clerk at the U.S. Attorney's Office in New Mexico," Chairman Bay said. "I have full confidence that Max will bring a high level of excellence to his work in the Office of the General Counsel."

Chairman Bay named David Morenoff, who has been serving as FERC general counsel, to the position of deputy general counsel. Morenoff has served in several capacities in the Office of the General Counsel, including acting general counsel, deputy general counsel and special counsel, and served as senior legal and policy advisor to former Chairman Jon Wellinghoff. Before joining FERC, Morenoff worked on electric industry matters in the Washington, D.C., office of Troutman Sanders, LLP, and also served as a legislative assistant on energy and other issues to U.S. Senator Jack Reed of Rhode Island. He is a graduate of Brown University and Harvard Law School.

"It is a testament to the high regard in which David is held that he is one of the few general counsels who has served three different chairmen as either the acting general counsel or as general counsel," Chairman Bay said. "I deeply appreciate his dedication, professionalism, and tireless efforts on behalf of FERC, and I look forward to continuing to work with him here."

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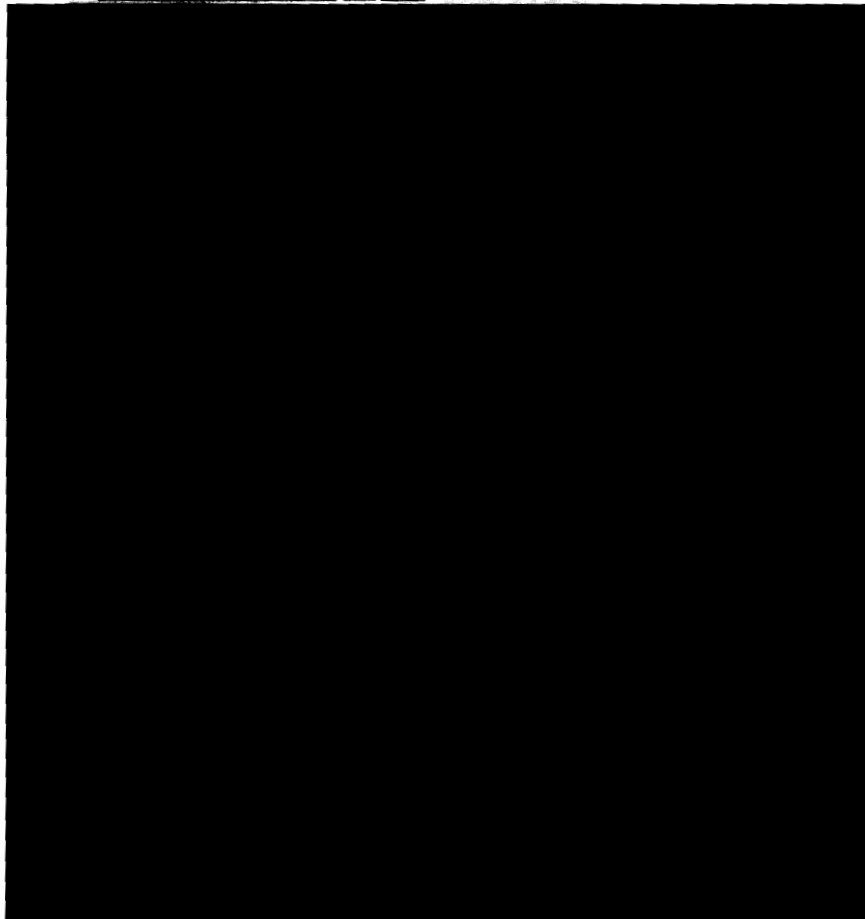
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Eid al Fitr Event

On August 15, FERC held its first Eid al Fitr (Festival of the Breaking of the Fast) event. Eid is the Muslim holiday following the month of Ramadan where Muslims fast from food and water from dawn to sunset (children, elderly, sick or pregnant are exempt), perform acts of charity, and focus on improving their character. Some ways in which Eid is celebrated are by dressing up, giving presents, and visiting family and friends. A few Muslims wanted to share this celebration with their fellow FERC coworkers by hosting them to a free lunch. As planning progressed, numerous volunteers of various faiths and ethnicities wanted to get involved and gave their time and money to fund the event. More than 100 people attended. The warm response to this event really exceeded all expectations and we look forward to making this an annual event. [REDACTED] were among the core organizers.



Photographs Courtesy of [REDACTED]

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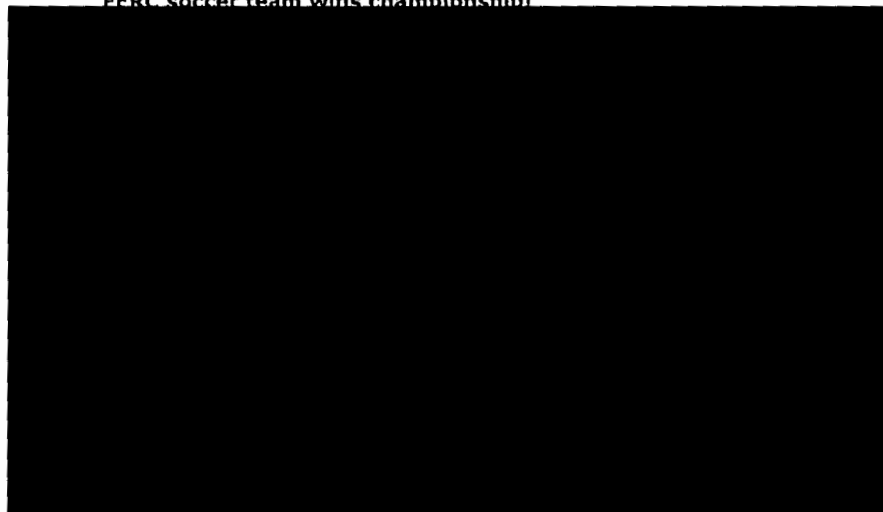
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Commissioner LaFleur throws out the first pitch at the July 20 Kansas City Royals game against the Astros 5-1.

Photo submitted by Commissioner LaFleur's office

FERC soccer team wins championship!



On August 18, 2015, the FERC soccer team won its summer league championship, in 6-1, 4-1 playoff victories. FERC team members include [REDACTED]


Photo courtesy of 

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Chairman & Commissioners Host Ice Cream Social



FERC employees enjoyed an ice cream social Sept. 3 in the 888 lobby. Hosting the event were, from left, Commissioner Moeller, Commissioner Honorable, Chairman Bay, Commissioner Clark and Commissioner LaBleur.

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Photos courtesy of [REDACTED], [REDACTED] and [REDACTED]

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Stand - Don't Sit! - to Get Healthier

Even if you exercise, sitting for long periods linked to higher blood sugar, cholesterol levels

Healthy LifeStyles

Sitting too long may be hazardous to your health, even if you exercise regularly, Australian researchers report.

A new study found that sitting appears to be linked to increased blood sugar and cholesterol levels, which can lead to added weight, diabetes and heart ills. But standing more helps improve all these measures and can give you a trimmer waist to boot, the researchers said.

"Switching some of your sitting time to standing could have benefits for your heart and metabolism," said lead author Genevieve Healy, a senior research fellow at the University of Queensland in Herston.

"More time spent standing rather than sitting could improve your blood sugar, fats in the blood and cholesterol levels, while replacing time spent sitting with time walking could have additional benefits for your waistline and body mass index," she said.

However, the study, published July 31 in the *European Heart Journal*, did not prove a cause-and-effect link between standing and walking more and better health.

People who sit for prolonged periods have a higher risk of early death, even those who regularly exercise, but the risk is most pronounced in men and women who do little or no exercise, he said.

It's clear that sitting down for too long is bad for people's health, said Dr. Francisco Lopez-Jimenez, a cardiologist at the Mayo Clinic in Rochester, Minn., and author of an accompanying journal editorial.

"As a society, we have been focused too much on exercise and have paid less attention to the importance of just moving," he said.

Lopez-Jimenez said that even if you exercise, sitting for long periods is a marker of a sedentary lifestyle. Society, he said, values sitting and using labor-saving devices over standing, walking and moving.

"People need to recognize the importance of not sitting too long during the day," Lopez-Jimenez said. "Avoid the mindset that says, 'Do the least amount of effort.'"

SOURCES: Genevieve Healy, Ph.D., research fellow, University of Queensland, Herston, Australia; Francisco Lopez-Jimenez, M.D., cardiologist, Mayo Clinic, Rochester, Minn.; Gregg Fonarow, M.D., professor, cardiology, University of California, Los Angeles; July 31, 2015, *European Heart Journal*

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Chairman Presents Judge Dowd with Award

Judge Judith Dowd accepts the Federal Career Service Award from Chairman Bay as she prepares for retirement from federal service. Judge Dowd began her federal service in 1966, coming to FERC in April 1997.



FERC Child Development Center will be holding a "Go Casual" event on Wednesday, September 30. Wear denim and/or your favorite team's jersey to work in exchange for a donation. There will be donation boxes on either end of the lobby from approximately 8-11am.



Greener FERC Tip

Fall is just around the corner and the trees will soon begin to drop their leaves. Instead of bagging and throwing your leaves away with the rest of the trash, consider composting them instead! Leaf litter is carbon-rich and is an excellent material to combine with your nitrogen-rich food scraps and make perfectly balanced compost. Here are some tips for composting leaves this fall:

- The size of a leaf pile can make a big difference in how fast leaves decompose. Keeping each pile around 3 feet by 3 feet by 3 feet will provide enough material for a healthy compost without the pile being too large for its own good or too small to maintain heat.
- The best place to site a pile is in a shaded area with good air flow and decent cover. If you have a lot of leaves to compost, simply make additional piles and add new leaves as they fall. The more compost the better!
- You can balance the high amount of carbon present in the decomposing leaves with things that have a high nitrogen content such as food waste, grass clippings, coffee grounds, manure, and/or vegetable scraps.
- But note that you shouldn't add animal products to the pile, and this includes grease, bones, and meat. These items will attract pests, and they take much longer to decompose. Also, never add plants that have been sprayed with weed killers (not that you would ever use those, right?).
- Creating a proper enclosure for your pile of leaves isn't strictly necessary, but it can help to expedite decomposition, maintain heat, provide protection from the elements, and promote a healthy compost.
- You can buy an enclosure or make a simple box frame out of wood. At the very least, putting a tarp over the pile can be a quick fix for the compost. Just make sure to air it out.
- Proper maintenance of the leaf pile will ensure that it progresses into a great pile of compost. The pile should be moist but not soaked and warm but not hot. So, add water or provide shade if necessary.
- Turn the pile to aerate it and mix it occasionally to encourage all parts to decompose. After a few weeks, once the pile starts to really break down, add less fresh material to allow it to finish its cycle.
- Even during the depths of winter, the center of a compost pile can remain warm and active if properly maintained. And with proper care, the compost should be ready by late spring.

Access Planet Natural's website for more information and the [perfect compost recipe](#).

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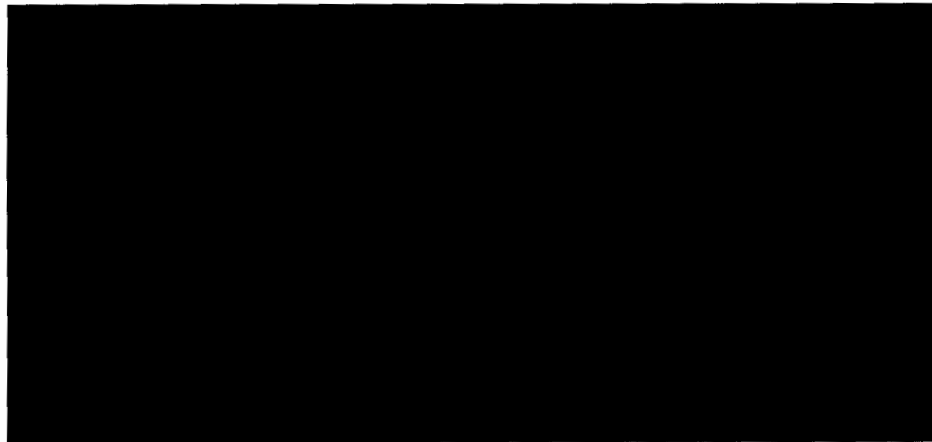
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APA FERC Event



From left to right are: OEP's [redacted] and OGC's [redacted]

APA FERC presents novelist Veronica Li! Asian Pacific Americans of FERC hosted an event featuring novelist Veronica Li on Sept. 3. The author discussed her novel, *Confucius Says*, a story of a loyal daughter caring for elderly Chinese-American parents in the Virginia suburbs with as much filial piety and humor as she can muster.



Above photo courtesy of [redacted]

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How to Change your Network Password

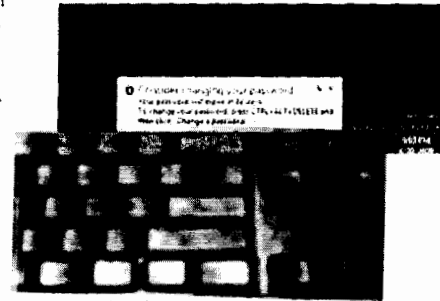
Network passwords must be changed every 60 days. A warning message will display when you log into the network as the 60 day expiration becomes closer.

NOTE: This network password is separate from your PIV/ PIN.



When you see this message, your password will expire soon. The message will indicate when the password will expire. Do Not Let Your Password Expire!! If you allow your password to expire, you will need to call IT Support to have the password reset before you can log in with your PIV/PIN.

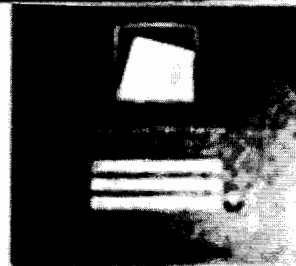
1. Select Control ALT DEL on your keyboard.



2. Select change password from the list of options



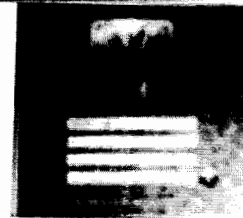
3. Select the other credentials button at the bottom of the screen. (You are not changing your PIN)



4. Select the credential that begins with ADFERC and includes your network password.



5. Enter your current password on the password change screen and enter your new password twice as directed.



6. Click the blue arrow at the end of the last line. That is it. Your new password is good for 60 days!

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Arrivals: July 16 - August 31



Arrivals DEPARTURES

In Memoriam

Two former members of FERC staff passed away recently.

[REDACTED], who served as a senior legal advisor to former Chairman Pat Wood, III, died on August 3.

[REDACTED], who served as an economist in the former Office of Economics, died August 29.

[REDACTED] federal career at FERC began in August 1998 as a trial attorney specializing in public utilities within OGC. In September, 2001, Chairman Wood tapped him to become his senior legal advisor on all FERC jurisdictional issues.

After leaving FERC in November 2004, [REDACTED] entered into private law practice with the firm of Sutherland Asbill and Brennan LLP, specializing in energy issues. In 2007, he joined the American Gas Association as a senior managing counsel for regulatory affairs and was later promoted to become AGA's vice president for regulatory affairs.

He is survived by his wife, [REDACTED], two grandchildren and a host of other relatives and friends.

Departures: July 16 - August 31



[REDACTED] federal career as an economist at FERC followed a distinguished career in education that began after he received his doctorate degree in economics from the University of Stockholm, Sweden. His dissertation, entitled, "Return to Scale Economics," was selected by the university as a textbook for its economics curriculum.

Upon his return to the U.S. after the birth of his two sons in Sweden, [REDACTED] taught economics at Howard University, where he continued to author articles focusing on all aspects of economics.

[REDACTED] left FERC in 1992 to work full-time with his wife, [REDACTED] on a newsletter that eventually evolved into *Sister 2 Sister Magazine*. He served as the managing editor and company president for 23 years.

In addition to Jamie, his wife of 46 years, [REDACTED] is survived by his sons, [REDACTED], and a host of family and friends.

The FERC Family extends sincerest condolences to the families of [REDACTED]. They will be missed.

[REDACTED]

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More Articles in This Issue:

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- FERC Kicks Off Legacy Speaker Series**
- FERC's Softball Team Wins Championship**

FYI: You have several options to move around the Insider:

- o **Prev | Next:** These button options are at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
- o **Links:** More Articles in this issue (above) will take you to edition-specific stories.

To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider. Questions? Complaints? Compliments? Suggestions? Please contact us at insider11@ferc.gov

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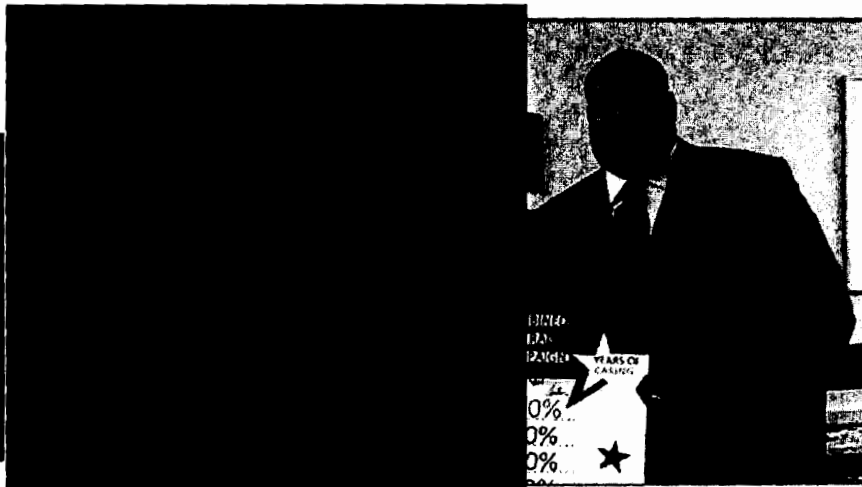
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2015 Combined Federal Campaign About to Begin "WE MAKE IT POSSIBLE."

With a keen sense of optimism the 2015 Combined Federal Campaign for the National Capital Area (CFCNCA) officially began September 1st. This is CFC's 54th year. Since the CFC was founded by President John F. Kennedy in 1961, federal employees have pledged more than \$7 billion. That is a lot of money!



Read this year's CFC Loan Executive Bio here

FERC CFC Campaign Manager [redacted] Loaned Executive [redacted] and Campaign Co-Chair Anton Porter.

Last year's pledges in the National Capital Region totaled \$49.5 million. For 2015 the government-wide campaign dollar goal is \$50 million. Unless extended by the Office of Personnel Management (OPM), the 2015 CFC is expected to run through December 15, 2015. Currently no extension of the campaign is planned.

'Universal Giving' Returns

'Universal Giving' is back again this year. Federal employees may contribute to any officially recognized CFC beneficiary, not just those charities sited here in the National Capital Area. The paper "Catalogue of Caring" lists 4,000 causes. In addition, the on-line catalogue contains the names and reporting numbers of over 20,000 worthy causes that participate in and benefit from CFC pledges. Surely there is at least one worthy cause close to everyone's heart.

To kick off the campaign, the CFC organized a well-attended leadership training event September 3rd at the Ronald Reagan Building. CIA Director John Brennan was tasked by President Barack Obama to be this year's Honorary National CFC Chair. In his keynote address at the leadership training event Mr. Brennan joked that the CIA is not a government agency that comes to mind when one typically thinks of charitable giving.

FERC Builds On A Proud CFC Tradition

The Commission's 2014 dollar goal was to raise \$390,000. Final audited figures indicate that FERC donors pledged the amazingly generous sum of \$402,367. The Commission achieved 103.2 percent over our dollar goal. The Commission's campaign dollar goal exceeded the dollar goals of many other federal departments and agencies that have far more employees than we do.

Year after year an astronomical rate of participation is another hallmark our agency's CFC. Last year 686 members of the FERC Community participated in the Commission's 2014 campaign. Our participation rate

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was 51.7 percent, or nearly 2.5 times the participation rate of our peers in the National Capital Area. Last year several offices not only surpassed their dollar goal but secured 100 percent participation. Every single one of the Commission's 16 offices received a plaque in recognition of their efforts. We at the FERC can be justly proud of our generosity.

Blueprint For A Successful Campaign

Following last year's pattern of senior leadership engagement, FERC Chairman Norman Bay will serve as Honorary Co-Chair of the 2015 CFC, along with Commission Executive Director Anton Porter. OGC's [REDACTED] will once again serve as the Commission's Campaign Manager for an unprecedented 12th year in a row.

The Commission expects to host a campaign kickoff followed by weekly events. All Commissioners and Office Directors will be offered the opportunity to host a weekly event. The hosts will introduce our guest presenters and also select the winners of the fabulous door prizes.

The weekly events are intended to highlight a diverse and representative selection of worthy causes from among CFC beneficiaries. With more than 20,000 worthy causes there is a very large selection to choose from. Old favorites as well as new causes recommended by staff are expected to present. It should be noted that in the CFC community, being invited to present at the FERC is much highly sought after opportunity.

In addition, during the campaign individual Commission offices intend to host their own mini-CFC events. Administrative Litigation, Secretary, and Administrative Law Judges/Dispute Resolution have been hosting mini-events for years. The Executive Director's Office will be hosting its ever popular and well-attended 4th annual miniature golf tournament under the able direction of Eddie Ribas, the Commission's Chief Human Capital Officer. Finally, a charity fair campaign finale, currently scheduled for early December, should round out what is hoped to be a successful 2015 CFC.

Be on the lookout for the date of the Combined Federal Campaign kickoff, followed by the planned weekly special events. Campaign Manager [REDACTED] already is collecting fun valuable door prizes to be offered at the weekly special events. As [REDACTED] has been assuring everyone for many years, these door prizes will surely be worth big bucks on the "Antiques Roads Show" in 30 or 40 years! Of course, **"You must be present to win."**

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September Open Meeting Highlights



Above left: OE's [redacted], OE's [redacted], and OE's [redacted] were on hand to discuss a proposal to collect uniform organized market participant data. [News Release](#) | [Commissioners' Statements: LaFleur](#) | [NOPR](#)



COMMISSION Meeting HIGHLIGHTS

Above right: IER's [redacted] and OGC's [redacted] discuss FERC's proposal requiring access to NERC databases. [News Release](#) | [Commissioners' Statements: LaFleur](#) | [Order No. 814](#) | [Order No. 813](#) | [NOPRs: E-6](#) | [E-3](#)



OGC's [redacted], OEPI's [redacted], OEPI's [redacted], and OEMR's [redacted] discussed FERC's proposal for initial price formation fixes for organized markets. [News Release](#) | [Commissioners' Statements: LaFleur](#) | [NOPR](#)



Representatives from the RTOs and ISOs provided the Commission with an overview of the upcoming winter outlook. Presenters included from left to right: Peter Brandien, Vice President, System Operations, ISO-NE; [redacted], Vice President, Operations NYISO; Michael Kormos, Executive Vice President and Chief Operations Officer PJM; Todd Ramey, Vice President, System Operations and Market Services MISO; Bruce Rew, Vice President, Operations SPP; and Brad Bouillon, Director, Regional Operations Initiatives CAISO.

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Legacy Speaker Series



Craig R. Roach, Ph.D.,
founder and President of
Boston Pacific Company,
Inc.



You've heard of 436, 636, 888 and SMD, and you may even have read snippets here and there, but do you know why the Commission did what it did when it did it? What were the political, social, economic and technology drivers at play when the Commission took action? What problems and options did the Commission consider and why did the Commission make the choices it made? How did the industry, and, in turn, the Commission then respond to those choices?

The Legacy Lecture Series will provide an opportunity to tackle these important questions and learn from the perspectives of industry experts and people who led the Commission's major reforms over the last 30 years.

The series kicked off on Oct. 1 featuring Craig R. Roach, Ph.D. as the speaker. Future speakers include former FERC staff, Commissioners and Chairmen. The series will continue through May.

All lectures will be in the Commission Meeting Room, from 10 to 11:30 am, and will include time for questions. You can access the complete [Legacy Lecture Presentation](#) list on FERCNet.



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HOT TOPICS

Judge Cintron Named Deputy Chief Administrative Law Judge



FERC Chief Administrative Law Judge Curtis Wagner, Jr. has announced the appointment of Judge Carmen Cintron as Deputy Chief Administrative Law Judge.

As Deputy Chief Administrative Law Judge, Judge Cintron will assist Wagner with administrative and managerial duties in the Office of Administrative Law Judges and Dispute Resolution.

Cintron's appointment was effective Sept. 6.

Judge Cintron joined FERC in December 1999. Prior then, Judge Cintron was hearing office chief of the Atlanta North Office of Hearings and Appeals, Social Security Administration. As hearing office chief, Judge Cintron was the chief management official responsible for the operations of a hearing office comprised of nine administrative law judges, two senior administrative law judges and a support staff of 50 employees comprised of attorneys, paralegals and technicians. She became an administrative law judge in April 1994, appointed to the San Jose, California Hearing Office with the Social Security Administration.

Judge Cintron was an attorney at the Federal Communications Commission (FCC) for 14 years, 12 years during which she served in the FCC's Common Carrier Bureau. Judge Cintron also worked as a Trial Attorney for the Puerto Rico Justice Department in the Federal Litigation Division and worked in the Puerto Rico House of Representatives as legal advisor to the Judiciary Committee on Civil Law.

Judge Cintron has a bachelor's degree in business administration, magna cum laude and a Juris Doctor degree, cum laude, from the University of Puerto Rico. She received the Resumil Award for the highest cumulative average in criminal law. While in law school, she was an intern in the U.S. Attorney's office in San Juan, Puerto Rico. She also worked in the Clerk's office in the U.S. Federal District Court for Puerto Rico implementing the Speedy Trial Act for both the Puerto Rico and Saint Thomas Federal District Courts.

Judge Cintron is a member of the bars of the District of Columbia and Puerto Rico, and is admitted to practice before the U.S. District Court for Puerto Rico, the U.S. Court of Appeals for the First Circuit, the U.S. Court of Appeals for the District of Columbia and the U.S. Supreme Court. She also served as an officer of the D.C. Hispanic Bar Association.

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Chairman speaks at Midwest Governors Association event



Chairman Bay was the featured speaker at the Midwest Governors Association's meeting in Washington, D.C. on Oct. 1. The focus of this year's meeting was federal and state collaboration to ensure a reliable electricity grid.

Photo by [redacted]

Commissioner Honorable speaks at SPP event



Commissioner Honorable spoke at the SPP Capitol Hill event on Tuesday, Sept. 29. She discussed Clean Power Plan compliance, markets, reliability and other issues of importance.

Pictured Above L-R: Former U.S. Congressman Mike Ross, now Senior Vice President for Governmental Affairs and Public Relations at SPP, Commissioner Honorable, and Paul Suskie, Executive Vice President of Regulatory Policy and General Counsel at SPP.

Photo courtesy [redacted]

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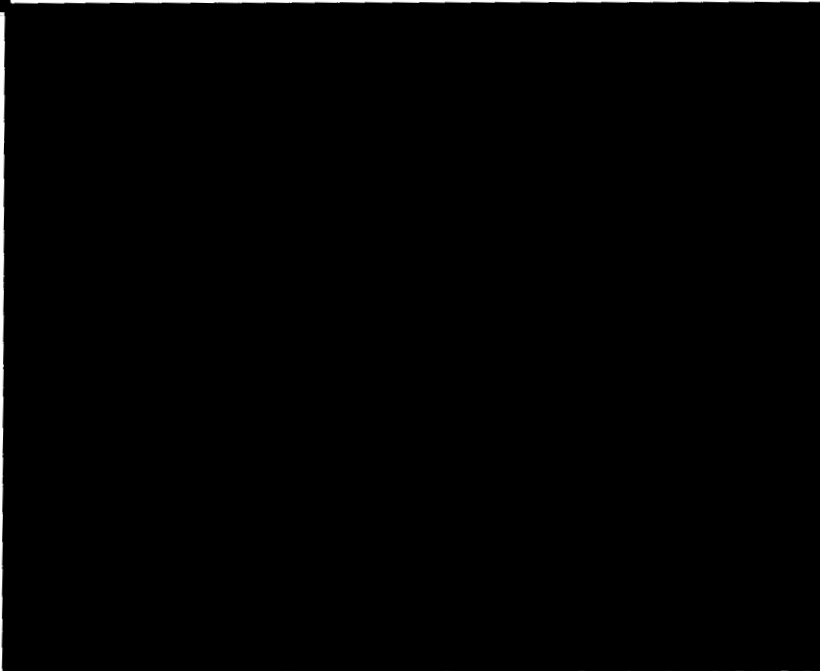
Author Speaker Series



Ira Chaleff, president of Executive Coaching & Consulting Associates in Washington, DC, was the featured speaker in the October Author Speaker Series at FERC headquarters. Mr. Chaleff discussed his book, *The Courageous Follower*, and answered questions from the audience. For every leader there are dozens of followers working closely with them. This book speaks to those followers and gives them the insights and tools for being effective partners with their leaders. It is a guide that can be kept on a bookshelf and referred to repeatedly when confronted with the challenges of supporting and, at times, correcting a dynamic leader.



FERC Softball Team Wins Championship Game!!



The FERC softball team defeated the AEI defending champions 13-7 to win this year's Think Tank Softball League Championship! Over 40 teams are part of the league.

In the back row are



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Commissioner LaFleur's Office: What's Your Favorite Sports Memory?

What's MY LINE?



"In 2004, I saw the Patriots win the Super Bowl in Houston and the Red Sox won the World Series."
Commissioner Cheryl LaFleur

"When Alonzo Mourning (Charlotte Hornets) hit a game winning shot in the playoffs to beat the Celtics in 1993."
Steven Wellner

"The 2002 Bucs Superbowl."
Andy Weinstein

"Watching sports with my Father."
Patricia Smith

"The New Orleans Saints superbowl win in 2009."
Andrew Holleman

"Serving as assistant coach and trainer for Cheryl for her first pitch at the Kansas City Royals game this past summer."
Becky Robinson

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October Fire Safety Tips

October 4th- 10th is Fire Prevention Week!



SECURITY & Safety

For more information regarding Occupant Emergency Procedures (OEP) at FERC, please see the [OEP Plan](#) under the *Emergency Preparedness Folder* in *Security and Safety* Section under the OED tab on the FERCNet.

More detailed information on Fire Prevention Week can be found at the National Fire Protection Association [website](#), or by contacting SSD at x6829 or email at securityandsafety@ferc.gov.

Source: [NFPA's Fire Prevention Week website](http://www.nfpa.org), www.firepreventionweek.org © 2015 NFPA.

Fire Prevention Week started to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres. Every year there is a new theme to keep families prepared and aware of the different aspects of fire prevention and fire safety. This year's theme is "Hear the beep where you sleep. Every bedroom needs a working fire alarm!"

When it comes to smoke alarms it's all about location! Did you know that roughly half of home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep? Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half! The key message of this year's Fire Prevention Week campaign is to install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms. The National Fire Protection Association website has ample amounts of information on this event, facts about fire, a fire prevention quiz and so much more! They also have specific information for those in the fire service, teachers and families with children, including safety tip sheets and escape planning. Make sure you are prepared and that you have a plan in case of a fire emergency.

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"Go Casual" Day at FERC



Commissioner Moeller participated in the "go casual" day event by highlighting his alma mater, Stanford University.

Employees who decided to "go casual" gave donations to the FERC CDC. The donations collected at the event support the program's Board's tuition assistance, program enhancement, and faculty appreciation programs.

Photo by [REDACTED]



FERC staff conduct a meeting in Albany, Georgia to hear comments on the Draft EIS for the Southeast Market Pipelines Project. The meeting was one of 10 meetings held along the pipeline route.



Photos by [REDACTED]

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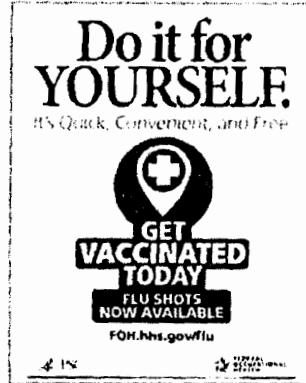
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Do It for Someone Your Care About - or Do It for Yourself Get your flu shot, today

Healthy LifeStyles



Think you already know all there is to know about the flu? Visit FOH.nhs.gov/flu to test your flu IQ and get the latest information on the upcoming flu season.

Plan to stop by the FERC Health Unit for the flu shot. You can be part of the fight to stop the flu bug in its tracks. One quick visit and you will be shielded from the most likely strains of the flu virus for this season.

Plus, getting a flu shot is not only for you—it also protects your loved ones, especially if you provide care or live with someone who may be vulnerable to complications from the flu virus.

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Microsoft Clutter

Microsoft Outlook has introduced a new feature called "Clutter." This feature can help you filter low-priority email, and save you time for important messages. The email server keeps track of the emails that you read and the ones that you do not read. Clutter is automatic once it is turned on. As new email comes in, Microsoft Clutter takes messages you are most likely to ignore and puts them into the "Clutter" folder. The more you use it, the better it gets. If you do not like "Clutter" you may turn it off.

Important: If you have some automatic notifications in Virtual Agenda or other applications and you have not been receiving your emails, please check to see if your Clutter is turned on.



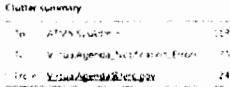
1. Open your Outlook email and look for your Clutter folder. Content in this folder indicates that Clutter is turned on.



2. You will periodically receive emails providing a status on what has been saved in the Clutter folder.

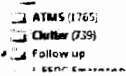
Clutter behind the scenes

For some time Clutter has been moving messages to the Clutter folder. Now you can quickly learn more about it and better understand it.

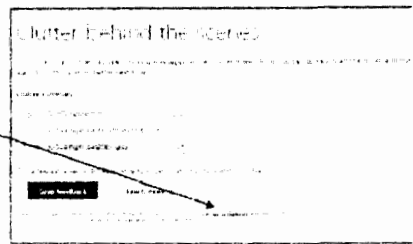


3. Go to your Clutter folder to review your documents.

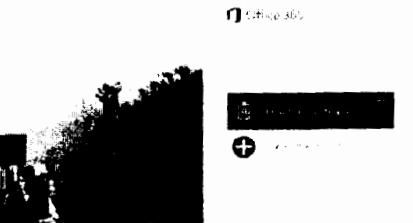
4. Move any documents that are not Clutter to your Inbox or another folder.



5. You can turn off Clutter by clicking the Go to Options link in any of the Status emails.



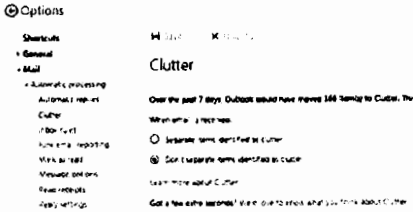
6. You will be taken to your Microsoft 365 email and the Clutter options screen will open.



7. Select Don't Separate items identified as clutter to turn off Clutter.

8. If your clutter is off and you want to turn it on, then click the button for separate items identified as clutter.

9. Click the Save button to save your changes.



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Arrivals: September 1-30



Departures: September 1-30



Greener FERC Tip: Celebrate Halloween & Make it Green!

Are you gearing up for ghouls and goblins? To get you in the spirit, we're sharing some of our favorite activities and ideas for making the haunted holiday fun for you and good for the planet. Yes, you can be spooky AND sustainable!

Green Your Costume. Did you know that many costumes sold in stores contain toxic chemicals like PVC and phthalates? Yuck! Instead, get creative by going handmade and upcycled. Host a pre-Halloween costume swap in your community, repurpose existing clothes, or fashion costumes from recycled materials (check out the EarthShare Pinterest page for ideas).

Hand Out Healthy Treats. Instead of buying sugary candy, consider giving small boxes of raisins, mandarin oranges, trail mix, crayons, stickers, organic granola bars, or Rainforest Alliance Certified chocolate.

Use Natural Decorations. Decorating with locally-grown gourds and pumpkins are a great way to reduce waste and carbon emissions. Use recycled paper to make window decorations like spooky Halloween trees, and masks.

Get Crafty. Halloween is a perfect occasion to get a little crafty - gather some old shopping bags, scissors, and glue, and try your hand at one of these Halloween treat tote ideas from the National Wildlife Federation (NWF). Then be sure to check out their Halloween Wildlife and Outdoor Activity Roundup, full of great spooky stories and hands-on projects.

Throw a Low or No-Waste Party. Instead of buying plastic plates, cups and utensils for your next party, use silverware or compostable utensils. Visit your neighborhood thrift store and purchase mismatched cloth napkins and have guests toss them in a bin for washing and reusing at your next party. Recycle bottles and cans, and compost leftovers.

Compost Leftovers. Once Halloween is over, recycle your pumpkins, leaves, straw and any other organic material by composting it. Pumpkins also make great food for wildlife.

Celebrate Bats. Bats are often wrongly feared and misunderstood. Find out why bats are cool and essential to our ecosystems from Bat Conservation International. Want information on other vital creepy-crawlies? Visit the Xerxes Society.

Head to the Farm. Enjoying fresh produce, hay rides and corn mazes at your local farm is a great way to celebrate Halloween. Visit American Farmland Trust for ways to take action for your local farms.

Source: Find these links on [Earth Share](#)

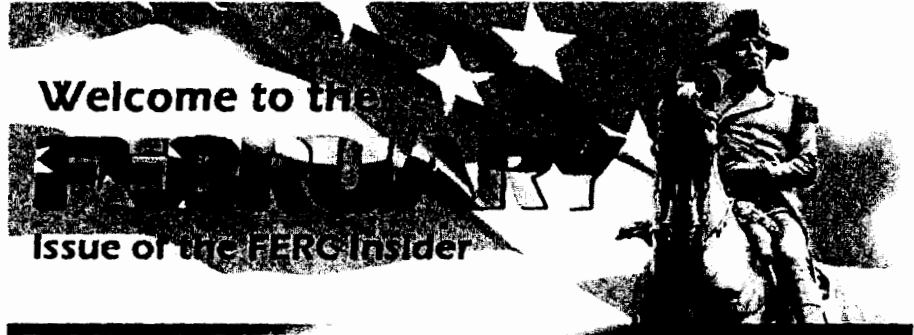


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Norman Bay Nominated to FERC

On January 30, President Obama announced the nomination of Norman C. Bay to be a Member of the Federal Energy Regulatory Commission for a term expiring June 30, 2018.

Norman is the Director of the Office of Enforcement at the Federal Energy Regulatory Commission (FERC), a position he has held since 2009. Prior to this, Mr. Bay was a Professor of Law at the University of New Mexico from 2002 to 2009. From 2000 to 2001, Mr. Bay was the United States Attorney for the District of New Mexico. He was an Assistant U.S. Attorney from 1989 to 2000, an Attorney-Adviser at the United States Department of State from 1988 to 1989, and a Law Clerk for the Honorable Otto R. Skopil, Jr. of the U.S. Court of Appeals for the Ninth Circuit from 1986 to 1987. Mr. Bay received a B.A. from Dartmouth College and a J.D. from Harvard Law School.

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FERC Ranked in Best Places to Work

FERC was ranked #1 in the area of work/life balance, according to the *Best Places to Work* rankings issued in December. FERC was ranked sixth overall in the midsize agency category.

FERC's Office of the General Counsel (OGC) was ranked fourth in the subcomponents category in the *Best Places to Work* rankings released in December. In addition to OGC, FERC had four additional offices in the subcomponents category that were ranked in the top 40 out of 300 subcomponents. The Office of the Executive Director (OED) was ranked 25th, the Office of Energy Projects (OEP) was ranked 30th, the Office of Enforcement (OE) was ranked 35th and the Office of Energy Market Regulatory (OEMR) was ranked 37th.

The *Best Places to Work* rankings are presented annually by the nonprofit, nonpartisan Partnership for Public Service and Deloitte. The rankings offer analysis on how federal employees view their jobs and agencies, and provide insights on issues ranging from leadership and pay to teamwork and work/life balance. The government-wide scores provide context to what is happening across government and give agencies benchmarks for comparison, while agency-specific reports provide a roadmap to agency leaders for improving their organizations.

Here are the [Best Places to Work](#) official rankings for 2013.



David Morenoff, FERC's Acting General Counsel, accepts award from Max Stier, President of the Partnership for Public Service, for OGC's placing in fourth place in the subcomponent category.

Photo courtesy Sam Kittner/Kittner.com.

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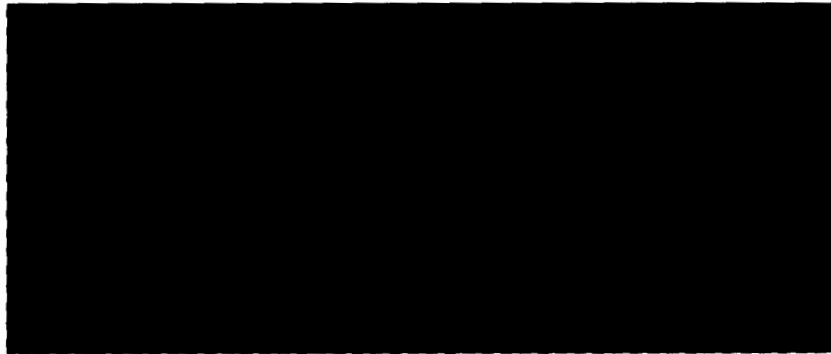
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Staff Briefs Commission with Presentations



At the January 16th Commission Meeting, [redacted] and [redacted] discussed the implementation of the Hydropower Regulatory Efficiency Act of 2013.

[Presentation on FERC.gov](#)



Discussing the recent weather effects on the Bulk Power System (AD14-5-000) at the January 16th Commissioner meeting were: [redacted]; Ted Franks, OER; [redacted]; Michael Moon, NERC, Senior Director for Reliability Risk Management; [redacted]

[Presentation on FERC.gov](#)

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OE Director Norman Bay Testifies



On January 15, Enforcement Director Norman Bay testified before the Senate Banking, Housing & Urban Affairs Committee, Subcommittee on Financial Institutions and Consumer Protection PDF to discuss regulating financial holding companies and physical commodities.

[Testimony on FERC.gov](#)

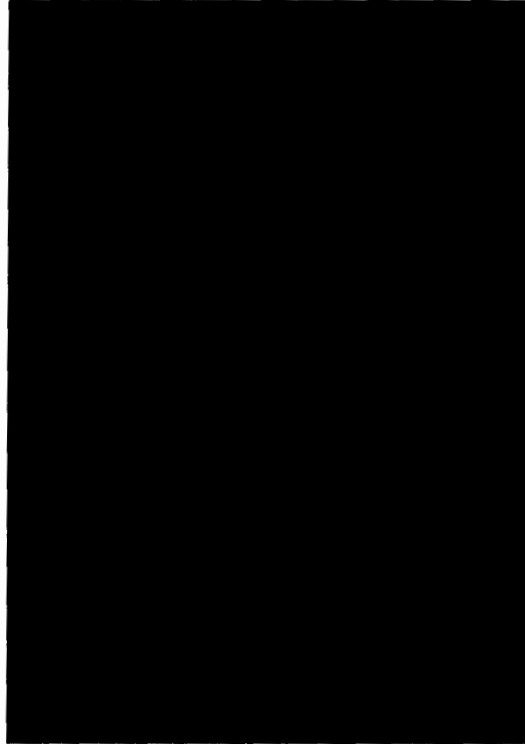
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From left: [Redacted]



CR with a QR?

CREATIVE RECRUITING

When the recruiting team in FERC's Human Resources Division recently had an opportunity to find a new, creative approach to recruiting engineers for OER, they jumped at the chance and focused on using technology to attract new employees.

Enter the QR Code, or Quick Response Code. It is a bar-like code made up of small black squares that create a pattern. Typically, you use a smart phone scanner to read the code.

The QR code became their tool of choice. Mike Bardee, Director of OER tried out the new idea while speaking at Howard University. Knowing there would be qualified engineers in the audience, HR created a QR code that was printed on the brochure Mike handed out during his speech. By scanning the QR code, those attending Mike's speech were sent directly to the engineering job announcement. HR received about seven applications from the use of the QR code.

According to [Redacted], FERC's College Relations Program Manager, "it is important to create candidate pools with social media." The QR is one option in this arena.

FERC's entry-level recruitment program attracts individuals from colleges and universities across the United States. The recruiting events schedule is substantial and provides face-to-face opportunities for FERC recruiters to meet potential employees.

"The experience at Howard University is just the beginning of what can be accomplished through social media," says [Redacted], recruitment coordinator at FERC. The next step, according to [Redacted], is "to engage candidates through other areas of social media."

"The recruiting process is most effective when hiring managers become personally involved" explained Alyssa Asonye, HR Director. "Social media is an excellent tool to facilitate that involvement."

If you have any recruiting needs, feel free to contact [Redacted].

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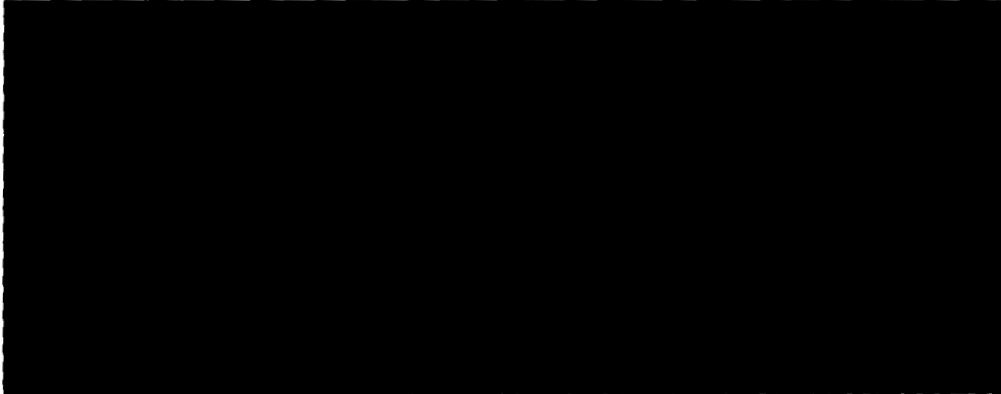
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OE: What did you do to survive when the Polar Vortex shut down Washington?



What's MY LINE?

"I used that time to catch up on homework for my MBA program."

"I stayed inside."

"I'm from Minnesota, so I was surprised the government shutdown. I relaxed at home."

"I went to the grocery store at 6 a.m. and bought a turkey and made soup, then I played computer games."

Photos taken by [redacted] OEA

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Acting Chairman Cheryl LaFleur attended the dedication of the ON Line transmission project near Las Vegas January 23. The 231-mile, 500 kV transmission line, constructed by NV Energy and LS Power, uses advanced technology to connect the Robinson Summit Substation 20 miles west of the town of Ely, in northeastern Nevada, to the Harry Allen station 20 miles northeast of Las Vegas. This line marks the first transmission link between northern and southern Nevada.



Attending the dedication of the One Nevada Transmission Line (ON Line) in Las Vegas were, from left to right: Tony Sanchez, Senior Vice President, NV Energy; Paul Caudill, President, NV Energy; Alaina Burtenshaw, Chairman, Nevada PUC; Mike Segal, CEO of LS Power; U.S. Senator Harry Reid; Michael Yackira, CEO, NV Energy, Acting Chairman Cheryl LaFleur; Peter Davidson, Executive Director of Loan Programs for DOE; and Paul Thomsen, Energy Advisor to Nevada Governor Brian Sandoval.

Photo taken by [REDACTED] OEA

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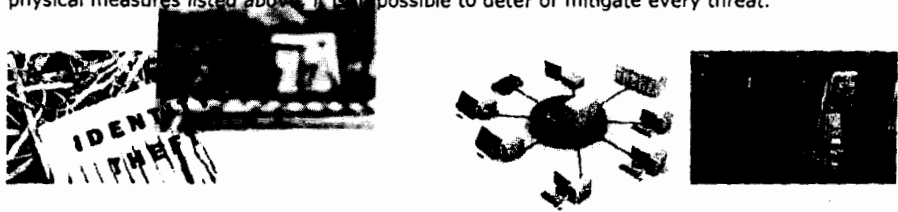
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Physical Security

Physical security is the protection of personnel, hardware, programs, networks and data from physical circumstances and events that could cause serious losses or damage to an enterprise, agency or institution. This includes protection from fire, natural disasters, burglary, theft, vandalism and terrorism. Physical security can further be defined as the physical measures implemented to deter or mitigate potential threats, such as physical barriers and systems. Physical barriers can be unarmed and armed security guards, turnstiles and vehicle gate barriers; and physical systems can be procedures and policies, cameras, and access control systems (card readers). Although enterprises, agencies, and institutions may implement the physical measures listed above, it is impossible to deter or mitigate every threat.

Safety & Security



Local, national, and world media reports on physical security breaches every day; and many of these breaches happen in the Washington, DC area. A recent physical security breach was on September 1, 2011, at the Discovery building in Silver Spring, Maryland. On this day James Lee entered the Discovery building with a dolly carrying several packages; wearing a backpack containing propane canisters, pipe bombs and gun shells; brandishing a firearm and holding a pressure release switch for activating a bomb. He held a security guard and two company employees hostage in the lobby, then aired his grievances for several hours to the police before finally being shot and killed. It is important to note that James Lee had frequented the perimeter of the Discovery building on many occasions and was a familiar face to company employees. Furthermore, the situation was resolved with minimal damage to life and property because proper emergency and evacuation plans were in place and followed.

The Discovery building incident shows that physical security measures work well when properly implemented. However, the most important physical security asset is reporting. We need to remember that James Lee frequented the Discovery building on many occasions; therefore, if reporting had taken place the threat could have been deterred or mitigated.

The Security and Safety Division has implemented many of the physical security measures discussed above: unarmed and armed security officers, turnstiles, vehicle gate arms, access control system, cameras and procedures and policies. All of these measures are being used to provide the best physical security for FERC employees and assets. In addition, we use and research all of the latest information, such as the Discovery Communications incident, to stay abreast of current conditions in the physical security environment.

We hope this article gives you a better understanding of physical security and measures. Also, we ask that you report all suspicious personnel and activity to the Security and Safety Division to ensure FERC remains a safe and secure workplace.

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Healthy LifeStyles

Below is a PDF newsletter from Wellness-Fitness:

Wellness-Fitness

FEDERAL OCCUPATIONAL HEALTH

ISSUE FEBRUARY 2014
for his quarterly news

Prevention Matters: Cervical Cancer

According to the Centers for Disease Control and Prevention (CDC), cervical cancer may be **one of the easiest female cancers to prevent** thanks to vaccinations and screening tests.

A number of studies have shown that screening has helped to reduce and decrease the number of deaths related to cervical cancer.

The American Cancer Society recommends the following for early detection of cervical cancer:

- Women aged 21-29 should have a Pap test every 3 years.
- Women aged 30 and older should have a Pap test combined with a human papilloma virus (HPV) test every 5 years, until the age of 65.
- Women who have abnormal Pap test results may need to have Pap testing every 6 to 12 months after their next screening. Talk to your health care provider about your risk for cervical cancer. Some factors, such as a longer history of abnormal Pap test results and how long you've been sexually active, may increase your risk.

Vaccination
Vaccination against the HPV virus is an effective first step in prevention. Getting vaccinated early is the best strategy. The recommendation, according to the CDC, is that girls and boys get the HPV vaccine at 11 to 12 years old.

TYPES OF SCREENING TESTS

Pap test
The Pap test looks for precancerous cell changes in the cervix that might develop into cancer if they are not treated in a timely fashion.

Samples collected during the Pap test are examined for any abnormalities. If there are abnormal results, your health care provider will contact you to discuss whether or not additional tests should be done, and if any treatment is needed.

Human Papilloma Virus (HPV) DNA test

The HPV test is an important screening test for women aged 30 and over. Research has shown that HPV infection is associated with the majority of cases of cervical cancer. There are over 150 strains of HPV virus, but only a few of them are linked to cervical cancer. Your health care provider will test you for these specific strains.

The HPV DNA test is performed in a similar fashion to a Pap test. Your doctor may be able to perform both tests during a routine pelvic exam.

Don't underestimate the importance of screening

If your Pap or HPV test detects pre-cervical cancer, you should be able to seek treatment before it progresses. You and your health care provider can become partners in prevention of other gynecologic cancers, too. Always share information with your provider on any discomfort or significant changes you've noticed.



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CFC Campaign a Huge Success: FERC Surpasses its Goal

FERC's 2013 CFC campaign proved to be an impressive one with more than \$418,000 pledged to worthy causes and a 54% participation rate, close to triple that of the National Capital Area. FERC's total is more than \$35,000 over its goal.



This year's successful campaign closed with a charity fair on January 14 featuring 13 worthy causes. The charities in attendance included: Alliance To Save Energy; ALPHA Group Animal Rescue; Arlington Free Clinic; Bright Beginnings; College Bound, Inc.; FERC Child Development Center; For Love of Children; Frederick County 4H Therapeutic Riding Program; Hole in the Wall Gang Fund; Institute for Multi-Track Diplomacy; Mentoring to Manhood; Prince George's County Child Resource; and Siamese Cat Rescue.



From left to right are: Kil-Jae Hong, FERC's Loaned Executive; Henry Rubin, Associate Director CFCNCA; Lou Nistler, Executive Director CFCNCA; Acting Chairman LaFleur; [redacted]; and Anton Porter.

During the weekly campaign events, 33 charities were featured, more than ever before. Thank you to contributors, key workers, captains, and the entire CFC team at FERC for making this year's campaign a tremendous success.

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Helpful Tip for Outlook

Is your Outlook Working Offline?

If you notice you're not getting any new emails, your Microsoft Outlook application may have gone offline.

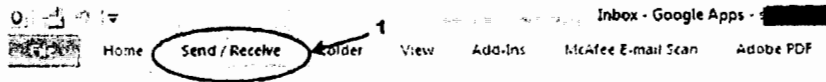
First, make sure you're connected to the network. This can be done by attempting to open a web page.

If you are unable to access a web page, contact the Support Center @ ext. 8163! If you are able to access a webpage, that means you are connected to the network, but Outlook is not checking Google for new mail.



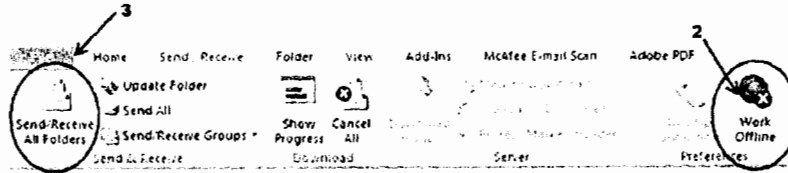
Deselecting the option for "Work Offline"

1. Click on the Send/Receive tab located on the Quick Access Toolbar.



2. Under the Send/Receive tab, click the Work Offline option ONCE. When you move your mouse away, it should appear white.

3. Then, move your mouse to the left and click the Send/Receive All Folders option.



Your mail should start loading in your mailbox!

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Arrivals: Jan. 4-Feb. 3



Arrivals DEPARTURES

Departures: Jan. 4-Feb. 3



Greener FERC Tip:

Reducing your carbon foot print...One way to do so is to use public transportation, carpool, walk, or bike whenever possible to reduce air pollution and save on fuel costs. Leaving your car at home just two days a week will reduce greenhouse gas emissions by an average of 1,600 pounds per year.

Source: [EPA Environmental Tips](#)



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FERC Celebrates Women's History Month

Acting Chairman LaFleur introduces former FERC senior staff, from left to right, Susan Court, Patricia Alexander and Cynthia Mariette. OED's [REDACTED], second from right, moderated the event.

FERC celebrated Women's History Month on March 26 with a panel discussion featuring former FERC leaders Patricia Alexander, Susan Court and Cynthia Marlette. The featured guests led an intriguing discussion about their own experiences in the energy arena and how their professional lives have evolved.

Acting Chairman LaFleur welcomed guests to the event and offered two important pieces of advice to the audience: "Life is a movie, not a snapshot" and "Do not burn bridges, it's a small world."

Patricia, who is a senior policy advisor in Crowell & Moring's Washington, D.C., office, was an advisor to FERC Chairman James J. Hoecker and deputy director in the FERC's Office of Electric Power Regulation.

Susan, the Principal of SJC Energy Consultants, LLC, was a senior lawyer and executive at FERC. She served as the first Director of OE and held a variety of senior positions at FERC from the time she joined the agency in 1982.

Cyndy, who is currently with the law firm Akin Gump Strauss Hauer & Feld LLP, served as FERC's General Counsel for six years as well as a variety of other senior positions at the agency.

Moderating the event was OED's [REDACTED], who posed a variety of questions to the panel on topics such as transitioning from one job to another and balancing your personal and professional lives.

While discussing work life balance, Susan offered this advice: "It is possible to succeed and still have balance in your life."

Patricia added, "It doesn't have to be perfect. You must be happy in what you choose to do."

All three participants, who were managers at FERC, talked about the importance of employees talking to their managers early when issues arise while working on assignments. By doing this, the manager and the employee can work together to ensure the work gets accomplished on time. Also, Susan noted the importance of managers getting to know their employees and their strengths and what they really enjoy doing.

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From left to right: Cynthia Marlette; OEPI's Director Jamie Simler; Patricia Alexander; Susan Court; and [REDACTED]

The event wrapped up with this question: Describe your experience working at FERC?

"This is a can-do agency and you see the results of your work," Cyndy said.

Patricia noted, "Personally you feel like it is a place you can have fun. You knew everyone and could approach them."

"People don't stand on ceremony here," said Susan. "Everyone works together and that helps get the job done."

Jamie Simler, Director of the Office of Energy Policy and Innovation, thanked everyone for attending the event and noted that the conversation among the participants gave the audience a good sense of what great leaders these women were at FERC.

Women's History Month is celebrated during the month of March and highlights contributions of women in our society and history.

This year's program was co-sponsored by the OEPI and the Office of the Executive Director.

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Tidal Power Presentation

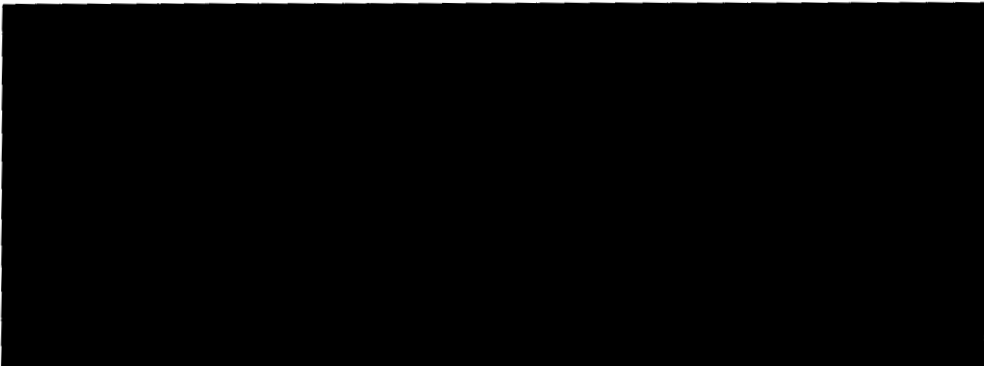


The March 20 Commission meeting featured a discussion on the issuance of a pilot license to Snohomish PUD for the Admiralty Inlet Tidal Project, which will operate in the Puget Sound in Washington state. The purpose of this pilot project is to investigate the tidal energy potential of Puget Sound, and to evaluate the performance, cost and environmental effects of tapping this energy resource.

Presenters were [redacted] and [redacted]

Read more at FERC.gov: [News Release](#) | [Presentation](#) | [License](#)

Gas-Electric Coordination



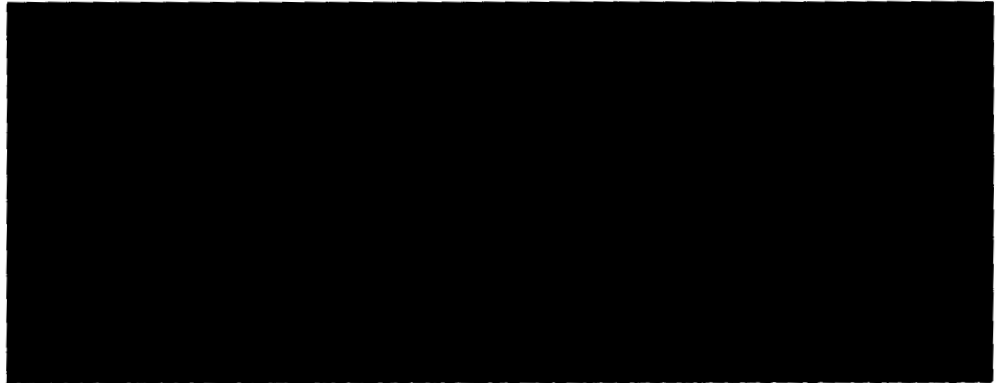
Also at the March 20 meeting, FERC staff discussed proposed Reforms to Improve Gas-Electric Coordination. The Commission issued a Notice of Proposed Rulemaking (NOPR) to gather public comments on its proposals to revise the natural gas operating day and scheduling practices used by interstate pipelines to schedule natural gas transportation service. In two separate but related orders, FERC established proceedings under the Federal Power Act (FPA) and Natural Gas Act (NGA).

Presenters included OGC's [redacted], OGC's [redacted], OEPI's [redacted], OGC's [redacted] and OEMR's [redacted].

Read more at FERC.gov: [News Release](#) | Commissioners' Statements: [Norris](#) | [M-1 NOPR](#) | [M-2 Paper Hearing Order](#) | [M-3 Show Cause Order](#)

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State of the Markets



OE presented the State of the Markets report at the March 20 Open Meeting. The report is staff's annual opportunity to share their assessment on natural gas, electric, and other energy markets.

Presenters included [redacted] and [redacted].

Read more at FERC.gov: [FERC Staff Presents 2013 State of the Markets](#)

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[Feature: Women's History](#)[Hot Topics](#)[What's My Line?](#)[Healthy Lifestyles](#)[IT Corner](#)[Arrivals & Departures](#)**David Andrejczak Named Deputy Director of OEIS**

At the March 20th Commission Open Meeting, Acting Chairman LaFleur announced David Andrejczak will serve as the new Deputy Director of the Office of Energy Infrastructure Security (OEIS). In his new role as Deputy Director in OEIS, David will be assisting Office Director Joseph McClelland with developing recommendations to the Commission for identifying, communicating and mitigating potential cyber and physical security threats and vulnerabilities to Commission jurisdictional energy infrastructure using the Commission's existing statutory authorities. OEIS was created in September 2012 by then-Chairman Wellinghoff to leverage FERC's existing resources with those of other government agencies and private industry to provide effective mitigation of cyber and other physical attacks. David has been at FERC for seven years, working most of those years in the Office of Electric Reliability. Most recently, David was the Director of the Division of Engineering, Planning and Operations in that office.

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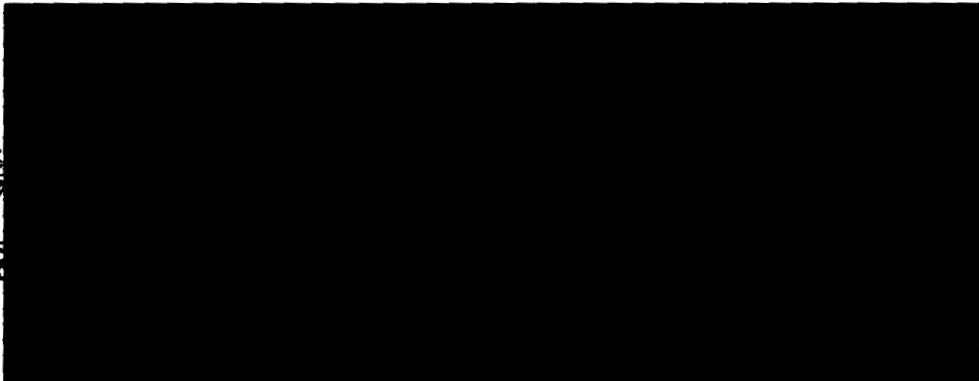
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OED: What Are You Looking Forward To Most About Spring?

What's MY LINE?



██████████ - "Just being able to get outside and play tennis."

██████████ - "Looking forward to taking my daughters to the park."

██████████ - "Looking forward to blue skies and being outdoors."

██████████ - "Consistent weather, and possibly a chance to go fishing."

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Save the Dates!

Town Hall Meetings on Updated Strategic Plan

- o Tuesday, April 8, 10-11am, Commission Meeting Room
- o Wednesday, April 9, 10-11am, Commission Meeting Room
- o Thursday, April 10, 2-3pm, Commission Meeting Room

Earth Week: April 21 - 25

Reduce, Reuse, & Recycle -
The 3 R's of Earth Week!

earth week

Start collecting for recycling:

- Floppy disks & CDs
- Ink cartridges
- Digital cameras
- Cell phones

Also start collecting used books
for the Book Swap!

FEATURING

- ✓ Utility Speaker Panel
- ✓ Building Recycling Discussion
- ✓ Children's Parade
- ✓ Cover Sheet Contest
- ✓ Book Swap & Collection
- ✓ Recycling Station
- ✓ Organic Market
- ✓ Art Display

and more!

SAVE THE DATES! APRIL 21 - 25, 2014

Events are organized by Greener FERC and the FERC Civic Development Center and sponsored by the Office of External Affairs. Greener FERC is made entirely of recycled employees and does not represent the views of FERC or the Commissioners.

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Winter 2013-2014 Technical Conference



It was a standing-room-only crowd at the April 1 technical conference on the winter 2013-14 operations and market performance in regional power markets, which focused on the severe cold weather that created record demand and high prices for electricity, natural gas and propane in January and February. FERC staff presented a report outlining its preliminary observations and analysis of the energy market effects of the Polar Vortex conditions.

Read more about the conference at FERC.gov: [Staff Presentation](#) | [Event Details](#).



Pictured from left to right:

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Speaker Series: Dan Pink



The Commission held its sixth Author Speaker Series event featuring bestselling author, Daniel Pink. Dan has written five bestselling books, including *Drive*, *The Surprising Truth About What Motivates Us*, which was the basis of his top viewed TED talk in 2009.

On March 20th Dan spoke to an audience of more than 100 employees on his most recent book, *To Sell is Human: The Surprising Truth About What Motivates Others*. Dan outlined the following insights, principles, and takeaways that can be found in the book.



2 Insights

We're all in sales

We are in an age of Information parity and seller beware

3 Principles

Attunement • Buoyancy • Clarity

5 Takeaways

Increase your effectiveness by briefly reducing your feelings of power.

Use your head as much as your heart.

Pay attention to others' posture, gesture, and language. Then reflect those back without being an idiot about it.

Don't be a glad-hander. Be more like yourself.

Give people an off-ramp.

If you would like to learn more about the author series contact [redacted], ext. [redacted]. A few copies of the book are still available so act fast and contact [redacted] if you would like a free signed copy.

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A Natural Spring in Your Step

The inside scoop on foods that can help you feel more energetic, alert, and give you a little more bounce.

What puts a spring in your step? Intangible things like recent good news, a beautiful day, or falling in love? How about food? That choice rarely comes to mind, but there are a number of foods that have the potential to give you more energy and lift your spirits. Here are some foods that will help you relieve fatigue, maximize your energy levels, and put that spring in your step.

Fruits and vegetables

Are you surprised that fruits and vegetables top the list? These nutrient-packed treasures not only give you a great assortment of vitamins and minerals; they also have different phytochemicals (like flavonoids, for example) that provide additional nutrition or antioxidant protection. Vegetables like bell peppers, spinach, kale, arugula, and chard, are flavorful, low-calorie, and have a high nutritional density—packed with vitamins, minerals, and fiber. Ideally, you're getting a good mix of different types and colors of fruits and vegetables and benefitting from the spirit-lifting vitamins, minerals, and phytochemicals. Besides containing so many nutrients, fruits and vegetables also tend to be light in calories and, when eaten raw, they contain plenty of water.



Water

We tend not to think of water as a nutrient, per se, but it's a vital part of feeling well. Getting enough water throughout the day can make you feel energized and alive. Not getting enough, however, can be taxing on the body and make you feel run down. In addition, water's a great no-calorie refresher.

Lighten your steps

Of course, eating light can also put a spring in your step—the smaller your portions, the lighter you feel. Also, digesting a heavy meal requires energy, which has to be diverted from other bodily processes. This can make you feel like you're being zapped of energy. Mindful eating can help you eat less. Slow down, take your time, and be aware of the whole experience every time you sit down for a meal.

A little, not a lot

Recent studies have found that more frequent, but smaller amounts of caffeine—about the amount in a cup of green tea—throughout the day appear to be better than large amounts—like in a cup of coffee—for staying alert. So, think tea for getting that occasional lift.

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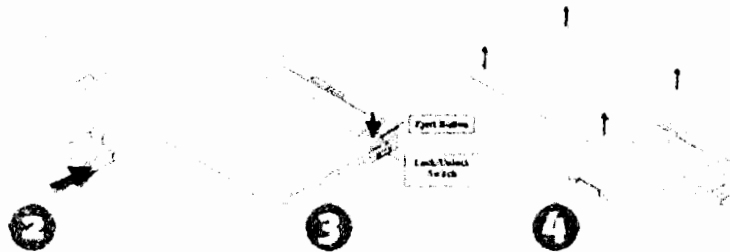
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Undocking Your Laptop

A lot of folks are already finding that laptops allow for a lot of workplace flexibility. However, it can sometimes be challenging to undock your laptop when you are ready to go. The steps below show how to release and eject your laptop from the docking station.



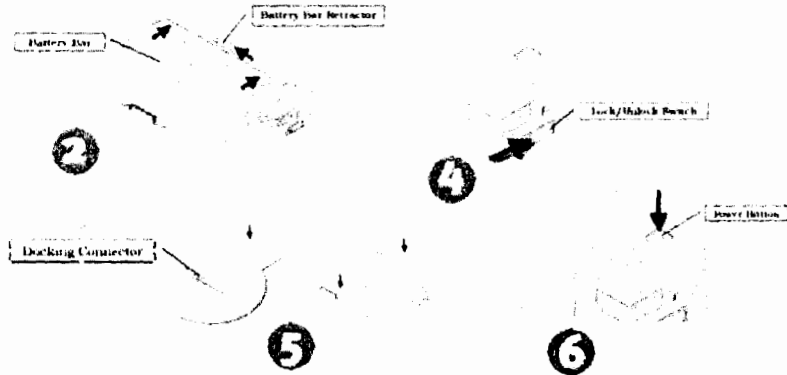
1. Remove your **MicroSaver Notebook Lock** from the docking station.
2. Push the **Lock/Unlock Switch** on the docking station to the **Unlock** position.
3. On the docking station, press the **Eject Button downward** to release your laptop from the docking station. You should hear a slight click when releasing your laptop from the docking station.
*Note: If you find that you cannot depress the **Eject Button**, check the **Lock/Unlock Switch** to ensure it is in the **Unlock** position. Do not pick up the laptop or the docking station when the laptop is docked. Doing so can damage the connectors on the laptop and the docking station.*
4. Lift your laptop from the docking station to avoid damaging the ports on the docking station.

Docking Your Laptop

When you return to your desk, you will need to dock your laptop and get working. The steps below show how to dock your laptop.

1. Place the docking station with enough flat space in front of it to completely support the laptop when docked to the device.
2. Retract the **Battery Bar** if your laptop has a battery that extends beyond the back of the laptop.
3. Slide the **Battery Bar Adjuster** to the left to retract the battery bar.
4. Push the **Lock/Unlock Switch** toward the back of the docking station to unlock it.
Note: The docking station must be unlocked to dock or undock a laptop. Take note of the illustrations on the right side of the docking station for the Lock/Unlock Switch feature.
5. Center the laptop with the docking station, and then push down on the laptop until it clicks in place on the **Docking Connector**.

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6. If the laptop was not turned on, turn it on by pressing the **Power Button** on either the laptop or the docking station.
7. If the laptop **does not turn on** or awaken successfully, undock and re-dock the laptop on the docking station.

Note: You can dock your laptop regardless of whether it is turned on or off.

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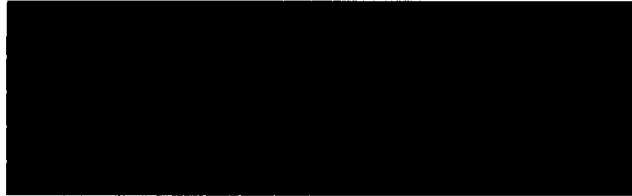
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Arrivals - March 1 - March 31



Departures - March 1 - March 31



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Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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Extra: [Read about Drinking Water at FERC](#)

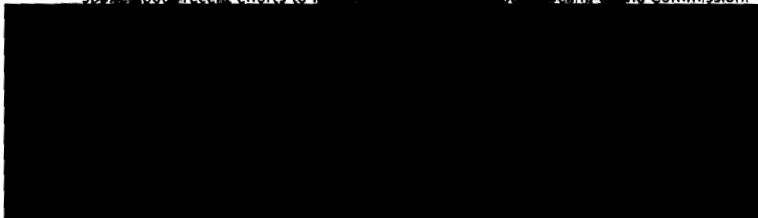
The Commission celebrated Earth Week from April 21-25 this year, which was organized by Greener FERC and sponsored by the Office of External Affairs. The theme was "Reduce, Reuse, and Recycle: The 3 R's of Earth Week!"



Acting Chairman LaFleur shows her support for the FERC Child Development Center by wearing denim to work.

[Redacted] from DC Water was a speaker at the utility speaker event.

The Child Development Center kicked off events with a parade featuring costumes made from reused materials. There were two lunch and learn events during the week. On April 23, representatives from DC Water, Pepco, and Columbia Gas spoke about programs and initiatives undertaken by utilities to promote recycling, reduce consumption, and reuse materials. On April 24, [Redacted] representative from Greener FERC, [Redacted] utility consultant for the FERC building, spoke about recent efforts to [Redacted] [Redacted] Commission.



FERC Child Development Center celebrated with a parade, displayed recycled items and held an organic market. Above left photo credit: Child Development Center.

Other featured events included a book swap, children's artwork display (incorporating reused and recycled materials), and an organic market, proceeds of which benefited the Child Development Center. There was also a contest in the lobby in which employees were asked to guess the number of cover sheets stacked in a large tower to win a \$15 gift card to Café Phillips. This year's winner was [Redacted] from OGC. There were approximately 21,018 cover sheets in the tower, which represented six days of cover sheet waste at the Commission.

Finally, Greener FERC collected a variety of materials for reuse and recycling, including floppy disks and used eyeglasses, the frames of which the Prevention of Blindness Society will reuse for eyeglasses for lower income persons. Overall, it was a successful week of events!

Earth Week organizers and volunteers included [Redacted]

Article submitted by [Redacted]

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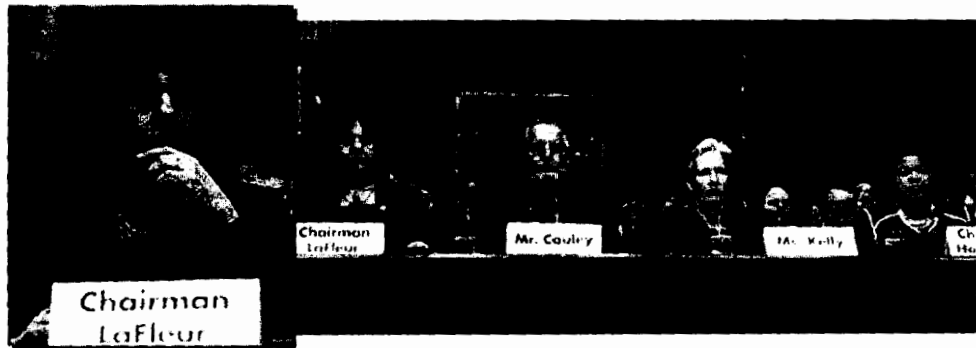
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Hill Testimony



Acting Chairman Cheryl A. LaFleur and Commissioner Philip D. Moeller testified before the Senate Energy & Natural Resources Committee on April 10. The subject of the hearing was: Keeping the lights on — Are we doing enough to ensure the reliability and security of the US electric grid?

[Chairman LaFleur's Testimony](#) | [Commissioner Moeller's Testimony](#) | [Video of Testimony](#)



Nils Nichols, Director of OEMR's Division of Pipeline Regulation, testified before the Senate Energy & Natural Resources Committee on May 1 to discuss propane shortages this past winter. [Return to FERCNet | Testimony](#)



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FERC Honored for Outstanding CFC Campaign



[Redacted], Acting Chairman LaFleur, Vince Micone, Lou Nistler and Anton Porter.

The Commission held the Combined Federal Campaign Awards Ceremony on April 3 to thank all employees for their tremendous generosity during the 2013 campaign. FERC donors pledged more than \$418,000, or 108.2% of goal. This amounts to \$35,000 over our dollar goal. Participation rate during this year's campaign was 54.1% or nearly 2.5 times that of the CFC National Capital Area



Lou Nistler, [Redacted], Acting Chairman LaFleur, [Redacted] and [Redacted] accepting an award for former Chairman Wellinghoff's office.

Acting Chairman LaFleur, who presided over the festivities, was joined by Lou Nistler, Executive Director CFC National Capital Area, and Vince Micone, Chairperson of the Board of Directors for the CFC National Capital Area. They presented the Commission with the prestigious E-giving Award for increasing e-giving donations by more than 10% from year before. Anton Porter, Executive Director of FERC, accepted the e-giving award on behalf of FERC, and [Redacted] the e-giving coordinator for the 2013 campaign.

Individual plaques were awarded to 16 Commission offices for their extraordinary performance.

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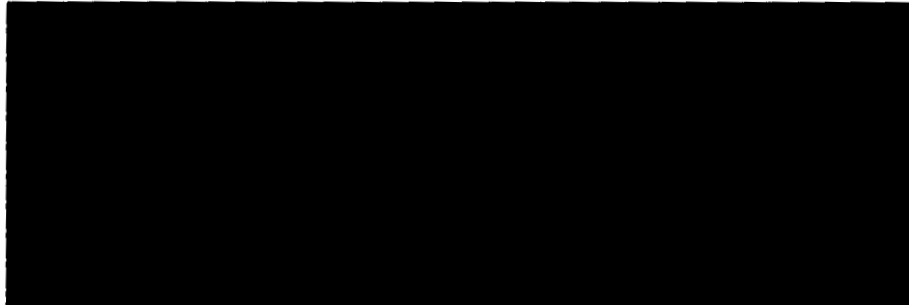
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Commission Meeting



At the April 17 Commission Meeting, staff gave a presentation on compliance orders with Order No. 764, the Final Rule on the Integration of Variable Energy Resources. With the issuance of these orders, the Commission has issued initial orders on all of the RTO compliance filings, and many of the non-RTO compliance filings.

Presenters were: [REDACTED]

Chairman's Award



Acting Chairman LaFleur presents [REDACTED] with the Chairman's Award as he prepares to leave the Commission. [REDACTED] has been with me since the first day I joined the Commission, and has almost certainly been responsible for writing more statements, dissents, concurrences, and speeches for me than any other advisor." Acting Chairman LaFleur commented. "Although [REDACTED] is moving on, his influence will continue to be felt in precedent established by the Commission," she said.

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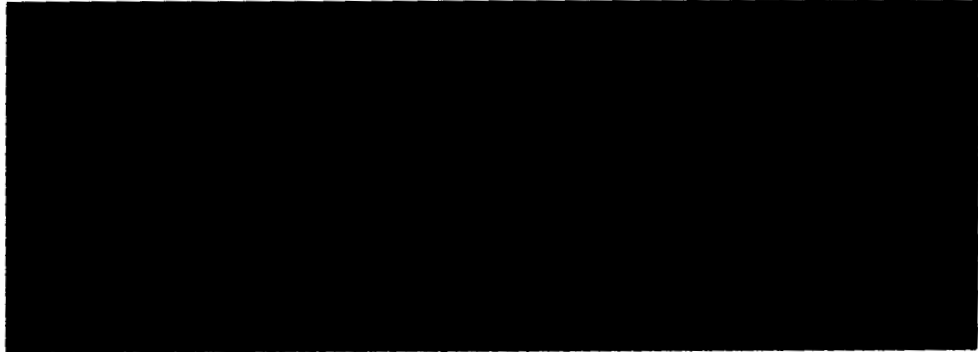
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OEPI: What environmentally friendly practices do you do every day?



What's MY LINE?

"I bike to work (18 miles) when the weather is good."- [REDACTED]

"I compost and I'm a ravenous recycler."- [REDACTED]

"I print doubled sided with two pages to a sheet."- [REDACTED]

"I volunteer at the farmer's market, only eat organic, take the Metro and recycle like crazy."- [REDACTED]

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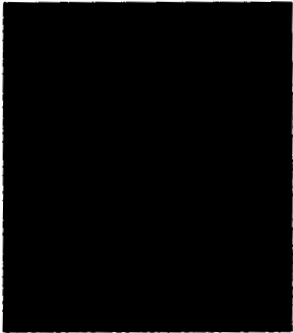
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Employees Honored For Years of Service

On April 24, employees who have reached 25, 30, and 35 years of federal service during the time frame of December 1, 2013 to April 30, 2014 were recognized. Special recognition was given to those reaching 40 years of federal service.

Acting Chairman LaFleur presented employees with pins and certificates. Employees receive credit for total federal service including military or Peace Corps service credited to their retirement.

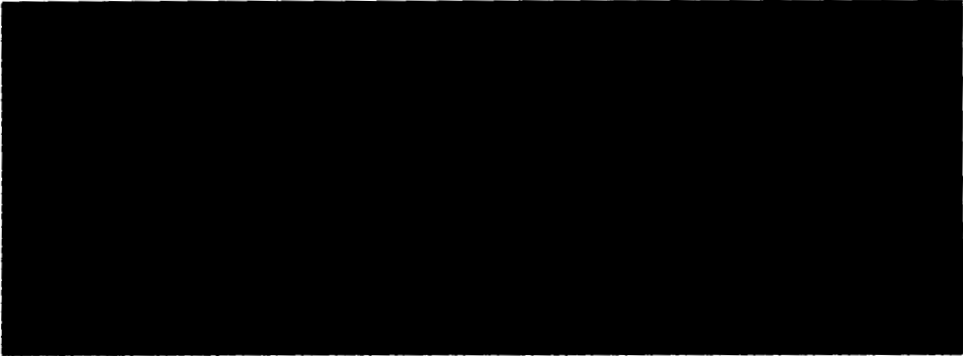


Accepting an award from Acting Chairman LaFleur for 35 years of service and taking his daughter

to work, is OEP's

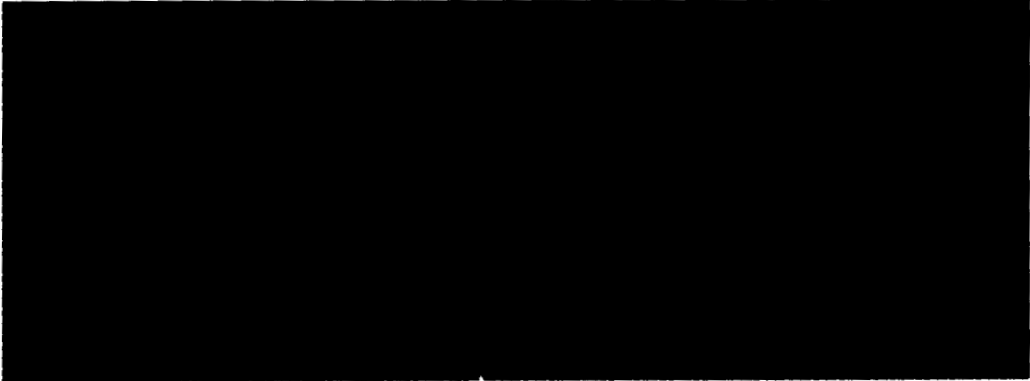


40 Years of Service: OED's [redacted] and OGC's [redacted] with Acting Chairman LaFleur. Photo at Right: 30 Years of Service: OEMR's [redacted] with Acting Chairman LaFleur. Not pictured are: Administrative Law Judge Karen Johnson; OGC's [redacted] yson; and OED's [redacted]



25 Years of Service: OEP's

[redacted]



35 Years of Service: OGC's [REDACTED]

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The most important resource in any organization is its employees and the collective sum of the attributes, life experience, knowledge, inventiveness, energy, and enthusiasm that they choose to invest in their work, Acting Chairman LaFleur noted.

Acting Chairman LaFleur commented that the Commission achieves a great balance between seasoned employees that have 25 years of experience or more and employees that are new to the federal government, both bringing different ideas and perspectives that are valuable to the work we do.

To put in perspective the enormous contributions of those recognized at the event, Acting Chairman LaFleur noted that the group have worked for over 1,000 years total.

When giving [REDACTED], who was recognized for 40 years of service, her pin and certificate, Chairman LaFleur commended her on staying not only with the federal government but specifically with FERC for so many years. Acting Chairman LaFleur referenced what [REDACTED] tells her kids "bloom where you're planted" and said that [REDACTED] exemplifies that.

Please contact [REDACTED], for a digital copy of your photo.

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Bike to Work Day - May 16



If you are interested in biking to work but aren't sure how, FERC bike commuters would love to help you get rolling. Come to an Introduction to **Bike Commuting from noon to 1pm Tuesday May 6, in room 81-36.**

Bring your lunch and your questions! You can register online for **Bike to Work Day on May 16 BIKE TO WORK DAY 2014.**

FERC Biker Contacts: [REDACTED]

Is Photography Your Hobby?

Are you a shutter bug? The FERC Insider would like to feature your story and favorite photo. Tell us about your passion, your favorite tip, tool, and how you like to share your art with family and friends.

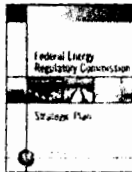
Please contact us at InsiderDI@ferc.gov with your story. We know you're out there!



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Strategic Plan Discussion Starts at Town Hall Meetings

OED held three town hall meetings during the week of April 7 to discuss the Commission's updated Strategic Plan for fiscal years 2014 through 2018. Executive Director Anton Porter discussed the legislative history and requirements of performance management and strategic planning in the federal government. Chief Financial Officer and Performance Improvement Officer Doug Foster presented an overview of the Plan and Internal Controls and Evaluation Director [REDACTED] discussed how the staff can use the Plan.

The clear message of the town halls was to "read the plan." This Strategic Plan provides a line of sight for each employee from his or her work up to the Mission of the Commission. It provides the basis for who we are as an organization, what we do, and why it's important. As Acting Chairman LaFleur stated in her March 4 announcement of Plan, "the Strategic Plan is not focused on specific technology or policy adaptations, but rather on the underlying and enduring responsibilities of the Commission under our enabling statutes. It is intended to be flexible and adaptable as energy challenges evolve, while providing clear and measurable targets."

To achieve FERC's mission of Reliable, Efficient and Sustainable Energy for Consumers, the Strategic Plan is organized into three goals: 1) Ensure Just and Reasonable Rates, Terms, and Conditions; 2) Promote Safe Reliable, Secure, and Efficient Infrastructure; and 3) Mission Support through Organizational Excellence. The new, third strategic goal highlights the agency's commitment to three key groups: Commission organizations, employees, and the public. The goals are broken down into multiple objectives that represent broad, cross-cutting and collaborative efforts taking place across Headquarters and the Regions. To meet each objective, the Commission employs core functions, integrated and focused combinations of activities to carry out the critical and necessary operational functions, and strategies, approaches or initiatives designed to address a particular challenge. Finally, the Strategic Plan identifies performance measures to indicate our progress toward achieving each objective.

The town halls included examples of how the Strategic Plan demonstrates the interconnectedness of the Commission offices to achieve goals and objectives. As you read the plan, consider how you work with others to execute core functions in support of the goals and objectives.

For more information please visit the [Strategic Plan page on FERCNet](#) where you will find the complete plan, a one-page quick reference guide, and the town hall PowerPoint presentation and video. If you have any questions please contact [REDACTED] in the Division of Internal Controls and Evaluation.

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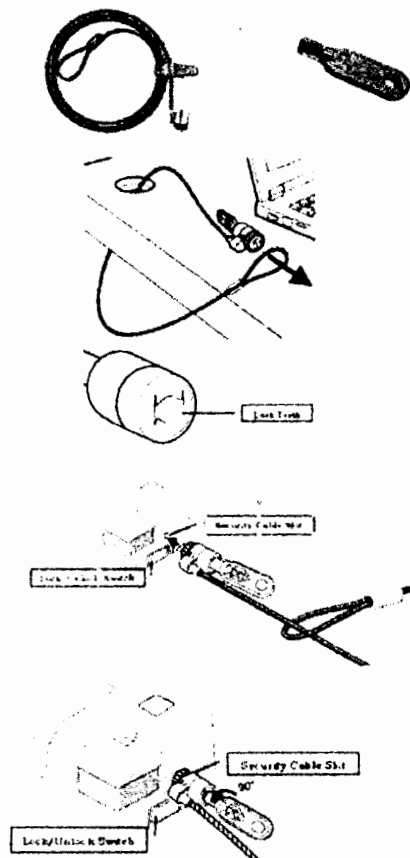
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Securing Your Laptop

Laptops are very convenient tools for an on-the-go workforce. However, they are also very convenient for thieves. You should not assume that because your laptop is at your desk that it is "safe". Make sure your laptop is securely locked when it is unattended, and keep your key safe!

IT CORNER



1) With your laptop, you should have a laptop cable lock and a key.

2) To ensure the safety of your laptop, secure the wire portion around or through a fixed object.

3) With the lock portion, place it through the wired hoop.

4) Prior to placing the lock into the Security Slot on your laptop, make sure the locking teeth are aligned with one another. This will help the lock fit into the slot.

5) Slide the Lock/Unlock Switch to the lock position (Note the illustration on your docking station for the Lock/Unlock position).

6) Once the Security Cable Slot is located, slip the teeth of the lock into the slot as illustrated.

7) Insert the key into the lock and turn the key 90 degrees counter clockwise.

8) Once locked, remove the key and place it in a safe location.

9) Your laptop is secure.

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Acquisition Services

Now that we are in the 3rd quarter of the fiscal year, we are focusing our attention to End of Fiscal Year activities. The End of the Fiscal Year Close-Out Calendar for the Acquisition Services Division (ASD), below, also can be accessed on [FERCNet](#). Everyone is reminded that a complete acquisition package must be submitted to ASD by the deadlines stated below to ensure you have sufficient time to satisfy your contract needs/program requirements by September 30.

This is a new perpetual End of the Fiscal Year Closeout Calendar in that all the dates are applicable to every Fiscal Year moving forward—we no longer will publish this information annually, the dates are static from year-to-year. This new calendar will be posted on our website in the coming days, and posted at various other locations to serve as a reminder.

If you have questions concerning the Fiscal Year-End deadlines or about what constitutes a complete acquisition package, please contact the following individuals in ASD for assistance:

PERPETUAL FISCAL YEAR-END CYCLE DEADLINES FOR ACQUISITION SERVICES	
DATE	ACQUISITION TYPE
1-May	Deadline for Current FY requests for NEW Services, Products or Equipment above \$150,000.00
1-May	Deadline for Current FY requests for Recurring Services (regardless of dollar value) where contracts are about to expire and Option Years DO NOT exist
1-Jun	Deadline for Current FY requests for any remaining Option Years that must be fully funded and executed on/before 30 Sep of this Fiscal Year
1-Jun	Deadline for Current FY requests for NEW Services, Products or Equipment \$150,000.00 or less
1-Jul	Deadline for Option Years where start date is between 10/01 & 01/15 → SO RFQ must be submitted for each Option
1-Jul	Deadline for Current FY requests for services from the DOE National Labs , nation-wide. This is a HARD STOP w/no exceptions--this deadline is established by the DOE Business Office
1-Aug	Deadline for Current FY requests for Inter-Agency Agreements , new and/or modifications to existing
1-Sep	Deadline for Current FY requests for Charge Card & Convenience Check transactions \$3,000.00 or less

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Arrivals DEPARTURES

Arrivals: April 1-April 30



Departures: April 1-April 30



2014 Federal Employee Viewpoint Survey

The 2014 Federal Employee Viewpoint Survey will launch the week of May 5 - June 13 by OPM to assess employee job satisfaction. Visit [FERCNet](#) for more information and [FEV FAQs](#).

[Redacted], Director of the Office of Personnel Management promoted the survey recently saying, "The success of your agency depends on you, and when it comes to understanding what it's like to work in your agency, you are the expert." Last year FERC's response rate was 64%, well over the government average of 48%. We hope to see the response rate improve this year.

In Memoriam

Two members of our FERC community recently died - [Redacted]

[Redacted], who passed away on March 25, began her federal career at FERC in November 1987 and held various positions within the Office of the Secretary until she left as a Management Assistant in August 2010.

Survivors include her mother [Redacted]

[Redacted], who died April 13, began his federal service career at FERC in June 1973 and retired from FERC in April 2010. At that time he worked in OEMR. Survivors include his mother and siblings and a host of other relatives.

The FERC Family extends its deepest condolences to the families and friends of [Redacted].

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Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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LaFleur, Bay Testify Before Senate Committee



From left to right: Acting Chairman LaFleur; Senator Jeanne Shaheen (D-NH); Norman Bay; and former Senator Pete Domenici (R-NM).

On May 20, Acting Chairman Cheryl A. LaFleur and Mr. Norman C. Bay testified before the Senate Committee on Energy & Natural Resources on their nominations to the Federal Energy Regulatory Commission.

Access their testimony on FERC.gov:

Acting Chairman LaFleur's [Testimony](#) | Mr. Norman Bay's [Testimony](#)



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FERC-Wide Migration to MS Outlook 365

This month FERC will be migrating from GMAIL to Office 365. The actual switch will take place over the weekend of June 27-30.



What You Need To Know:

- o On the night of June 27th, GMAIL will shut down
- o You can expect ONLY 90 days of your email to be moved into your new Office 365 mailbox.
- o Your older email will appear gradually throughout the following six weeks.
- o If you need to access email older than 90 days, you can still log into the GMAIL Web Interface to do so.
- o Staff members currently on the "VIP" or "After Hours Support" list will have access to EVERYTHING (your entire mailbox will be moved over).
- o Anything created in Google must be recreated in the new on-line document repository called "One Drive" (you will need training to do this).

IMPORTANT:

After June 27, you cannot send and receive email from your GMAIL account. You can access your GMAIL account to reference older email only.

- When connecting to GMAIL interface, you will not be able to send email
- You may view only
- You will be allowed to print email/print as .pdf and email as an attachment

WHAT WILL NOT MIGRATE?

- Distribution lists—you must recreate all of your personal distribution lists
- Resource Rooms from your calendar appointments—you must re-enter all conference room reservations
- Rules/Filters—you must recreate all your custom rules and filters

If you have questions regarding this migration, you can find answers the following ways:

- Go to the Office 365 FERCNET Site and view the posted FAQ's.
- Send an email to the migration team at Office365Migration@ferc.gov

Training Available on FERCNET:

- [Preserving Rules During the Email Transition](#)
- [Step-by-Step Migration Instructions for Outlook 2010](#)
- [Frequently Asked Questions \(FAQ\)](#)

[Preserving Your Email Rules During Email Transition](#)

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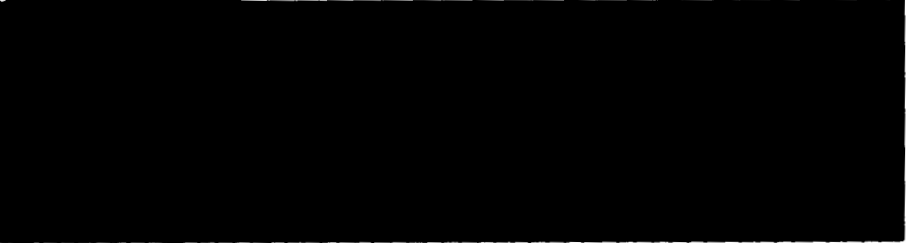
HOT TOPICS

Commission Meeting Presentations



At the May 15 Commission Meeting, staff presented the Summer Energy Market and Reliability Assessment to the Commission. Staff participating in this presentation were:

[A-3 Presentation](#)



Presenters of the NOPR on streamlining Open-Access requirements for certain Interconnection Facilities and the Terra-Gen Dixie Valley, LLC order were:

[E-5](#)

[& E-6 Presentation](#)



OEMR's [redacted] and OGC's [redacted] discuss the North Dakota Pipeline Company's order at the Commission Meeting. [G-1 Presentation](#)

Chairman's Award



Acting Chairman LaFleur presents OEPD Deputy Director Mason Emmett with the Chairman's Medal as he prepares to leave the Commission. "He has been instrumental in the development and leadership of OEPD since its inception. He has also been a leader in many of our initiatives, from Order 1000 to order 745, to orders that don't have numbers yet," commented Acting Chairman LaFleur.

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FitterFERC: FERC Gets Fit in '14

In a recent OPM survey, FERC was ranked #1 in work/life programs. One shining example of this honor is reflected in the FitterFERC program. The program focuses on offering wellness programs to employees throughout the year.

The latest program, FERC Gets Fit in '14, began on January 9 and continued through April 17 and provided employees with information on a variety of topics to help them maintain a healthier lifestyle, according to [REDACTED], coordinator of the program and Human Resource Specialist in OED.

Weekly meetings featured guest speakers on topics such as organic vs. non organic, blood pressure, fitting fitness into your lifestyle, vitamins, importance of sleep, nutrition, weight training and guided meditation. In addition to the weekly discussion, employees could weigh in and track their progress. The program was offered to all employees, including those in the regional offices who participated through teleconference.



"The more we can educate employees about wellness, the healthier they are and the more productive and happier they will be in life overall," says [REDACTED].

A special motivation for those participating in the weight loss portion of the program, called the Biggest Loser, was a free training session at the FERC Fitness Center. OEA's [REDACTED] and OED's Chrissandra Green rose to the challenge and were named the winners of The Biggest Loser Challenge. A special thank you to the Fitness Center for their generosity!

[REDACTED] training session at the Fitness Center for losing the most weight during the program. They are pictured with [REDACTED].

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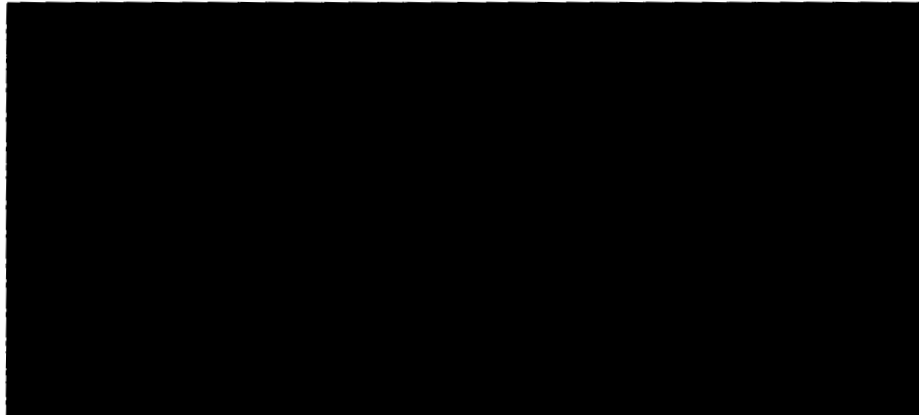
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What's MY LINE?

FERC Bike To Workers: What's Your Favorite Bike Path?



My favorite bike trail is the Mount Vernon trail. It goes along the Potomac River and has beautiful scenery. I'm glad I'm able to use it every week when I come to work. - [REDACTED]

This one's easy for me, as I just finished last week a six-day bike trip from Pittsburgh to DC. The Great Allegheny Passage is a converted rail trail that runs from Pittsburgh, PA, to Cumberland, MD. The C&O Canal, of course, is the towpath that runs from Cumberland to DC. Collectively, they make up a continuous 350-mile trail. - [REDACTED]

Without a doubt that would be the Sligo Creek trail, even though I usually ride on the street. Great for recreation and commuting. During the middle of a brutally hot summer day, it is great to ride back in under the cover of all those leaves over the trail! - [REDACTED]

I don't actually use a trail to get into work by bike, but recreationally I like to ride the Mt. Vernon trail. You can get up to speed and it's a beautiful ride for most of the year. - [REDACTED]

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Asian/Pacific American Heritage Month



A celebration of Asian/Pacific American Heritage Month at FERC featured guest speaker Christine Chen, president of Strategic Alliances USA. The month of May is designated as Asian/Pacific American Heritage Month by President Obama to celebrate the outstanding contributions Asian Americans and Pacific Islanders have made to our country.

Ms. Chen provided her unique perspective for employees saying, "Understanding identities provides a unique perspective. We can better appreciate diversity of others."

Commissioner Tony Clark welcomed guests to the event and provided opening remarks. OED's [REDACTED] introduced the guest speaker. FERC Executive Director Anton Porter presented a plaque to Ms. Chen for her participation in this year's program, and OED's [REDACTED] provided closing remarks.

The ED's office sponsored this year's event with coordination of the event provided by the EEO Advisor's office.

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Public Comment Meeting on Cove Point LNG Project



FERC conducted a public meeting on Saturday, May 31, at Patuxent High School in Lusby, Maryland, to hear comments on the environmental assessment (EA) issued by staff for the Cove Point Liquefaction Project. The Project is proposed by Dominion Cove Point LNG, LP. OEP's [redacted] conducted the meeting and heard from more than 100 speakers. The meeting attracted more than 500 attendees.

View the [Environmental Assesment for Cove Point](#) on FERC.gov.

Greener FERC Tip:

If every American living within five miles of work commuted by bike just one day a week, it would be like taking a million cars off the road entirely. Those five miles on bike vs. by car could reduce total household emissions by six percent.

It's a win/win; better for the planet, better for your health.

Source: [National Geographic](#)



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FERC Joins flickr!



Take a look at some of our more recent Commission images posted on FERC's [photostream on flickr](#), maintained by OEA.

FERC CHILD DEVELOPMENT CENTER'S
 <p>11:00 – 1:00, FERC lobby Handcrafted Semi-precious Jewelry Imported Polish pottery Organic Coffee/Tea/Chocolate Sally Foster giftwrap FERC Tshirts, polos, mugs, bags Custom-printed children's tshirts</p> <p>**Now Accepting Credit Cards**</p>
<p>Questions? Contact [REDACTED] Proceeds support the FERC Child Development Center</p>

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Hurricane Readiness

Did you know that when Hurricane Katrina hit land in New Orleans, the wind strength was only that of a Category 1 hurricane? Most of the damage and deaths were caused by fires and explosions, not just water and wind. For days after the storm was over people were still being electrocuted. While the storm could not have been prevented, it is safe to say that the death toll, which reached a staggering number of more than 2000, could have been lessened had people taken the time to prepare individually.

Safety & Security

History teaches that a lack of hurricane awareness and preparation are common threats among all major hurricane disasters. By knowing your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster. Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. The National Weather Service is responsible for protecting life and property through issuance of timely watches and warnings, but it is essential that your family be ready before a storm approaches.



Are You Ready?

Before the Hurricane Season:

- Determine safe evacuation routes inland.
- Learn locations of official shelters.
- Check emergency equipment, such as flashlights, generators and battery-powered equipment such as cell phones and your NOAA Weather Radio All Hazards receiver.
- Buy food that will keep and store drinking water.
- Buy plywood or other material to protect your home if you don't already have it.
- Trim trees and shrubbery so branches don't fly into your home.
- Clear clogged rain gutters and downspouts.
- Decide where to move your boat.
- Review your insurance policy.
- Find pet-friendly hotels on your evacuation route.

The best way to prepare is to be informed and make a plan.

- Gather information about hazards.
- Meet with your family to create an emergency plan.
- Implement your plan.
- Practice and maintain your plan.

An Emergency Supplies Kit Should Include:

- At least a 3-day supply of water (one gallon per person, per day)
- At least a 3-day supply of non-perishable food
- At least, one change of clothing and shoes per person
- One blanket or sleeping bag per person
- First-aid kit
- Battery-powered NWR and a portable radio
- Emergency tools
- Flashlight, extra batteries
- Extra set of car keys
- Credit card and cash
- Special items for infant, elderly or disabled family members
- Prescription and non-prescription Medication

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Healthy Lifestyles

MAN UP.

Take Control of Your Health

Men face unique health challenges, and one of the most dangerous is their reluctance to seek health care. In fact, according to Agency for Healthcare Research and Quality (AHRQ), men are 24 percent less likely than women to have seen a doctor in the past year.

Men's Health Today

A snapshot of men's health in the United States shows that they sometimes experience different, but no less serious, health problems than women. Heart disease, cancer, and accidents are the top causes of death for men. The most commonly diagnosed cancers among men include prostate, lung, and colorectal types. A recent study shows that men die from heart disease and chronic liver disease at a greater rate than women.

Men's Health Step by Step

1: Prevention

Many of the major health risks that men face – such as heart disease and colon cancer – can actually be prevented and treated with earlier diagnosis. Screening tests can often find these diseases early, when they are easier to treat. For these reasons, it is crucial that men go against their tendency of avoiding health care and begin having regular checkups and screenings – for their sake and the sake of their families.

- Get routine check-ups and preventive screenings.
- Be more physically active.
- Make healthy food choices.
- Get to your healthy weight and stay there.
- Become tobacco free.
- Drink only in moderation.
- Manage stress.

Step 2: Monitor Your Health

Monitoring your health can help you stay one step ahead of some of the things that put you at risk for discomfort and disease. Ask your health care provider about how often you should come in for a checkup. And, if there's something that's bothering you – a new ache or pain that's hanging around for more than a week – or getting worse, check in with your health care provider. Some common things to be screened for are:

- Blood pressure
- Cholesterol
- Diabetes (blood sugar)
- Mental health issues (depression, anxiety, etc.)
- Weight

Step 3: Immunization

Another great way to prevent pain and disease is through immunization. The CDC recommends that you get a yearly flu shot. This will protect you from the most likely strains to hit that particular season. If you have certain medical complications or you're over 65, you should also get a shot to prevent pneumonia. In addition, if you plan to travel internationally or you're sexually active, you may also want to consider getting

Welcome to FERC's new Nurse Coordinator



Prior to FERC, [REDACTED] worked at the Navy Federal Credit Union Headquarters (NFCUH) in Vienna, VA as an Occupational RN in their health unit. Before the NFCUH, she worked at the MedStar Washington Hospital Center as a Medical Cardiology RN with a concentration in Interventional Cardiology and Acute Congestive Heart Failure.

[REDACTED] received her BSN degree from the Catholic University of America here in Washington, D.C., and also has a BS degree in Biology-Premedicine from Bates College in Lewiston, Maine.

She explains that initially, she went into nursing thinking that she wanted to be a Nurse Midwife, but her path diverted into Cardiac Nursing, which she fell in love with, and stayed in for 24 years. "I love taking care of my fellow man and making them feel better," she explained.

"What I love the most about nursing are the people that I get to meet and interact with on a daily basis. I love how they make me feel when I take care of them and they get well or feel better. I especially love the stories I hear from my mature clients because they almost always remind me how small this world is, and how much we all have similar experiences."

Outside of work, she enjoys travelling, spending time with her 3 year old niece, reading, decorating, and spending time with friends and family.

vaccinated for hepatitis A and B.

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Step 4: Taking Control

If you have been diagnosed with some chronic or short-term-condition or disorder, it may be time to make a slight attitude adjustment and take control of your health and your condition. You might even tell yourself: "Now's the time I need to concentrate on healing and taking better care of myself."

Source: U.S. Department of Health & Human Services
www.hhs.gov



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The 2014 Federal Employee Viewpoint Survey

FERC employees are encouraged to participate in the 2014 Federal Employee Viewpoint Survey (FEVS). Last year FERC achieved an overall response rate of 64%, and it is Acting Chairman LaFleur's hope that we can increase this rate in 2014. As of today, 45% of you have responded. If you have not yet taken the survey, it's not too late for you to participate and make a difference.

The FEVS, which is administered annually by the U.S. Office of Personnel Management (OPM), serves as the main vehicle for Commission leaders to receive feedback on compensation, morale and job satisfaction. Personnel employed with the Commission prior to October 31, 2013 have been invited to respond to the survey through June 13, 2014. Last year the Commission ranked 6th out of 23 mid-sized agencies in the [Best Places to Work](#) rankings. Worth noting, our Office of General Counsel ranked 4th out of 300 agency sub-components and received special recognition from the Partnership for Public Service last December.

The results of the 2013 FEVS provided leadership with granular reports aggregated at the division level. This detailed information allowed leaders to pinpoint areas of strength and identify specific opportunities to improve employee perceptions relative to key operational areas. Your involvement in this survey is so very important because the management team learns from your feedback and will leverage this information to make the organization more effective. Moreover, through the new Strategic Plan, Commission management affirms that it will strive to ensure all employees are provided the resources required to drive agency success. While past FEVS results have demonstrated the Commission's ability to provide employees with these required resources, we look to analyze the results from this annual survey to continually gauge employee perceptions on the adequacy of mission support tools, products, and services.

Remember, all responses are kept confidential and OPM will only provide aggregate results to the Commission. FERC is committed to sharing these results and working with employees to create solutions to address the feedback received. Please watch for an email from OPM, from the address "Federal Employee Viewpoint Survey-LI <EVL1@opm.gov>" with a link to the survey. Please take the time to share your voice and perspective.

For more information, please visit the FERCNet [Federal Employee Viewpoint Survey](#) page.

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Arrivals DEPARTURE

Arrivals: May 1-May 30



[REDACTED], formerly a legal technician with OALJ, passed away on May 16.

[REDACTED] began her federal career in July 1965 and acquired the legal technician position in OALJ in November 1987 where she served until retirement in September 2002.

Chief Judge Curtis Wagner, Jr. honored [REDACTED] by designating her the May 1999 Employee of the Month. He said that she had earned the honor because she was "...a dedicated, hard-working individual. On her own initiative, and through self-teaching, she designed and structured the OALJ Intranet. Her motivation and self-discipline have earned her the Employee of the Month Award."

Prior to joining OALJ, [REDACTED] worked in the former Office of Hydropower Licensing. [REDACTED] served as a legal technician to two administrative law judges and was later promoted to the OALJ Webmaster where she served until her retirement. As the Webmaster, [REDACTED] designed OALJ's first webpages and kept the pages updated.

Judge Wagner said, [REDACTED] was always looking to improve the look and feel of the OALJ webpages and endeavored to take self-taught training to learn webpage design. [REDACTED] also made sure that the web pages were in compliance with FERC Internet and Intranet standards and designs. [REDACTED] was an avid researcher. She was able to readily search and retrieve information from a number of databases, legal research tools, and the internet."

Judge Wagner said, [REDACTED] was well liked by all she came in contact with. She had a great attitude and took pride in her job. This was exemplified in the many outstanding performance ratings and superior performance, quality service performance, and on-the-spot awards she received while in OALJ."

Departures: May 1-May 31



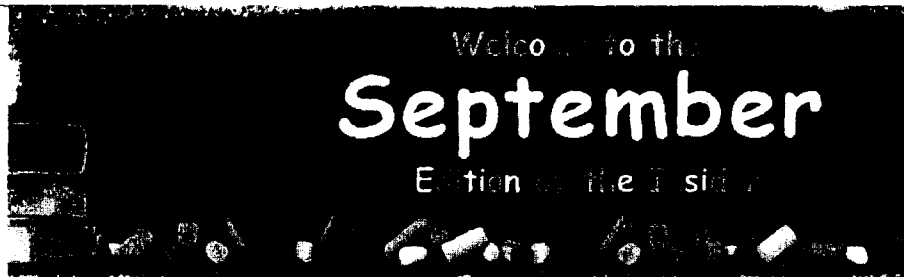
The FERC Family extends sincerest condolences to [REDACTED] family and friends. She will be missed.

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Chief Judge Curtis L. Wagner, Jr. Celebrates 60 Years of Federal Service

Pictured with Chief Judge Wagner, from left to right, are:

On August 2, 2014, Chief Judge Wagner was honored for 60 years of Civilian Federal Government service. He was presented with a certificate and pen by Chairman LaFleur at the August 28 Years of Service Ceremony.



Chief Judge Wagner was appointed administrative law judge at the Federal Energy Regulatory Commission (formerly the Federal Power Commission) on September 8, 1974, and Chief Administrative Law Judge on June 25, 1979.

While at the Commission, Chief Judge Wagner has adjudicated and served as settlement judge and/or mediator in many significant cases. One of his first cases after arriving at the old Federal Power Commission was the irrigation curtailment cases dealing with whether gas would be made available to the irrigation farmers. He held several hearings in Washington, Albuquerque, Phoenix and Lubbock. In the early days of his career at FERC, Judge Wagner also handled the license cases for the import of LNG from Algeria to Louisiana ports; he served as settlement judge in the US Northeast Pipelines cases that involved five competitive applications to move gas from Canada to the Northeast United States and New York. He achieved a settlement in that proceeding in 90 days, resulting in the Iroquois Pipeline System, which under traditional licensing procedures would have taken five years or longer. Chief Judge Wagner also heard and decided the Public Utilities Commission of California v. El Paso Gas Company, et .al. - a proceeding dealing with market power and abuse of affiliate relations. His decision in that case was a front page article in the New York Times. Chief Judge Wagner and his colleagues handled many of the recent Enron market manipulation and abuse cases. He also served as the settlement judge in the California power shortage/refunds dispute, including participating in the White House Task Force meetings. Chief Judge Wagner was instrumental in achieving a settlement in the Illinois Power proceeding, which made the current Midwest Independent System Operator (MISO) possible. Chief Judge Wagner also served as mediator in the dispute between MISO and the PJM operator seams elimination negotiations where long-term proposals were filed with the Commission.



Chief Judge Wagner has received numerous awards, including the Department of the Army's

highest award, the Decoration for Exceptional Civilian Service. He appears in four separate editions of Who's Who, including Who's Who in the World. In 2009 Chief Judge Wagner received the University of Tennessee Accomplished Alumni Award. Return
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He earned his law degree from the University of Tennessee in December 1951. He received his pre-legal education at Tennessee Polytechnic Institute. He was admitted to the Tennessee Bar on March 31, 1952. His government service includes both the Criminal and Civil Divisions of the U.S. Department of Justice, and serving in a civilian capacity as Chief of the Regulatory Law Division in the Army's Office of The Judge Advocate General, where he represented the entire Federal Government in utility and transportation cases. Prior to entering government service, Chief Judge Wagner was in the private practice of the law with Kramer, Dye, McNabb & Greenwood in Knoxville, Tenn.

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WCEE Names FERC Chairman LaFleur Woman of the Year

The Women's Council on Energy and the Environment (WCEE) has named FERC Chairman Cheryl A. LaFleur its 2015 Woman of the Year. Chairman LaFleur will be honored at WCEE's annual gala on March 5, 2015, at the Capital Hilton Hotel in Washington, DC.

"I am honored to be named WCEE's 2015 Woman of the Year," Chairman LaFleur said. "I value being part of the energy community across the country and have tried to encourage and mentor young people choosing a career in energy. I strongly support WCEE's mission to provide mentoring and professional development for women, and appreciate how welcoming they have been to me since I came to DC four years ago."

In its announcement, WCEE said its members had the following to say about Chairman LaFleur:

"Ms. LaFleur presented nuanced and substantive remarks about politically sensitive issues with a unique balance of intelligence and humor. I was impressed not only with Commissioner LaFleur's knowledge, which is clearly far reaching, but also with her ability to be a strong leader and forceful personality in a way that is engaging and warm."

"I observed her insightful and decisive action on the issues, fueled by her passion for energy issues. Personally, I respect her unique ability to connect with people and put them at ease, stemming from her genuine interest in each person with whom she comes into contact. This combination of professionalism and generosity of spirit have contributed to her success. To me, she is a mentor, role model, and caring friend."



Chairman Cheryl A. LaFleur is sworn in for a second term by FERC Deputy Administrative Law Judge Bobbie McCartney. Chairman LaFleur was first nominated by President Barack Obama to FERC in 2010 and was confirmed for a second term by the Senate in 2014. She was named Acting Chairman on November 25, 2013 and Chairman on July 30, 2014. Chairman LaFleur is accompanied by her husband [REDACTED]



Commissioner Norman C. Bay is sworn in for his first term by Chief United States District Judge of the District Court for the District of Columbia Richard W. Roberts. Commissioner Bay was nominated by President Barack Obama to FERC in January 2014 and was confirmed by the U.S. Senate for a term that expires June 30, 2018. Commissioner Bay is accompanied by his wife, [REDACTED]

Commissioner Norris resigns

On Aug. 7, Commissioner John Norris submitted his letter of resignation from the Federal Energy Regulatory Commission to President Obama. "It has been a great honor to serve with all the exceptional professionals and public servants who make up the FERC family and so many dedicated energy stakeholders in the public and private sectors." Commissioner Norris said. "I want to say a special thank you to the incredible personal staff I have had throughout my tenure on the Commission. I have a tremendous opportunity to continue in public service as the Minister-Counselor for the U.S. Department of Agriculture in Rome, Italy." Commissioner Norris's resignation took effect on Wednesday, August 20, 2014.

President Obama Announces Intent to Nominate Colette Honorable as Commissioner

On August 28, President Obama announced his intent to nominate Colette Honorable to be a Commissioner at FERC. Ms. Honorable is currently Commissioner and Chair of the Arkansas Public Service Commission, positions she has held since 2007 and 2011, respectively. Ms. Honorable also currently serves as Chairman of the Board and President of the National Association of Regulatory Utility Commissioners. Previously, she served as Executive Director of the Arkansas Workforce Investment Board in 2007. Ms. Honorable worked for then Arkansas Attorney General Mike Beebe in various roles, including as his Chief of Staff from 2006 to 2007, Assistant Attorney General for Civil Litigation from 2004 to 2006, and also as Assistant Attorney General under then Arkansas Attorney General Mark Pryor from 1999 to 2004. She also worked as an associate at Cauley Geller Bowman and Rudman, LLP from 2003 to 2004. Ms. Honorable was an assistant city attorney in North Little Rock City from 2003 to 2004, an assistant public defender from 1998 to 1999, a judicial law clerk at the Arkansas Court of Appeals from 1997 to 1998, and a staff attorney at the Center for Arkansas Legal Services from 1995 to 1996. Ms. Honorable received a B.A. from Memphis State University and a J.D. from the University of Arkansas at Little Rock School of Law.



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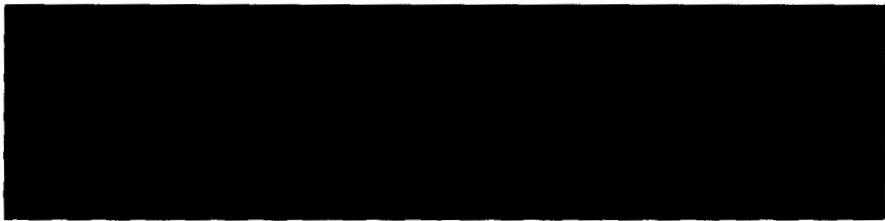
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Years of Service Awards

Chairman Cheryl LaFleur and Executive Director Anton Porter were on hand to honor FERC employees who have reached 25, 30, 35 and 40 years of federal service during the time frame of May 1, 2014 to August 31, 2014. Special recognition was given to Chief Judge Curtis Wagner for 60 years of service (See related story).

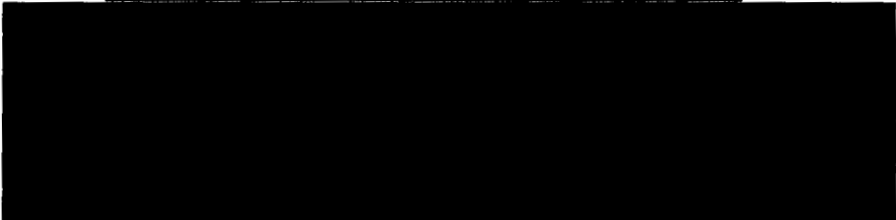
Career service pins and certificates were presented to honorees in recognition of career federal service. Employees receive credit for total federal service including military or Peace Corps service.



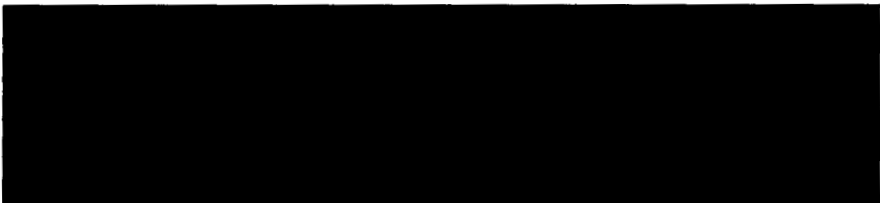
25 Years of Service: [Redacted]



30 Years of Service: [Redacted]; Chairman LaFleur; OAL's and Executive Director Anton Porter.



35 Years of Service: OEMR's [Redacted]; OAL's [Redacted]; Chairman LaFleur; Judge Bobbie McCartney; Judge Carmen Clinton; and Executive Director Anton Porter. Not pictured is [Redacted].



40 Years of Service: [Redacted]; Chairman LaFleur; OAL's [Redacted] and Executive Director Anton Porter. Not pictured is [Redacted].

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Energy Power Hearing



Photo courtesy of House Energy and Commerce Committee

On July 29, the House Energy & Commerce Subcommittee on Energy & Power Testimony held a hearing on FERC Perspectives: Questions Concerning EPA's Proposed Clean Power Plan and other Grid Reliability Challenges. The hearing featured FERC Commissioners.

To view testimony, go to the following PDF links: [Chairman LaFleur](#) | Commissioners': [Moeller](#) | [Norris](#) | [Clark](#) and [Bay](#)

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Commission's 2014 CFC to Begin Soon This Year: Let's "Make It Possible"



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Pictured from left to right: [REDACTED], FERC's CFC Campaign Manager; Geoffrey Rixon, Associate Director of CFC for National Capital Area; and Anton Porter, Honorary Co-Chairman of FERC's CFC campaign.

The 2014 Combined Federal Campaign for the National Capital Area (CFCNCA) officially kicked off September 1. Unless extended, the 2014 Campaign is scheduled to run through December 15, 2014. This year's CFCNCA dollar goal is expected to be \$52 million.

As we embark on the 2014 CFCNCA, recall that the 2013 campaign operated in a particularly challenging environment: furloughs, sequestration, lack of pay increases, CFC rule changes, poor economy, in addition to 16 days of weather-related closures in December and January. Nevertheless, 81,157 donors in the National Capital Area raised an impressive \$51.2 million.

Closer to home, the 2013 campaign was not the Commission's most successful in terms of dollars raised and/or levels of participation. Nevertheless, given the overall climate in which we had to operate, the Commission's 2013 Campaign was quite respectable. For example, average gifts from among those who pledged were the highest in five years.

Total CFC pledges from the FERC Community amounted to an impressive \$403,370. We were 5% over goal (\$20,370), with a 53.9% rate of participation. The FERC participation rate was 2.5 times greater than that of our peers. CFCNCA Headquarters recognizes FERC's levels of participation as among the absolute best in the entire country.

FERC'S 2013 CFC EARNED MULTIPLE AWARDS

With a well-earned sense of pride and accomplishment, as in prior years, FERC garnered multiple awards. Sixteen Commission offices earned individual office plaques. Agency-wide, FERC also earned the prestigious E-Giving trophy for having increased electronic pledges by at least 10%. This is the third year in a row that the Commission earned this high honor.

UNIVERSAL GIVING IS HERE

Beginning with the 2014 Combined Federal Campaign, all campaign regions around the United States must offer donors the opportunity to give through Universal Giving—the ability to donate to any national, international, or local charity not denied participation in the CFC.

Universal giving means that this year the universe of beneficiaries increases six times. Last year the Catalogue of Caring listed 4,400 worthy causes. This year the universe expands to more than 24,000 worthy causes!

2013 WINNING CFC TEAM RETURNS FOR 2014

The Commission's highly acclaimed 2013 CFC Campaign Team is returning again to help out with the 2014 Campaign. "If it isn't broken, do not fix it." Veterans include: [REDACTED]

[REDACTED] Offices across the whole Commission are involved in this worthy enterprise.

FERC Chairman Cheryl LaFleur and FERC Executive Director Anton Porter will both serve as Honorary Co-Chairmen of the Commission's 2014 CFC. [REDACTED], a 36-year Commission veteran and attorney in the Energy Project's Branch of the Office of the General Counsel, will serve as CFC Campaign Manager for the 11th year in a row, an unprecedented record likely to stand for many years to come.

Following the campaign kickoff, we plan to host weekly events. These events will spotlight a diverse and representative selection from the thousands of worthy charities listed in the Catalogue of Caring. As in past years favorite charities will return, as well as new causes never before presenting at FERC. Suggestions are always warmly welcomed. A Charity Fair will serve as the Campaign Finale. According to present OPM guidelines the 2014 CFC is supposed to end

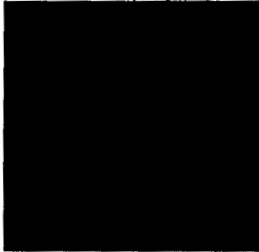
December 15, 2014.

Commissioners and Office Directors will be offered a turn to deliver the weekly campaign status report. They will introduce the guests and also select the winners of the fabulous door prizes. Many of the prizes will surely be worth big bucks on the Antiques Road Show Program in 30 or 40 years. Be on the lookout for the date and time of the campaign kick-off and coming attractions. **Remember, you must be present to win.**

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Speaker Series

Jennifer Shirkanl participated in the Commission's Speaker Series on July 31 in the Commission Meeting Room. She discussed her book *Ego vs. EQ*. Jennifer wrote *Ego vs EQ* to help leaders help themselves. Using her experience as an executive coach, she identified the common traps that set senior executives and business owners up for failure. From thinking technical skills trump leadership skills, to not letting go of control, to losing touch with the front line experience she watched first-hand how executives struggled with staying grounded in a feedback desert. She takes the science of EQ and brings it to practical application for the senior executive or manager who not only wants to survive, but thrive.



[8 Ego Traps](#)

[REDACTED] performs for the last time at Ebenexers Coffeeshouse in NE D.C.

On August 22, 2014, **[REDACTED]** said goodbye to FERC after 8.5 years to relocate to Chicago to begin working on his Ph.D. in Clinical Psychology .



Judge Michael Haubner Publishes in the Energy Bar Association Summer Newsletter

The Energy Bar Association asked Judge Haubner to write an article for its Summer 2014 edition of the EBA Update. The article is entitled *Lucid Longhand for Lawyers: A Persuasive Art*.

[Read the article from the EBA's publication](#)

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**FERC[®]
Insider**September 2014 | Volume 21, No. 8 [Prev](#) | [Next](#)[Feature: 60 Years](#)[Capitol Watch](#)[What's My Line?](#)[IT Corner](#)[Safety and Security](#)[Healthy Lifestyles](#)[Arrivals & Departures](#)**Chairman Announces Appointment of Dawn Scholz as New Administrative Law Judge**

Chairman Cheryl LaFleur has announced the appointment of Judge Dawn E.B. Scholz as a FERC Administrative Law Judge.

Since September 2013, Judge Scholz has been an Administrative Law Judge with the Office of Disability Adjudication and Review at the Social Security Administration. Prior to that she was Deputy Associate General Counsel for General Law at the U.S. Department of Homeland Security.



Photo at left: Chairman LaFleur and Judge Scholz. At Right: Chief Judge Wagner with Judge Scholz

Judge Scholz had a decorated 30-year career in the U.S. Air Force, retiring as a Colonel. She served three tours as a Staff Judge Advocate (General Counsel), culminating her military career as the Staff Judge Advocate for the Pacific Air Forces. Her assignments included serving as the Chief of the Air Force Environmental Law and Litigation Center at Headquarters Air Force and as a Senior Appellate Military Judge on the Air Force Court of Criminal Appeals as well as a judge on the United States Court of Military Commission Review, the appellate court for the military commissions. Her awards and decorations include the Legion of Merit with two Oak Leaf Clusters and the Defense Meritorious Service Medal.

"Judge Scholz's extensive legal background, including her nearly 11 years' experience as a Social Security Administration administrative law judge and extensive service as an Air Force Staff Judge Advocate and Senior Appellate Military Judge, will serve the Commission and the public well," Chairman LaFleur said. "I am very pleased that Judge Scholz has agreed to accept this position."

Chief FERC Administrative Law Judge Curtis Wagner stated, "I am delighted to have Judge Scholz join our team. Her extensive trial experience, particularly with environmental issues, will be extremely helpful in dealing with the Commission's complex cases."

Judge Scholz is a 1987 graduate of the University Of Oklahoma School Of Law and received a Graduate Law Degree in Environmental Law from the George Washington University School of Law in 1994. Judge Scholz is a member of the Bars of the U.S. Supreme Court, the U.S. Court of Appeals for the Armed Forces, and the Supreme Court of Oklahoma.

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September is National Preparedness Month

National Preparedness Month is September 2014, and as many of you know FERC's Safety and Security Division (SSD) makes a strong effort to emphasize the importance of being prepared to all employees. The unfortunate part of emergency preparedness is that it is met with negative connotations from the effects of an emergency or disastrous situation. So this September, SSD wants to stress that it is important to realize that preparedness efforts can help mitigate an emergency and will inevitably lead to a successful outcome. SSD's very own [REDACTED] shares with us how being prepared helped change his life and more importantly saved his son's life.



"On a very hot summer day in 2001 when my son was an infant, still in diapers and just starting to learn that he could crawl and get himself into trouble, we decided to stop for ice cream. It was a sweltering June afternoon the temperatures were well into the low 100's and the humidity level was through the roof. After playing in the yard, we all went to the local ice cream parlor to cool off and enjoy the air-conditioning. As we walked in, we took a deep breath of the cool air and immediately felt how refreshing it was to be inside. We placed our ice cream order and sat down; I placed my son [REDACTED] on the table in front of me, sitting between my arms. [REDACTED] was just sitting there playing and at that time I thought he was bending over at his waist playing with his toes. Well, a few minutes went by and my father-in-law looked over and said, "Is [REDACTED] OK? He does not look like he is moving." As a first-time parent, I thought I knew everything and said, "He is fine." Then I lifted him up towards me. He had turned blue. Immediately I called his name and suddenly realized that he had stopped breathing. Come to find out the sudden change in temperature from the low 100's to the mid to low 60's in the ice cream parlor shocked [REDACTED] system and sent him into a seizure, causing him to stop breathing and a sudden cardiac arrest situation.

"My wife and I were both trained in CPR and first aid, but we never anticipated using these skills on our own child. If I must sheepishly admit, to my surprise, I panicked and initially didn't know what to do. But thank God for my wife. She stayed calm, cool, and collected and took over immediately and began administering CPR. She kept Patrick alive and was able to get me focused and to fall back on my training and experience to help her until first responders were able to take over. It was the scariest moment of our lives, but if it weren't for our knowledge of CPR and the training we had received, it could have been much worse."

This is just one example of how preparing for any emergency situation is a good idea. You will find many more stories here: [Success Stories](#) and [Real Stories](#).

Do you have a story about being prepared or about helping someone in an emergency situation? Have you created an Emergency Preparedness Kit? Have you been able to assist someone in a medical situation? Send us your stories along with a photo on how you have been able to mitigate an emergency or disastrous situation so that we can show you off during National Preparedness Month. Please send all submissions to [REDACTED] by September 17.



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Study: 10 Percent of NY ticks Carried Lyme Disease and Babesiosis

Planning to spend quality time outdoors? New research may give you another reason to guard against ticks.

A New York state study says one in 10 deer ticks were found to be harboring at least two harmful germs, and the tiny bloodsuckers could pass both infections to a human host through a single bite.

"A third of ticks around here are infected with the Lyme bacteria, and about a third of those are infected with something else, too," said Felicia Keesing, a biology professor at Bard College in Annandale-on-Hudson, N.Y. That means that about 10 percent of all ticks in her area carry not one but two potentially dangerous diseases.

Keesing was curious to know how many ticks have the potential to pass multiple infections at the same time. She found that ticks in that area are almost twice as likely as expected to carry two distinct germs -- the bacteria that causes Lyme disease and a tiny parasite that infects red blood cells, causing a less common illness called babesiosis.

Her study results were published recently in the journal PLoS One. On its own, babesiosis usually causes few problems for healthy people, according to the U.S. Centers for Disease Control and Prevention. But it can be life threatening to the elderly, or those who have compromised immune function. When babesiosis and Lyme disease strike together, however, experts say it tends to compound the symptoms of both infections.

Common-sense measures can help prevent tick-borne infections in the first place. Peter Krause, of the Yale School of Public Health, suggests avoiding places where the bugs like to live, such as wooded and grassy areas. He says avoidance is especially important for people who have weakened immune function. "If you're in a wooded area, do tick checks. Wear long pants, a long-sleeved shirt, wear tick repellent," he said.

And finally, if you do happen to spot a tick clinging to your skin, don't freak out. "Most people who are bitten by ticks aren't going to develop Lyme disease or any of these other infections," he said. "We know that only about 3 percent of people bitten by deer ticks get Lyme disease." Just be sure to carefully remove the tick as soon as you find it, to help minimize any risk of infection, Krause said. "If the tick is pulled off before 36 hours of attachment, you're not going to get it," he said.

More information: For step-by-step tick removal instructions, visit the [U.S. Centers for Disease Control and Prevention](#).

Source: HealthDay News

Sources Felicia Keesing, Ph.D., professor of biology, Bard College, Annandale-on-Hudson, N.Y.; Peter Krause, M.D., senior research scientist, Yale School of Public Health and Yale School of Medicine, New Haven, Conn.; June 2014, PLoS One

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Arrivals DEPARTURES

Arrivals: July 1 - August 31



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Greener FERC Tip: Composting at Home

Perhaps you've thought about composting for the environmental benefits but just don't know where to begin. Maybe you live in an apartment and space is limited to take on this endeavor. Whatever your reluctance, check out the simple tips from the [EPA](#) to get you started. Regardless of the size of your living space, composting is possible.

The benefits of composting include:

- Enriches soil, helping retain moisture and suppress plant diseases and pests.
- Reduces the need for chemical fertilizers.
- Encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, a rich nutrient-filled material.
- Reduces methane emissions from landfills and lowers your carbon footprint.



Source: USEPA.gov

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- o **Prev | Next:** This page option is at the top of each page
- o **Yellow Tabs:** On the left-hand side of each page for regular features
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To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider.

Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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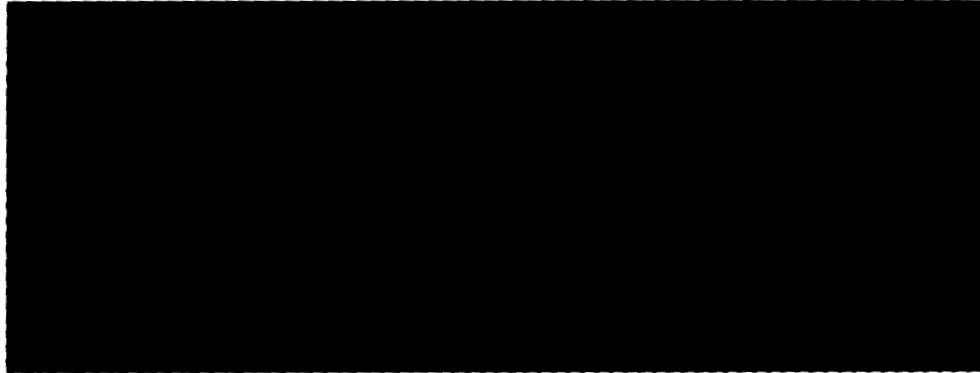
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CFC 2014 Kick-off



The [redacted] perform under the direction of [redacted].

FERC kicked off its 2014 Combined Federal Campaign (CFC) October 7 with a call for FERC staff to be as generous as they have been in the past, a campaign theme called, "Make it Possible," and a bravura performance by Commission staff favorites, the Gonzaga High School Eye Street Boys.



FERC CFC Manager [redacted] FERC Chairman LaFleur; and [redacted]

The CFC kickoff celebration in the Commission meeting room featured remarks from FERC Chairman Cheryl A. LaFleur and Chief Administrative Officer Anton Porter, both honorary co-chairs of the Commission's CFC campaign this year. Also on hand was Lou Nistler, Executive Director of the Combined Federal Campaign for the National Capital Area (CFCNA). Both he and Chairman LaFleur noted the intense need for assistance through CFC organizations not only in the Washington, D.C., area, but across the nation.

The CFC gives federal employees a "unity of purpose," Chairman LaFleur said in her remarks, adding that the "power of the program" is that it allows individuals to target where their contributions will go. She noted the truism, "You can judge a society on how it treats its weakest members," and added that she is "extraordinarily proud of what a leader FERC has been" with its participation in the CFC.

And of course, the [redacted] from FERC neighbor and CFC participant [redacted], brought down the house with their songs, which this year included the omnipresent and catchy "Happy," and, of course, "Rocky Top," in honor of longtime FERC CFC Campaign Manager [redacted], who is heading up FERC's campaign for an unprecedented 11th straight year.

This year, FERC's CFC goal is \$390,000.

This year's campaign comes on the heels of last year's campaign, which was not the



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Lou Nistler, Executive Director of the CFCNCA; Chairman Cheryl LaFleur, Vice Co-Chair; [REDACTED], FERC CFC Manager; Anton Porter, FERC Executive Director and Vice Co-Chair; [REDACTED], Loaned Executive; and Geoffrey Rixon, Associate Director of CFCNCA.

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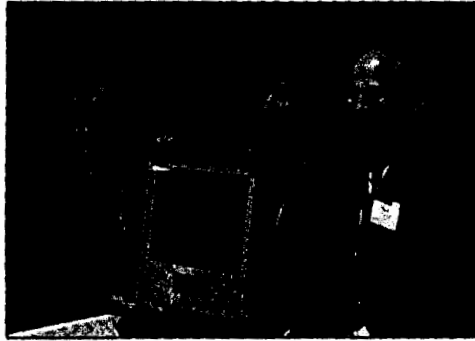
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Chairman Awarded



Chairman LaFleur received the Northeast Energy and Commerce Association's (NECA) Vanguard Award on Oct. 2 for her contributions to the development of competitive energy markets. Presenting the award to Chairman LaFleur (left) was Mary Beth Gentleman, NECA Board of Directors, and Paul Belval, NECA President. The Chairman is pictured (photo on right) with her husband, [REDACTED].

Chairman Supports FERC Child Development Center

Chairman LaFleur and her staff participated in this year's Go Casual Day to benefit the FERC Child Development Center. This year's theme was Jersey and Jeans. Participants wore shirts associated with their favorite sports teams.

Pictured with the Chairman, from left to right, are [REDACTED].



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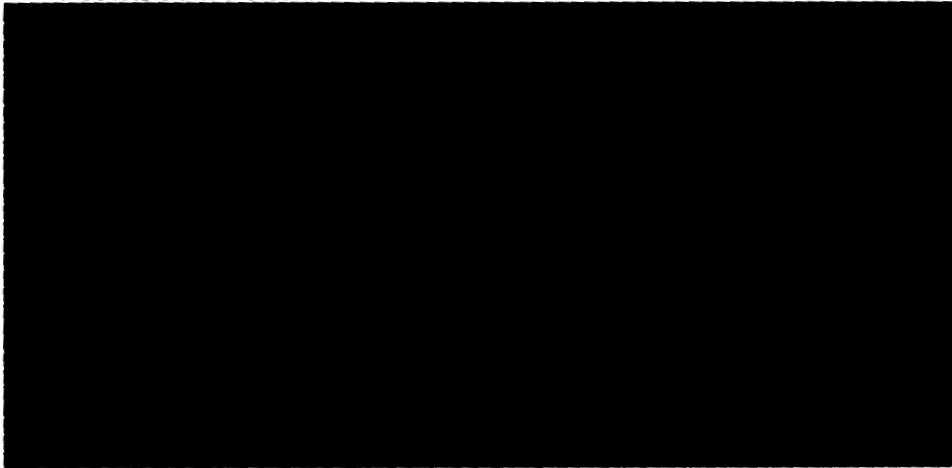
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EL FERC (Energy Latinos of FERC)

Celebrating Hispanic Heritage was the focus at the official launch of EL FERC, the Commission's Hispanic Employee Resource Group. Energy Latinos at FERC, or EL FERC, was sanctioned by the Commission's Council for Workforce Improvement to build a supportive community that fosters diversity within the agency and aids in the engagement, recruitment, and development of FERC's future Latino leaders.



Pictured from left to right are [redacted] Commissioner Bay, [redacted] Chairman LaFleur, Judge Cintron and Eddie Ribas.

FERC's own [redacted] and [redacted] presided over the festivities and did an outstanding job encouraging participants to mingle and get to know each other and share unique stories about themselves.

The purpose of EL FERC is to give Latino employees and others interested in the Latino culture an opportunity to interact and build their leadership skills by networking with peers and agency leaders, as well as to provide mentoring, personal and professional development, and industry knowledge.

The Oct. 9 kickoff event featured a Hispanic Heritage Arts & Culture Fair and Potluck. Participants enjoyed food samples from the third floor snack bar as well as a musical performance from OEP's [redacted]. Local groups participating in the Cultural Fair were: Carecen, a Latino resource and justice center; the Shakespeare Theatre Company; Ankey, a nonprofit with volunteers and pro bono professional who raise funds to provide scholarships for low income families in Peru; and the Peace Corps.

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Introducing [REDACTED], FERC's CFC Loaned Executive

After serving as a Program Director at the Office for Research on Disparities and Global Mental Health at the National Institute of Mental Health (NIMH), [REDACTED] became the Scientific Advisor to the Executive Officer at the NIMH. She was selected for the International Experience and Technical Assistance Program in Vietnam to further the President's Emergency Plan for AIDS relief. After certification as a Registered U.S. Patent Agent, she became the Director of the Office of Technology Transfer (OTT) at the NIMH. While leading the OTT, she transformed a floundering project into a Clinical Cooperative Research and Development Agreement between the National Institutes of Health (NIH), two major international

ical trials for a



[REDACTED] has 18 years of experience as a Senior Health Scientist Administrator creating and managing programs involving grants, contracts and multilateral agreements at the Fogarty International Center, National Cancer Institute, the National Institute on Drug Abuse and the Substance Abuse and Mental Health Services Administration. After receiving her Ph.D. in synthetic organic chemistry from Florida State University, [REDACTED] started her career at the Environmental Protection Agency where she helped develop their first biotechnology rules. In addition to being the recipient of many awards, she has represented NIH by organizing and chairing seminars on Opportunities for Biomedical Research Funding and the Transfer of Intellectual Property at national and international scientific meetings, universities and embassies.



FERC's CFC Team, from left to right, are:



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HOT TOPICS

September Commission Meeting



Commissioner Norman Bay attended his first open meeting as a Commissioner on Sept. 18. "I would like to formally welcome Commissioner Bay to his first open meeting as a Commissioner," Chairman LaFleur said. "Of course Norman is well known to all of us as the former Director of the Office of Enforcement. He's been with us as a Commissioner for about six weeks, and it's a pleasure working with you and look forward to continuing in the coming years."



The Commission's September 18 Open Meeting featured discussion of the rulemaking on the standards of business practices and communication protocols for public utilities. Presenters were: OEPI's [REDACTED] QEPI's [REDACTED] OGC's [REDACTED] and OEMR's [REDACTED]



Another focus of the Open Meeting was the MISO 2016 Resource Adequacy Forecast. Presenters included: Clair Moeller, Executive Vice President of Transmission & Technology, MISO; Commissioner Eric Callisto, Public Service Commission of Wisconsin; and Chairman John Quackenbush, Michigan Public Service Commission.

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Natural Gas Conference Held at FERC



Commissioner Philip D. Moeller convened a meeting at FERC on Sept. 18 to provide a forum for interested parties to discuss ideas to facilitate and improve the way in which natural gas is traded, and explore the concept of establishing a centralized trading platform for natural gas.

This meeting addressed how natural gas is currently traded and discussed concerns regarding the lack of transparency and possible inefficiencies in trading the commodity, particularly during off-hours.



The meeting explored the concept of developing an electronic information and trading platform that would contain bids and offers for the purchase and sale of both commodity and capacity for receipt and delivery points across multiple pipeline systems.

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CFC Event: Raptor Conservancy of Virginia



The Raptor Conservancy of Virginia was highlighted at the Commission's first CFC weekly event on Wednesday, Oct. 15. A longtime favorite charity, employees had the opportunity to view magnificent birds including hawks, owls and falcons. Commissioner Norman Bay welcomed guests to the event and Kent Knowles was on hand to discuss the importance of the Raptor Conservancy to native birds in this area.

CFC# 79800 | [Website](#)

FERC CFC Key Worker Training



FERC held its annual CFC training Oct. 14. FERC's Loaned Executive, [REDACTED], was on hand to discuss this year's campaign with FERC's CFC Captains and Key Workers. The training session included an opening message from FERC's CFC co-chair Anton Porter, information on e-giving from [REDACTED], valuable financial information from the [REDACTED], FERC's campaign accountant and information on IT issues from [REDACTED].

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Chairman Cheryl LaFleur named David L. Morenoff as General Counsel at FERC on August 7. Prior to this role, David served in several other positions at FERC, including as acting general counsel, deputy general counsel, special counsel in the Office of the General Counsel, and senior legal and policy advisor to then-Chairman Jon Wellinghoff.

Before coming to FERC in 2006, David worked on electric industry matters in the Washington, D.C., office of Troutman Sanders, LLP. David also served as a legislative assistant on energy and other issues to U.S. Senator Jack Reed of Rhode Island. He graduated cum laude from Harvard Law School in 2001, having graduated magna cum laude, with honors in history, from Brown University in 1995.

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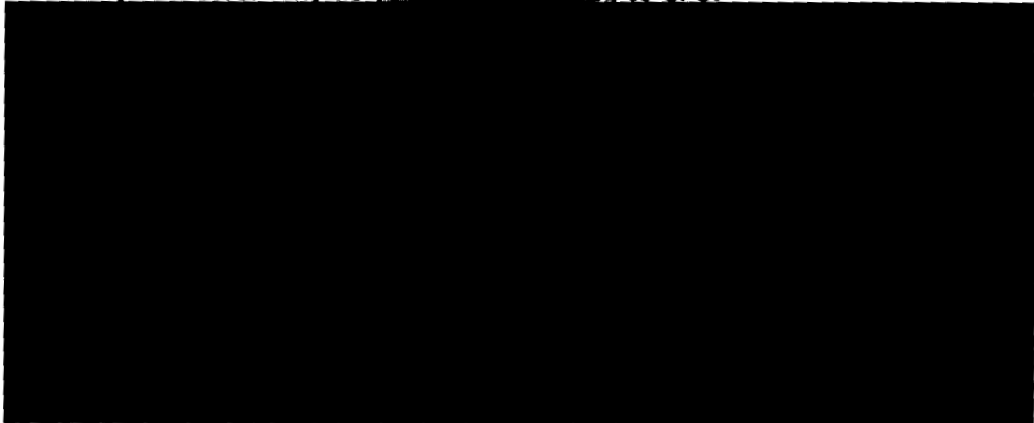
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CFC Key Workers: Why do you [redacted] to CFC?



"I support CFC because it provides the opportunity to support charities that are important to me. One of my parents was affected by diabetes and the other by lung cancer. CFC makes it possible for me to make contributions that keep their legacy alive." [redacted]

"Because of the CFC I donate to the Center for Sickle Cell disease at Howard University and House of Ruth, a charity for the homeless." [redacted]

"Hope and charity and improving people's lives." [redacted]

"What's a CFC pledge? A CFC pledge is an investment that impacts someone's life." [redacted]

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The FERC Daily Workstation Restart

Keeping user systems up to date with security updates and patches is critical to maintaining a secure IT enterprise. While desktop systems remain connected to the FERC network and are regularly updated with necessary IT security patches and updates, laptops are often not attached to the FERC network. This means that IT security patches and updates cannot always be applied. These updates are applied once the laptop is connected back to the FERC network, but many require a reboot for the installation to complete. This means that regular reboots, particularly for laptops, are essential to maintaining our IT security posture.

It is current FERC policy to have **all workstations restarted nightly** to ensure that IT security patches and updates are successfully applied.

If you left your laptop on and attached to the FERC network, you will come in to find that your system has restarted. You're done!

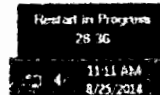
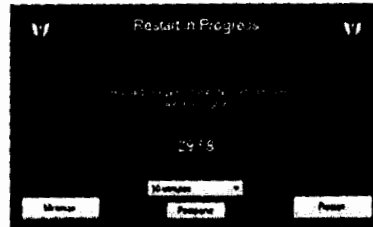
However, if you took your laptop with you and reattach it at the start of your day without restarting, you will see a "Restart In Progress" window pop up.

You can postpone the restart, but only up to a maximum of four hours (2 hour postponement, twice).

If you minimize the Restart window, you will still see a Restart reminder countdown box in the lower right hand corner of your screen.

You can restart at any time before the countdown ends to ensure the restart doesn't kick off before you save work. However, when the countdown ends, your system will restart immediately.

When the restart is complete, log in as you would normally after you reboot!



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Author Speaker Series Features Dan Roam



The Commission's ninth Author Speaker Series event on Sept. 9 featured author Dan Roam to talk about his new book *Show and Tell*. Dan, through his management consulting company Digital Roam, has helped teams learn to solve complex problems by 'relearning how to see' and leveraging the power of pictures. Dan is also the author of two international bestsellers *The Back of the Napkin* and *Unfolding the Napkin*.

During his presentation, Dan shared three fundamental rules to making extraordinary presentations:

1. Tell the truth
2. Tell it with a story
3. Tell the story with pictures

If you would like to learn more about the author series contact Patricia Fludd, ext. 8020. Copies of the presentation are available on DVD per request; contact Patricia if you would like a copy.

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Feds Feed Families Campaign

Through the Feds Feed Families Campaign, FERC employees worked together to donate **661 pounds** of non-perishable food to donate to the Capital Area Food Bank, the metro area's largest public, nonprofit food and nutrition education resource. The Feds Feed Families Campaign is a national food drive led by USDA, the Office of Personnel Management and other federal agencies to raise food for Americans struggling with hunger across the country.

The Campaign kicked off June 1 and ran through August 27. According to the latest information, federal workers collectively donated more than 5 million pounds of food and other non-perishable items to support families across America. Thank you to everyone who participated in this year's effort.



feds feed families

FERC Employee Road Trip



██████████, an employee of FERC for the last 30 years, took herself on a vacation this year. Unlike most who leave the U.S. though, ██████ decided to hop a bus with a tour group for 11 days and trek halfway across the nation to see just what the U.S. had to offer; from Maryland to South Dakota and back. ██████ captured photos of Mount Rushmore in Keystone, S.D., The Corn Palace in Mitchell, S.D., a vintage car museum in Canton, Ohio, and other stops along the way.

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The FERC Pedometer Challenge is ON!

The FERC Fitness Center partnered with FitterFERC, to bring all FERC employees and contractors the Fall Pedometer Challenge! The goal of this 6-week challenge is increasing employees' awareness of healthy lifestyle habits.

The challenge began Sept. 30 and runs through Nov. 4. The program includes a brown bag lunch and lecture series each Tuesday to discuss wellness topics and answer questions.

The Insider will include the winners in an upcoming issue. Stay tuned!

Small Weight Gain Can Raise Blood Pressure in Healthy Adults

Study Highlights:

- o Gaining a few pounds can increase blood pressure in healthy adults.
- o Increased fat inside the abdomen led to even larger increases in blood pressure.

Gaining just five pounds can increase your blood pressure, according to a study presented at the American Heart Association's High Blood Pressure Research Scientific Sessions 2014.

Many people understand the health dangers of large amounts of extra body weight, but researchers in this study wanted to see the impact of a small weight gain of about five to 11 pounds.

"To our knowledge, for the first time, we showed that the blood pressure increase was specifically related to increases in abdominal visceral fat, which is the fat inside the abdomen," said Naima Covassin, Ph.D., the study's lead author and a research fellow at the Mayo Clinic in Rochester, Minn. "Our research suggests that healthy people who are more likely to gain weight in the stomach area are also more likely to have their blood pressure increased."

At the beginning of the eight-week study, a 24-hour monitor tested the blood pressure of 16 normal weight people. Researchers fed them an extra 400 to 1,200 calories each day with their choice of an ice cream shake, chocolate bar or energy drink to increase their weight by about 5 percent. Afterwards, their blood pressure was taken for another 24-hour period. Their results were compared to 10 normal weight, healthy people who maintained the same weight over the eight weeks. Researchers found:

- o Those who gained weight had a systolic blood pressure (top number) increase from an average 114 mm Hg to an average 118 mm Hg.
- o Those who gained more weight inside their abdomen had a greater blood pressure increase.
- o A five to 11 pound weight gain didn't change cholesterol, insulin or blood sugar levels.

The study was conducted in healthy people ages 18-48. Further studies will need to be conducted to see if the results are similar in different age groups, those with a family history of high blood pressure and other groups, Covassin said.

"The public awareness of the adverse health effects of obesity is increasing; however, it seems most people are not aware of the risks of a few extra pounds," Covassin said. "This is an important finding because a five- to seven-pound weight gain may be normal for many during the holiday season, the first year of college or even while on vacation."

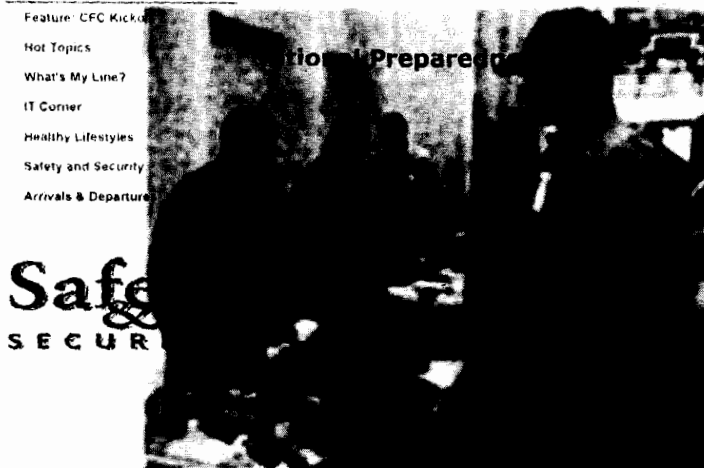
The National Institutes of Health and the American Heart Association funded the study.

Source: American Heart Association Meeting Report Abstract 29

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FERC celebrated its annual National Preparedness Day on Sept 24. Vendors participating in the event included:

- o [Maryland Emergency Management Agency](#)
- o [Virginia Department Emergency Management](#)
- o [District of Columbia Homeland Security and Emergency Management Agency](#)
- o [NOMA](#)

Throughout the event, movies were shown to highlight the impact of natural and man-made disasters. If you missed them, you can find the links below:

- o [Disaster Preparedness: Natural Disasters](#)
- o [Top Ten Natural Disasters](#)
- o [Seconds from Disaster: Fukushima](#)

OGC's [REDACTED] won an Emergency Evacuation Kit door prize.

Each person is responsible for his or her safety and the safety of family members in the event of any emergency. Resources such as medical and emergency response may not be available right away in certain situations, so please remember that you must take action now to be better prepared.

FERC's Security and Safety Division offered the [Family Preparedness Playbook](#) during the event. It provides guidance in making an emergency plan. Thank you to everyone who attended and all of the vendors that took the time to assist with getting FERC prepared.

Remember, **Don't Punt on Preparedness!**

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Arrivals DEPARTURES

Arrivals: September 1 - September 30



Departures: September 1 - September 30



Greener FERC Tip

Oh summer, where did you go? It seems like only yesterday that we were firing up the grill and laying poolside. Now, kids are back in school and before we know it the trees will be bare and the fireplaces will be crackling.

Fortunately, the start of a new school year is a great time to get the kids into new, environmentally friendly habits; both in school and around the house. Earthshare.org shares some great tips, which are not only easy to implement but will save mom and dad money, too.

Tips from [earthshare](#)



In Memoriam

[Redacted] passed away on September 28, [Redacted], who retired from FERC in 2004, worked in the office formerly known as Pipeline Certificates in the Office of Energy Projects. She is survived by her husband, [Redacted]; her son, [Redacted]e, [Redacted] daughter, [Redacted], [Redacted] step-grandson [Redacted]; and two sisters, [Redacted]

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To print individual pages use the Print function on your computer (Ctrl + P). Because Google unfortunately tends to distort some of the pages, the Insider web pages are best viewed using Internet Explorer. Go to FERCNet, scroll down and click on the FERC Insider.

Questions? Complaints? Compliments? Suggestions? Please contact us at InsiderDL@ferc.gov

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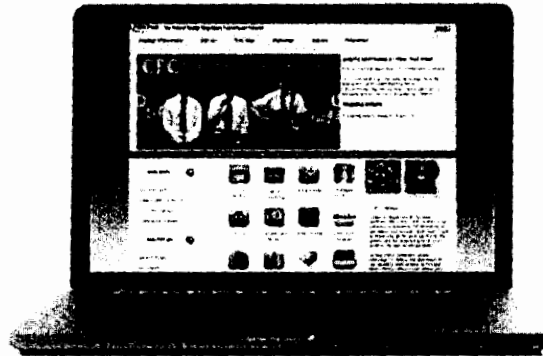
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FERCNet: Check it Out!

On Monday, Nov. 3, employees saw a fresh face on [FERCNet](#) when they logged on to their computers. Thanks to your input and ideas, OEA's web design team, led by [REDACTED], and including [REDACTED] and [REDACTED], has redesigned FERCNet to make it easier and more accessible to the most important information you will need throughout your work day.

Among the new features, you will find Alerts to keep you informed of what's happening at the Commission that day, a new Chairman's Corner that provides you with informational messages from Chairman LaFleur, and a snapshot of weekly events going on at the Commission. There are more user-friendly colorful icons that give you quick access to FERC-wide areas of interest, and access to FERC.gov features such as social media and news headlines.

The building of back pages will continue, so not everything will be brand-spanking new immediately. Bear with us, this is only the first stage of some really helpful changes that you will be seeing on FERCNet in the coming months.

If you have any questions, please don't hesitate to contact us at mediadl@ferc.gov.

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October Commission Meeting

The 2014-15 Winter Assessment was discussed at the October Commission Meeting. Staff presenters below included: [REDACTED]; [REDACTED]. [Report on FERC.gov](#)



HOT TOPICS

A presentation was given at the October Commission Meeting on the Winter 2013-14 Operations and Market Performance of RTOs and ISOs (AD14-8-000). Presenters below included: [REDACTED]. [Report on FERC.gov](#)



Discussing the California Independent System Operator Corporation at the October Commission Meeting (pictured below) were: [REDACTED]. [Discussion on FERC.gov](#)



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CFC Highlights



This year's CFC got off to a roaring start with a plethora of weekly charity events as well as mini-kickoffs at the individual office level. OALJ/DRS was the first office to reach and surpass its dollar goal. In the photo on the left are members of the OALJ/DRS CFC team: [REDACTED], Judge Jennifer Whang (OALJ/DRS CFC 2014 Captain), and Chief Judge Curtis L. Wagner, Jr. In addition, OAL held a mini-kickoff event featuring a pizza lunch and raffle (photo on right). Congratulations and let's make this year's campaign one of the best ever!



The Nov. 13 CFC event featured Art for Humanity and Shriners Hospitals for Children. Lois Wellman spoke on behalf of Shriners Hospitals for Children and the incredible care she and her son received after he suffered significant burns on his body following a gas explosion in their home. Rev. Glen Evans spoke about Art for Humanity, an all-volunteer organization he started 15 years ago to benefit poor families in Honduras. Pictured are Commissioner Bay, Loaned Executive [REDACTED], Lois Wellman and Rev. Evans.



On Nov. 6, two charities were featured at the weekly CFC event—Women's Micro Finance Initiative and Habitat for Humanity. Commissioner Clark presided over the event and handed out a multitude of door prizes to deserving employees. From left to right are: [REDACTED], CFC loaned executive; Geoffrey Rixon, Associate Director Of CFCNCA; Robyn Nietert with Women's Micro Finance Initiative; Orlando Velez with Habitat for Humanity; Commissioner Clark; [REDACTED], CFC Campaign Manager; and Anton Porter, FERC Executive Director and Vice Co-Chair of CFC.



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CFC Events and Office Highlights

The Nov. 18 CFC event featured George Washington's Mount Vernon and WETA. Kris Blanchette, Direct Marketing Manager at George Washington's Mount Vernon, spoke on behalf of the organization and the importance of preserving the life and legacy of George Washington, so that his example of character and leadership will continue to inform and inspire future generations. Renee Mayo represented WETA television and Classical WETA radio and the importance of contributing to public programming.

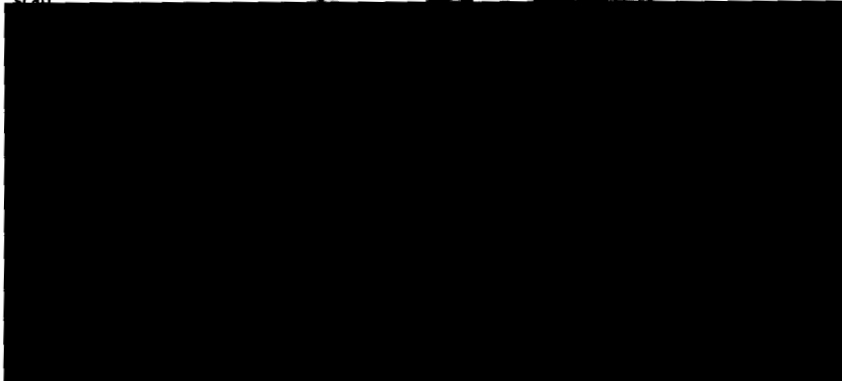
Pictured from left to right are: Campaign Manager [redacted] Loaned Executive [redacted] Geoffrey Rixon, Associate Director Of CFCNCA; Kris Blanchette; Chairman LaFleur; and [redacted]



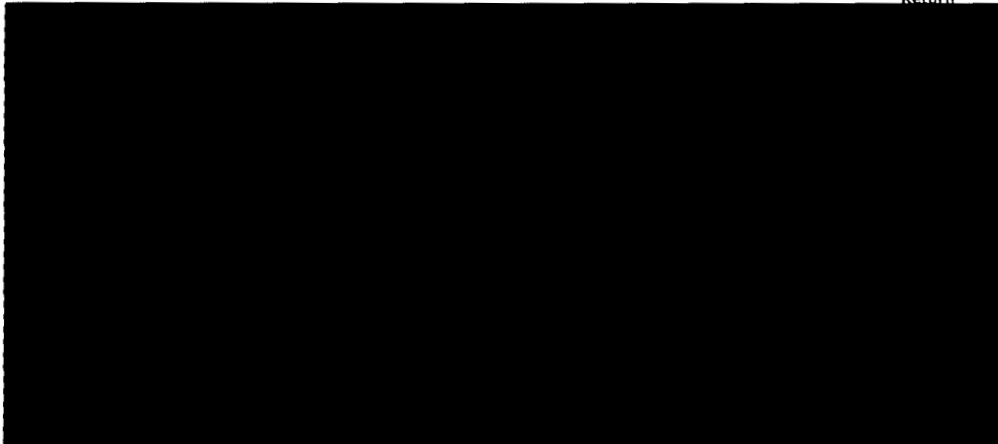
PHOTOS COURTESY CFC

The annual Halloween parade featuring the Child Development Center was the featured CFC event on Oct. 29. The Center uses CFC contributions for the tuition assistance program, allowing many families to keep their children in the Center despite trying economic times.

OED Golf Tournament: OED held its 4th Annual FERClilicious Golf Tournament to benefit the CFC on Nov. 18. The event featured eight holes designed by the divisions within OED. A dessert buffet followed the golfing portion of the event where winners were announced and a check for \$14,000 was presented by Anton Porter to [redacted] for this year's CFC. [redacted] was the overall winner of the golf event and was presented with the FERC [redacted] pocket and a green scarf.



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OE's Coffee Break: OE held a mini-kickoff event on Nov. 19 featuring coffee and sweet treat. Colleagues had an opportunity to share information about CFC charities in an effort to support this year's campaign.

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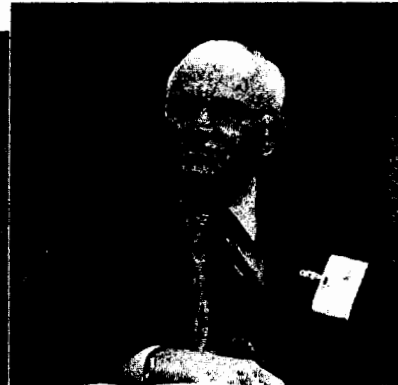
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Veterans Remembered at FERC

"He has been a fighter for the rights of disabled people," [redacted] said during his introduction of Mr. Colley. "He is a gift to our country."



Top left: Chad Colley, front, is pictured with Chief Human Capital Officer Eddie Ribus, [redacted], Chairman LaFleur, EEO Advisor [redacted] and Commissioner Bay. On right: Mr. Chad Colley

FERC honored its Veterans at a Veterans Day Observance Program on Nov. 13 in the Commission Meeting Room. Chairman LaFleur welcomed guests to the event and FERC's own Ray Palmer introduced the keynote speaker, Chad Colley, former National Commander of the Disabled American Veterans. This year's theme is: "Honor, Courage and Loyalty."

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At left: OEPI's [REDACTED]. On right: Mr. Colley is pictured with [REDACTED], Executive Director Anton Porter, Chairman LaFleur, and Eddie Ribas, FERC's Chief Human Capital Officer.

On July 21, 1968, Chad Colley was the Commanding Officer of an Infantry company of the famed 101st Airborne Division in Vietnam. While involved in an air assault operation in enemy held territory, a land mine explosion threw him into the air. Mr. Colley underwent amputation of both legs and his left arm. Mr. Colley was awarded the Silver Star, Combat Infantry Badge, Purple Heart and other military awards. In 1970, Mr. Colley was recognized nationally as the Disabled American Veteran of the Year. In March of 1986, Mr. Colley was selected as the Handicapped American of the Year in the United States. In 1992, Mr. Colley competed and won two Olympic Gold Medals as a member of the U.S. Disabled Ski Team at the Paralympics in Albertville, France, in the Downhill and Super Giant slalom events. Mr. Colley received the trophy, given to him by President Ronald Reagan, in recognition of his continuing efforts to lead by example and by his active involvement in the plight of this Nation's disabled citizens. President George H.W. Bush selected him as a Vice-Chairman of the President's Committee on Employment of People with Disabilities. Mr. Colley also served as the Vice-Chairman and National Commander of the 1.2 million member Disabled American Veterans (DAV) Organization, and was Presidentially appointed Vice-Chairman of the National Council on Disability. He also served as a member of the Commission for the Future of America's Veterans.

Veterans Day is the time to remember those who have sacrificed so much to protect our country and our freedoms.

FERC Vets, one of the Commission's Employee Resource Groups, and the Office of the Executive Director sponsored the program.

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New Director, Deputy Named as Mike McLaughlin Retires



At the Sept. 18 Commission Meeting, Chairman LaFleur announced that Michael McLaughlin, Director of OEMR, would be retiring from FERC after serving for more than 30 years.

Upon Mike's retirement, the Chairman announced that Jamie Simler, who serves as Director of OEPI, would become OEMR's new Director, effective Dec. 1. Arnie Quinn will take the role of Director of OEPI at that time as well.

FERC, EBA Discuss Alternative Dispute Resolution



FERC and the Energy Bar Association (EBA) hosted a panel discussion on Oct. 22 to discuss the different governance and alternative dispute resolution models of PJM, MISO, the NYISO and SPP and their regulatory and stakeholder processes. [REDACTED] Director of FERC's Dispute Resolution Service, introduced participants, and former FERC ALJ Bruce Birchman served as moderator for the event.

Panelists included: David Anders, Director, Stakeholder Relations, PJM; Karen Gach, Deputy General Counsel, NYISO; Mike Riley, Associate General Counsel, SPP; Mary Jami Young, Senior Compliance and Regulatory Counsel, Vectren Corporation, for MISO; and Marc Keyser, MISO Senior Manager of Stakeholder Affairs.

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What do you like most about the new

What's MY LINE?



ANTON PORTER

█: "I like the look of it. It's modern, creative and user-friendly."

Anton Porter: "The new FERCnet design provides a streamlined interface for employees to access business information, important announcements and key business systems necessary to execute daily tasks. This new design is a foundational step in the Commission making the intranet portal the repository for vital corporate knowledge. Given the potential changes in our workforce that can take place within the next 5 years due to staff retirements, this broadened utility will be absolutely essential. I also think the new Chairman's Corner is pretty neat!!"

█ "I like the buttons. They are quick and convenient."

█: "It's more visible and user-friendly."

Please contact [Judy Eastwood](mailto:Judy.Eastwood@ferc.gov) or webmaster@ferc.gov with any questions or suggestions for FERCNet.

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Touché amid Protestors ... or, how FERC Alert, my FERC laptop and free Wi-Fi saved my day

By [REDACTED]

It's Friday November 7, 2014. After my usual voyage up I-395, the "slug" car I am in stops to drop me off next to Union Station. I hop out and say to the driver, "Thanks for the ride and have a good weekend!"

Walking down 1st Street, my personal cell phone and Blackberry buzz with text messages: It's a FERC Alert message at 7:50 a.m. saying, "Due to protestors, all entrances are currently closed." As I approach 888 1st Street, there are barriers, police cars, and protestors with signs all chanting, "Close down FERC! Close down FERC!" I shake my head and think to myself, "Well, not for me. I won't be closing." I pull out my Blackberry and send an email to my team at 7:57 a.m. saying, "Hey guys I'm on 1st Street and cannot get in the building. I will be going to Café Phillips to set up shop."

You see, I know that Café Phillips has free Wi-Fi and, of course, I have my laptop with me. ;)

I enter Café Phillips and it is abuzz, packed with FERC-ers. Did the Chairman call for an all-hands meeting at Café Phillips? I thought to myself. As I order and pay for my food, it's 8:20 a.m. and another FERC Alert message buzzes me: "All entrances remain closed. Employees should continue to be patient..." Seriously, I don't have time to be patient. I have to complete a document due today.

I zigzag through people to find an open table, which was at a premium this day. I sit down and pull out my FERC laptop. Once I power it on, I put in my PIV card, enter my PIN, and jump on Café Phillips's free Wi-Fi. I then go to connect.ferc.gov and select **VPN (Virtual Private Network)**. After the VPN screen confirms that I am connected to the FERC network, I get on email.ferc.gov, **CUPC (Cisco Unified Personal Communicator)**, and open two documents right off of my **K:** and **L:** drives. **I get to work.**

I start to type at the point where I left off yesterday when a CUPC message pops up from a staff member, "Hey Boss. We are working on the diagram from yesterday. We have a meeting place going. Meeting ID 12345. We'd like to get your take." I reply, "Ok, I'm jumping on now." I go to meetingplace.ferc.gov and jump on the meeting. I look at the diagram they share on the screen and type back, "It looks good. Let's add the verbiage from Monday's meeting as well." I get a reply: "Will do. Thanks." As soon as I get back to editing my documents, a FERC Alert email comes in. It's 8:30 a.m. and the status has not changed. We still cannot get into the

building. Oh well, I have to finalize these documents.

I finish my documents and send them off. It is 9:20 a.m. At the same time, a call comes in to my desk phone, which rolls over to my Blackberry so I pick it up. It's a FERC manager, and as we start talking, I look around and notice that I am the only one in the place with my laptop open. I guess the protestors managed to disrupt work for some, but not for me. We finish, I hang up and continue to answer email, set up meetings for the next week, and approve leave requests for my staff via **WebTA**.

As I look around again, I overhear people at the table next to me talking about FERC business. YES! One of them pulls out a FERC laptop. Smiling from ear to ear, I introduce myself and say to her, "*You don't know how happy you just made me when you pulled out your laptop. Let me show you how to use VPN.*" After she got on the free Wi-Fi, she got on VPN and was working on things right off her files off the network.

"*This is really good,*" she said.

"*I'm glad you like it,*" I reply, thinking to myself, eat that protestors! Victory is mine! When I notice one of the other FERC-ers at the table looking at me, I wonder if I mistakenly said that last part out loud. He then said, "*I wish I had my laptop, too.*" Whew!

At 9:40 a.m. yet another FERC Alert message comes in; still can't get into the building.

I can tell you one thing; we sure were well informed on getting into the office. But for me (and my fellow FERC-er at the next table), being at Café Philips with my laptop is like I'm actually working at the office. Finally, at 10 a.m., we get the "all clear" from FERC Alert. The building is open. I pack my laptop and head back to FERC to continue my workday. No productivity lost here. It's just another day at the office.

Touché!

[REDACTED] IT Operations for the Chief Information Officer, Office of the Executive Director. FERC Alert and your FERC laptop can help you be more productive if you find yourself stranded outside the office too. | [Training information](#)

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Got SPAM?

After any transition to a new email provider, an increase in spam and phishing email messages is generally expected. You may have already noticed recent emails telling you that your account may be cancelled (we don't do that!) or some threatening-sounding problem with your password (we don't do that, either!). If you get an email that tells you to click on a link or provide information, please remember the following:



1. Official emails about your FERC account will come from the IT Support Center.
2. If you are at all uncertain, call or email the IT Support Center before you click!
3. Report any suspected phishing or spam emails to the IT Support Center. The appropriate Security staff will investigate and block future emails from confirmed phishing or spam senders.
4. If it showed up in your Junk folder, don't worry about it. That means the Junk folder is working!

1. Email or call the IT Support Center to report the phishing/spam email.

Do not simply delete the message and DO NOT click on any link in the message!

2. The IT Support Center will create a ticket, then will either remote into your system or visit so they can:
 - a.) Get a copy of the email text for the ticket
 - b.) Forward the email in a specific way to the appropriate Security staff for review and action.

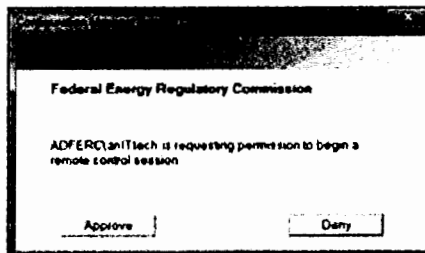
3. The Security team will investigate and take appropriate action.

That will usually involve blocking that sender or the sender's domain from sending email to FERC.

From: [redacted] [mailto:[redacted]]
 Sent: Wednesday, October 03, 2012 05:10 PM
 Subject: Your identity verification

We are currently performing regular maintenance of our security measures you are to Click here [redacted] complete your identity verification

System Administrator
©2012 Microsoft



BLOCKED
spamguy@[redacted]domain.com

Remember: Never click on a link in a suspected phishing or spam email!

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**Healthy
LifeStyles****Know the ABCs of Diabetes: National Diabetes Month**

According to the [CDC](#), more than 29 million [Americans have diabetes](#). Since November is [National Diabetes Month](#), it is a perfect time to familiarize yourself with the ABCs of diabetes management.



A is for: A1C test - a blood test that measures your average blood sugar level over the past 3 months.

B is for: Blood pressure - the force of your blood against the wall of your blood vessels.

C is for: Cholesterol - there are two types, LDL and HDL. LDL is the "bad" cholesterol that can build up and clog your blood vessels.

It is important to monitor each of these at your regular visit with your doctor. Should you develop diabetes, it can be [treated with medication](#), but you need to be aware of potential risks or side-effects. If you or a family member is diabetic, here are some [tasty recipes](#) to try that are also healthy.

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Around FERC ...

FERC Child Development Center's HOLIDAY SALE



Will be held Dec. 16-17, 10am-2pm in the West Lobby

*2014 White House Ornaments (shown above) * Handcrafted Jewelry, *Cards and Gifts
 *Imported Polish Pottery *NEW: Lindt chocolate truffles *FERC polos, t-shirts, mugs, travel
 mugs, totes and bags *Custom-made Toddler t-shirts | [More info here](#)

3rd Floor Snack Bar: Have you ever been sitting at your desk and suddenly the scent of freshly popped popcorn fills the air?



If you don't already know, that's because the 3rd floor snack bar which has reopened for business, and in a big way. Now, in addition to salty snacks, sweet treats and cold beverages are homemade offerings. Under Randolph Shepherd Services for the Blind, which provides employment for the visually impaired, licensed [REDACTED] is serving up a new menu. From made-to-order breakfast items, sandwiches, hot soups and daily lunch specials to gourmet coffee, you can find everything your palette desires. Open daily from 6am to 4pm, you can stop by for bakery made muffins, fresh made smoothies, or something more substantial like the much raved-about turkey reuben. With the help of operations person [REDACTED] the vision is ultimately to expand the snack bar into a gourmet café. And if you're looking for someplace to cater your next FERC holiday or retirement celebration, they offer catering, too.

In addition to fulfilling your belly's every need, the snack bar also carries toiletries and stamps. Now, you don't have to waste your lunch hour in line at the post office or the drugstore. You can get everything you need in one stop. The snack bar also takes credit cards. For those of us who prefer to use plastic over paper, that's great news. So, the next time a 3 o' clock craving hits, grab your ID, hop on the elevator and ride down to the 3rd floor to quiet the beast.

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Preparing For Winter



As the winter months approach us, it is important to begin preparations for any weather that could prove hazardous. While we are all familiar with the unpredictable weather that occurs in the DMV area, it is imperative that we do not discount its ability to cause harm to us, our homes and cars, and our family. Below are some tips to help you prepare for the winter that lies ahead:

Prepare yourself and your family:

- Stay up to date on weather advisories
- Dress in layers
- Keep extra gloves and scarves in areas such as your car and children's book bags
- Seek immediate medical attention if you exhibit symptoms of frostbite which includes numbness, flushed gray, white, blue, or yellow skin discoloration, or waxy feeling skin
- Also seek immediate medical attention if you have symptoms of hypothermia including confusion, dizziness, exhaustion, and severe shivering.

Prepare your home:

- Spread salt or sand on your walkways prior to snow or ice storms.
- Prepare your home with flashlights, candles, and alternative heat sources in case of a power outage.
- Check the batteries in smoke alarms once a month.
- Keep heaters and candles away from all other objects, especially furniture and curtains.
- Keep a sturdy screen around fireplaces. Only burn wood, never paper or pine boughs.
- Use generators correctly.
- Do not overload your electrical outlets.

Prepare for travel:

- Avoid driving in hazardous conditions if at all possible
- Keep snacks, blankets, hats, gloves, and scarves in your car
- Ensure that you have plenty of gas and antifreeze before traveling in snow or icy conditions.
- Keep flares and flashlights in the vehicle
- Stay with the car. Do not try to walk to safety.

Find more useful tips at these websites: [The Weather Channel](#) | [Ready.gov](#)

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Arrivals: October 1 - November 14



Arrivals DEPARTURES

Departures: October 1 - November 14



Greener FERC Tip

I don't know about you but Thanksgiving is my favorite holiday. It's a chance to gather with friends and family to catch up, eat good food, and reflect on how blessed we are and how thankful we should be. It's also a good time to implement some "green" practices in your home and maybe even influence those not so green family members.

A few tips to consider:

- 1. Don't use paper, plastic or styrofoam plates. Of course no one wants to do the dishes, especially after such a big meal, but using dishware is a much greener option.
- 2. Consider composting food scraps that can be composted; meat and grease cannot.
- 3. Reuse glass bottles and plastic containers for leftovers.
- 4. Use tablecloths and cloth napkins rather than plastic table covers and paper napkins.

Tips from [Clean'n Fresh](#)



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